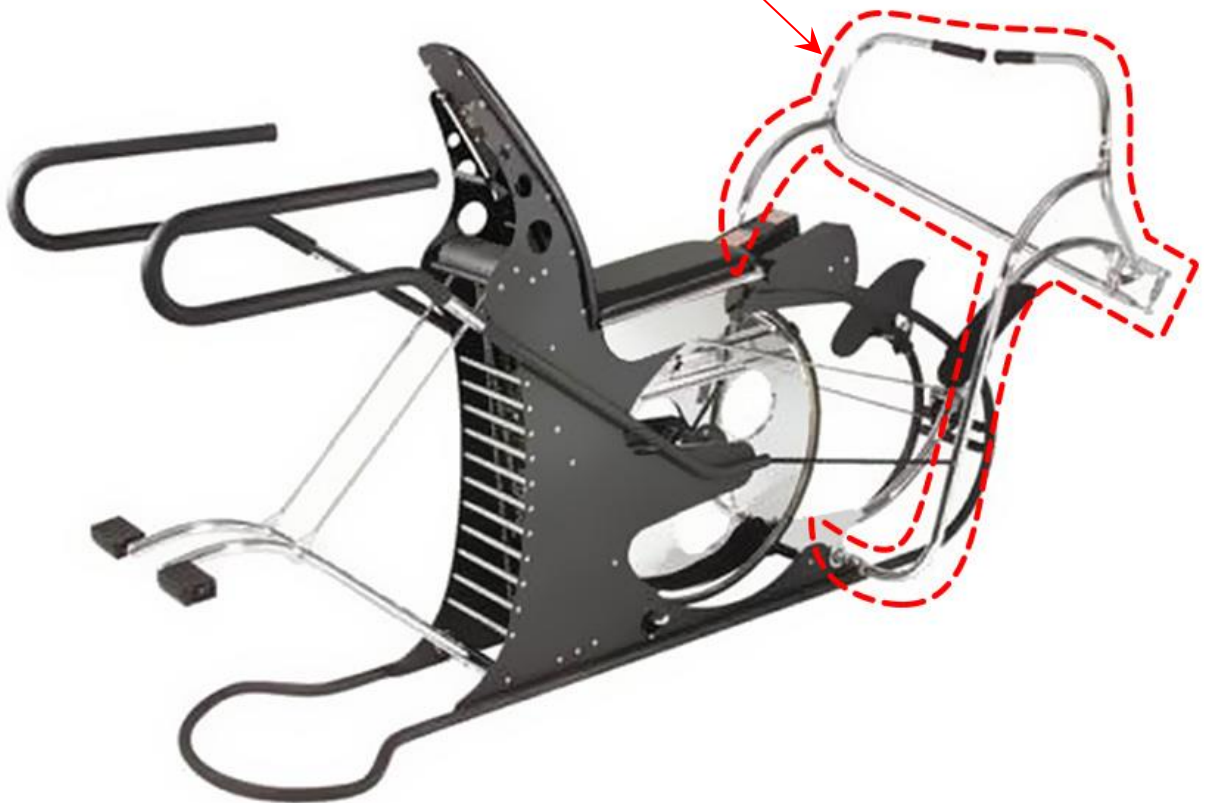


ROM 4 MINUTE WORKOUT CROSSTRAINER TIME MACHINE

ASSEMBLY MANUAL

USE THIS Assembly Manual when Arms are Removed from Machine (Machine in 3 pieces total). Arms circled will need to be assembled with hardware provided.



ROM QuickGym Sidearm Removal Instructions

To maneuver the ROM in and out of tight places, it is possible to reduce the size of the machine. This is a simple procedure best achieved **with 2 people** and the right tools.

