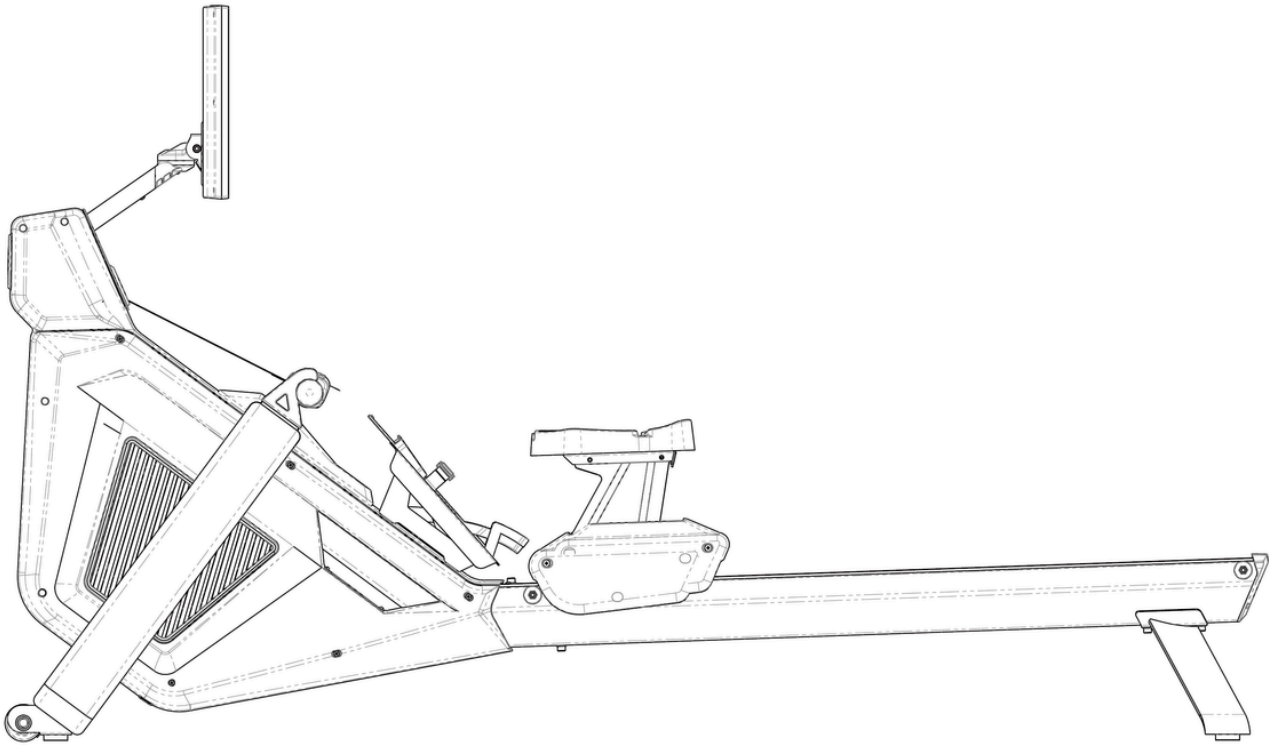
AVIRON



STRONG SERIES ROWER

USER MANUAL

AVIRON ACTIVE

END BORING WORKOUTS

We're thrilled you've chosen the Aviron Strong Series Rower. For the best experience, please review the instruction manual before use.

Table of Contents

BEFORE STARTING 2
Safety Instructions 2
Electrical Safety 3
Location and Clearance 4
Warm-Up and Attire 4
Storage 5
PRODUCT OVERVIEW AND SPECIFICATIONS 6
Dimensions and Specifications 6
Console Details 7
PARTS AND TOOLS 8
ASSEMBLY INSTRUCTIONS 10
CONNECTING TO A NETWORK 21
ACCESSING ADMIN AND SYSTEM SETTINGS 23
SETTING UP YOUR ROWER 24
Foot Pedal Adjustment 24
Foot Distance Adjustment 25
ROWER USAGE AND BEST PRACTICES 26
CARE AND MAINTENANCE 27
TERMS AND CONDITIONS 29
WARRANTY AND CERTIFICATIONS 30
STATEMENTS AND NOTICES 31
EXPLODED DIAGRAM & PARTS LIST 34

BEFORE STARTING

Safety Instructions

Please read all instructions before assembling or using the equipment to ensure safety and protection. The owner is responsible for ensuring all users are informed of the warnings and precautions. Use the equipment only as instructed. Improper use may lead to serious injury or death. Aviron is not liable for any damage or injury resulting from misuse.

Consult Your Physician: Consult your physician before using the equipment. If you feel faint, dizzy, or experience pain, stop and seek medical attention immediately. It's recommended to consult with a fitness professional for proper use of equipment.

Usability and Supervision: Individuals under 10 years of age and those with reduced physical, sensory, or cognitive abilities, that may affect safe usage, should not use the equipment. Users over 10 years old or with limited experience or knowledge must receive proper supervision or instruction before use. Children of any age must not perform maintenance or play with the rower.

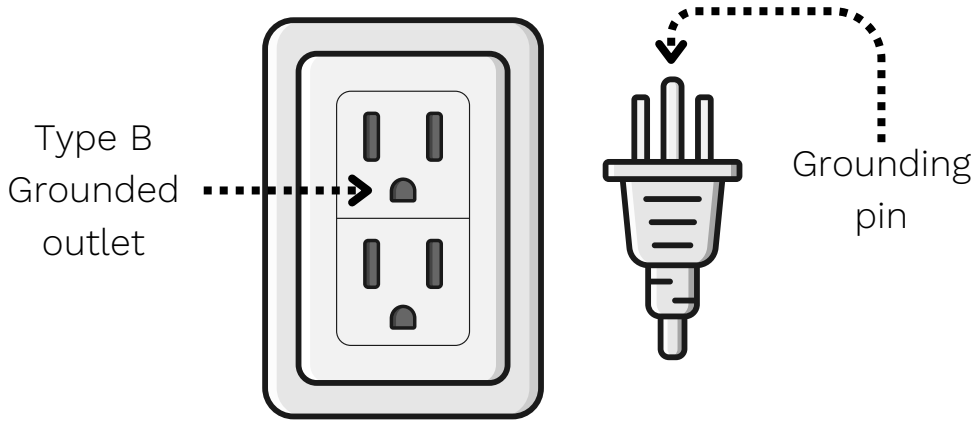
Avoid Hazards: Do not insert objects or body parts into any of the openings on the equipment or beneath the seat assembly. Never use the rower if it is malfunctioning or if the power cord is damaged. Do not attach accessories not recommended or certified by the manufacturer. Do not carry the rower by its power cord.

Weight Capacity: The maximum recommended weight capacity for the equipment is 507 lb (230 kg).

BEFORE STARTING

Electrical safety

⚠ **Grounded Outlet:** To reduce the risk of burns, fire, electric shock, equipment damage, or injury, always connect the rower to a properly grounded electrical outlet. If the supplied power cord does not fit your outlet, contact a qualified electrician to install the correct type of outlet, as shown below.



Surge Protection: Whenever possible, connect the equipment to a high-quality surge protector designed for fitness or electronic equipment. This helps safeguard the rower's electronic components from unexpected power spikes or fluctuations.

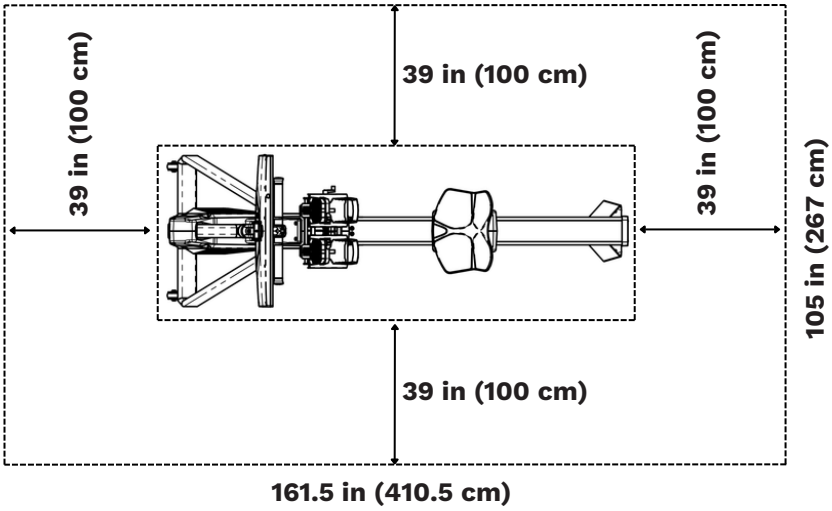
Disconnecting: Always turn off the power and unplug the rower before cleaning or when not in use.

Power Adapter: Use only the Aviron-supplied power adapter to ensure safe and reliable operation. Do not modify the plug. Unauthorized cords can damage the equipment, create safety hazards, and void the warranty. The power cord must never pass under the equipment and must stay away from heat, sharp edges, and water. Ensure the power cord is in good condition before use and contact our technical support for replacements or questions.

BEFORE STARTING

Location

The rower is designed for indoor use only. Do not operate or store it outdoors, in high humidity, or in damp or wet conditions. Place and use the rower on a stable, level surface in a secure area away from children, pets, and unauthorized users. Ensure there is at least 39 inches (100 cm) of clearance on all four sides. Keep the surrounding area free of furniture, equipment, and other objects.



Warm-up

Warm-up Routine: Warm up for 5 to 10 minutes before exercising to gradually increase heart rate, blood flow, and loosen joints and muscles.

Appropriate Attire: Remove jewelry, including rings, chains, and pins, and always wear suitable clothing and footwear. Avoid wearing loose or dangling clothing while using the rower. Keep towels and other loose items away from the rail or any other moving part. Ensure your shoelaces are securely tied and do not extend beyond the soles of your shoes.

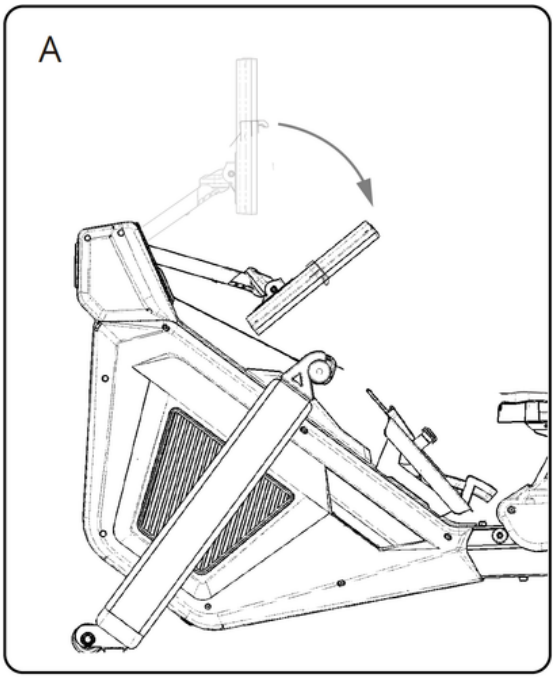
BEFORE STARTING

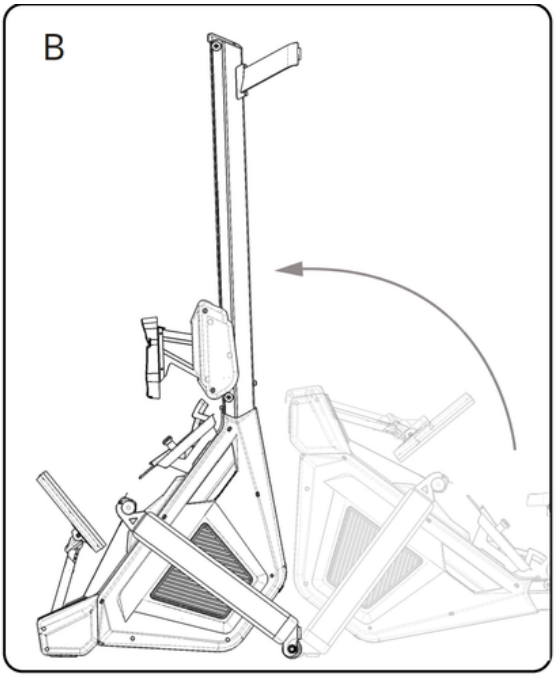
Storage

Always store the rower indoors in a clean, dry space. Avoid areas with high humidity, dust, or direct sunlight, as these conditions can damage both the electronic and mechanical components. The rower is designed to stand freely on its own, so do not lean it against walls or furniture. Choose a storage area where it will not be bumped or knocked over to ensure both user safety and product longevity.

