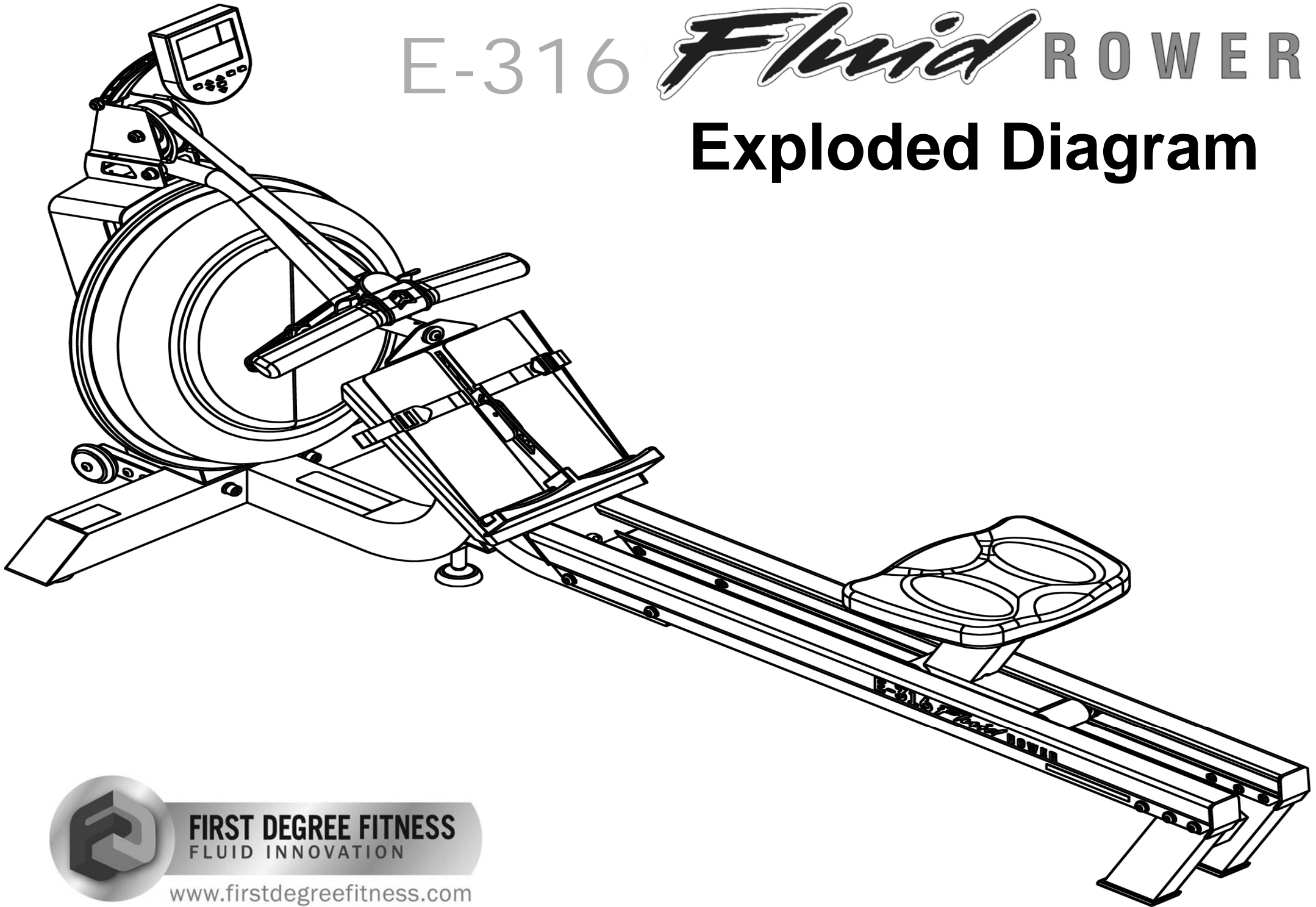


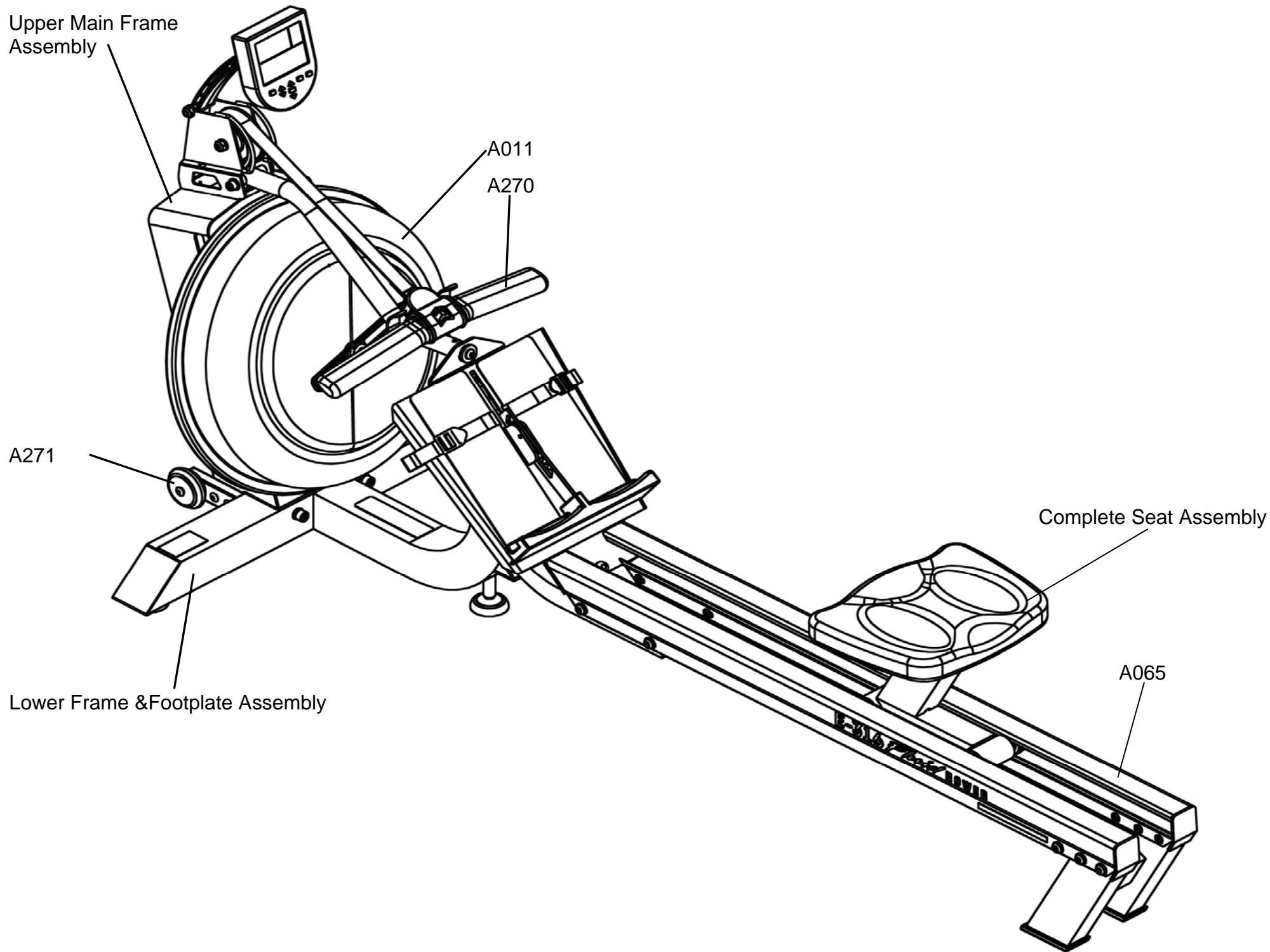
E-316 *Fluid* ROWER

**Exploded Diagram**

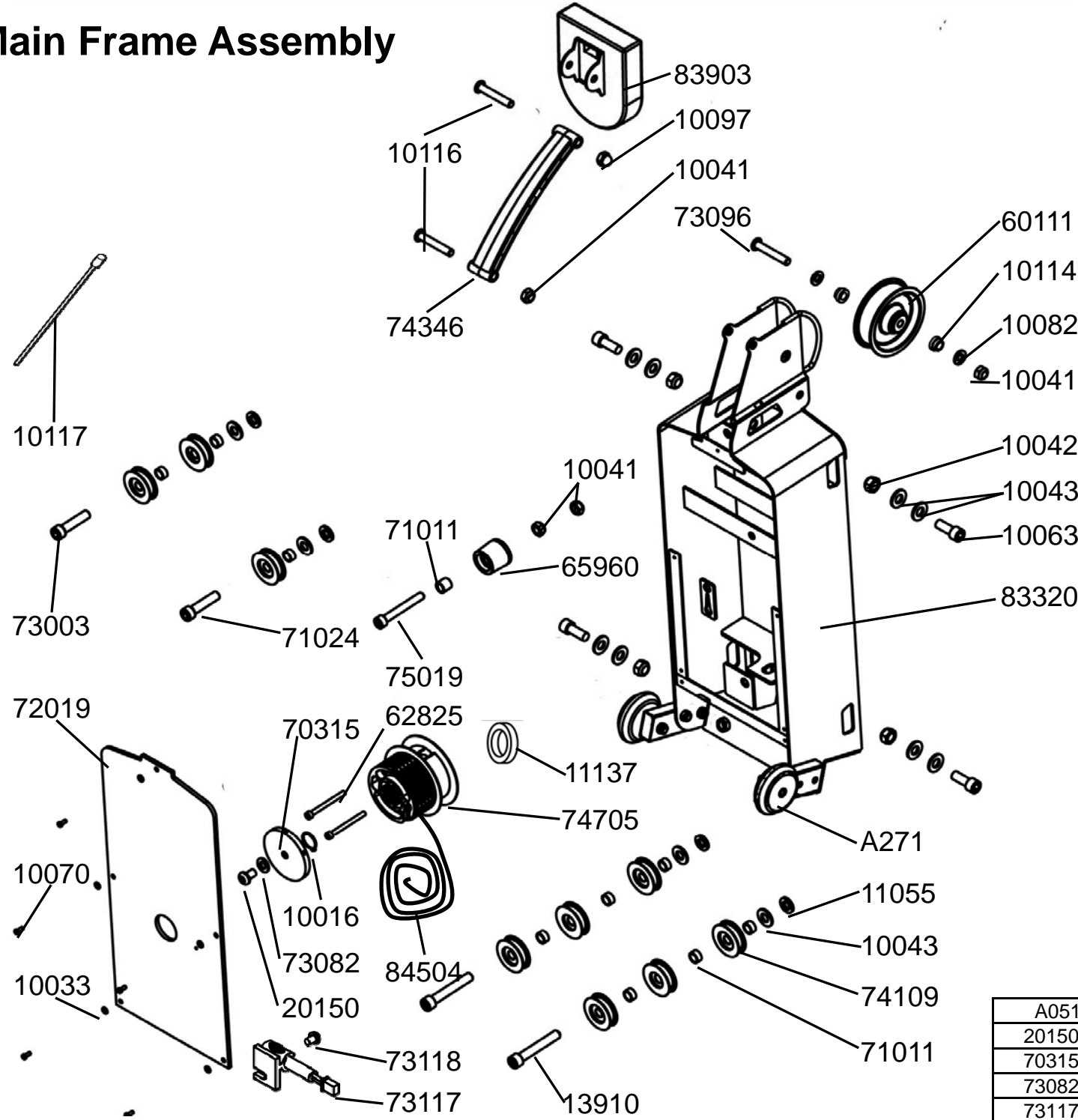


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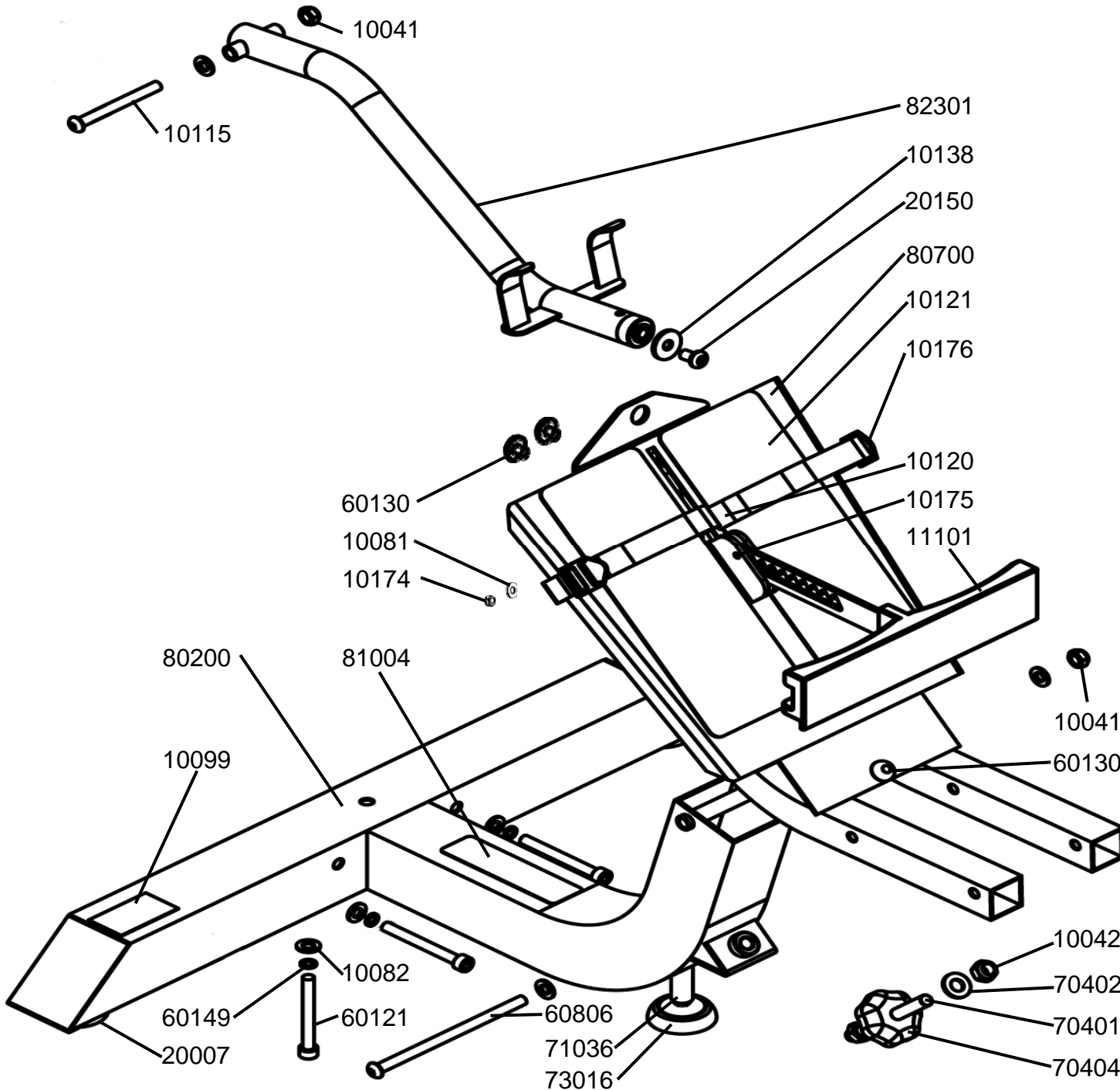
# Upper Main Frame Assembly



A051 Sensor Kit	
20150	1
70315	1
73082	1
73117	1

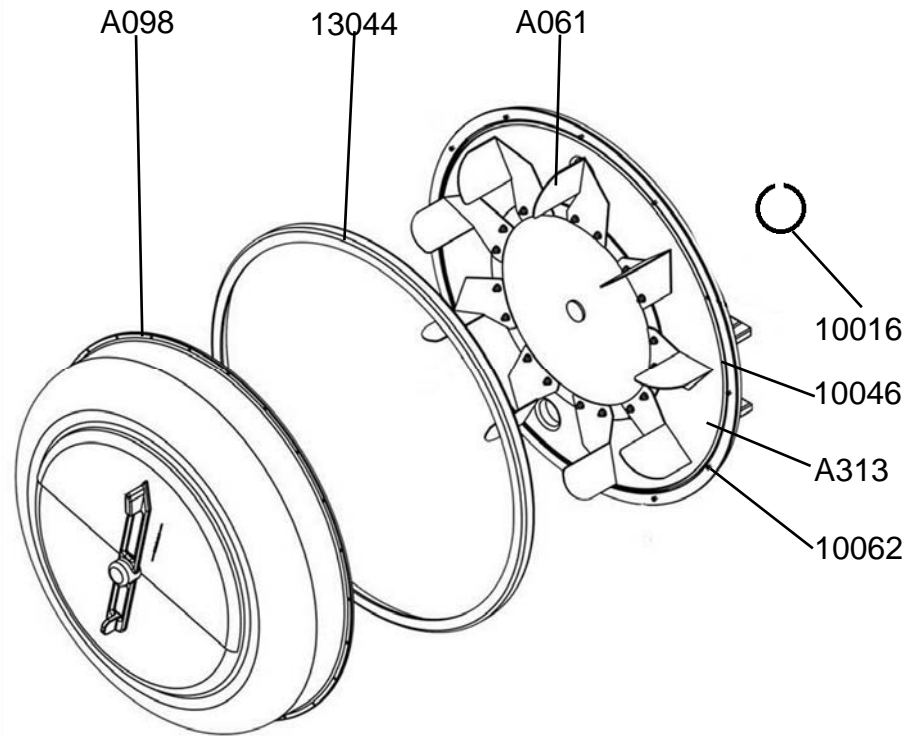
10016	1	C Clip STW-25	65960	1	Idle Wheel & Bearing 6000ZZ x 2(60112)
10033	5	Washer 10x4.2x1 SUS	70315	1	Magnetic Ring & Rare Earth Magnet #70319
