

RP3 ROWING

DYNAMIC INDOOR ROWER

General Maintenance Instructions RP3 Rowing Machines

NOTE: If you suspect your rowing machine requires a repair, please [contact us](#). If your machines are club owned machines, they require servicing annually to keep them in top condition. Please visit our [servicing page](#) to book a machine service.

The instructions in this guide are applicable to both the RP3 Model S and the RP3 Model T. In order to keep your machine in top condition please follow the advice below:

1. Always clean the main bar after every session. This prevents dirt building up inside the machine. Paper towel and anti-bacterial spray are ideal for this.
2. Lubricate the chain every 3 months. This is especially important if you plan to keep the RP3 in humid or damp conditions. This is easier to do with two people. Lock the machine onto the bar and ask a helper to pull the handle to its full extent. Wipe the chain with an oil-soaked rag to coat the chain in a thin layer of oil. A light 3 in 1 oil is recommended.
3. If you have a Bluetooth compatible model S, the Bluetooth module is powered by a rechargeable power bank. This power bank will need recharging roughly once a month. It is recharged with a standard micro-USB charger and accessed by unscrewing the black thumbscrew on the back of the machine and lifting the panel (see next page). The power bank can be unplugged from the machine to recharge it. (The Model T power bank is charged by the machine itself.)
4. It is also worth connecting the tablet to WIFI occasionally to ensure you have the latest version of the RP3 App installed. The App is updated on a regular basis to provide additional functionality and fix any bugs.
5. If your RP3 develops a fault or cleaning the bar does not result in the machine running smoothly, please contact us to arrange a machine repair or service.

