

WaterRower Maintenance Schedule

Printable checklist | [fitnessstoolsreviewed.com](https://www.fitnessstoolsreviewed.com)

This checklist follows WaterRower's own published UK maintenance guidance. It applies to the Original Series, A1, and Metallic Hi Rise/Lo Rise models. Always check your own owner's manual for anything specific to your machine.

Weekly (2 minutes)

- ☐ Wipe the seat rail with a damp cloth.
Keeps dust from fouling the seat wheels as they run along the rail.
- ☐ Look at the tank water. Is it cloudy or discoloured?
If yes, add a purification tablet straight away (see below).

Monthly (10 minutes)

- ☐ Vacuum dust from the clutch and belt mechanism between the top and bottom decks.
- ☐ Dust or lightly polish the wood frame.
Original Series and A1 only. The wood needs no other treatment, and a dark patina developing over time is normal.
- ☐ Check that the connecting bolts are still tight, using a 5mm Allen key.

Every 4-6 months (practical schedule)

- ☐ Add a purification tablet to the tank, per the instructions supplied with your tablets.
WaterRower UK's own pages give different intervals for this: its purification tablet page says every 4-6 months, its FAQ says every 3-6 months, and its general maintenance page frames it as chlorine degrading under light over 6 months to 2 years. We've used 4-6 months as the practical default here. Check your own tablet instructions or confirm with WaterRower UK.
- ☐ If the water still looks cloudy after a tablet: empty the tank, flush with clean water, refill with tap water, then add a fresh tablet.

First month after purchase

- ☐ Gently tighten all connecting bolts with the Allen key stored under the rear spacer.
- ☐ Tighten the bungee cord at the buckle, with the handle pulled to the full forward position.
- ☐ Repeat both checks once or twice during the first month while everything beds in.

Never put in the tank

- ☐ Chlorine bleach. It will irreparably damage the polycarbonate tank.
- ☐ Mentholated chlorates or ammonia-based cleaning fluids.

Your maintenance log

Date	Task completed	Notes

This checklist is a planning aid based on WaterRower's published guidance, not a record of testing, and carries no affiliate links.