10041	4	Nylock Nut M10	71011	10	Bungee Pulley Spacer
10042	4	Nylock Nut M12	71024	1	Hex Head Bolt M12x35
10043	12	Washer M13	72019	1	PVC Cover & Decal E316/VX2
10063	4	Hex Head Bolt M12x30	73003	1	Hex Head Bolt M12x50
10070	5	Round Head Phillips Screw M4x10	73082	1	Washer M10x3x32 same as 10138
10082	2	Washer M10x21x2	73096	1	Dome Head Bolt M10x65
10097	1	Nut Dome Head M10	73117	1	Sensor Lead 30cm DT
10114	2	Plastic Bushing 20x16x13x10	73118	1	Round Head Phillips Screw M4x6
10116	2	Dome Head Bolt M10x60	74109	9	Bungee Pulley with Bearing - L16
10117	1	Computer Wiring 1200mm	74346	1	Computer Stalk
11055	4	Plastic Washer M13x23x3	74705	1	Belt/Bungee Pulley, One Way Bearings & Needle Bearings
11137	1	Belt Pulley Spacer 38.1x25.7x7.5t	75019	1	Hex Head Bolt M10x75mm
13910	2	Hex Head Bolt M12x65	83320	1	Upper Main Frame Complete - NEW 316
20150	1	Dome Head Bolt M10x15	83903	1	IPM with USB without HR
60111	1	Belt Pulley 100mm & 2x Bearing #60112	84504	1	Bungee 6mm*312CM
62825	2	Hex Head Bolt M6x60 - B			