To remove the side and rear arms of the ROM machine, you will need:

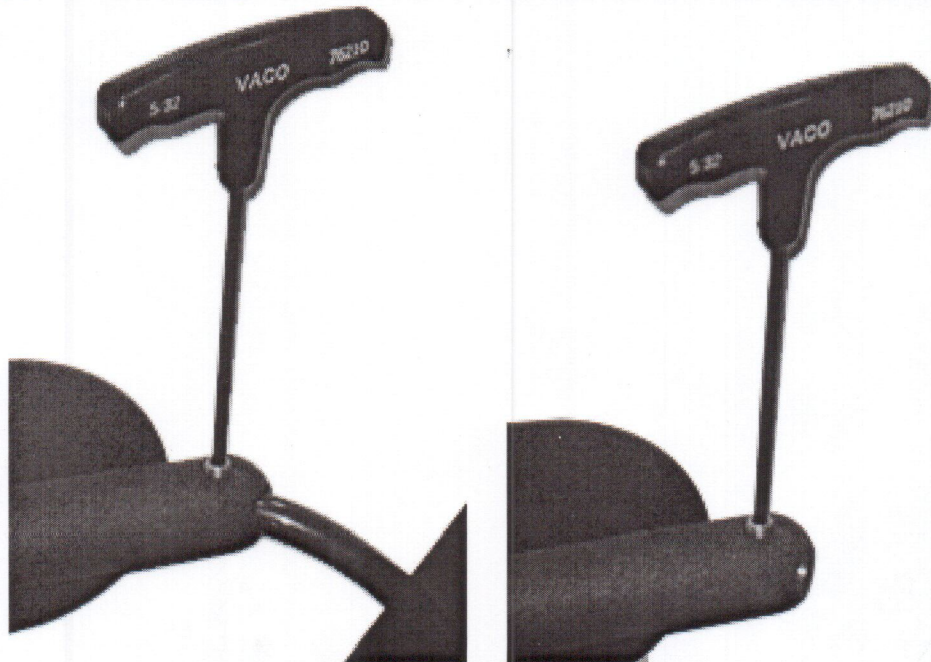
a $\frac{3}{4}$ " open ended wrench

a $\frac{5}{8}$ " open ended wrench

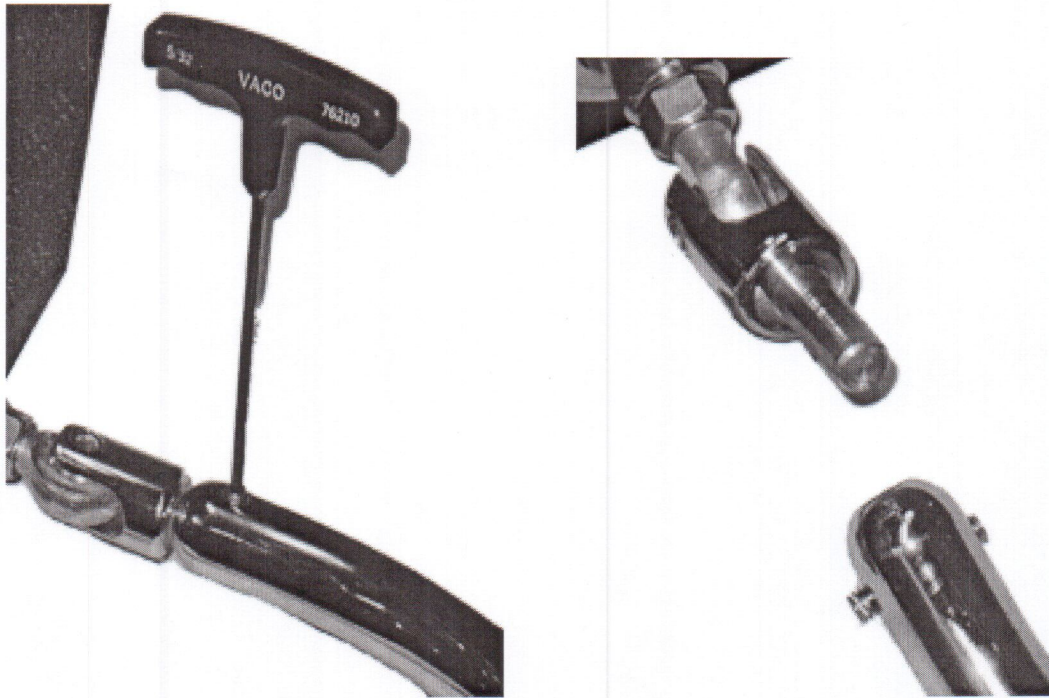
a $\frac{5}{32}$ " Allen wrench



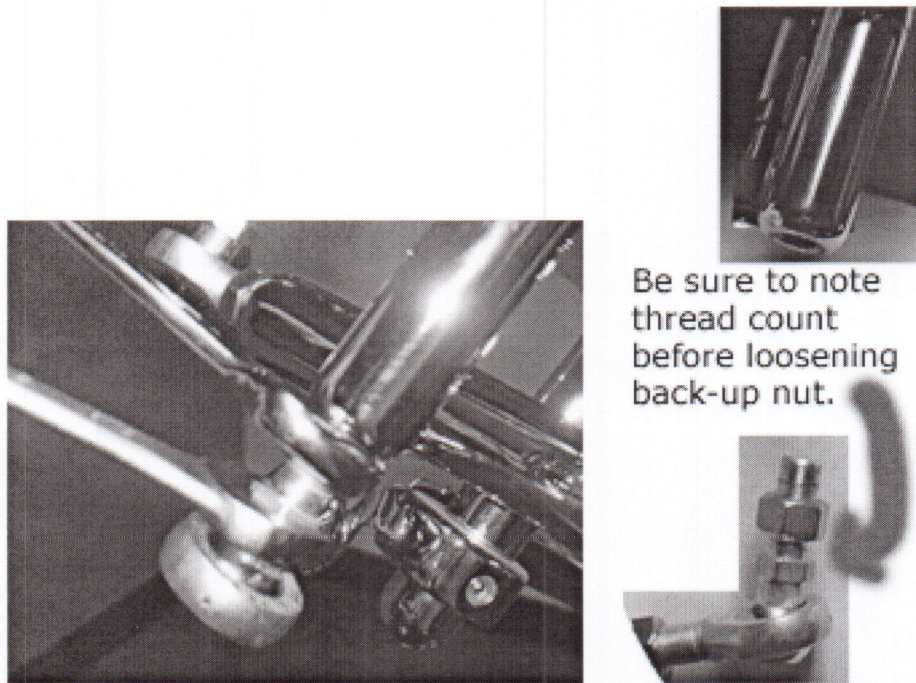
1. To remove the side arms from the front of the machine, first move the bars so that the handles are resting against the backrest. Loosen the screws from either side of the machine that are holding the plastic cables in ($\frac{5}{32}$ " Allen head). It is easier to loosen the screws that are on the frame.



