



Questions? Contact us at:  
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Please read all SAFETY PRECAUTIONS and INSTRUCTIONS first. Thank you for choosing **EndureRow®**.

**Your Box Includes:**

- EndureRow Seat
- One hex wrench
- Four hex screws and washers

**Safety Precautions and Warnings – PLEASE READ:**

- ! Do not reuse connectors from the original seat. They are too long and can cause injury.
- ! Keep clothing, fingers, hair, children, and pets away from moving seat rollers. They can cause injury.
- ! Remove any sharp objects from pockets or anywhere else that could puncture the seat surface.
- ! Do not step on, or stand on, seat or rear roller cover. Any damage could cause cuts or injury.
- ! Exercise at your own risk. Serious or fatal injury can occur at any time.

**Assembly Instructions:**

1. Move seat to back of seat rail. CAUTION: A MOVING SEAT CAN PINCH OR CUT FINGERS ALONG SEAT RAIL.
2. On Concept 2 C, D, E models, lift tab in between the foot rests to disconnect unit from seat rail. Lift both the front of unit and the seat rail upwards to separate.
3. Turn over seat rail to access bottom of seat. Again, be aware of moving seat.
4. Unscrew existing seat and remove. This usually requires a slot screwdriver or wrench.
5. Install EndureRow seat by first LOOSELY installing all 4 supplied screws and washers. Then tighten firmly with hex wrench. The notch in the seat faces the back of the rowing machine.
6. Reconnect seat rail to the front of the unit. PLEASE BE SURE FRAME LOCK IS IN LOCKED POSITION.
7. NOTE: The EndureRow seat height is about 1" lower. You may need to lower your footplate 1 or 2 notches.
8. Now Row Smarter! Enjoy your EndureRow seat upgrade.

**Seat Orientation**



Your EndureRow seat was shipped with a minimum of packing material, all of which is recyclable or biodegradable.