# Lower Frame & Footplate Assembly



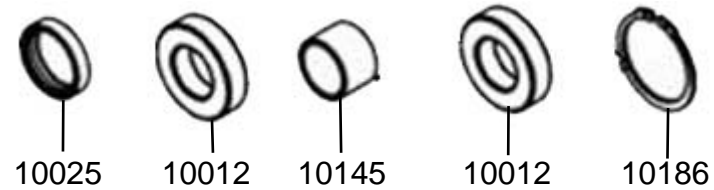
10041	2	Nylock Nut M10
10042	1	Nylock Nut M12
10081	6	Washer M6x16x1
10082	7	Washer M10x21x2
10099	1	Decal - Caution 216/316
10115	1	Hex Head Bolt M10x80
10120	2	Counter Sunk Bolt M6x10
10121	2	Non Skid for Rower Foot Plate 520
10138	1	Washer 30x10.2x3t SUS
10174	2	Nylock Nut M6
10175	1	Heel Support Pin
10176	2	Foot Strap & Buckle
11101	1	Heel Support
20150	1	Dome Head Bolt M10x15
20007	2	Foot Levelers M8x30 Hardened Rubber
60121	3	Hex Head Bolt M10x90
60130	3	Frame Rubber Bumper
60149	3	Spring Washer M10 5x7x2
60806	1	Dome Head Bolt M10x180
70401	1	Frame Tensioning Bolt E316
70402	1	Washer M13
70404	1	Frame Tensioning Bolt Adjuster Knob
71036	1	Nut M8
73016	1	Foot Leveler M8x30 PVC
80200	1	Lower Frame - 316
80700	1	Foot Plate E316
81004	1	Decal - How to Row E316
82301	1	S Bend - E316

## A011 Complete Tank Assembly for E316/VX-2



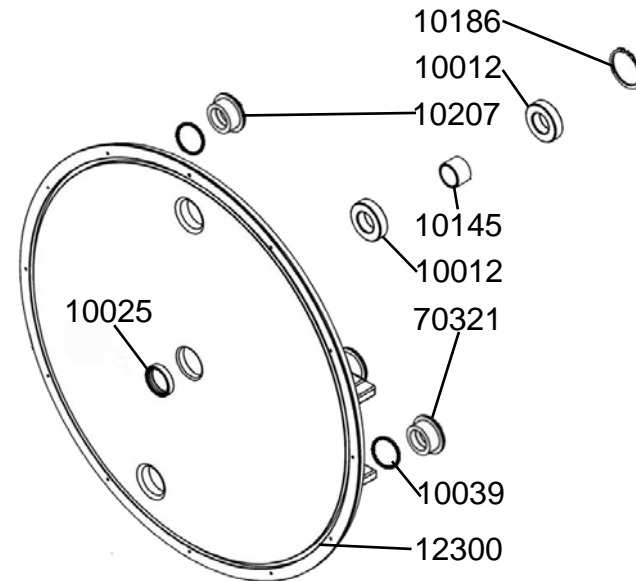
10016	1	C Clip STW-25
10046	1	Tank Large Seal
10062	12	Round Head Phillips Screw M3x12 SUS
13044	1	Tank Outer Cover Ring - Blue

## A012 Tank Bearing & Seal Kit



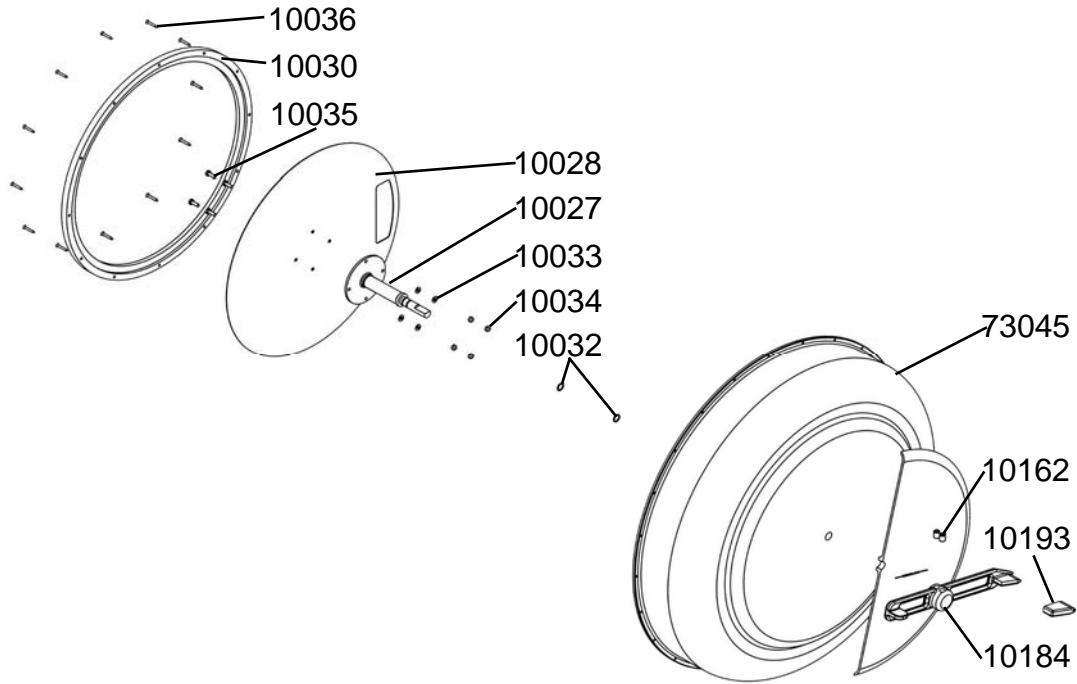
10012	2	Bearing NSK6005ZZ
10025	1	Seal NBR 37x30x8t for Flywheel Shaft
10145	1	Bearing Spacer 30x25.1x20.5mm
10186	1	C Clip RTW-48

