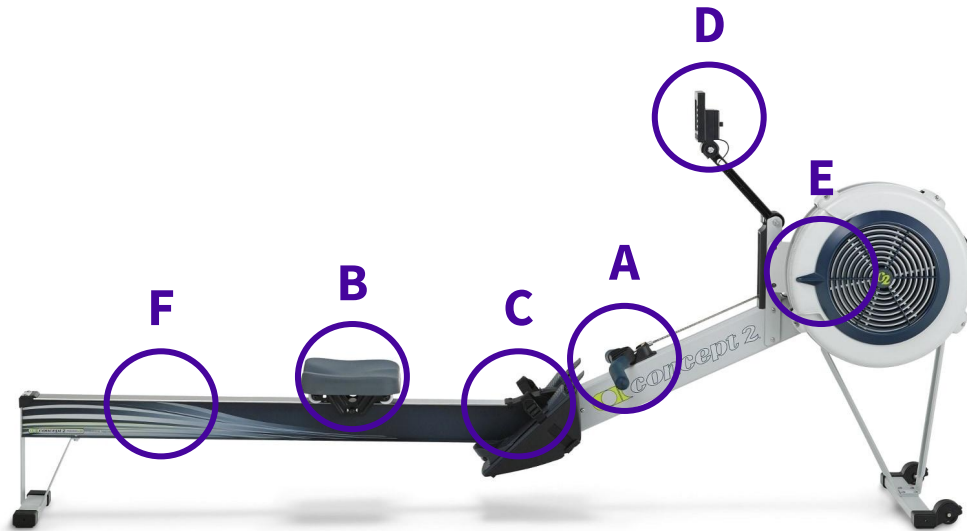


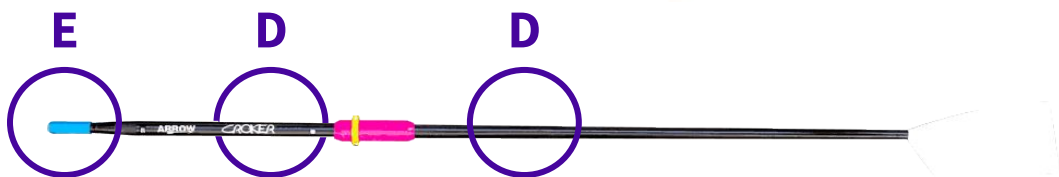
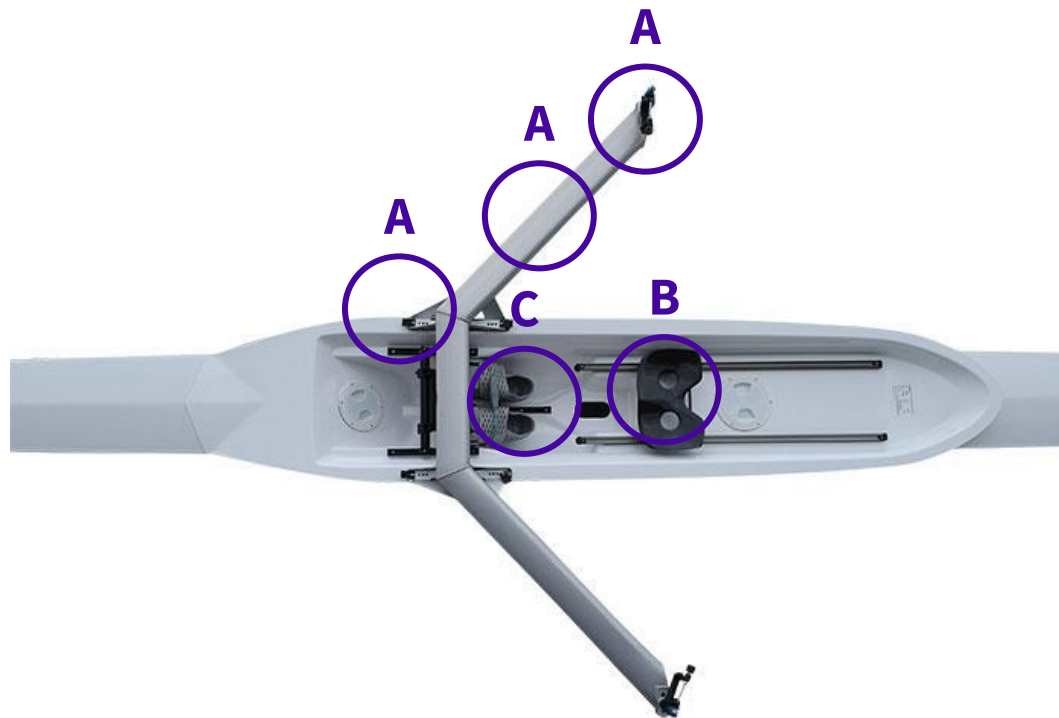
How to clean an ergo / indoor rowing machine before and after use.

Cleaning before and after use is essential for hygiene, it also aids in maintaining equipment to ensure reliability and safety.

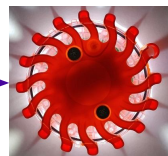


1. Use alcohol surface spray & towel to spray and wipe the below locations
 - a. Handle
 - b. Seat
 - c. Footplate & straps
 - d. Screen (do not saturate)
 - e. Flywheel and damper control
 - f. Slide
2. Dispose of towel appropriately

Cleaning - Boat & Oars



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How to clean before & after rowing.

Cleaning before and after use is essential for hygiene, it also aids in maintaining equipment to ensure reliability and safety.

Before Rowing

Use alcohol surface spray to spray the below locations & allow to dry 60 secs

- a. Rigger (gates, frame & mountings)
- b. Seat
- c. Footplate / Shoes
- d. Oar Shaft (both sides of the button)
- e. Oar Handles
- f. Stroke coach & lights (if using)

After Rowing

Wash the entire boat and all oars with soapy water, then rinse with clean water.

Alcohol wipe Stroke Coach & Lights (if used)