To safely store the Strong Series Rower and save space:

1. Lower the console arm – Gently fold the touchscreen down toward the frame until it is in the resting position, as shown in illustration A.
2. Lift from the rear leg – Hold the rear leg firmly and slowly raise the main frame upward, pivoting it onto the front legs.
3. Secure the upright position – Lower the main frame carefully until it stands vertically, as shown in illustration B. Confirm the rower is stable before stepping away

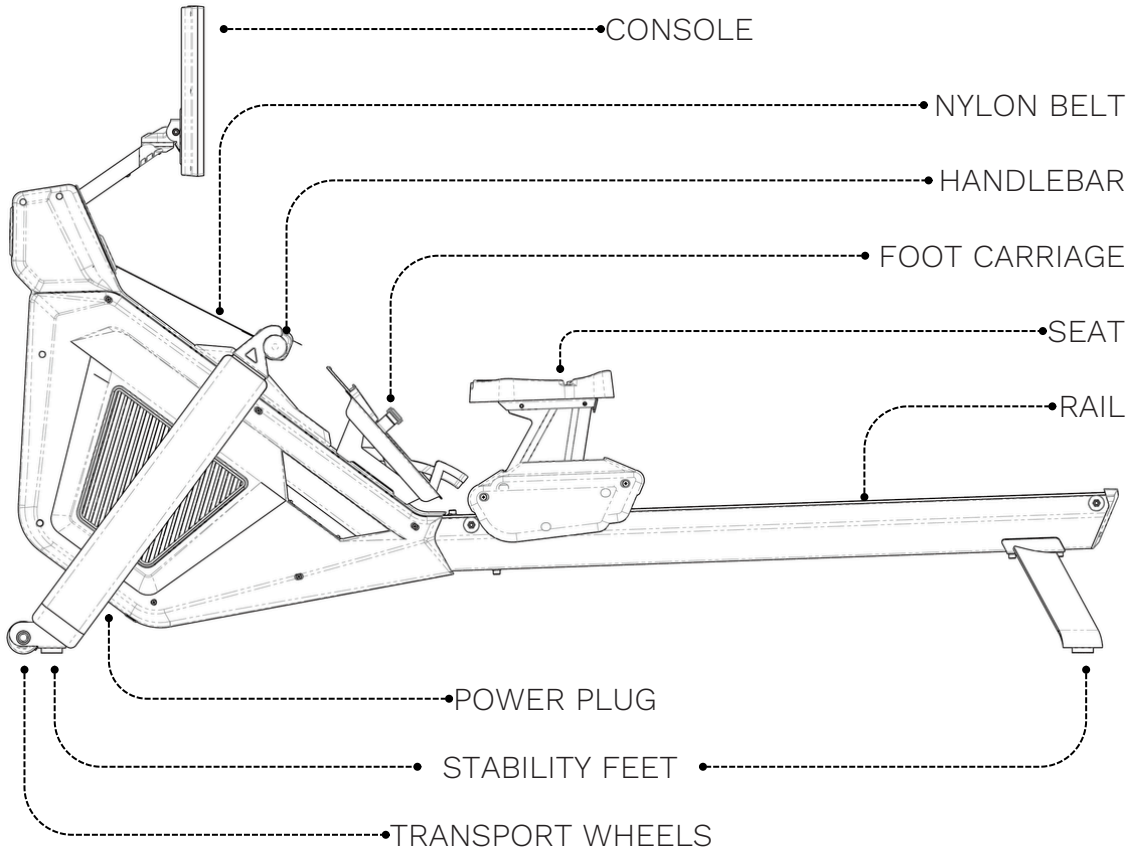




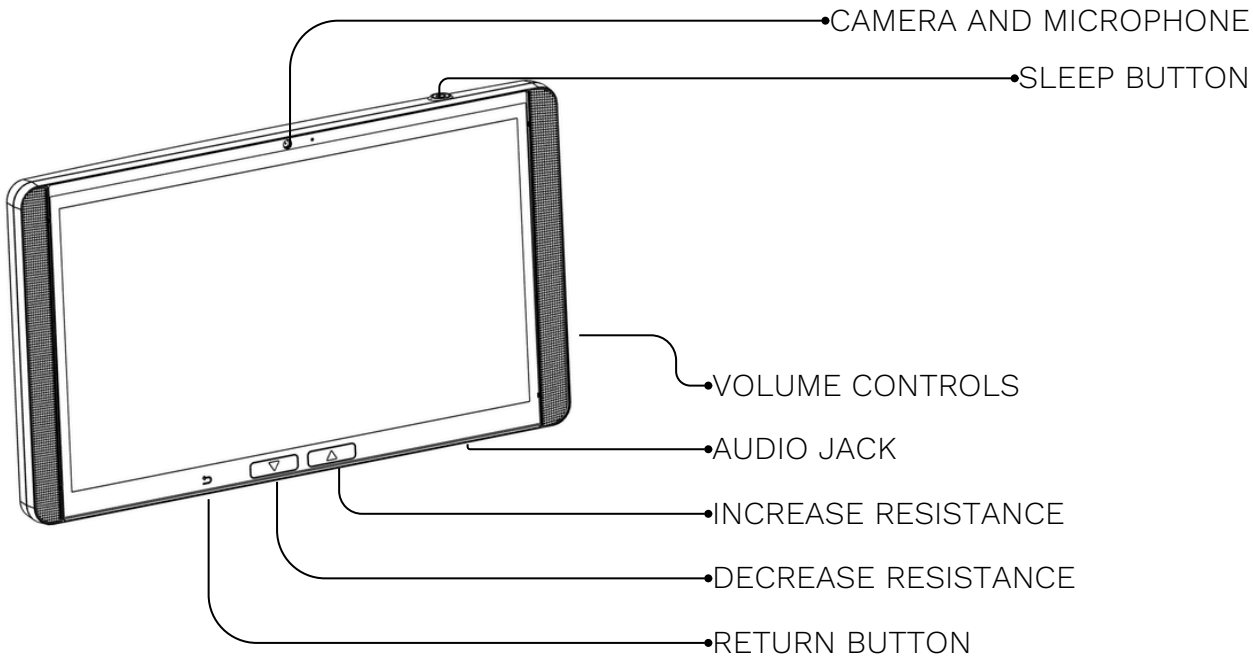
PRODUCT OVERVIEW AND SPECIFICATIONS

Rower Dimensions and Specifications

Product (L x W x H): 83.5 × 27 × 48.4 in / 212 × 69 × 123 cm
Total Weight: 113.5 lbs / 51.5 kg
Power Requirements: 100-240V, 1.5 A
User Maximum Height: Up to 6 ft 8 in / 203 cm
User Maximum Weight: 507 lbs / 230 kg
Frame: High-strength aluminum
Resistance: 16-level dual air & magnetic system
Drive Belt: Industrial poly-v belt
Seat: Ergonomic seat with extra rear support
Transport: Wheels and stability feet



Console Details



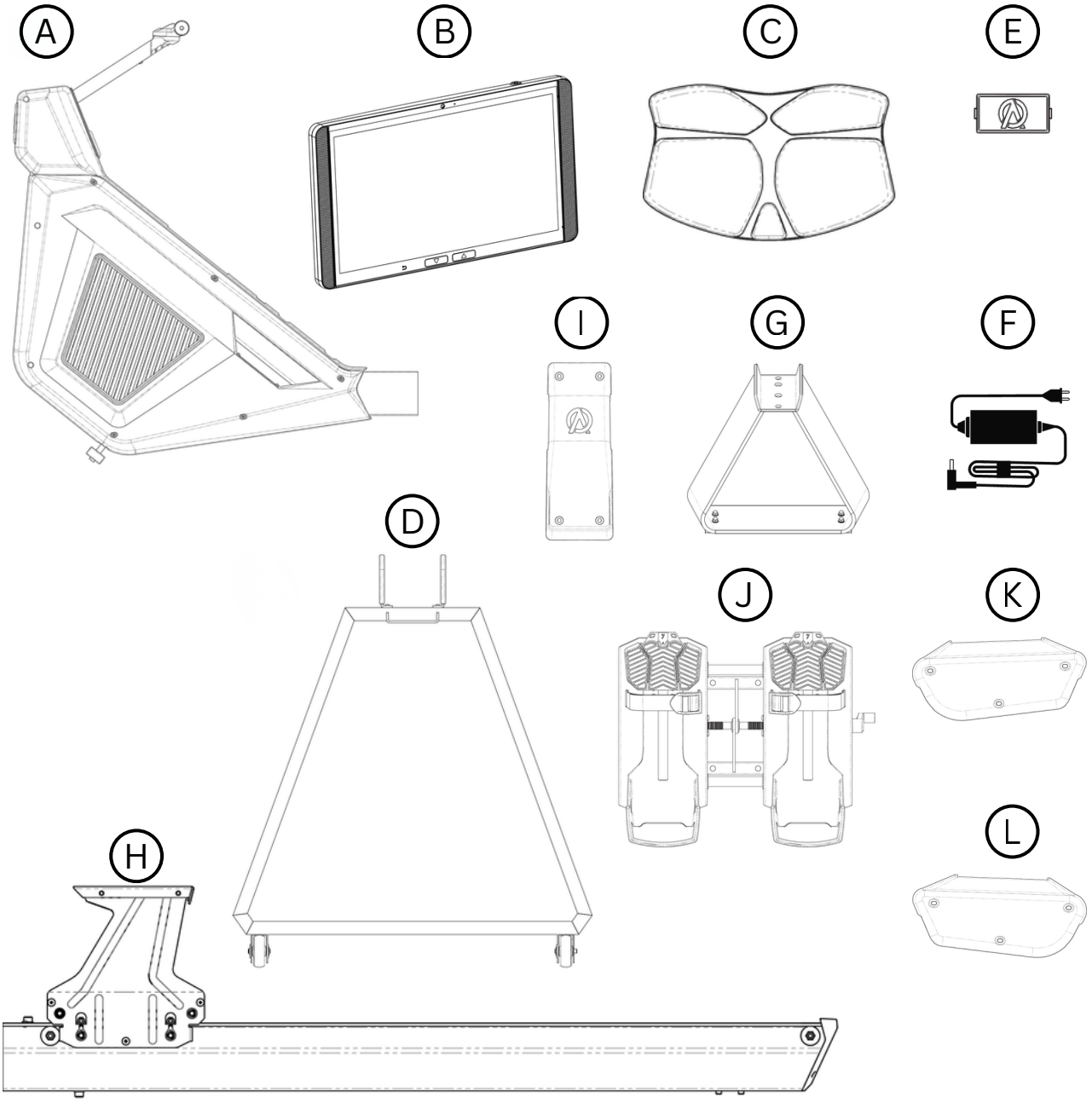
ETHERNET PORT LOCATED AT REAR

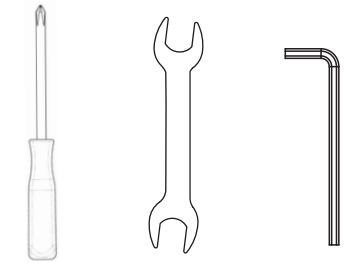
NOTE: The image shown is a simplified representation of the Aviron Touchscreen. Actual design and appearance may vary depending on the model or production batch.

PARTS AND TOOLS

PARTS	A	MAIN FRAME	1
	B	CONSOLE	1
	C	SEAT	1
	D	FRONT LEG	1
	E	SMALL COVER	1
	F	POWER ADAPTER	1
	G	REAR LEG	1
	H	RAIL	1
	I	HANDLEBAR HOLDER COVER	1
	J	FOOT CARRIAGE	1
	K	SEAT COVER (L)	1
	L	SEAT COVER (R)	1
TOOLS	1	PH2 SCREWDRIVER	1
	2	M13-15 WRENCH	1
	3	M6 ALLEN KEY	1
FASTENERS	F1	SOCKET HEAD BOLT M8 X 35MM WASHER Ø8 X Ø16 X 1.5T	4
	F2	SOCKET HEAD BOLT M8 X 16MM WASHER Ø8 X Ø16 X 1.5T	10
	F3	ROUND HEAD BOLT M5 X 10MM	10