## A313 Tank Back Kit— Gray



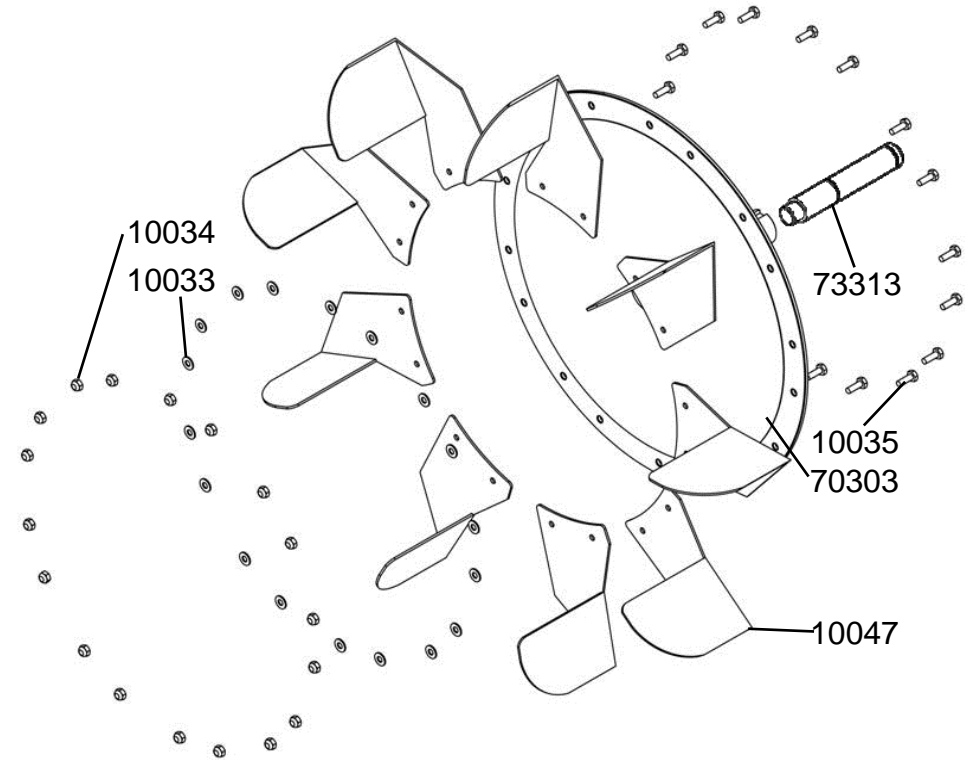
10012	2	Bearing NSK6005ZZ
10025	1	Seal NBR 37x30x8t for Flywheel Shaft
10039	2	O Ring 32x3.5 CR
10145	1	Bearing Spacer 30x25.1x20.5mm
10186	1	C Clip RTW-48
10207	1	Tank Plug Yellow
12300	1	Tank Back - Gray
70321	1	Tank Plug Black

## A098 Tank Cover Assembly E316/VX-2/



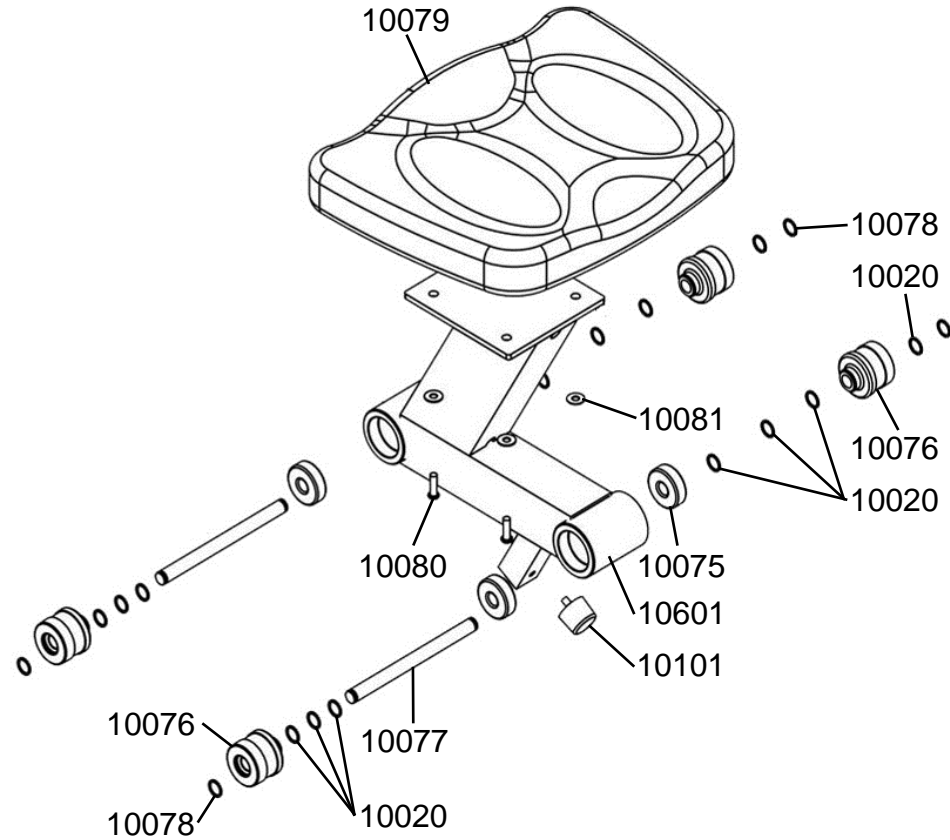
10027	1	Adjuster Handle Shaft
10028	1	Backing Plate 0.8mm SUS
10030	1	Adjuster PP Tank Ring 358x10 Blue
10032	2	Nylon Resistance Adjuster O Ring 12x9x1.5
10033	4	Washer 10x4.2x1 SUS
10034	4	Nut M4 SUS
10035	4	Hex Bolt M4 SUS
10036	12	Counter Sink Tapping Screw M3x20-SUS
10162	2	Tapping Screws M8x10
10184	1	Adjuster Handle & PU Cover P/N #10193
10193	1	PU Yellow Adjuster Handle Cover
73045	1	PC Tank Cover with Level Decal 16R - Blue

## A061 Flywheel Assembly E316/VX-2



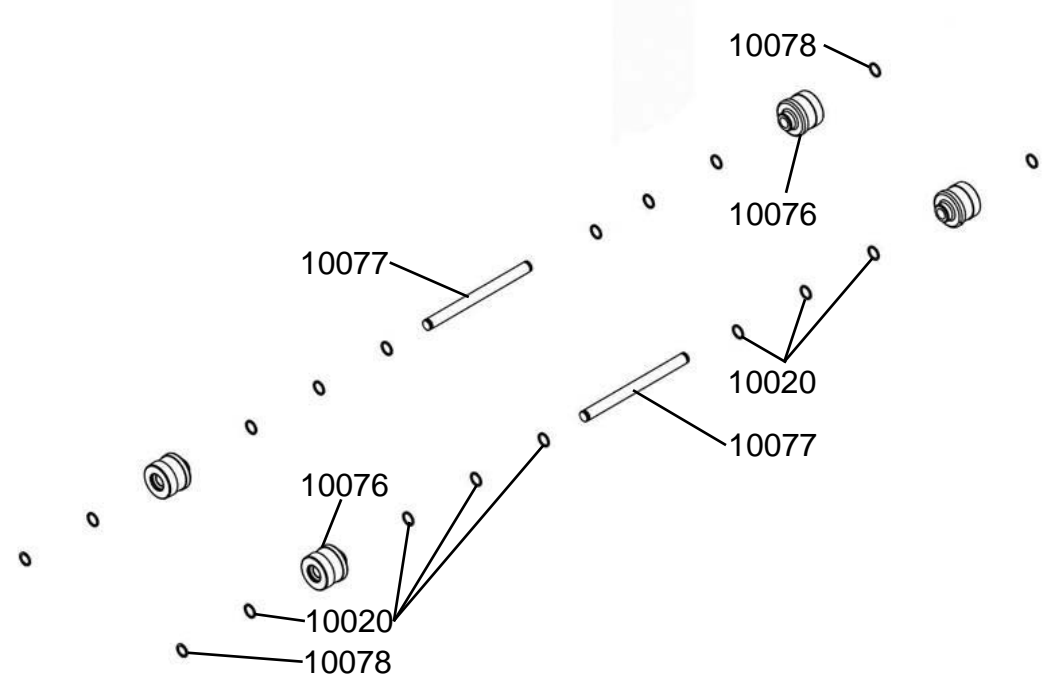
10033	18	Washer 10x4.2x1 SUS
10034	18	Nut M4 SUS
10035	18	Hex Bolt M4 SUS
10047	9	Impeller Blade
70303	1	Flywheel
73313	1	Impeller Shaft L16

