

PR3000: What can I do if I am having issues with the rods? ID: 13242.1

Follow this troubleshooting guide to help resolve rod issues on the BowFlex PR3000 rod gym.

Some common complaints may include:

- Broken rods
- Drooping rods
- Worn rods
- Resistance issues

Follow these steps to troubleshoot the issue

1. Inspect each rod carefully. Look for any rods that are broken or damaged. If the rods are damaged or drooping beyond these limits, [order a pair of Power Rods](#) for the affected rods. Please note that rods should always be replaced in pairs [\[13242.A\]](#).
2. Remove any securing straps or rod rejuvenators and stand facing the rods. Check for any rods that are drooping beyond normal limits. If they do not droop past 10 or 2 o'clock, they are still within normal limits [\[13242.B\]](#).
3. When rods droop beyond 10 or 2 o'clock, they have lost most of their useful resistance and must be replaced. Some drooping is normal due to use and wear on the machine. If the rods droop beyond normal limits, [order a pair of Power Rods](#) for the affected rods. Please note that rods should always be replaced in pairs [\[13242.C\]](#).

Need to order replacement parts?

1 Parts Reference Table

Part Description	Part SKU
5 lb Rod, Single	95701
10 lb Rod, Single	95702
30 lb Rod, Single	95703
50 lb Rod, Single	95704

2 Contact Tech Team / Advanced Troubleshooting

If the issue was not resolved in the steps listed, contact the Tech Team or send an Advanced Troubleshooting case.

Submit a Case with case type Advanced Troubleshooting