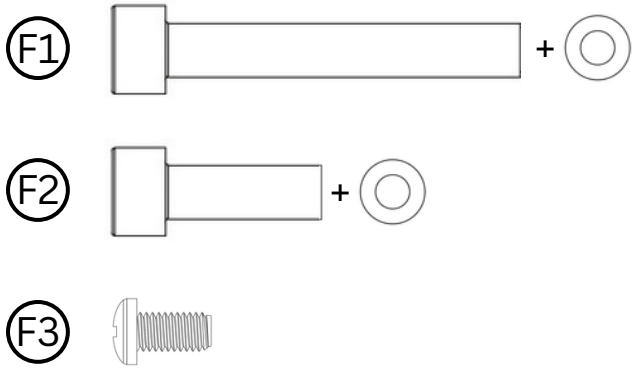
PARTS AND TOOLS





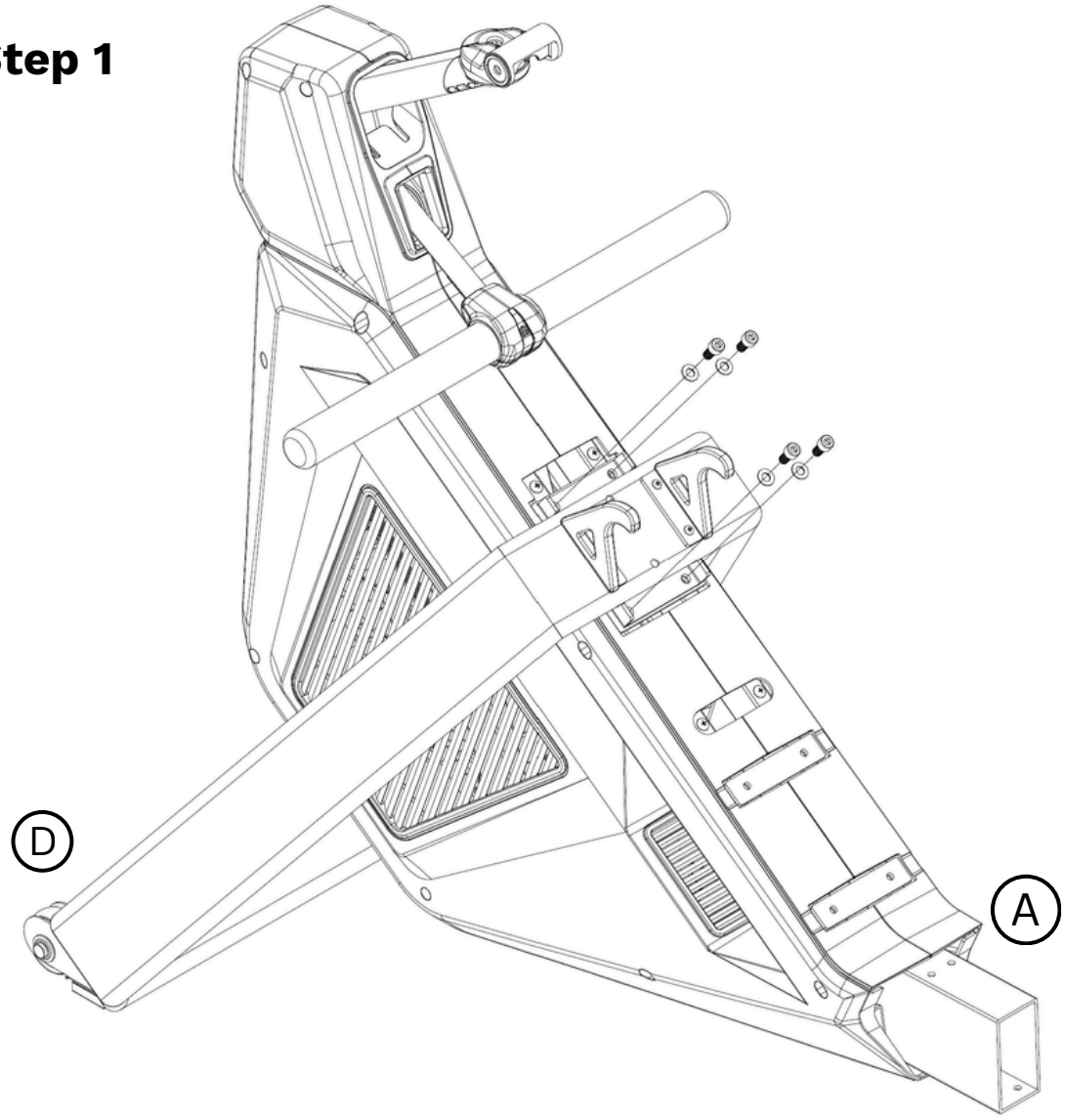
PH2 M13-15 M6

1 2 3



ASSEMBLY INSTRUCTIONS

Step 1

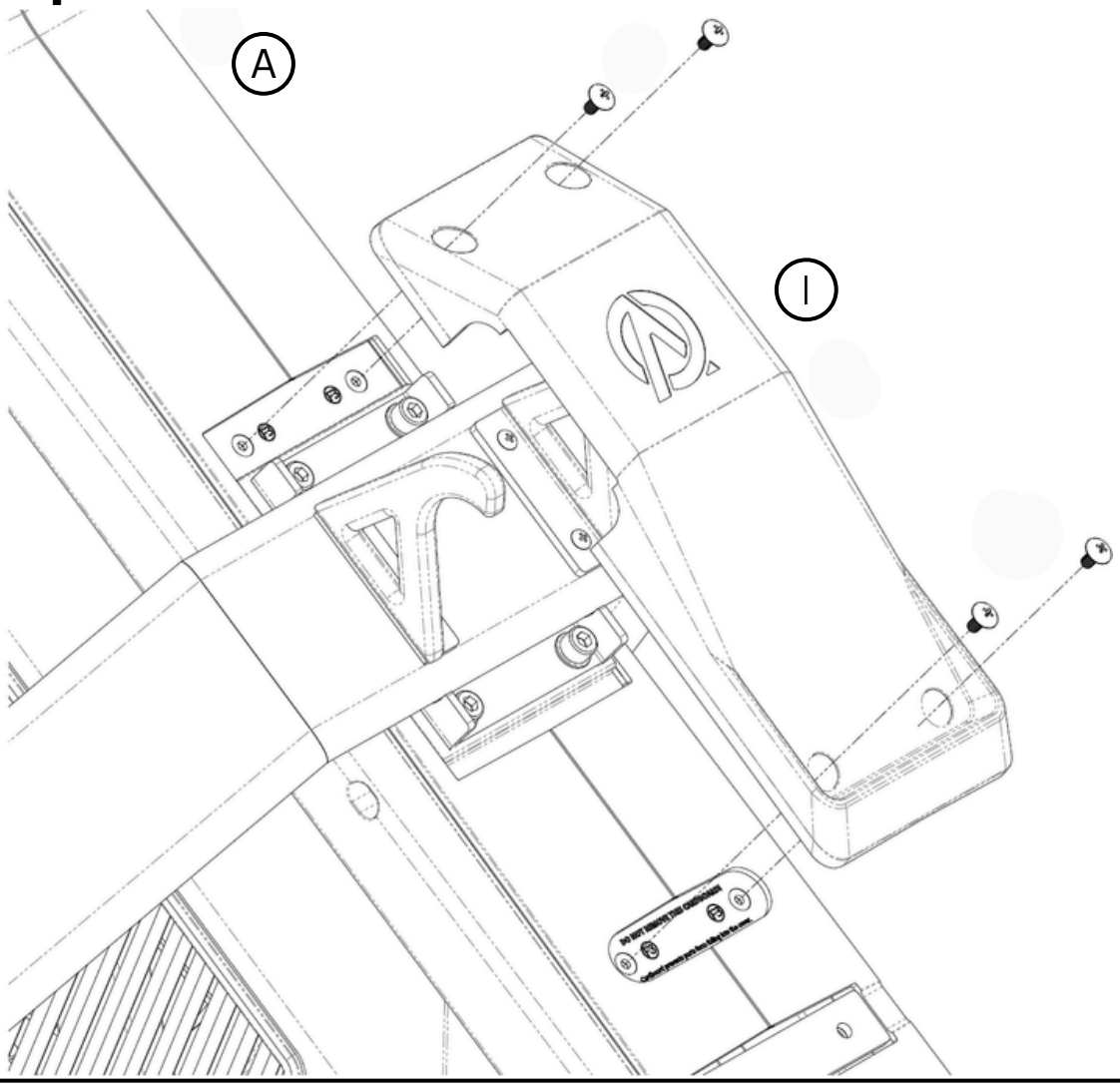


Parts:	Tools:	Fasteners:
A D	3	F2

Place the Main Frame (A) on the ground. Position the Front Leg (D) over the frame and secure it with 4x M8×16 mm bolts and washers (F2) using the M6 Allen Key.
For best results, install and tighten the bolts in an X-pattern. This ensures even pressure and prevents misalignment. Before fully tightening, confirm that the Front Leg (D) sits flat against the Main Frame (A). No gaps should be visible between the two parts, as gaps can cause crooked bolt installation. Once aligned, tighten all fasteners securely.

ASSEMBLY INSTRUCTIONS

Step 2

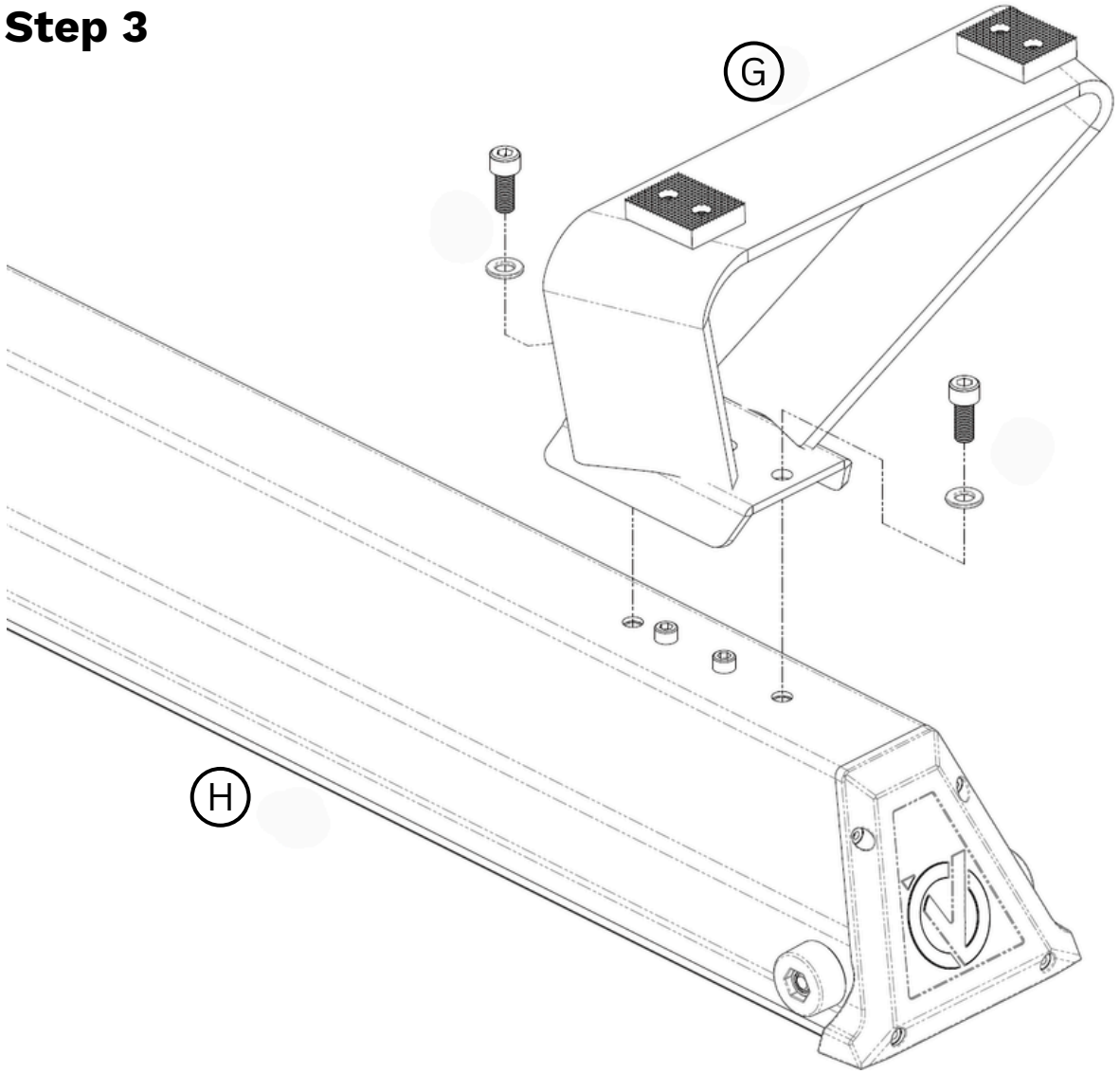


Parts:	Tools:	Fasteners:
A I	1	F3

Position the Handlebar Holder Cover (I) over the Front Leg and Main Frame assembly. Secure it with 4x M5×10 mm bolts (F3) using a PH2 Phillips screwdriver.