# A145 Complete Seat Assembly E316/520



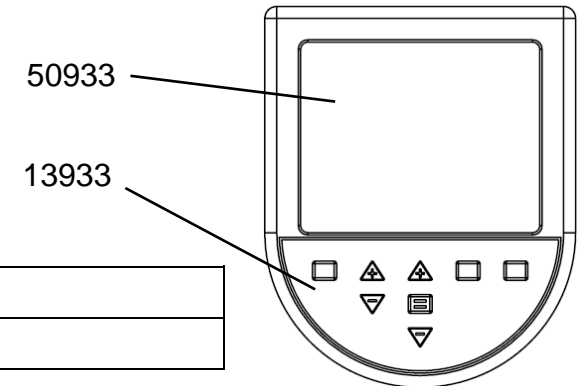
10020	14	Seat Spacer 1x12.5x16
10075	4	Bearing KOYO 6301ZZ for Seat Frame
10076	4	Seat Wheel Polyurethane
10077	2	Axle Shaft 12x149
10078	4	C Clip ISTW-12
10079	1	Seat LS-E28
10080	4	Dome Head Bolt M6x20
10081	4	Washer M6x16x1
10101	1	Rubber Bumper TT500
10601	1	Seat Frame

# A001 Seat Wheel Kit E316/E520/VX-2/VX-3



10020	14	Seat Spacer 1x12.5x16
10076	4	Seat Wheel Polyurethane
10077	2	Axle Shaft 12x149
10078	4	C Clip ISTW-12

