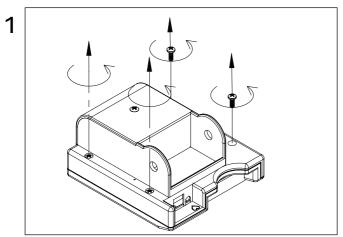
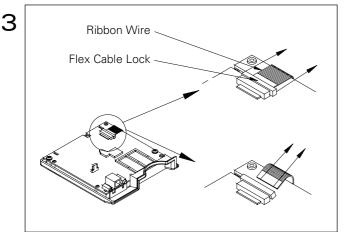
PM3 Monitor Disassembly/Reassembly Instructions

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

NOTE: Handle all components very carefully.

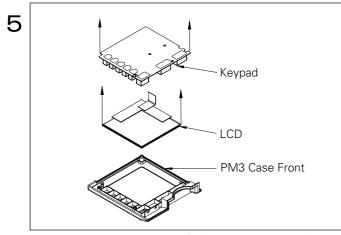


Unplug all wires and remove the PM3 from the indoor rower. Loosen the four PM3 case screws. Do not remove the two left screws



Detach flex cable from socket:

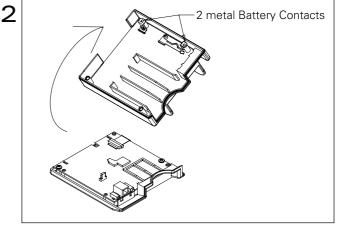
- 1. pull to the right and lift up on the flex cable lock.
- 2. pull flex cable out.



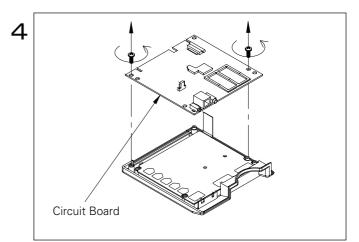
Remove rubber keypad and LCD from the PM3 case front.



MORRISVILLE, VERMONT USA



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



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

Reassemble in reverse order of disassembly.

IMPORTANT TIPS:

6

- Carefully position the LCD and keypad in the PM3 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 cable is fully inserted in the socket before pushing down and to the left to close the flex cable lock.
- 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 PM3 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.