ASSEMBLY INSTRUCTIONS

Step 3

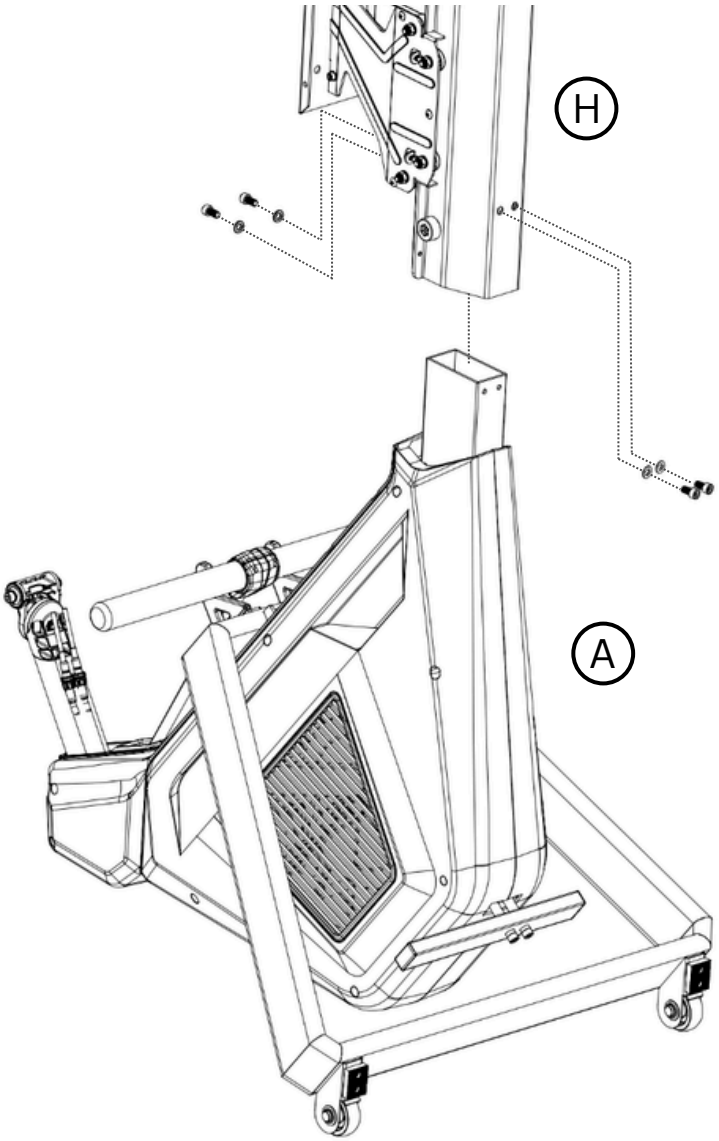


Parts:	Tools:	Fasteners:
G H	3	F2

Place the Rail (H) on the ground with the seat assembly facing downward. Position the Rear Leg (G) at the end of the rail and secure it with 2x M8×16 mm bolts and washers (F2) using the M6 Allen Key. Make sure the Rear Leg (G) is oriented correctly, with the leg pointing outward toward the end of the rail. This ensures proper stability once the rower is fully assembled. Tighten both bolts evenly and securely.

ASSEMBLY INSTRUCTIONS

Step 4

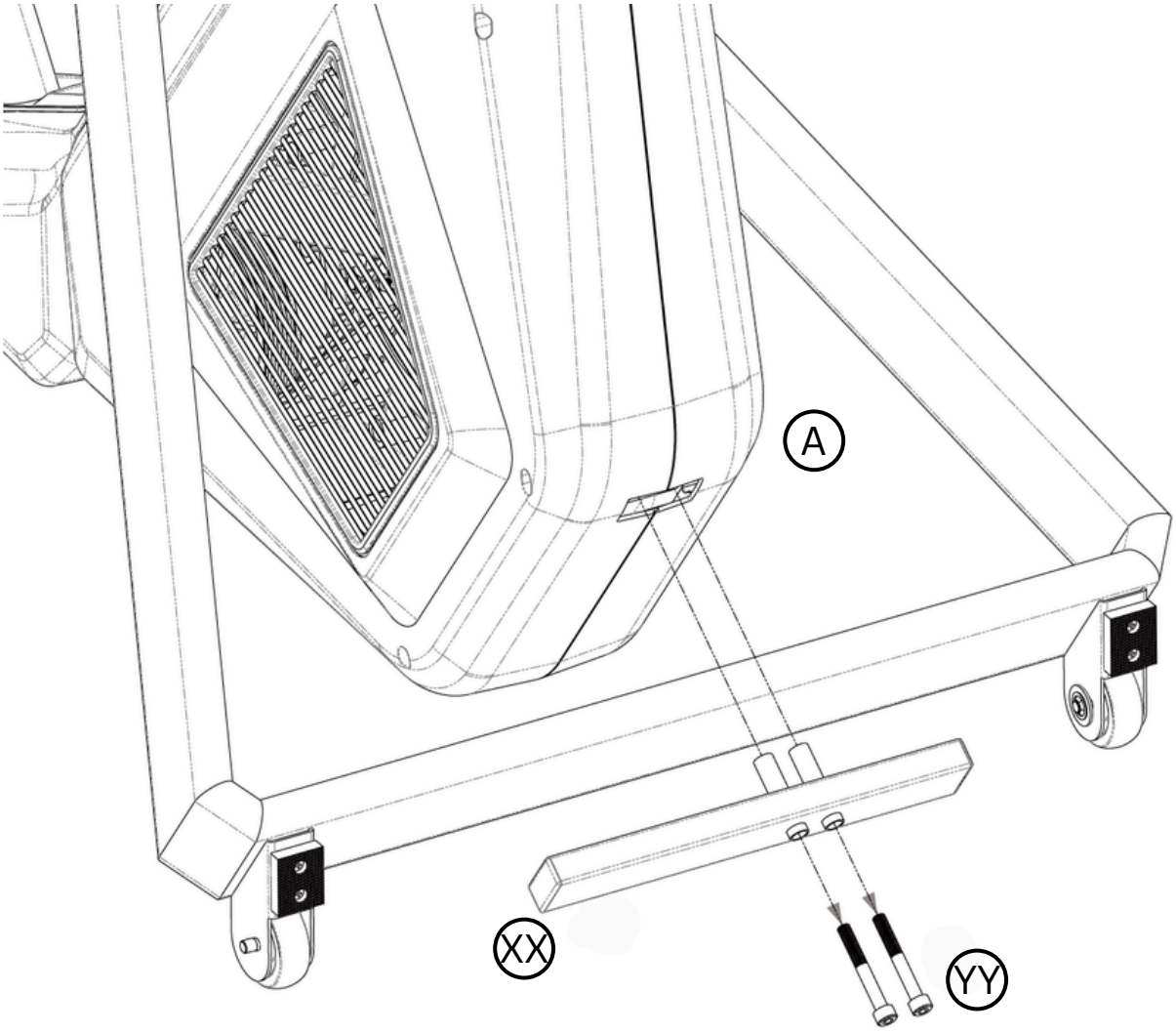


Parts:	Tools:	Fasteners:
A H	3	F2

For easier installation, pivot the Main Frame (A) so that the orange portion rests on the ground. This positions the Rail (H) to be attached vertically. Before lifting the rail, roll the seat assembly forward to the front end of the rail to prevent it from sliding unexpectedly. Lift the rail and align its opening with the main frame. Once properly seated, secure the connection with 4x M8×16 mm bolts and washers (F2) using the M6 Allen Key. Tighten all bolts evenly in a cross pattern to ensure a secure and stable fit.

ASSEMBLY INSTRUCTIONS

Step 5



Parts:

A

Tools:

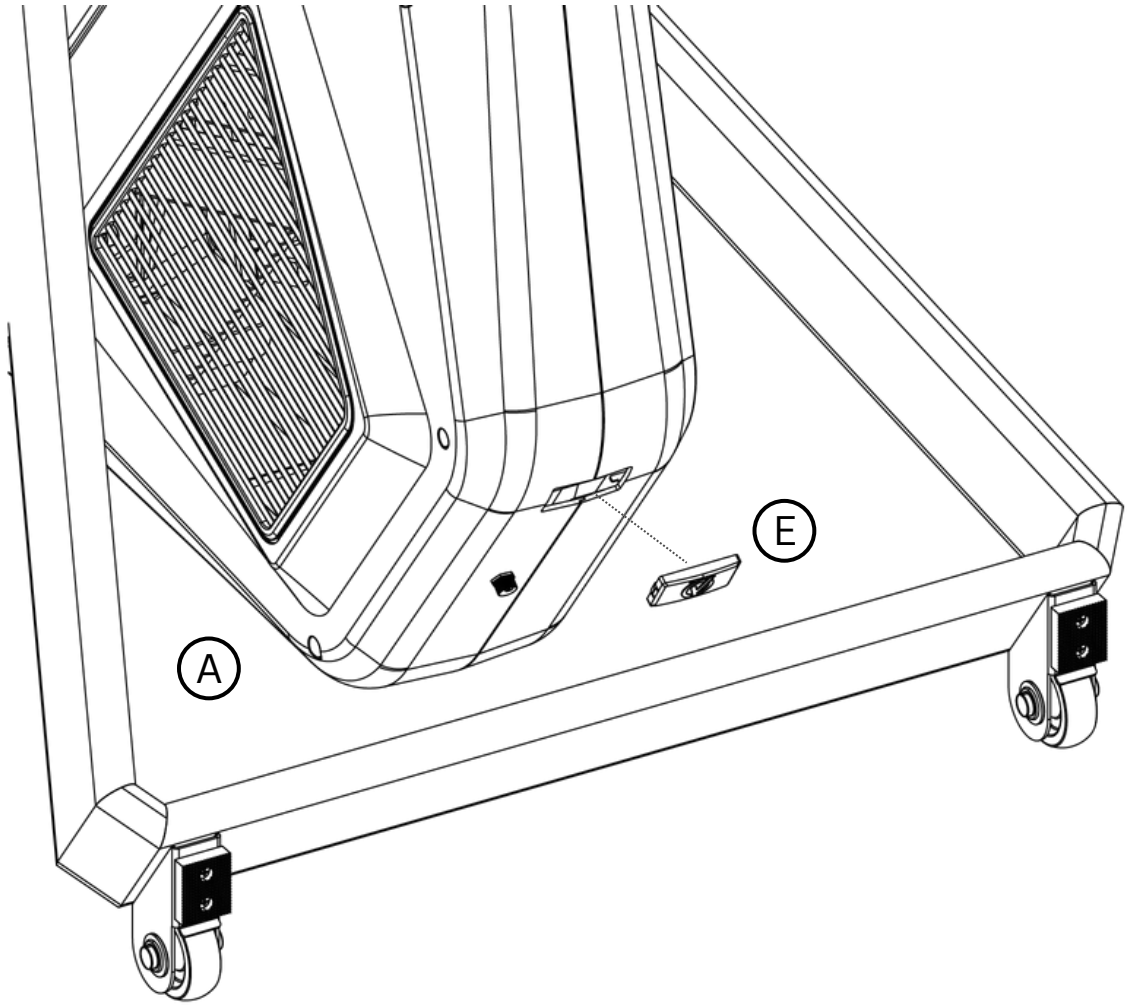
3

Fasteners:

With the Main Frame (A) still in the upright position, use the M6 Allen Key to remove the 2x M8×20 mm bolts (YY) and the Stand Support (XX). These components were only for temporary assembly support and are no longer required. Discard both parts.

ASSEMBLY INSTRUCTIONS

Step 6



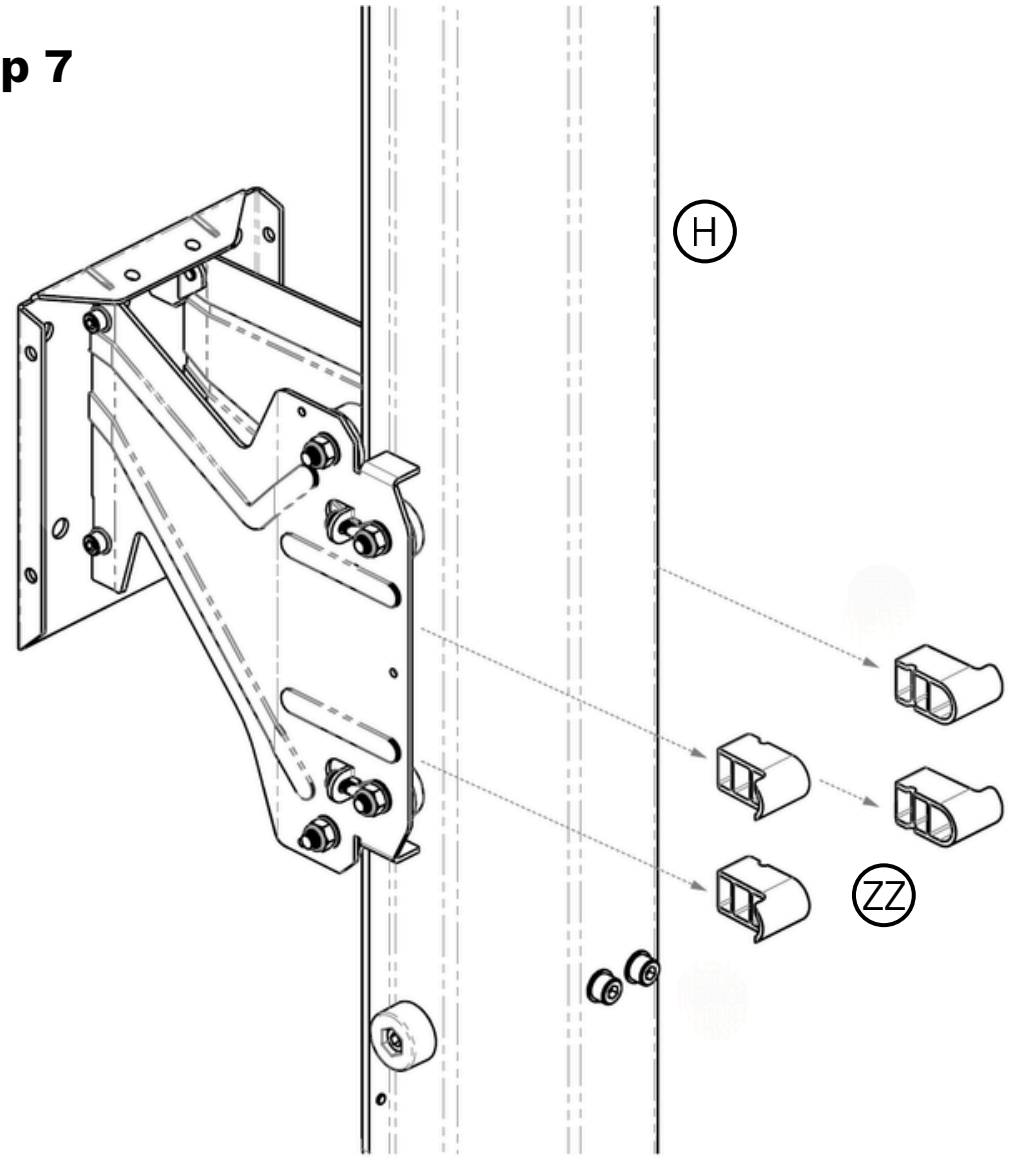
Parts: **Tools:** **Fasteners:**

A E

Position the Small Cover (E) over the opening in the Main Frame (A) where the Stand Support was removed. Make sure the top of the logo is facing downward so that, once the rower is in its horizontal position, the logo will appear upright. For easier installation, insert one side of the cover first, then gently press the other side until it locks in place. Avoid applying excessive force, as pushing too hard could cause the cover to slip inside the frame.

