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› Hydra Fitness Exchange Seat Wheel 1006004-0001 Instruction Manual

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Hydra Fitness Exchange Seat Wheel Instruction Manual

Model: 1006004-0001

PRODUCT OVERVIEW

This document provides essential information for the installation, maintenance, and troubleshooting of the Hydra Fitness Exchange Seat Wheel, part number 1006004-0001. This component is designed as a replacement part for specific fitness equipment.

Compatibility: This seat wheel is compatible with the Life Fitness Fitness Equipment GX Rower, model GER-ALLX-101PF, and other multi-model compatible systems.



Image 1: The Hydra Fitness Exchange Seat Wheel (Part # 1006004-0001). This image displays the black wheel with a central bearing, ready for installation.

INSTALLATION (SETUP)

Proper installation of the seat wheel is crucial for the safe and smooth operation of your rowing machine. It is recommended to consult your equipment's original manual for specific disassembly and assembly instructions. If you are uncomfortable performing this installation, please seek assistance from a qualified fitness technician.

General Installation Steps:

1. **Safety First:** Ensure the rowing machine is stable and powered off (if applicable). Disconnect any power cords.
2. **Access the Seat Assembly:** Depending on your rower model, you may need to remove the seat from the rail or access the underside of the seat carriage.
3. **Identify Worn Wheel:** Locate the seat wheel(s) that require replacement. Refer to the exploded diagram for component identification.
4. **Remove Old Wheel:** Carefully remove any retaining clips, bolts, or screws securing the old wheel. Keep track of all hardware.
5. **Install New Wheel:** Position the new Hydra Fitness Exchange Seat Wheel (Part # 1006004-0001) in place. Ensure it aligns correctly with the bearing housing.

6. **Secure New Wheel:** Reattach all retaining clips, bolts, or screws. Ensure they are tightened securely but do not overtighten.
7. **Test Movement:** Gently move the seat carriage along the rail to ensure smooth and unrestricted movement. Check for any wobbling or unusual noises.
8. **Final Check:** Before full use, visually inspect all connections and ensure the seat is securely mounted.

