

hydrow™

LIVE OUTDOOR REALITY (LOR)™ EXPERIENCE

Upright Storage Kit Installation Guide Drywall: Wood Studs

This guide will teach you how to safely and securely install your Upright Storage Kit for Hydrow. Please follow all instructions in this guide for the safety of the rower, your personal property, and the people in your home.

Gather the tools you will need:

- ▶ **Drill**
- ▶ **Stud finder**
- ▶ **Level**
- ▶ **Wrench**
- ▶ **Pencil**
- ▶ **Measuring tape**

Note: The Hydrow Upright Storage Kit is not compatible with drywall with metal studs.

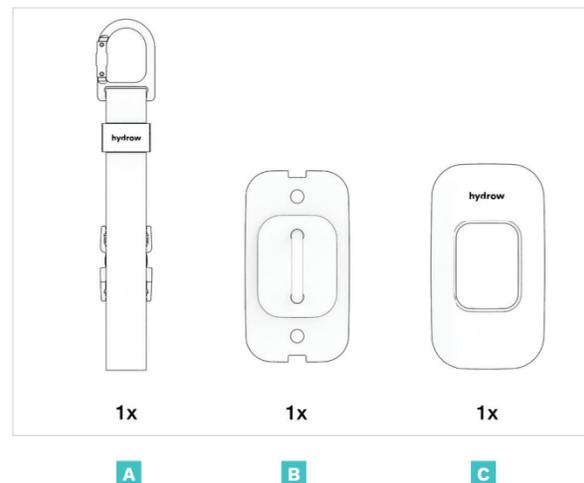
PREP

1 STEP 1 Safety

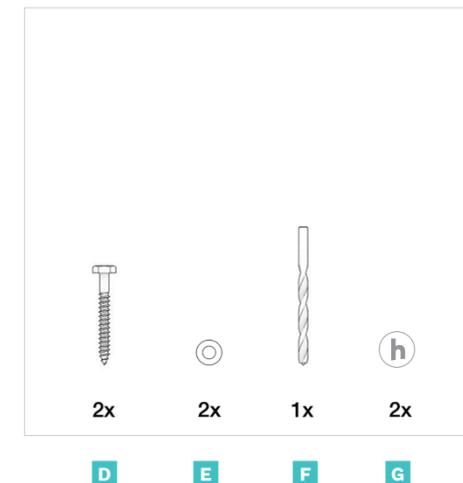
- ▶ For your safety, we recommend professional installation of the Hydrow Upright Storage Kit. Please contact your local construction company or handyman to schedule installation.
- ▶ If you choose to install the Hydrow Upright Storage Kit yourself, please follow all instructions in this guide carefully, and only mount the kit to studs on load-bearing walls.
- ▶ Use these instructions exactly as written. If you do not install the Hydrow Upright Storage Kit according to these exact instructions, your warranty of the Hydrow Upright Storage Kit will be voided, and you will assume all liability for product use. To view the warranty, visit www.hydrow.com/warranty. Any changes or modifications not expressly approved by Hydrow, Inc. would void your authorization to operate this device.
- ▶ Use these instructions exactly as written. If you do not install the Hydrow Upright Storage Kit according to these exact instructions, you may:
 - 1) Cause personal injury to yourself or nearby bystanders in the process of storing your Hydrow or removing it from storage
 - 2) Cause damage to the rower by improperly storing or retrieving it
 - 3) Cause personal injury to yourself if you then proceed to use a rower that has been damaged through improper use of the Upright Storage Kit

2 STEP 2 Lay out the parts

- A** 1x Strap
- B** 1x Bracket
- C** 1x Cover



- D** 2x 3/8" x 3" Wood Stud Lag Bolts
- E** 2x Washers
- F** 1x 15/64" Drill Bit
- G** 2x Wheel Stickers



INSTALLATION

3 STEP 3 Choose a spot

- a.** Select a location for the Upright Storage Kit with at least 2 feet of clearance on all sides.
 - b.** Using a stud finder, choose a stud for the Upright Storage Kit.
 - c.** Mark the left and right side of the stud in pencil.
 - d.** Mark the center of the stud in pencil.
- ▶ **NOTE:** If you cannot locate a stud, please contact a local construction company to locate the stud.