ASSEMBLY INSTRUCTIONS

Step 7



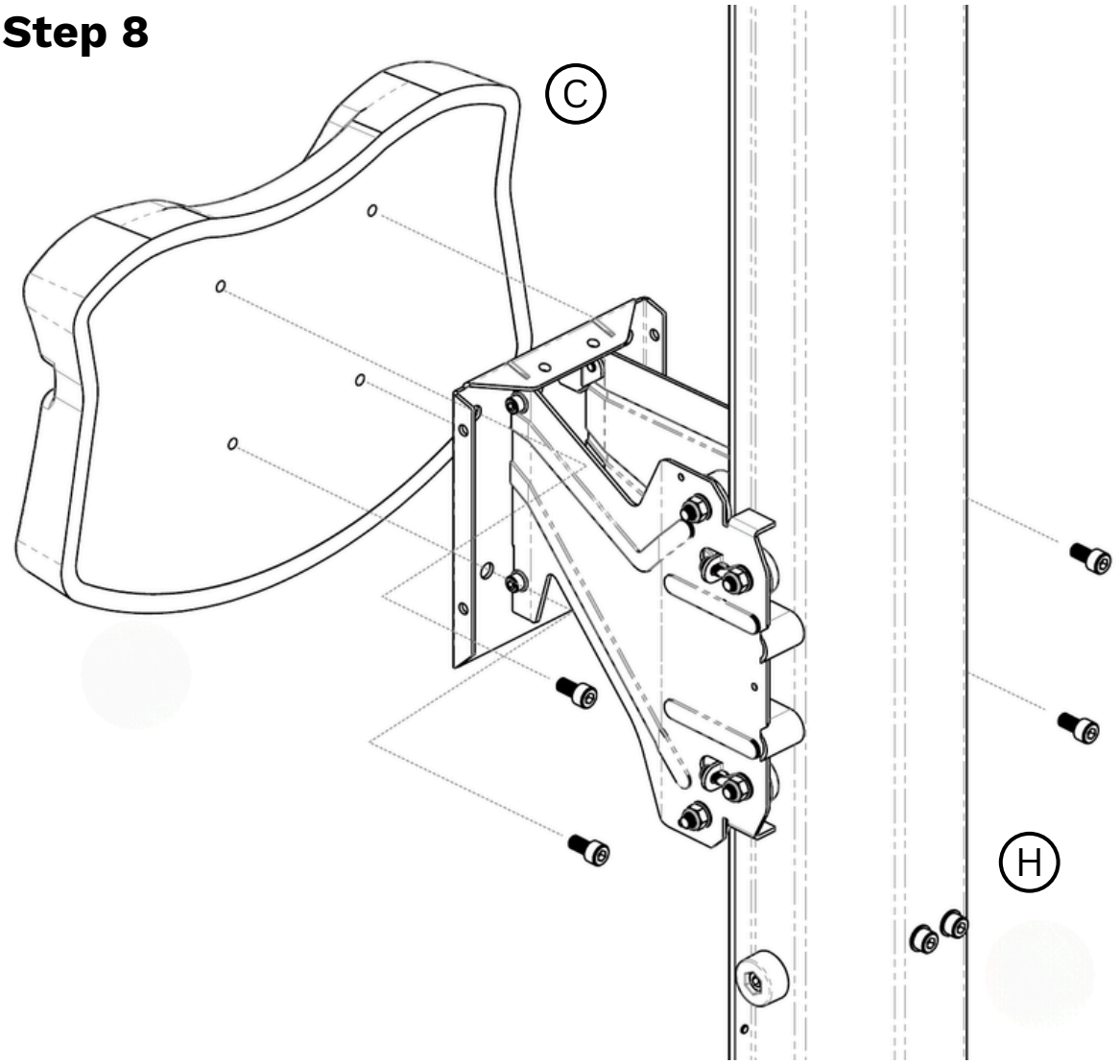
Parts: **Tools:** **Fasteners:**

H

With the Main Frame (A) still in the upright position, remove the red plastic holders (ZZ) by pulling them away from the seat assembly. These pieces were included only as temporary shipping supports and are no longer needed. Discard them after removal.

ASSEMBLY INSTRUCTIONS

Step 8

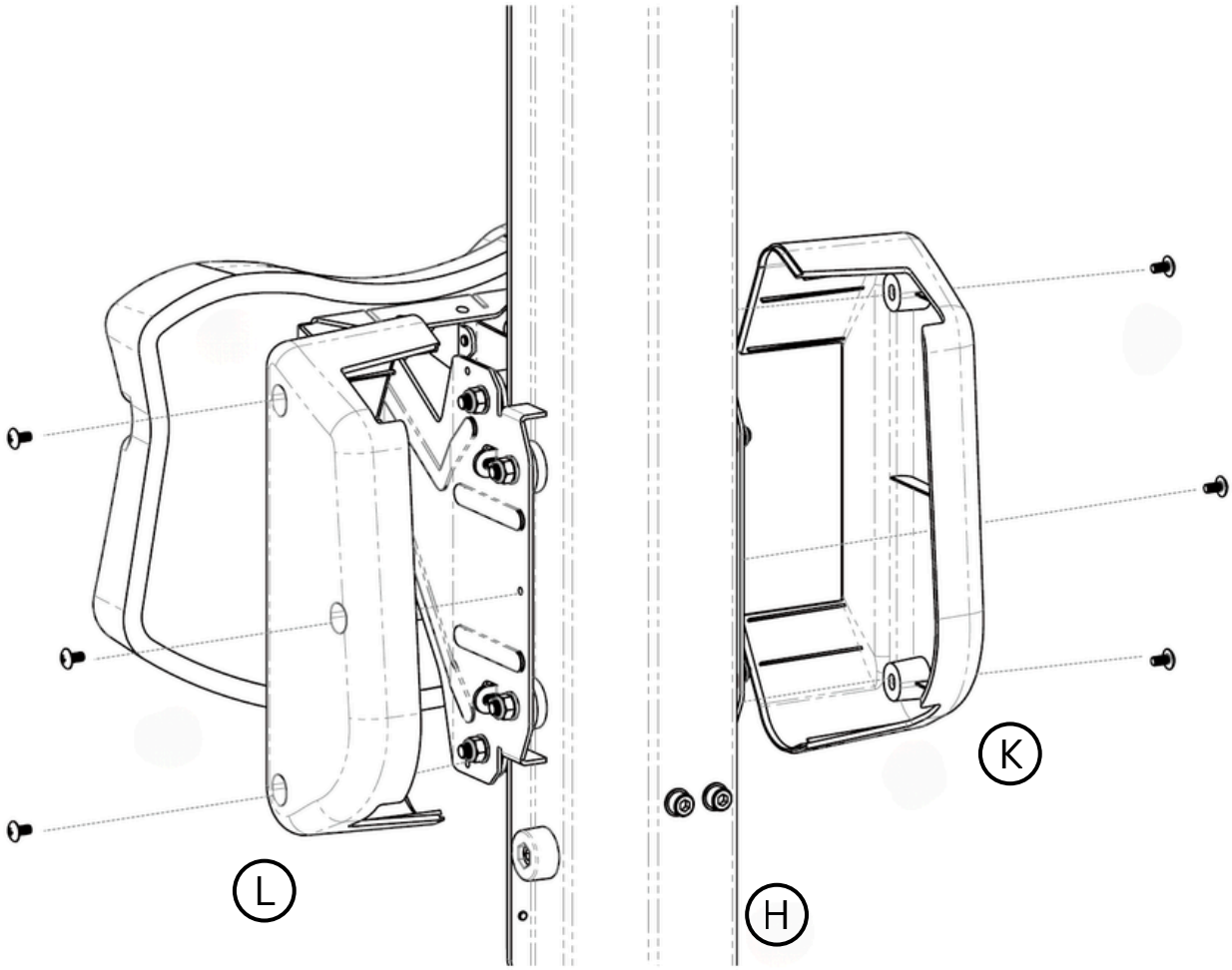


Parts:	Tools:	Fasteners:
C H	3	Pre-installed

Remove the 4x M8×16 mm pre-installed bolts from underneath the Seat (C). Position the seat over the seat plate on the Rail (H), aligning the holes. Reinstall the 4 bolts into the assembly and tighten them securely using the M6 Allen Key. Ensure the seat is seated flush against the plate before tightening, and tighten the bolts evenly in a cross pattern to keep the seat level and stable.

ASSEMBLY INSTRUCTIONS

Step 9

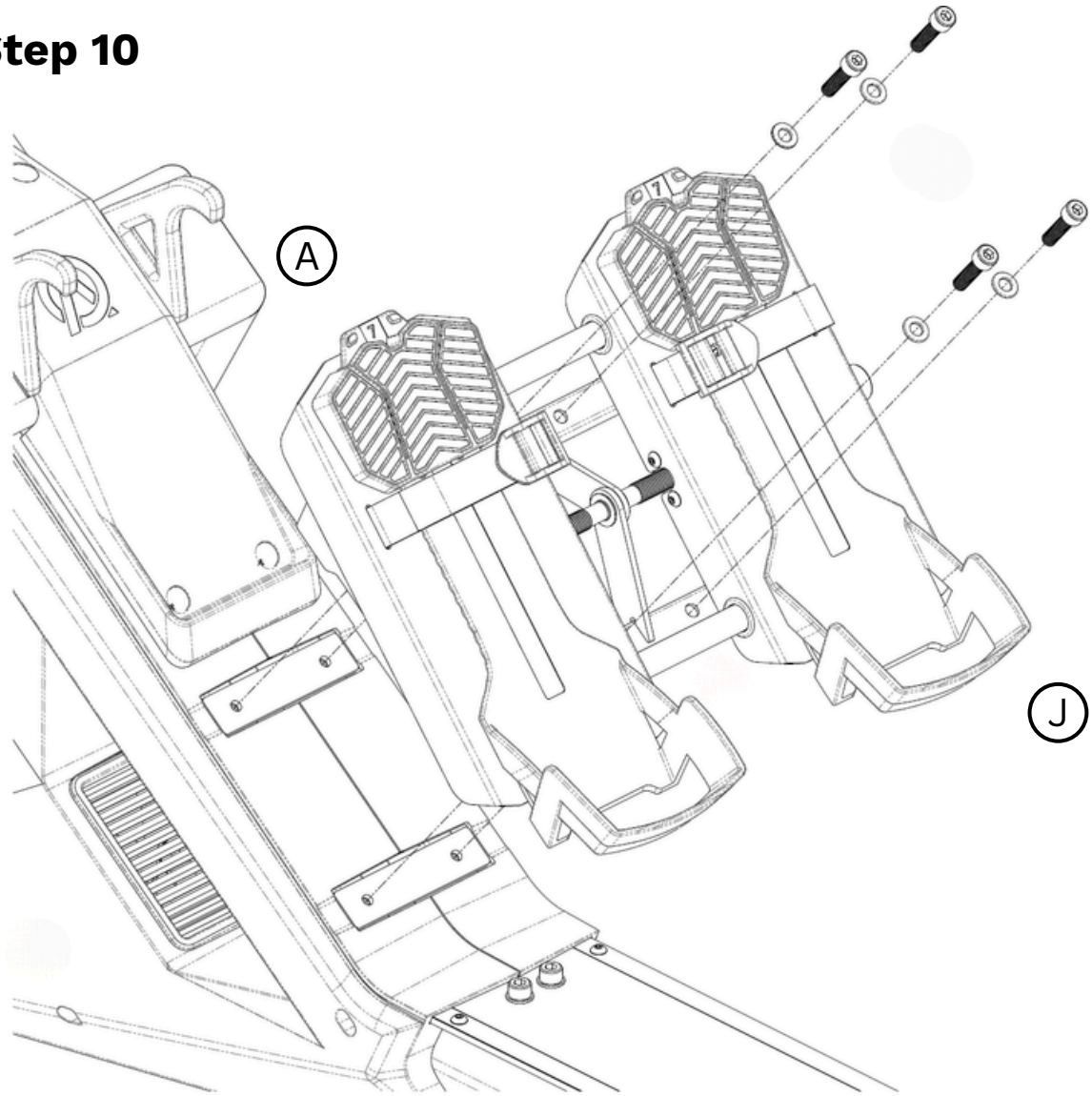


Parts:	Tools:	Fasteners:
H K L	1	F3

Position the Seat Covers (K and L) on each side of the seat assembly, making sure the wider portion faces the front of the rower. Secure each cover with 3x M5×10 mm bolts (F3) per side using a PH2 Phillips screwdriver. Before tightening, confirm both covers sit flush against the seat assembly.