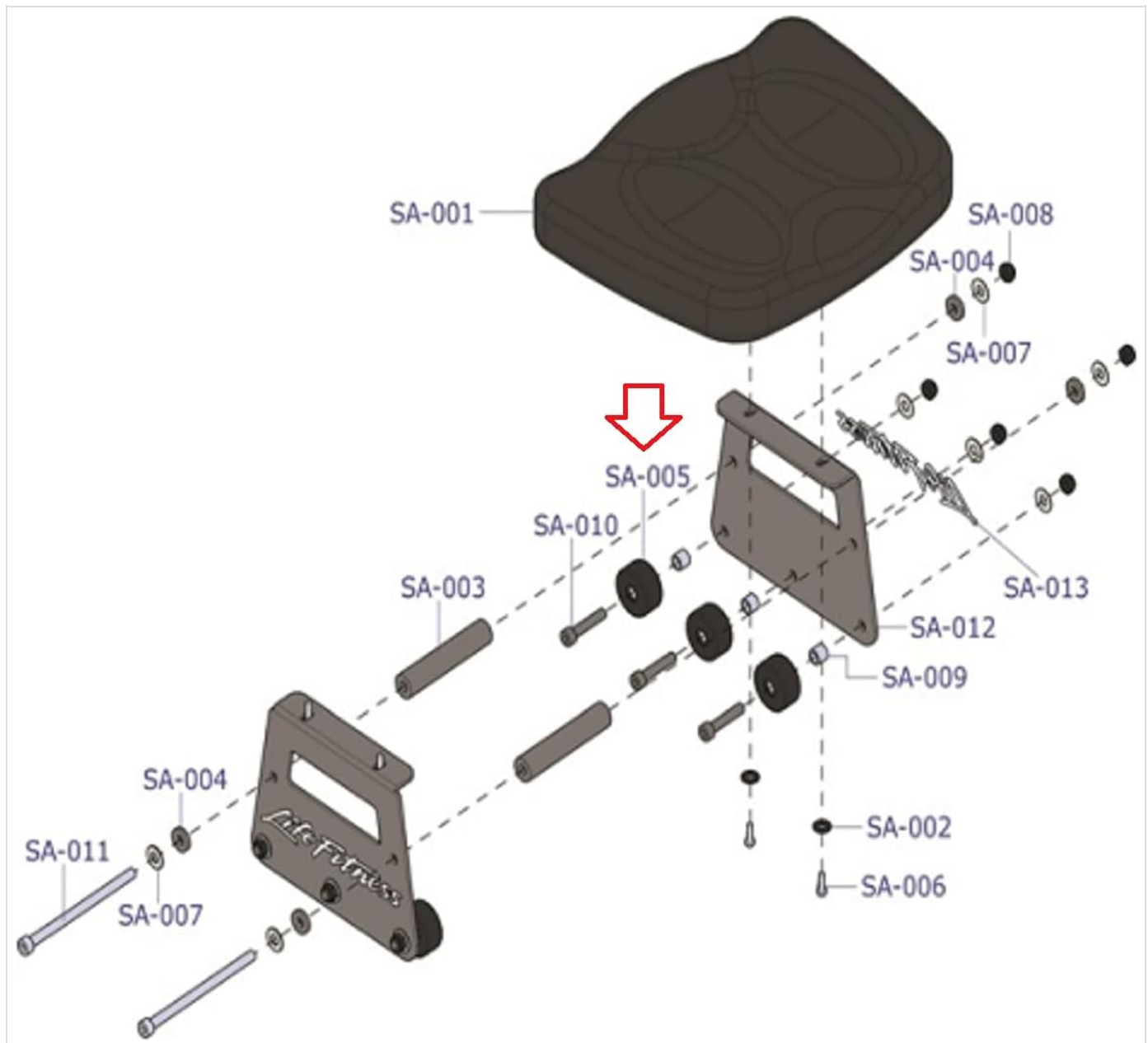


Image 2: Exploded diagram of a typical rowing machine seat assembly. The red arrow indicates the approximate location of the seat wheel (SA-005) within the assembly, showing its relation to the seat (SA-001) and carriage components.

OPERATION

The seat wheel is a passive component designed to facilitate the smooth gliding motion of the rower's seat along its rail. Once correctly installed, it operates continuously as part of the rowing machine's seat mechanism. No direct user interaction is required for its operation beyond ensuring the rowing machine is used as intended.

For optimal performance, ensure the rower's rail is clean and free of debris, as this can impact the wheel's smooth movement and longevity.

MAINTENANCE

Regular maintenance of your seat wheels can extend their lifespan and ensure a smooth rowing experience.

- **Cleaning:** Periodically inspect the wheels and the rower's rail for dust, dirt, or debris. Use a clean, damp cloth to wipe down the wheels and the rail. Avoid abrasive cleaners.
- **Inspection:** Visually inspect the wheels for signs of wear, cracks, flat spots, or damage. Check if the bearings are spinning freely and quietly.
- **Lubrication:** The bearings in these wheels are typically sealed and do not require lubrication. Applying lubricants to the wheel surface or rail is generally not recommended as it can attract more dirt and hinder performance. Refer to your rower's specific maintenance guide for any lubrication recommendations for the rail itself.
- **Tightness:** Ensure all bolts and fasteners securing the seat wheels are appropriately tightened. Do not overtighten.

TROUBLESHOOTING

If you experience issues with your rower's seat movement, the seat wheels may be a contributing factor. Here are common issues and potential solutions:

Problem	Possible Cause	Solution
Squeaking or Grinding Noise	Dirt/debris on rail or wheel, worn bearings, loose wheel.	Clean rail and wheels. Inspect bearings for smooth rotation. Tighten wheel fasteners. Replace wheel if bearings are seized or noisy.
Rough or Jerky Seat Movement	Damaged wheel surface (flat spots, cracks), debris on rail, misaligned wheel.	Inspect wheels for damage; replace if necessary. Clean rail thoroughly. Check wheel alignment.
Seat Wobbles Excessively	Loose wheel fasteners, worn wheel bearings, damaged seat carriage.	Tighten all wheel fasteners. Inspect wheels for excessive play in bearings; replace if worn. Check seat carriage for structural damage.

If troubleshooting steps do not resolve the issue, or if you are unsure about diagnosing the problem, it is advisable to contact a qualified fitness equipment technician.

SPECIFICATIONS

Part Number	1006004-0001
Brand	Hydra Fitness Exchange
Compatible Models	Life Fitness Fitnes Equipment GX Rower - GER-ALLLX-101PF
Material	Alloy Steel, Aluminum
Color	Black
Item Weight	16 ounces (approx. 0.45 kg)
Item Dimensions (LxWxH)	6 x 8 x 1 inches (approx. 15.24 x 20.32 x 2.54 cm)
Special Feature	Multi-Model Compatible

WARRANTY INFORMATION

Specific warranty details for the Hydra Fitness Exchange Seat Wheel (Part # 1006004-0001) are not provided in this manual. For information regarding product warranty, please refer to the original purchase documentation or contact Hydra Fitness Exchange directly.

SUPPORT

For further assistance with diagnosis, replacement part identification, or if you require professional installation, Hydra Fitness Exchange offers support services.

- **Professional Technician Recommendation:** If you are uncomfortable with diagnosing and treating your machine with the correct replacement parts, Hydra Fitness Exchange can recommend a fitness technician in your area via zip code.
- **Contact Information:** Please visit the official Hydra Fitness Exchange store on Amazon or their corporate website for contact details and further support options.

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This manual is for informational purposes only. Always prioritize safety and consult professional assistance when necessary.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

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After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question