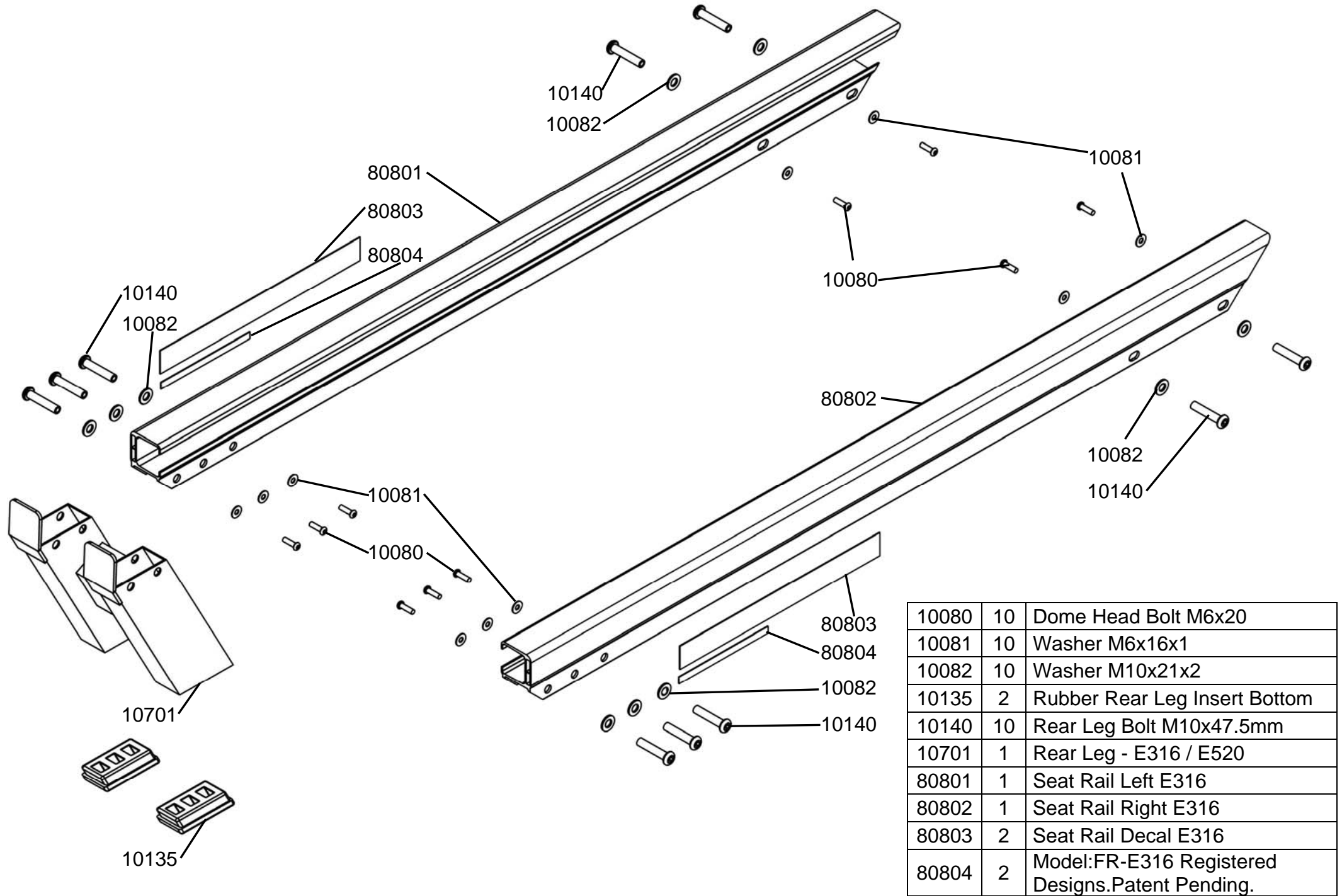
# 83903 IPM with USB without HR



13933	1	IPM Button Face
50933	1	LCD for IPM

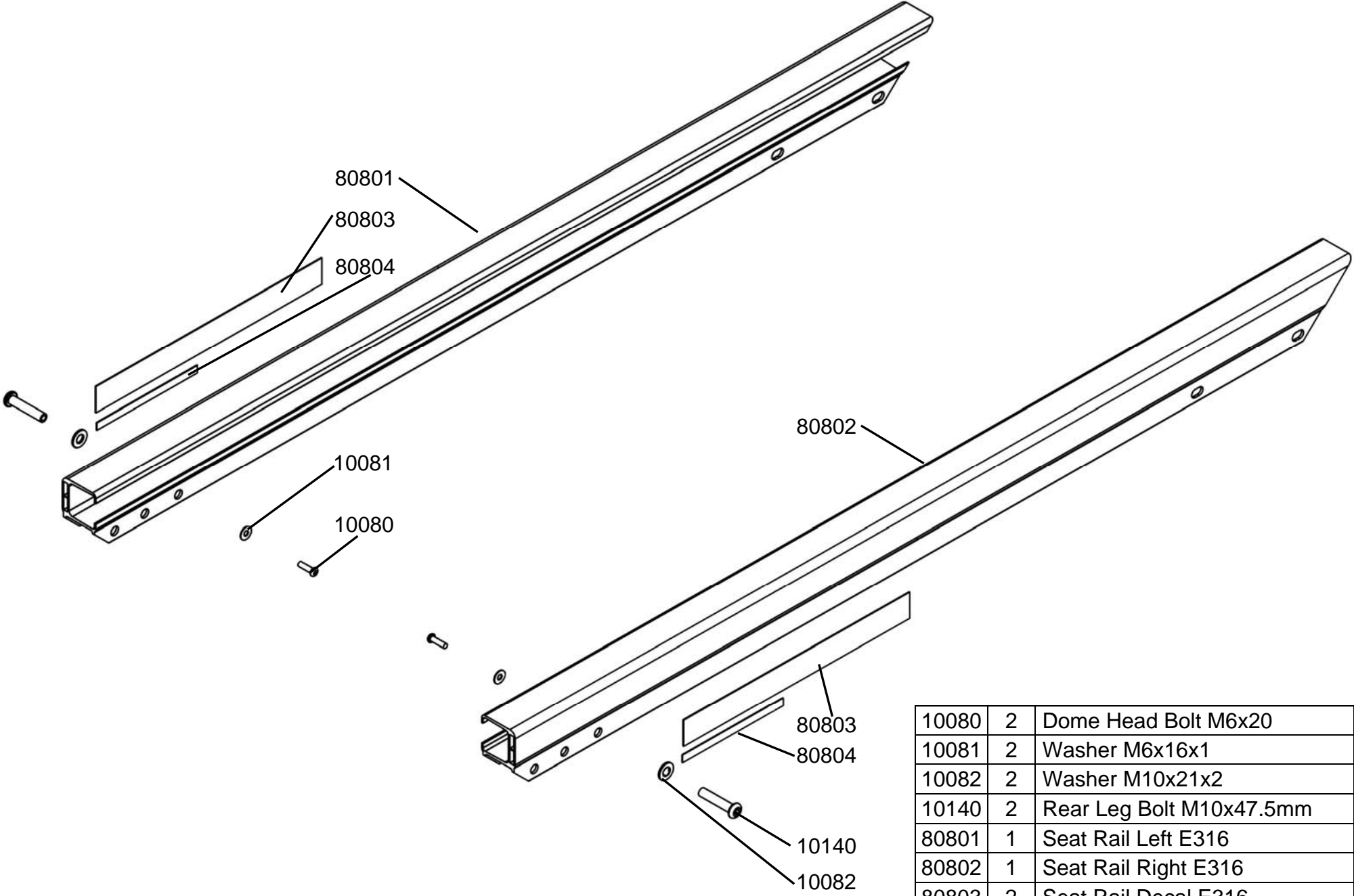


# Seat Rail / Rear Leg Assembly E316



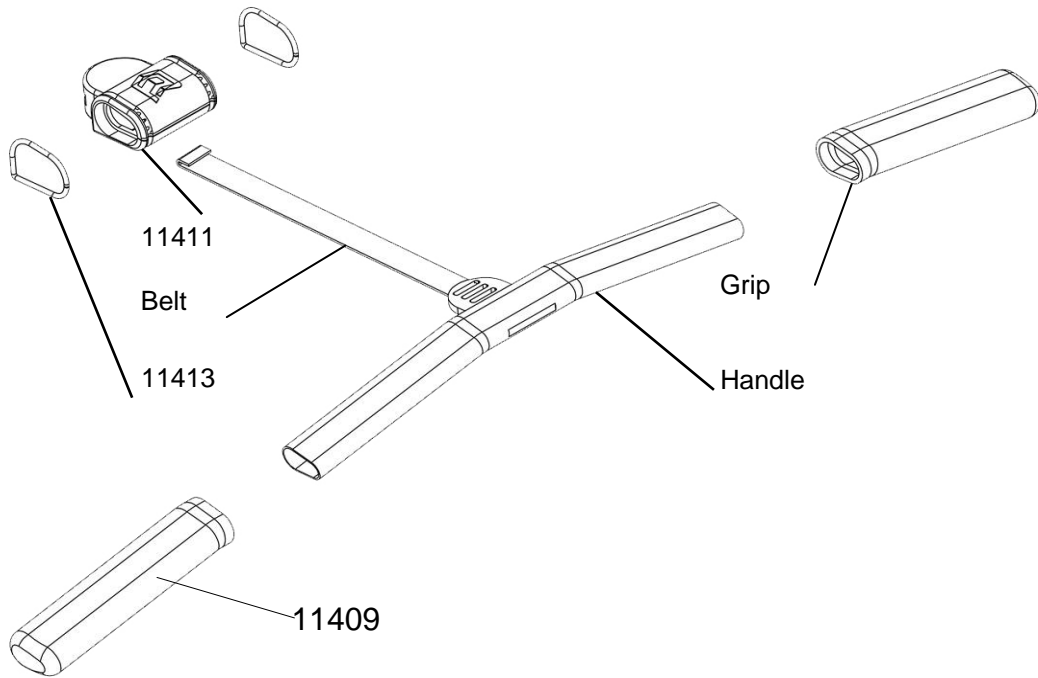
10080	10	Dome Head Bolt M6x20
10081	10	Washer M6x16x1
10082	10	Washer M10x21x2
10135	2	Rubber Rear Leg Insert Bottom
10140	10	Rear Leg Bolt M10x47.5mm
10701	1	Rear Leg - E316 / E520
80801	1	Seat Rail Left E316
80802	1	Seat Rail Right E316
80803	2	Seat Rail Decal E316
80804	2	Model:FR-E316 Registered Designs.Patent Pending.