2. Notice that the bars cross over one another. This requires that you remove the bar that is the lower of the two. Do this by first loosening the set screws from the bottom of the bar (5/32" Allen), this will allow you to slide the arm off of the lower rod end.



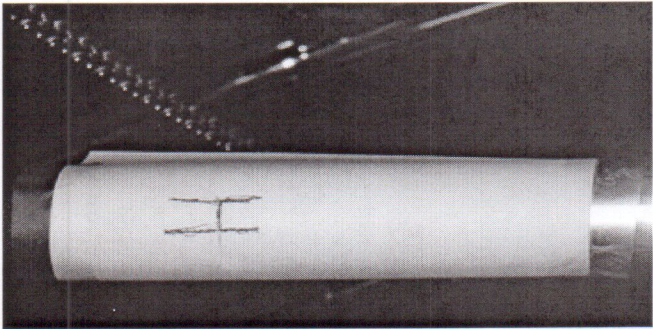
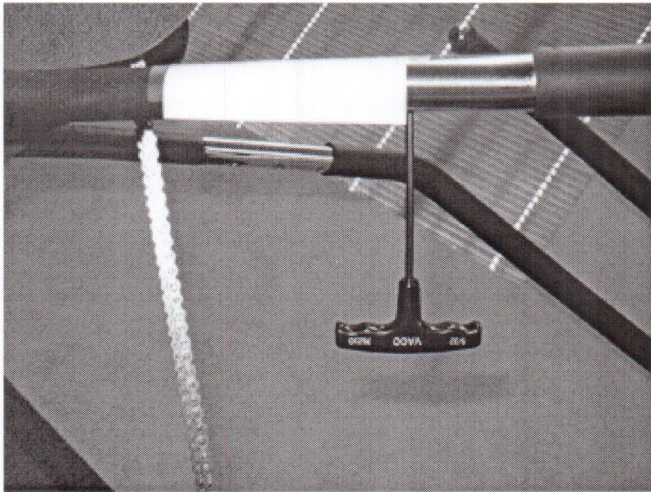
3. After sliding the arm off of the lower rod end, loosen the bolt that is holding the bar at the top of the machine. Do this, by slackening the 3/4" back-up nut then loosen the rest of the way with the 5/8" wrench. The rod ends have been adjusted at the factory to a certain length, this length must be noted when removing the rod end from the upper part of the bar.