4 STEP 4 Determine location

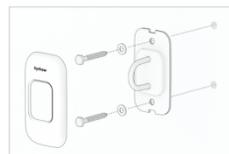
- a.** Put a mark between 64" and 70" above the floor (depending on strap height preference).
- b.** Put a second mark 4 3/4" above the first mark.

5 STEP 5 Drill holes

- a.** Use a drill and included 15/64" drill bit to make 3" deep holes in the two circles on the template. Ensure drill is held steady while drilling.
- b.** If an error renders a hole unusable, drill a comparable hole in the same area.

6 STEP 6 Secure the plate

- a.** Place the plate on the wall as shown.
- b.** Place washers over lag bolts.
- c.** Place one lag bolts with washer into each of the drilled holes.
- d.** Screw the lag bolts halfway with the wrench.
- e.** Use the level to ensure the plate is straight.
- f.** Tighten all lag bolts completely.



7 STEP 7 Add the plastic cover

- a.** Fit the plastic cover over the plate as shown.
- b.** The cover will snap into place using the embedded magnets when secure.

8 STEP 8 Attach the strap

- a.** Unfold strap and locate the metal clip.
- b.** Open clip and secure it to the storage bracket.

9 STEP 9 Mark the wheel spots

- ▶ Decide on the perpendicular or parallel storage position.
- a. For perpendicular storage:**
 - ▶ Find the point on the wall where the line created by connecting the two drill holes meets the floor.
 - ▶ Mark a spot 9" to the right and 9" to the left of that point.
 - ▶ Extend each mark 38" onto floor (perpendicular to wall) and place stickers.

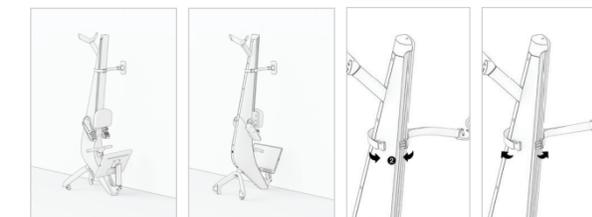
b. For parallel storage:

- ▶ Find the point on the wall where the line created by connecting the two drill holes meets the floor.
- ▶ Mark a spot 12" to the left or right of that point (depending on which way you want your Hydrow to face in the stored position).
- ▶ Mark a line perpendicular to the wall at that point.
- ▶ Place stickers 4" and 22" away from the wall along the line.

USE

10 STEP 10 Hydrow storage with the Upright Storage Kit

- a.** Find a friend to help. This is a two person job.
- b.** Unplug Hydrow.
- c.** Collapse the Hydrow monitor into its storage position by simultaneously lifting the monitor's weight and pressing the fold button on Hydrow's neck. Once the button is depressed, gently guide the monitor into its collapsed storage position.
- d.** Slide seat toward front of top rail.
- e.** Being mindful of cord position, lift Hydrow from the back legs and tip Hydrow onto its wheels, positioning the wheels onto the wheel stickers marking Hydrow's storage spot.
- f.** Once in place, lift Hydrow into its full vertical storage position, bracing Hydrow with one hand while taking hold of the storage kit strap in the other hand.
- g.** Wrap the strap around Hydrow's rail below the back legs and clip to secure.



CARE

11 STEP 11 Continued Safety Checks

- a.** Regularly inspect the hardware and tighten the bolts.
- b.** To contact Customer Care, please visit support.hydrow.com or email support@hydrow.com.

NEED HELP?
support@hydrow.com



hydrow.com

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Upright Storage Kit Installation Guide

Masonry

This guide will teach you how to safely and securely install your Upright Storage Kit for Hydrow. Please follow all instructions in this guide for the safety of the rower, your personal property, and the people in your home.