# A065 Complete Seat Rail Assembly E316



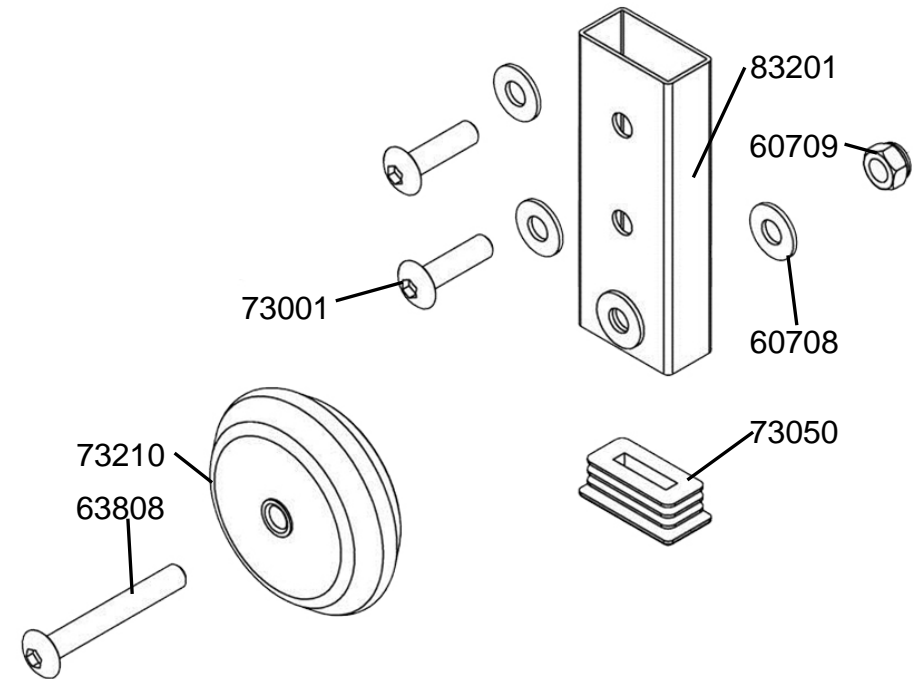
10080	2	Dome Head Bolt M6x20
10081	2	Washer M6x16x1
10082	2	Washer M10x21x2
10140	2	Rear Leg Bolt M10x47.5mm
80801	1	Seat Rail Left E316
80802	1	Seat Rail Right E316
80803	2	Seat Rail Decal E316
80804	2	Model:FR-E316 Registered Designs.Patent Pending.

# A270 Deluxe Belt Handle Complete VX-2/E316

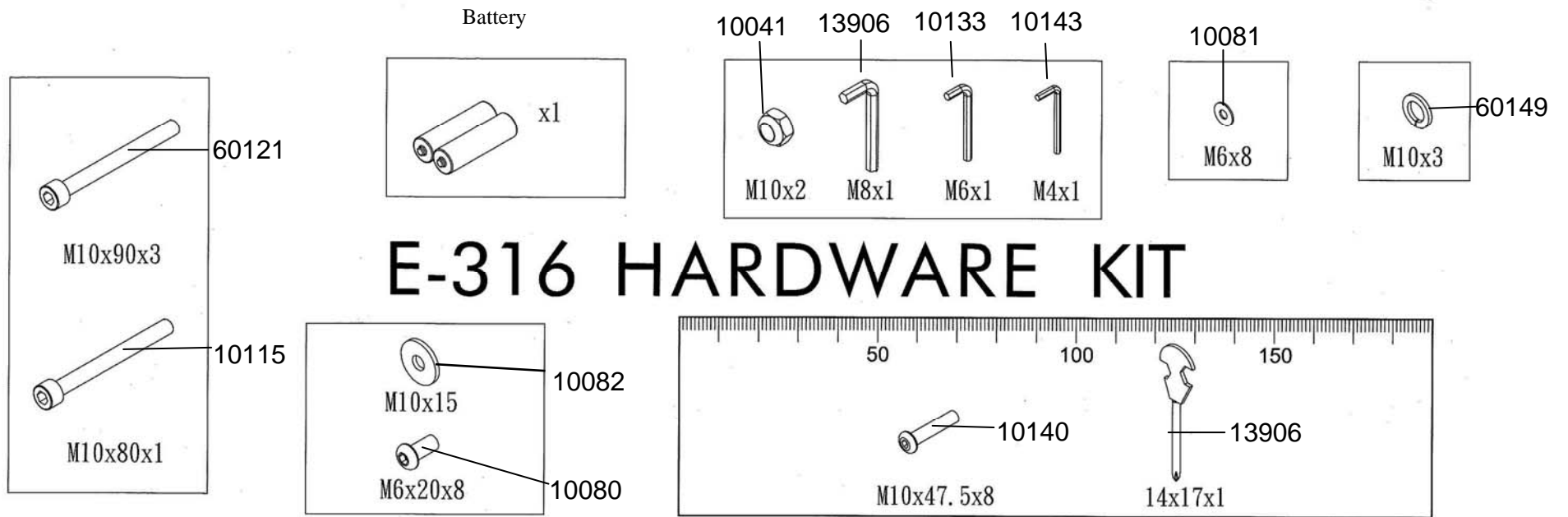


11409	2	Handle Grip - Deluxe
11411	1	Handle Rubber Cover - Belt Deluxe
11413	2	O-Ring - Deluxe Handle
11419	1	Handle with Belt and Grips

# A271 Transport Wheel Assembly E316



60708	4	Washer M8x19x1.6
60709	1	Nylock Nut M8
63808	1	Dome Head Bolt M8x60
73001	2	Dome Head Bolt M8x35
73050	2	End Cap 20x40
73210	1	Transport Wheel - L16
83201	1	Transport Wheel Frame for NEW E316



# E-316 HARDWARE KIT

10041	2	Nylock Nut M10
10080	8	Dome Head Bolt M6x20
10081	8	Washer M6x16x1
10082	15	Washer M10x21x2
10115	1	Hex Head Bolt M10x80
10133	1	Allen Key 6mm
10140	8	Rear Leg Bolt M10x47.5mm
10143	1	Allen Key 4mm
13904	1	Multi-Tool
13906	1	Allen Key 8mm
60121	3	Hex Head Bolt M10x90
60149	3	Spring Washer M10 5x7x2
N/A	2	Battery