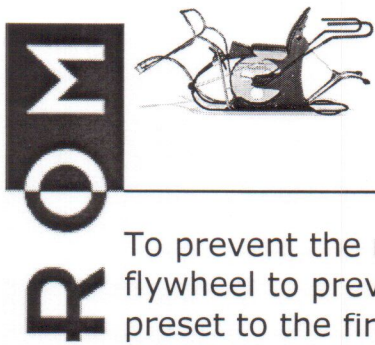


Be sure to note thread count before loosening back-up nut.

REPEAT PROCEDURE FOR REMOVING THE OTHER SIDE.

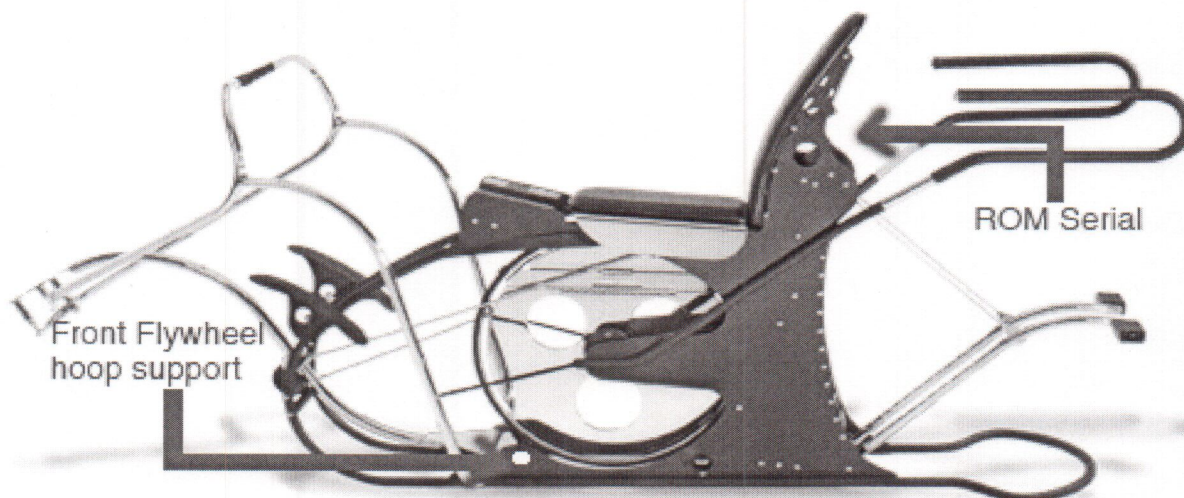
4. The rear of the machine has two arms that are removable. They are slid on the back part of the machine and held in place by 3 set screws in each. (5/32" Allen head set screws). Before removing these bars, make note of their location by placing a piece of masking tape on either side of the joining parts of the bar to make line-up marks. This way, when replacing the bars, the rotational location will be known.





Lock Installation

To prevent the machine from being used unattended place the lock on the flywheel to prevent it from spinning, the lock comes with a combination preset to the first four digits of the ROM serial number which can be found behind the seat back of the machine. (Where the seat height is set)



To install the lock:

- Place the U-Bar portion of the lock under the front most flywheel hoop support.
- Place the lock barrel through one of the three flywheel holes and press the barrel down onto U-Bar.
- Scramble the combination.
- Turn flywheel in clockwise direction when facing machine like picture above.

To remove the lock:

- Select combination and press on red button to release the barrel from the U-Bar.
- Leave U-Bar under machine for ease of re-installing the lock.

