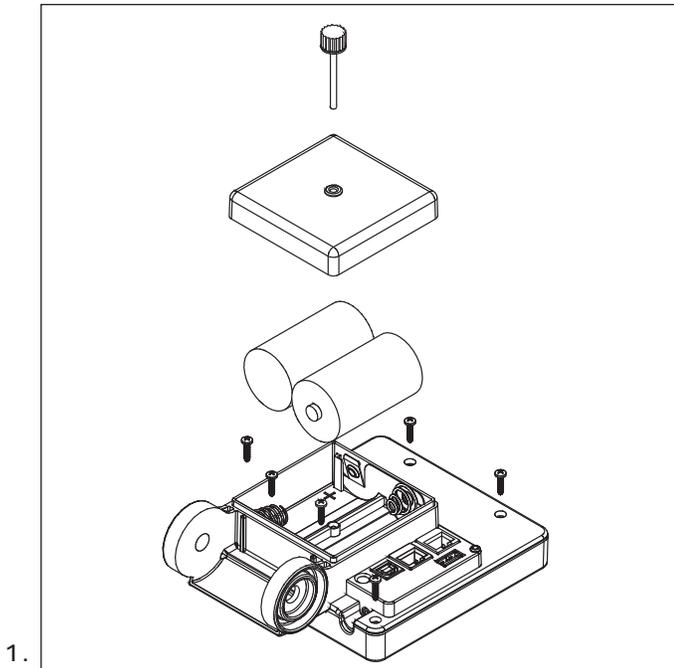


# PM5 Monitor LCD Replacement

0518

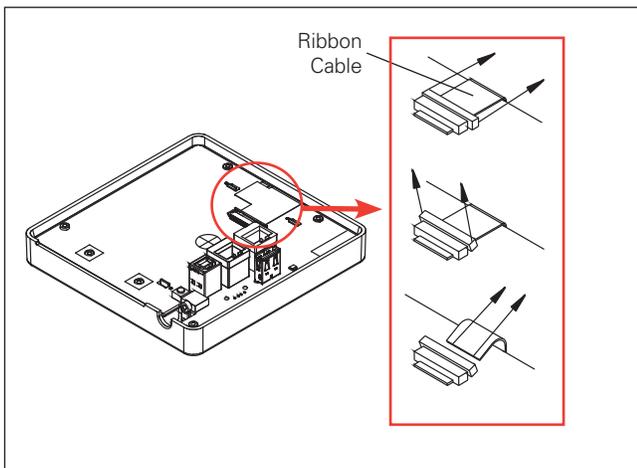
**TOOLS REQUIRED:** #0 or #1 Phillips head screwdriver  
9/16" wrench

**NOTE:** Handle all components very carefully.



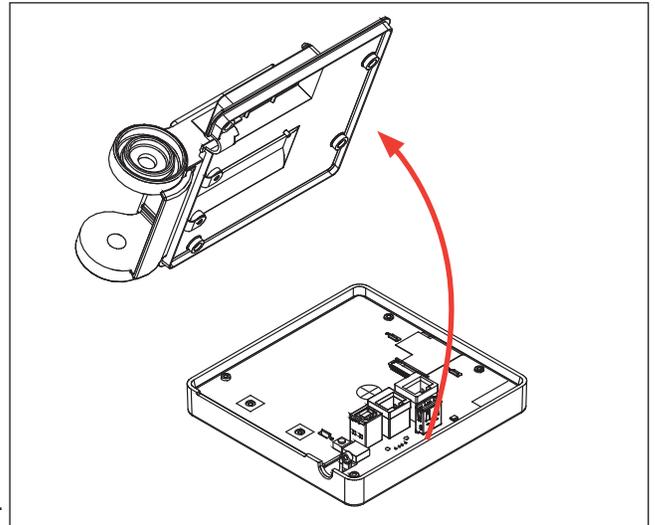
1.

Unplug all wires and remove the PM5 from the indoor rower, BikeErg, or SkiErg. Remove the battery door and D cell batteries. Remove the six PM5 case screws.



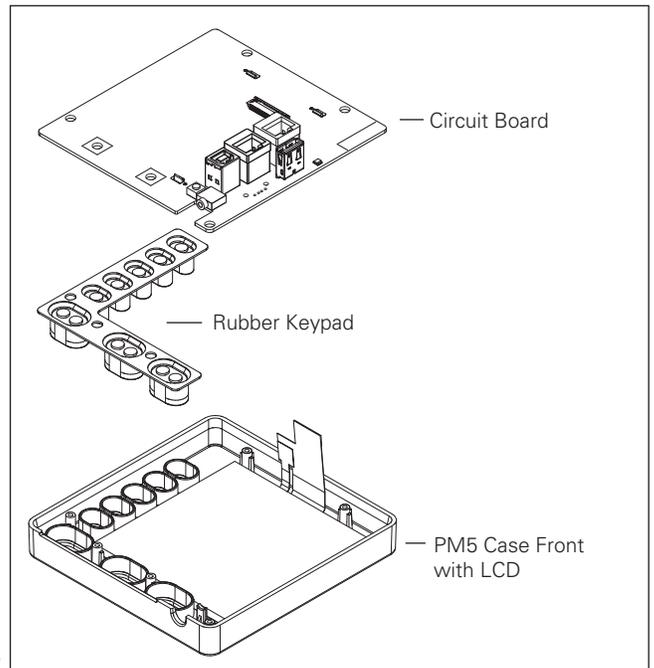
3.

Carefully unlock the ribbon cable connector and remove the LCD ribbon cable from the connector. Remove the circuit board and rubber keypad from the case front. Discard the old LCD and case front.



2.

Carefully separate the case back from the case front, noting the position of the two metal battery contacts.



4.

Reverse the disassembly procedure to install the new LCD/case front unit. Important installation notes:

- The rubber keypad and circuit board should be fully in place in the new case front.
- The case front should be supported such that the keys are NOT depressed during reassembly.
- The ribbon cable should be fully inserted in the connector before latching.
- The case front and case back should be mated evenly before screws are put in.
- Tighten screws evenly to 4-6 inch-lbs torque.

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