ASSEMBLY INSTRUCTIONS

Step 10

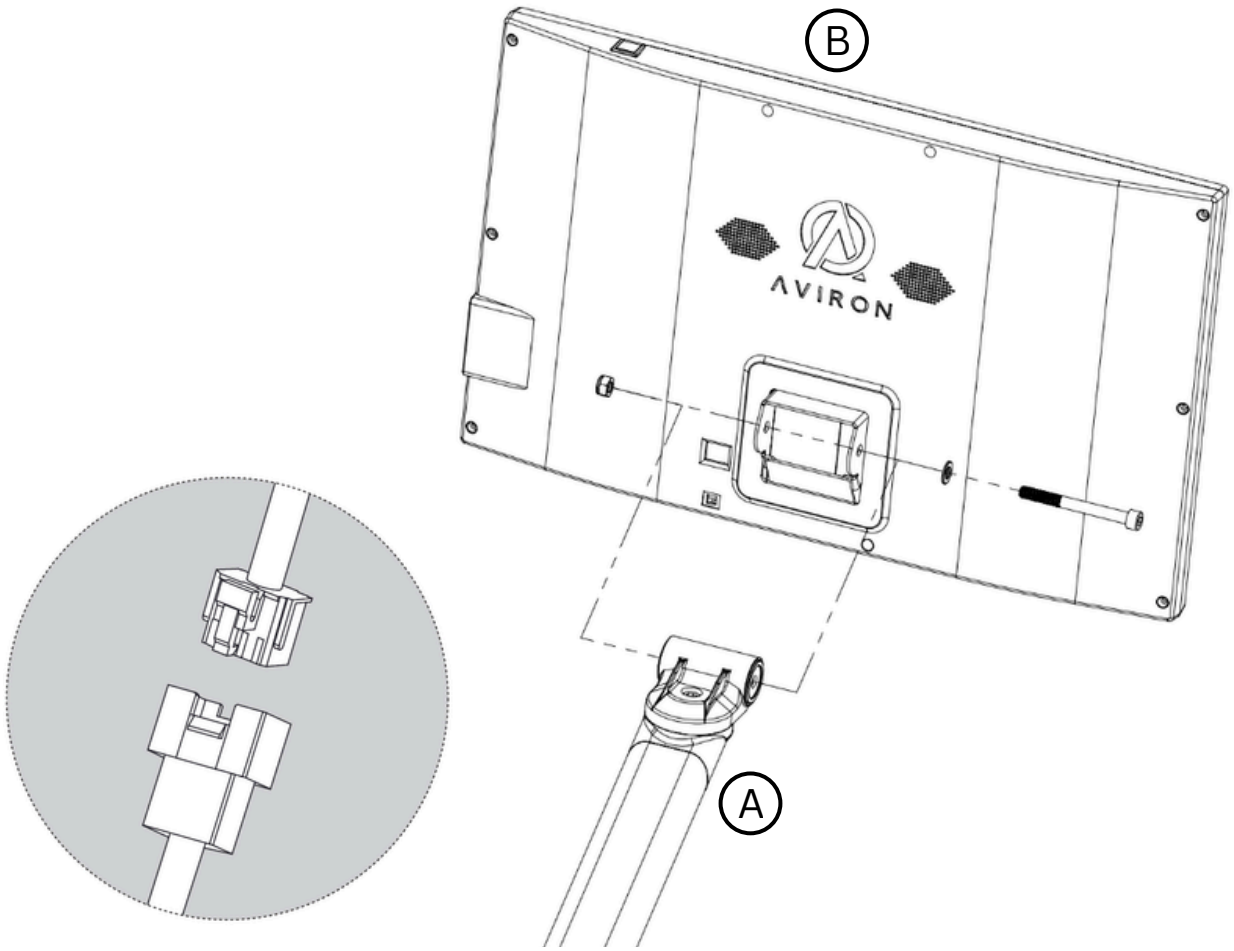


Parts:	Tools:	Fasteners:
A J	3	F1

Pivot the Main Frame (A) down into the horizontal position. Place the Foot Carriage (J) over the frame, aligning the holes. Secure the assembly with 4x M8×35 mm bolts (F1) using the M6 Allen Key. Check that the foot carriage sits evenly on the frame with no visible gaps. Start all bolts by hand, then tighten them in a cross pattern to ensure even pressure and a stable fit.
NOTE: If you acquired the *Hook & Loop (Quick Release)* straps, install them before completing this assembly step.

ASSEMBLY INSTRUCTIONS

Step 11



Parts:	Tools:	Fasteners:
A B	2 3	Pre-installed

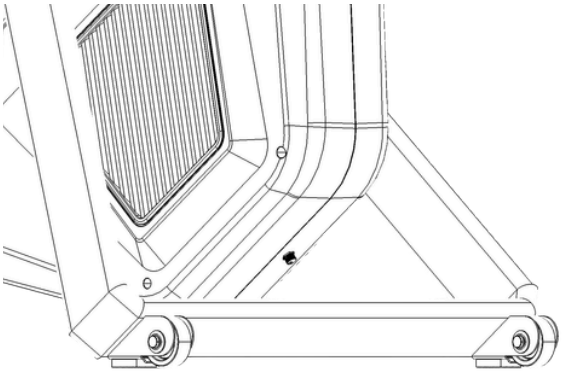
Remove the pre-installed M8 bolt and nut assembly from the Main Frame (A). Position the Console (B) near the console tube, connect the wires ensuring the clip holds onto the connector lip, and carefully tuck any excess cable into the console groove to prevent pinching. Using the M6 Allen Key and M13 wrench, secure the console to the frame with the previously removed hardware. Tighten until snug allowing some tilt movement.

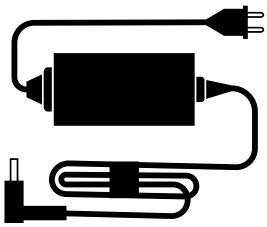
CONNECTING TO A NETWORK

Once the rower is assembled, you can connect to your network by plugging an Ethernet cable into the port located at the rear of the console, or you can follow the instructions below for Wi-Fi connection.

Note: For commercial memberships, refer to the ‘Accessing Admin and System Settings’ section for administrator login instructions.

1. Connect the rower to the power cable via the power plug. The console will power on automatically.







2. Select the gear icon located at the bottom left of the screen.

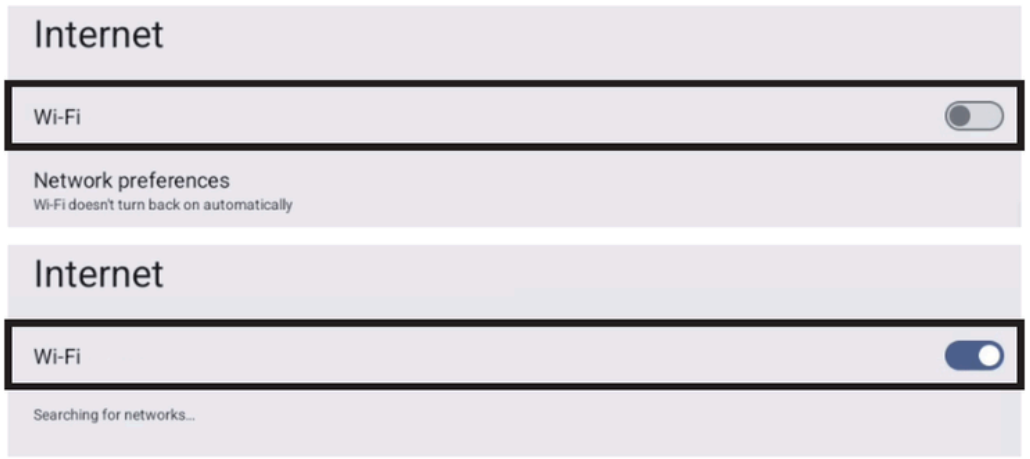


3. Select “WIFI SETTINGS”.



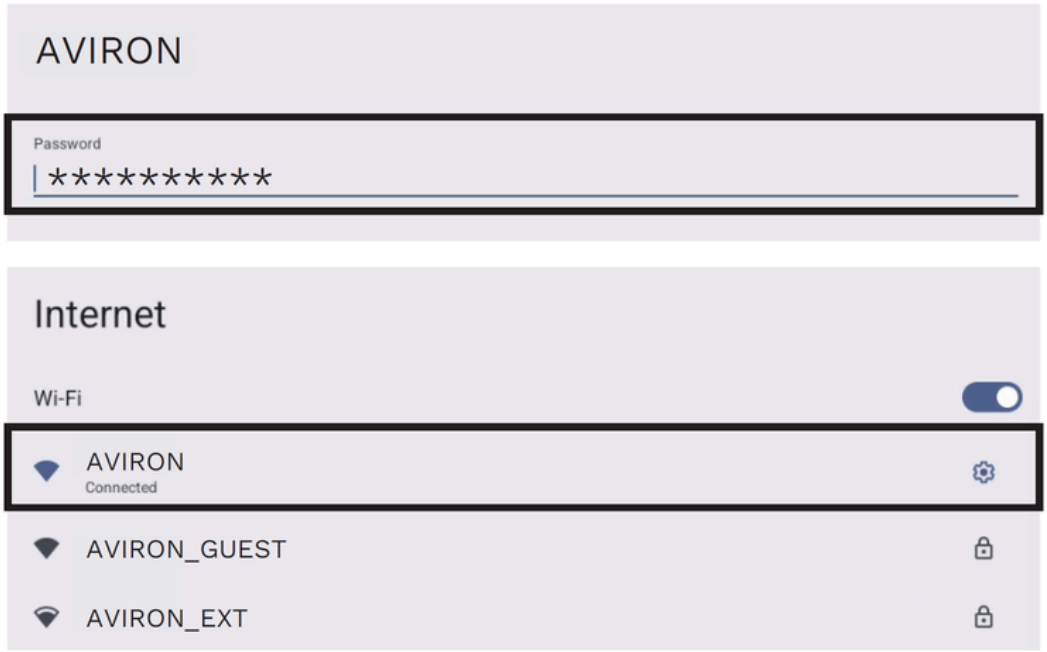
CONNECTING TO A NETWORK

4. Enable Wi-Fi by switching the toggle icon at the right to the “ON” position.



5. Select your preferred network and enter the password.

NOTE: To connect to a hidden network, click "Add network," enter the network name and password, then select "Advanced options." Scroll to the bottom and under "Hidden network," select "Yes.".



ACCESSING ADMIN AND SYSTEM SETTINGS

> ⚠ **NOTE:**
> Only applicable with the Commercial membership (for commercial use).

1. Select “Add Profile” on the login screen.
2. Select the “Sign In” option.



3. Enter “admin” as the Email address.
4. Enter the Machine ID as the password.

NOTE: The Machine ID information can be found in three places:

a. On a white sticker found underneath the console.
b. On a white sticker found on the console original box.
c. At the “Account Information” page.
   - Login with ‘Guest’.
   - Tap the gear icon at the bottom left corner.



   - Tap “Account Information” on the menu.



