

PM4 Monitor Disassembly/Reassembly Instructions

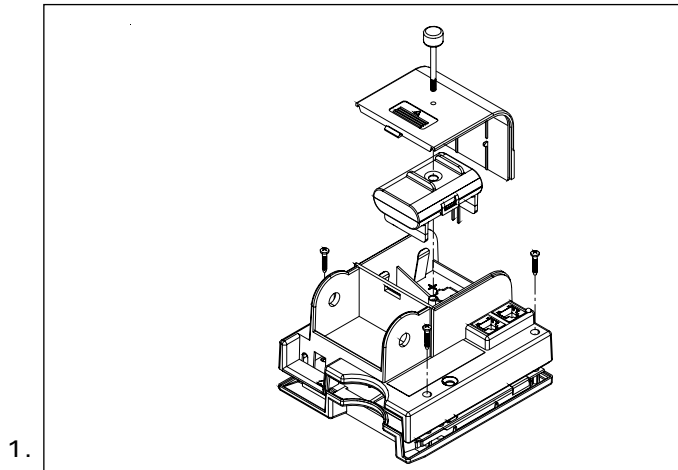
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TOOLS REQUIRED: #0 or #1 Phillips head screwdriver
9/16" wrench

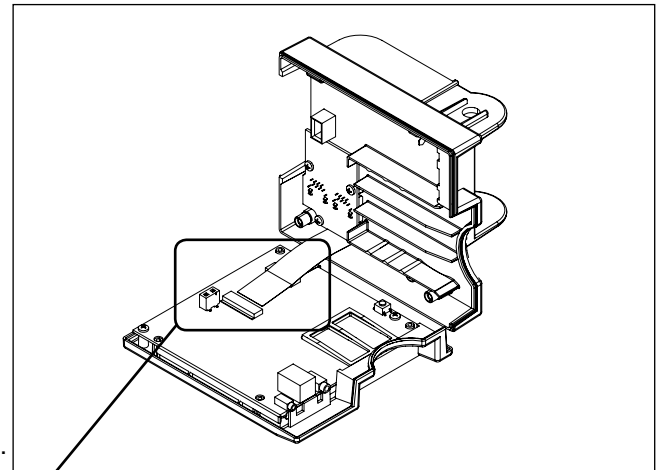
NOTE: Handle all components very carefully.



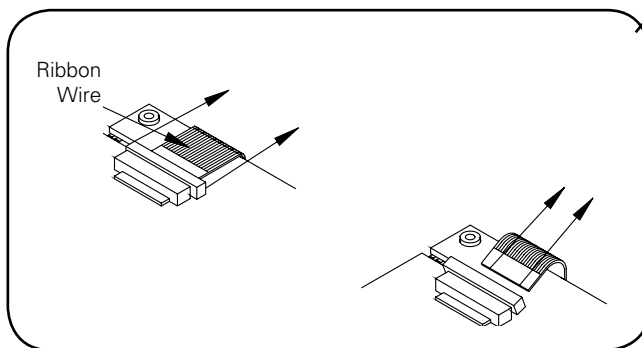
MORRISVILLE, VERMONT USA



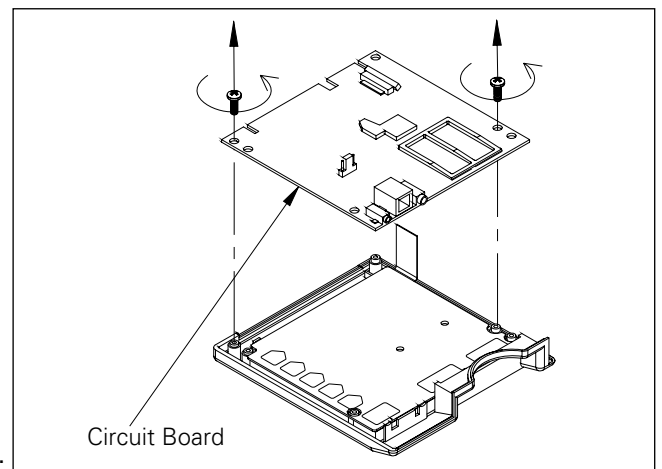
1. Unplug all wires and remove the PM4 from the indoor rower. Remove the battery door fastener and remove the battery pack (shown) or D cell batteries. Remove the four PM4 case screws.



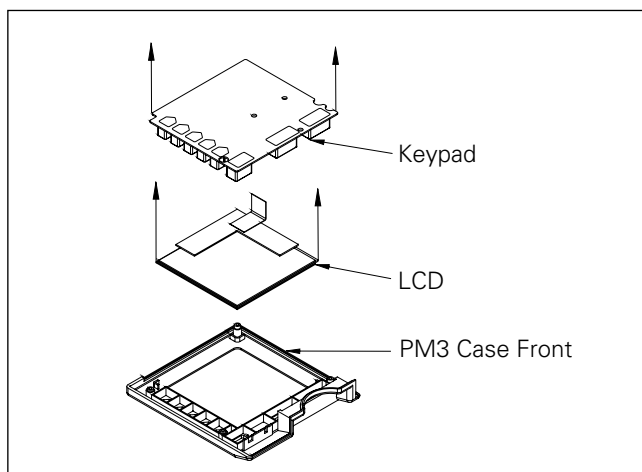
2. Carefully separate the case back from the case front, noting the position of the metal battery contacts.



3. Detach the two flex cables from their sockets on the circuit board:
1. Pull the flex cable lock to the right and up.
2. Pull flex cable out of socket.



4. Remove the two Phillips head circuit board screws and remove the circuit board.



5. Remove rubber keypad and LCD from the PM4 case front.

6. Reassemble in reverse order of disassembly.

IMPORTANT TIPS:

- Carefully position the LCD and keypad in the PM4 case front.
- Use the two holes marked with arrows for the two circuit board screws. Tighten the two screws evenly and firmly.
- Be sure the flex cables are fully inserted in their sockets before pushing down and to the left to close the flex cable locks.
- Be sure the metal battery contacts are positioned correctly and that the two assembly screws go through them.
- The four case screws should be tightened firmly (4-6 in. lbs), but not stripped out.
- You will be prompted by the PM4 to reset the language, date, and time. Note that internal workout memory will be lost.
- If you have replaced the LCD, you may want to adjust the LCD contrast setting located at MAIN MENU > MORE > UTILITIES > SET CONTRAST.