Gather the tools you will need:

- ▶ **Drill**
- ▶ **Level**
- ▶ **Wrench**
- ▶ **Pencil**
- ▶ **Measuring tape**

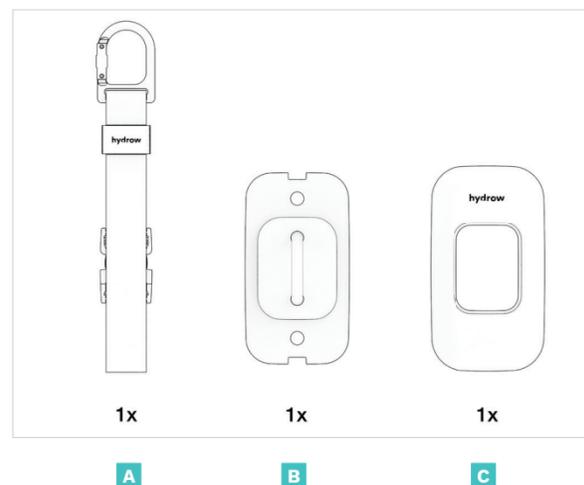
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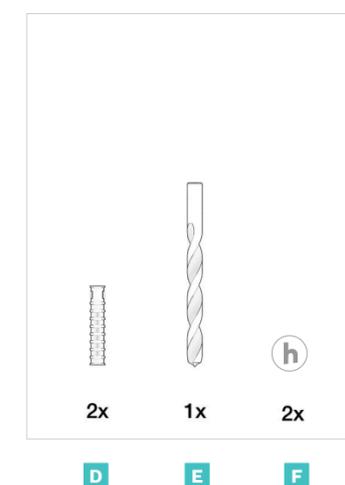
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2 STEP 2 Lay out the parts

- A** 1x Strap
- B** 1x Bracket
- C** 1x Cover



- D** 2x 3/8" x 3" Removable Bolt Anchors
- E** 1x 3/8" Drill Bit
- F** 2x Wheel Stickers



INSTALLATION

3 STEP 3 Determine location

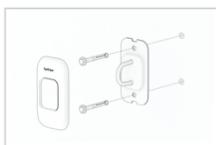
- a. Select a location for the Upright Storage Kit with at least 2 feet of clearance on all sides.
- b. Put a mark along the center of the stud between 64" and 70" above the floor (depending on strap height preference).
- c. Put a second mark 4 3/4" above the first mark.

4 STEP 4 Drill holes

- a. Use a drill and included 3/8" drill bit to make 3" deep holes in the two circles on the template. Ensure drill is held steady while drilling.
- b. If an error renders a hole unusable, drill a comparable hole in the same area.

5 STEP 5 Secure the plate

- a. Place the plate on the wall as shown.
- b. Place sleeve anchors through the wall plate and into wall.
- c. Hammer sleeve anchors into wall until bolt head is firmly seated against the plate.
- d. Use the level to ensure the plate is straight.
- e. Tighten all bolts completely.



6 STEP 6 Add the plastic cover

- a. Fit the plastic cover over the plate as shown.
- b. The cover will snap into place using the embedded magnets when secure.

7 STEP 7 Attach the strap

- a. Unfold strap and locate the metal clip.
- b. Open clip and secure it to the storage bracket.

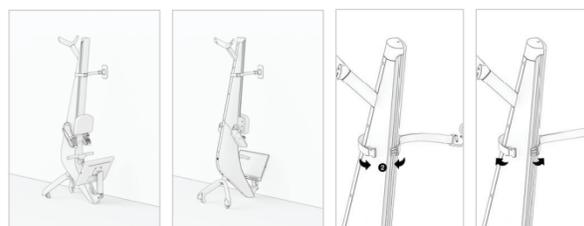
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9 STEP 9 Hydrow storage with the Upright Storage Kit

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- f. Once in place, lift Hydrow into its full vertical storage position, bracing Hydrow with one hand while taking hold of the storage kit strap in the other hand.
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