5. Tap the “Sign In” button
6. Once logged in, tap the gear icon at the bottom left of the screen.

SETTING UP YOUR ROWER

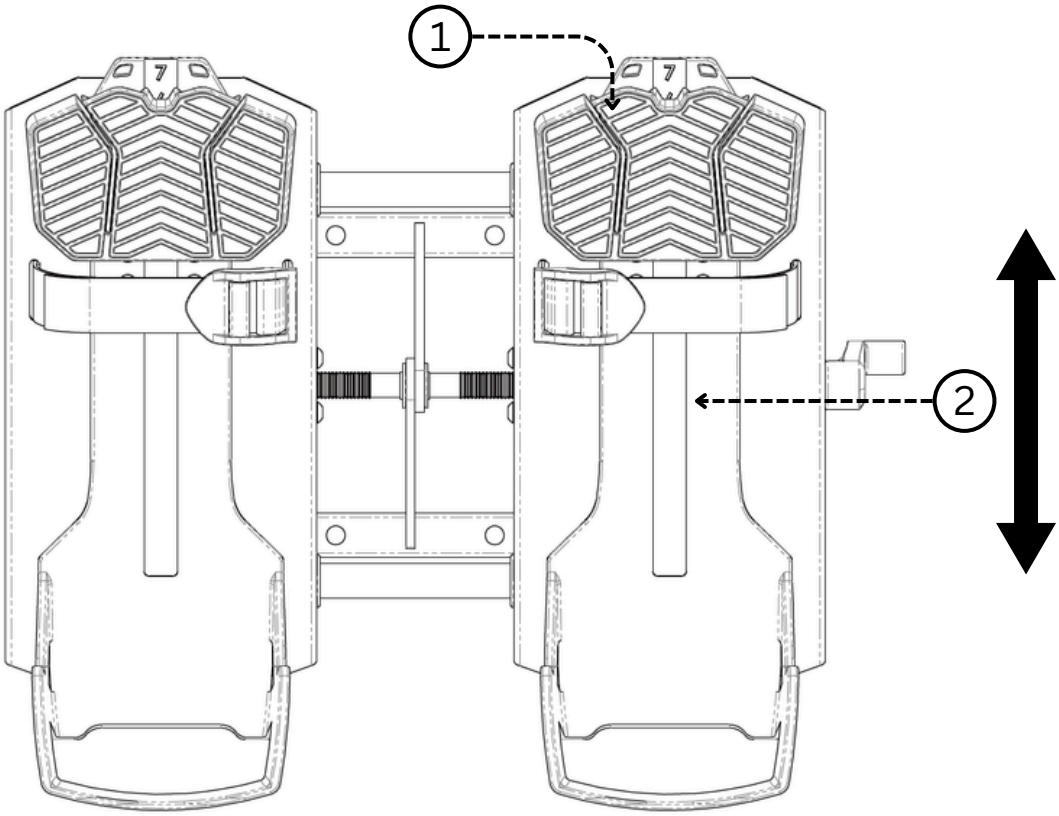
The Aviron Strong Series Rower allows users to fully customize foot placement for a secure and comfortable workout. The foot carriage can be adjusted between 7 different pedal sizes and the foot plate distance can be set anywhere from 1 ½ to 5 ¼ inches (3.8 to 13.4 cm).

This flexibility ensures proper positioning for a wide range of users and rowing styles.

Foot Pedals Adjustment

Step 1: Lightly lift the center portion of the Upper Pedal to disengage the locking pins from the Lower Pedal.

Step 2: Slide the Lower Pedal forward or backward to one of the seven available positions. Choose the setting that best fits your feet, ensuring the widest part of your foot rests fully on the Upper Pedal for proper support.

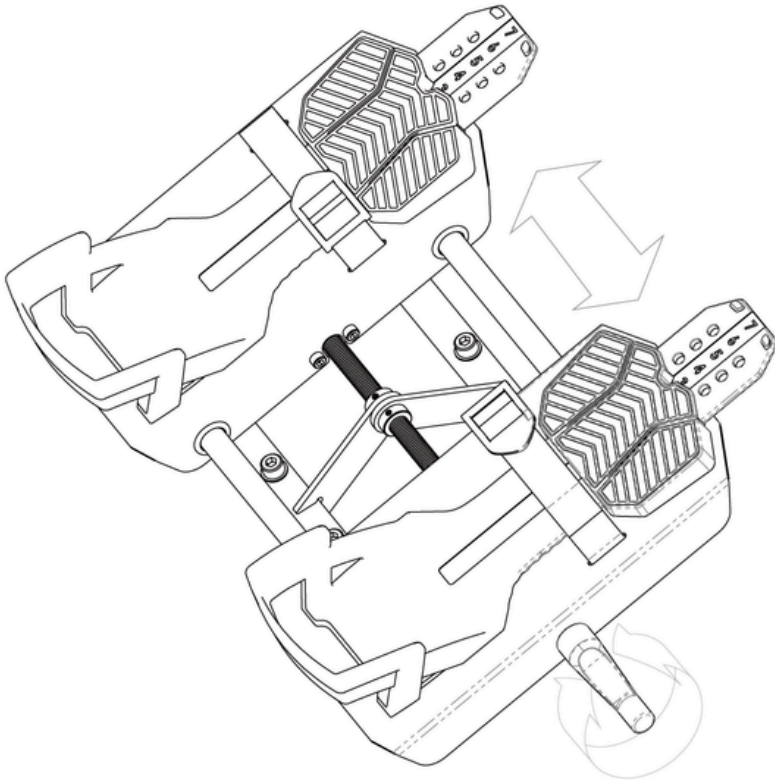


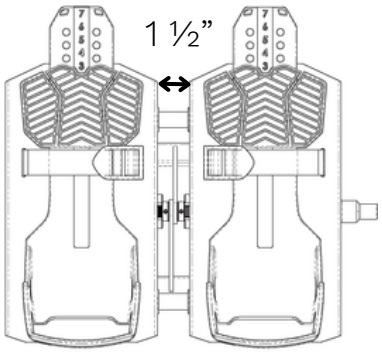
SETTING UP YOUR ROWER

Foot Distance Adjustment

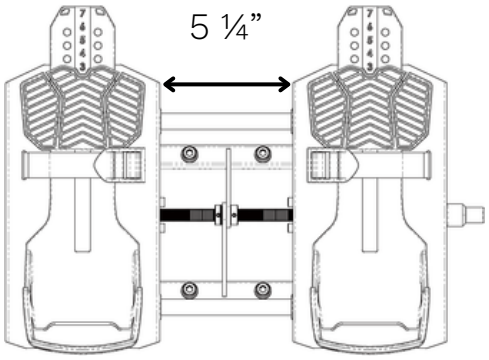
Use the crank located on the right side of the Foot Carriage to adjust the spacing between the foot plates. Rotate the crank clockwise to widen the gap, or counter-clockwise to bring the plates closer together.

This adjustment allows you to fine-tune the setup for your comfort and rowing style.





Min.



Max.

ROWER USAGE AND BEST PRACTICES

Plugging In and Powering On

1. Connect the power cord to the rower's Power Input and a nearby power outlet, the console will activate automatically.
    a. If the rower has been idle for several hours, press the Sleep Button located at the top of the console to wake it up - the screen will activate first, then the sleep button will turn green after a few seconds. Do not press and hold the Sleep Button.

Powering Off

1. Ensure proper workout exit by hitting the Return key on the touchscreen and continue until you reach the Main Screen.
2. Once you are back at the Main Screen, press the Sleep Button once located at the top of the console - Do not press and hold the Sleep Button.

CARE AND MAINTENANCE

⚠ CAUTION:

- To ensure safe operation and optimal rower performance, regularly check for wear or any damage, and perform minor maintenance procedures (see list below).
- Replace any damaged or defective parts immediately, and do not use the rower until repairs are completed.
- Use only original manufacturer parts. Unauthorized changes or modifications will void the warranty.
- Always power off and unplug the rower before cleaning or performing maintenance.
- Any service beyond the described procedures must be performed by an authorized technician.

Cleaning the Rower

Regular cleaning is essential to maintain the rower's performance and extend its lifespan. Follow these guidelines for safe and effective cleaning:

1. Wipe down all surfaces using a damp cloth and mild, soapy water.
    a. Clean and disinfect the seat and handlebars with alcohol-free and ammonia-free solutions.
2. DO NOT use abrasive cleaners, as they can damage the rower.
3. DO NOT spray or pour liquids directly onto the rower surfaces.
4. DO NOT allow any liquids to drip into the rower's openings or components.

CARE AND MAINTENANCE

Maintenance Schedule

Cat.	Description	Before Workout	After Workout
INSPECT	Signs of wear or damage	●	
	All screws are tightened if needed	●	
	Firmware and software updates	●	
	Rower's stability and leveling	●	
CLEAN	Console		●
	Rail	●	●
	Seat and handlebars		●

Note: In addition to daily rail cleaning, it is recommended to inspect and clean the top rollers every 1–2 months, depending on usage, to prevent dust or debris buildup. To perform this process, first remove the Seat Covers by reversing the instructions from Assembly Step 9. Once the covers are removed, wipe all four rollers thoroughly, ensuring their entire surfaces are cleaned. Gently spin each roller with your fingers while wiping to achieve full coverage.

TERMS AND CONDITIONS

General Policies

Aviron Interactive Inc. (“Aviron”) aims to satisfy you (the “customer”) completely. Plans and specifications are interpreted as required, but Aviron takes no responsibility that the information provided is suitable for the intended purpose. Aviron reserves the right to accept or refuse any order as part of its policy of continuous equipment improvement. All information supplied by Aviron is believed to be accurate, but Aviron is not liable for errors or misinterpretations.

Exclusion of incidental, consequential, and certain other damages

To the maximum extent permitted by applicable law, in no event shall Aviron or its suppliers nor anyone else involved in the production or delivery of this equipment be liable for any indirect, special, consequential, punitive, or incidental damages whatsoever (including, but not limited to, damages for loss of profits or loss of data or confidential or other information, for business interruption, loss of business information, and the like) arising out of or related to this agreement or the use or inability to use such equipment, the provision of or failure to provide support or other services, information, software, and related content through the Aviron equipment or otherwise arising out of the use of the Aviron equipment, or otherwise under or in connection with any provision of this license, even in the event of the fault, tort (including negligence), misrepresentation, strict liability, breach of contract or breach of warranty of Aviron or any supplier, and even if Aviron has been advised of the possibility of such damages. In no event shall Aviron's liability hereunder, if any, exceed the purchase price paid by the customer for the Aviron equipment.

WARRANTY

Warranty is applicable to factory and certified dealer repairs unless approved by Aviron. All equipment and parts in need of servicing must be repaired by a certified dealer or be shipped back to Aviron at the customer's expense to comply with the Aviron Limited Warranty unless approved by Aviron. Aviron is not required to provide the customer with a substitute during the warranty period or at any time. The equipment is automatically registered after activating it on the Aviron network. Aviron will not be responsible for dismantling, reassembly or reinstallation charges.

To obtain service you must:

- Contact our support department if you are having trouble with your equipment. Aviron equipment or parts may not be returned without written permission from Aviron.
- Arrange for delivery of your Aviron equipment or parts to Aviron's premises.
- All shipments must be shipped prepaid, insured, and properly packaged, preferably in the original packaging and accompanied by a letter outlining the defect.

For further information, please visit our website:

www.avironactive.com/support/general/warranty/

Conformity Certifications



FCC Warning Statement

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment to an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

1. This device may not cause harmful interference.
2. This device must accept any interference received, including interference that may cause undesired operation.

The device has been evaluated to meet general RF exposure requirements. The device can be used in portable exposure conditions without restriction.

UL 4200a-23 Notice

This product contains non-replacement batteries. The battery type is MS621 Lithium with a nominal voltage of 3V. Please follow the local regulations for properly disposing of used batteries, ensuring recycling or disposal. Keep away from children. Do not dispose of batteries in household trash or incinerate them. Used batteries have the potential to cause severe injury or even death. If needed, please contact your local poison control center for information on treatment. Avoid forcing discharge, recharge, disassembly, or exposure to heat exceeding the manufacturer's specified temperature rating. Doing so could lead to injury from venting, leakage, or explosion, resulting in chemical burns. Non-rechargeable batteries are not to be recharged.

⚠ WARNING

- INGESTION HAZARD :
  This product contains a button cell or coin battery.
- DEATH or serious injury can occur if ingested.
- A swallowed button cell or coin battery can cause Internal Chemical Burns in as little as 2 hours.
- KEEP new and used batteries OUT OF REACH of CHILDREN.
- Seek immediate medical attention if a battery is suspected to be swallowed or inserted inside any part of the body.
- The product contains non-replaceable batteries.
- Battery type : MS621FE FL11E Nominal voltage : 3.0V



IC Warning:

This device contains license-exempt transmitter(s)/receiver(s)/ that comply with Innovation, Science, and Economic Development Canada's license-exempt RSS(s). Operation is subject to the following two conditions:

- This device may not cause interference and
- This device must accept any interference, including interference that may cause undesired operation of the device.

Radiation Exposure: This equipment complies with Canadian radiation exposure limits set forth for an uncontrolled environment; To maintain compliance with IC's RF Exposure guidelines, This device and its antenna(s) must not be co-located or operated in conjunction with any other antenna or transmitter.

