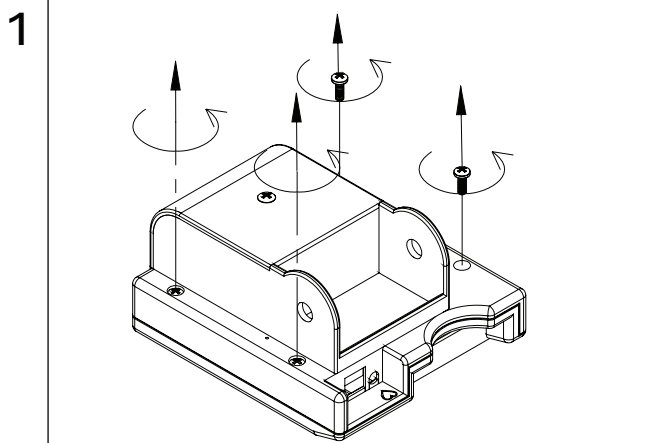


PM3 Monitor Disassembly/Reassembly Instructions

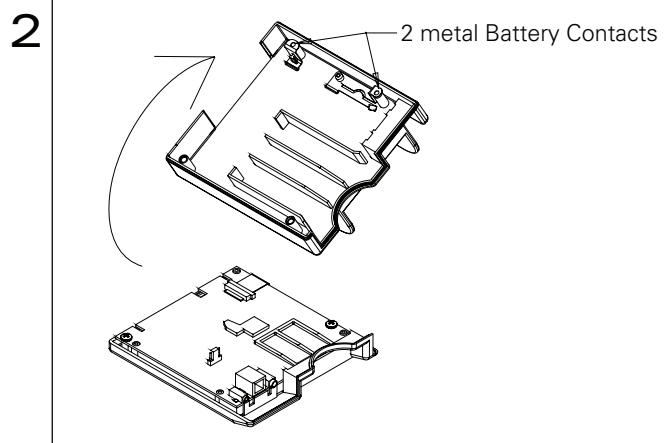
TOOLS REQUIRED: #0 or #1 Phillips head screwdriver
9/16" wrench

NOTE: Handle all components very carefully.

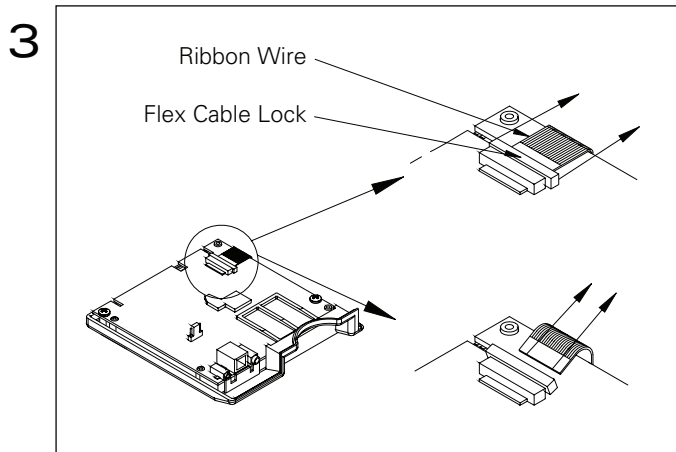
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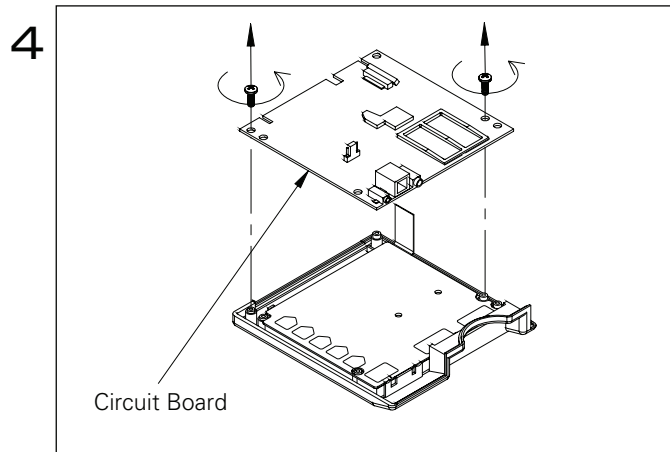
Unplug all wires and remove the PM3 from the indoor rower. Loosen the four PM3 case screws. Do not remove the two left screws



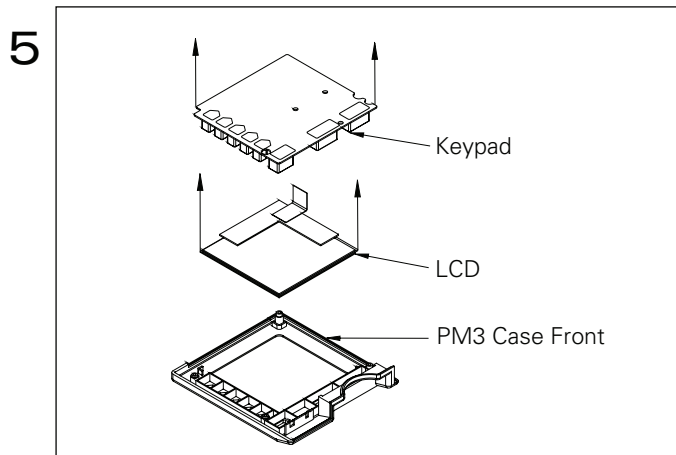
Remove case back. Note the position of the two metal battery contacts.



Detach flex cable from socket:
1. pull to the right and lift up on the flex cable lock.
2. pull flex cable out.



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



Remove rubber keypad and LCD from the PM3 case front.