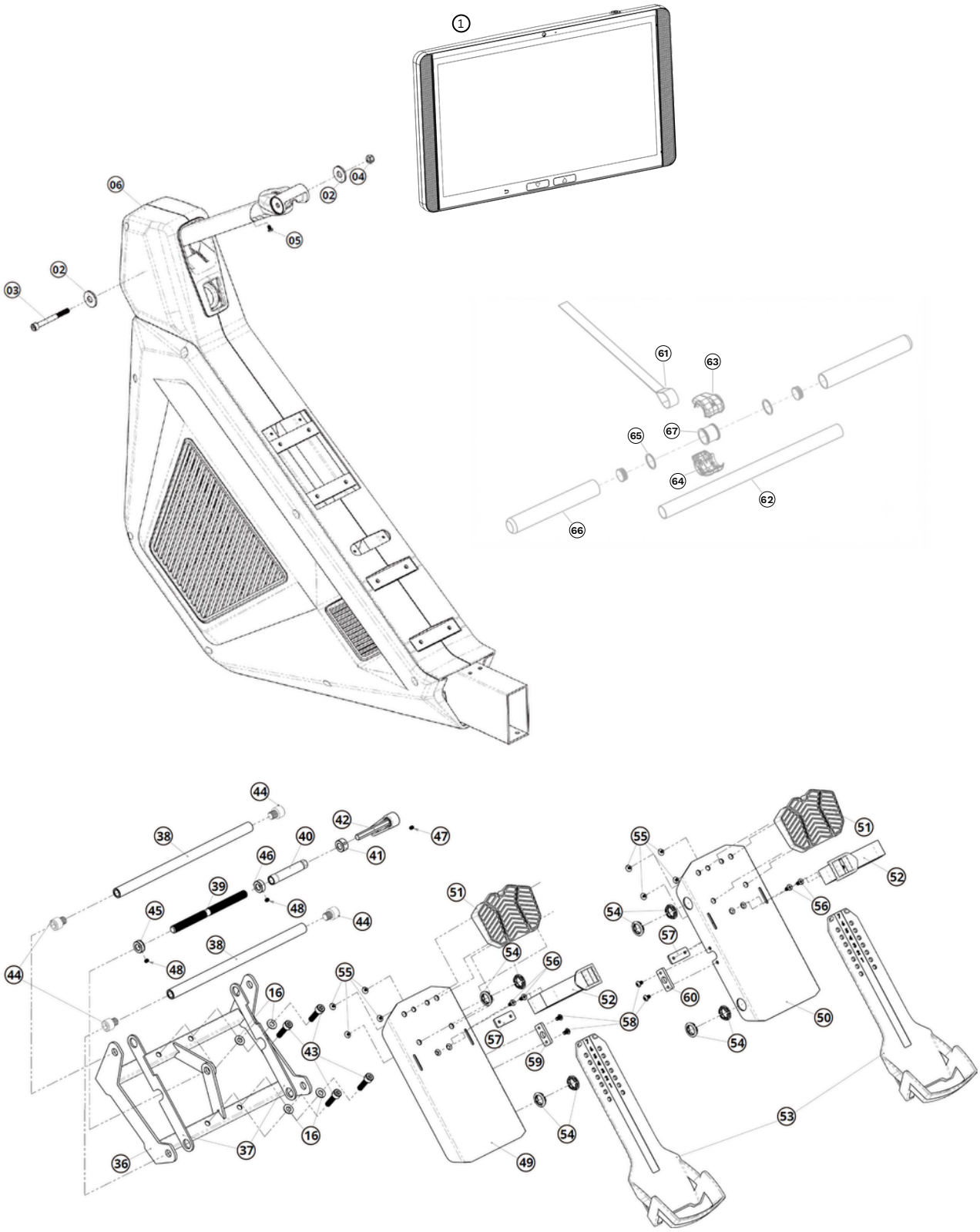
Déclaration de l'ISED Canada:

Cet appareil contient des émetteurs/récepteurs exempts de licence conformes aux RSS exempts de licence d'Innovation, Sciences et Développement économique Canada. L'opération est soumise aux deux conditions suivantes:

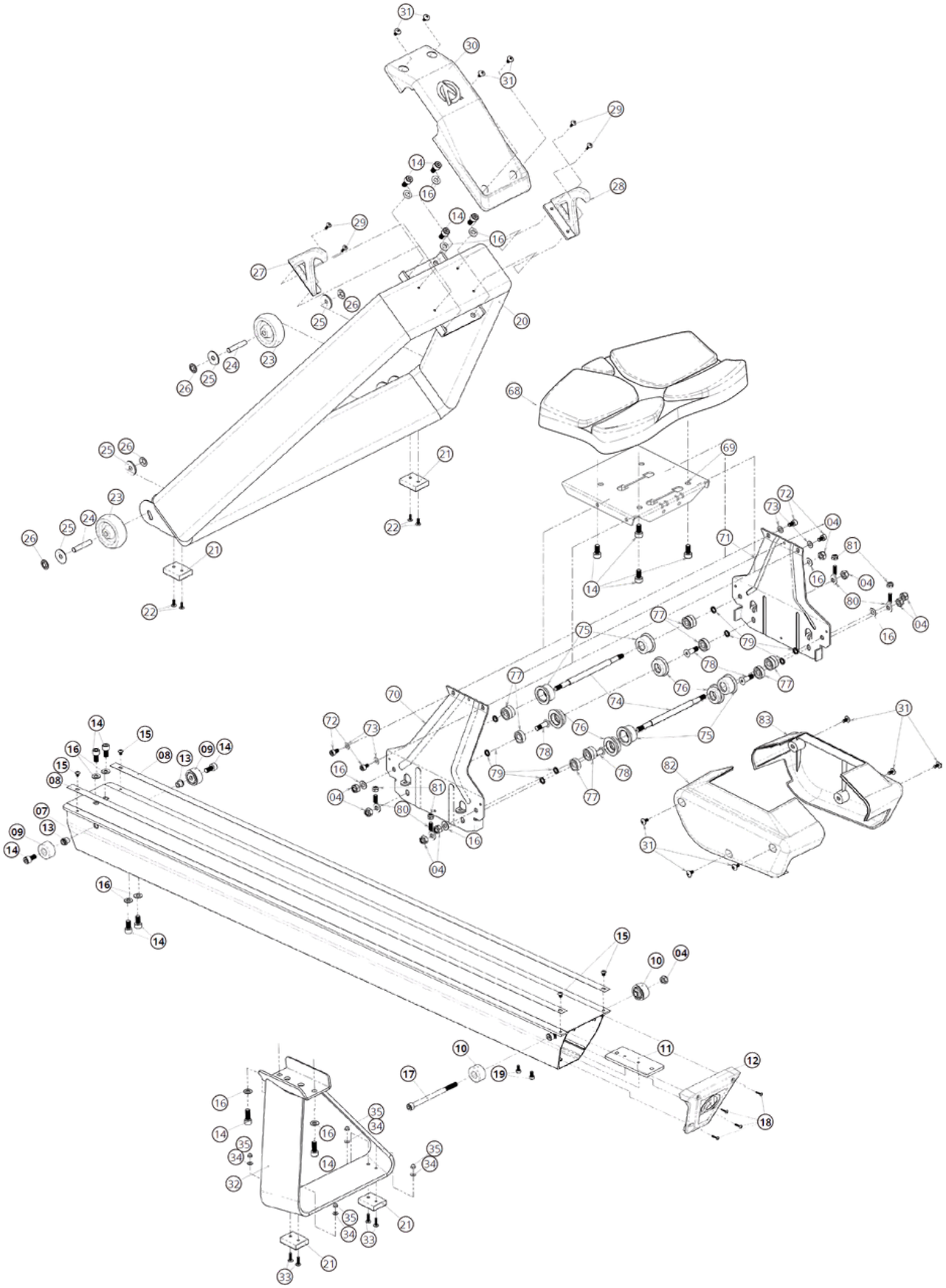
- Cet appareil ne doit pas causer d'interférences et
- Cet appareil doit accepter toute interférence, y compris les interférences pouvant provoquer un fonctionnement indésirable de l'appareil.

Exposition Aux Radiations: Cet équipement est conforme aux limites d'exposition aux radiations du Canada pour un environnement non contrôlé. Pour maintenir la conformité aux directives d'exposition RF d'IC, cet appareil et ses antennes ne doivent pas être co-localisés ou utilisés conjointement avec une autre antenne ou un autre émetteur.

EXPLODED DIAGRAM & PARTS LIST



EXPLODED DIAGRAM & PARTS LIST



EXPLODED DIAGRAM & PARTS LIST

SECTION	#	PART NAME	QTY
CONSOLE	1	CONSOLE	1
	2	CONSOLE WASHER	2
	3	SOCKET HEAD BOLT M8X85MM	1
	4	NYLON NUT M8	1
	5	ROUND HEAD BOLT M5X10MM	1
MAIN FRAME	6	MAIN FRAME	1
RAIL	7	RAIL	1
	8	PROTECTIVE PLATE OF RAIL	2
	9	STOPPER A	2
	10	STOPPER B	2
	11	REAR LEG MOUNTING PLATE	1
	12	END CAP FOR RAIL	1
	13	RIVET NUT M8	2
	14	SOCKET HEAD BOLT M8X16MM	6
	15	ROUND HEAD BOLT M5X6MM	4
	16	WASHER Ø8 X Ø16 X 2.0T	4
	17	SOCKET HEAD BOLT M8X120MM	1
	18	ROUND HEAD SELF-TAPPING SCREW M3X15MM	4
	19	SOCKET HEAD BOLT M5X10MM	2
FRONT LEG	20	FRONT LEG	1
	21	STABILITY FOOT PAD	2
	22	ROUND HEAD SCREW 5/32X1/2"	2
	23	TRANSPORT WHEEL	2
	24	TRANSPORT WHEEL AXLE Ø8	2
	25	WASHER Ø8 X Ø26 X 2.0T	4
	26	PUSH NUT M8	4
	27	HAND GRIP HOLDER L	1
	28	HAND GRIP HOLDER R	1

EXPLODED DIAGRAM & PARTS LIST

SECTION	#	PART NAME	QTY
FRONT LEG	29	ROUND HEAD SELF-TAPPING SCREW M4X15MM	4
	30	HANDLEBAR HOLDER COVER	1
	31	ROUND HEAD BOLT M5X10MM	4
REAR LEG	32	REAR LEG	1
	33	ROUND HEAD BOLT M4X15MM	4
	34	WASHER Ø4 X Ø10 X 1.0T	4
	35	CAP NUT M4	4
FOOT CARRIAGE	36	FOOT CARRIAGE ADJUSTABLE BASE	1
	37	FOOT CARRIAGE SUPPORT PLATE	2
	38	FOOT CARRIAGE SUPPORT TUBE	2
	39	FOOT CARRIAGE ADJUST BOLT	1
	40	ADJUST HANDLE MOUNTING ADAPTER	1
	41	ADJUST HANDLE MOUNTING LOCKER	1
	42	ADJUST HANDLE	1
	43	SOCKET HEAD BOLT M8X35MM	4
	44	SOCKET HEAD BOLT M12X25MM	4
	45	RETAINING NUT (L) M12	1
	46	RETAINING NUT (R) M12	1
	47	SET SCREW M5X6MM	1
	48	SET SCREW M4X4MM	2
FOOT PEDALS	49	FOOT PEDAL MOUNT (L)	1
	50	FOOT PEDAL MOUNT (R)	1
	51	UPPER PEDAL	2
	52	FOOT STRAP	2
	53	LOWER PEDAL	2
	54	PEDAL SLEEVE	8
	55	ROUND HEAD SELF-TAPPING SCREW M4X8MM	8
	56	PAN HEAD SCREW M5X10MM	4
	57	FOOT STRAP MOUNTING PLATE	2

EXPLODED DIAGRAM & PARTS LIST

SECTION	#	PART NAME	QTY
FOOT PEDAL	58	SOCKET HEAD BOLT M5X8MM	4
	59	ADJUST BOLT MOUNTING PLATE (L)	1
	60	ADJUST BOLT MOUNTING PLATE (R)	1
HANDLEBAR	61	NYLON WEBBING	1
	62	HANDLEBAR TUBE	1
	63	WEBBING SLEEVE (T)	1
	64	WEBBING SLEEVE (B)	1
	65	PLASTIC WASHER Ø32.5 X Ø38.5 X 2.0T	2
	66	FOAM GRIP	2
	67	ROTATING CENTER PIECE	1
SEAT	68	SEAT	1
	69	SEAT MOUNT PLATE	1
	70	ROLLER MOUNT (L)	1
	71	ROLLER MOUNT (R)	1
	72	SOCKET HEAD BOLT M6X10MM	4
	73	WASHER Ø6 X Ø13 X 1.0T	4
ROLLER	74	ROLLER AXLE	2
	75	ROLLER (L)	4
	76	ROLLER (S)	4
	77	BEARING 608ZZ	12
	78	PAN HEAD SCREW M8X25MM	4
	79	POWDER METAL SPACER (12X8X2MM)	8
	80	ADJUSTMENT BOLT M6	4
	81	NYLON NUT M6	4
	82	SEAT COVER (L)	1
	83	SEAT COVER (R)	1

ENDING BORING WORKOUTS

Aviron Active
265 Bartley Drive
Toronto, Ontario
M4A 2N7, Canada

avironactive.com
Phone: 877-955-4222
General email: hello@avironactive.com
Support email: support@avironactive.com

Rev. 20260731