

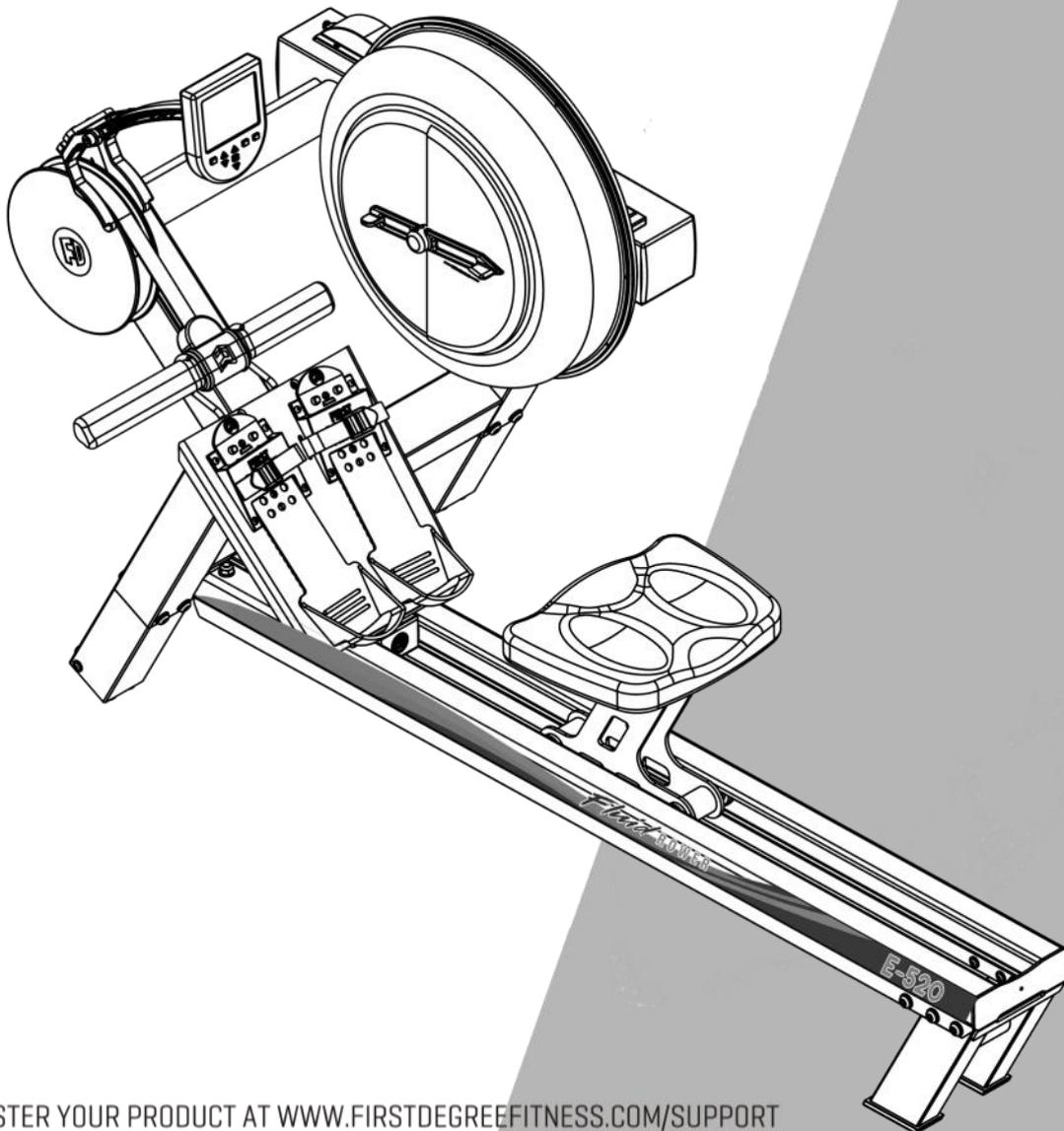
FIRST DEGREE FITNESS
Fluid INNOVATION



» USER GUIDE

FR-E520

VORTEX VX-3



REGISTER YOUR PRODUCT AT WWW.FIRSTDEGREEFITNESS.COM/SUPPORT

» Introduction

Congratulations on your purchase of Rower.

FIRST DEGREE FITNESS is proud to present the Rower as a home use product featuring patented Adjustable Fluid Resistance.

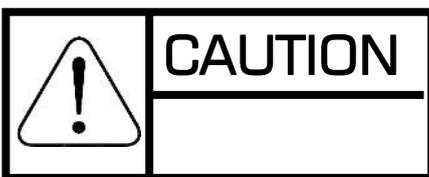
Follow all instructions carefully for correct assembly, tank filling, water treatment, service and safety.

Access to our world-wide distributor and service network is available at www.firstdegreefitness.com

Check contents of Box 1 and Box 2 to assure all parts are present and correct prior to assembly.

Training with the Rower

1. As with any piece of fitness equipment, consult a physician before beginning your Rower exercise program.
2. Follow instructions provided in this manual for correct foot position and basic rowing techniques.
3. For more detailed rowing techniques, please refer to our international website at www.firstdegreefitness.com



1. Keep hands and fingers away from moving parts, as indicated in this manual.
2. The Rower can stand vertically for storage. Make sure a secure location is chosen, such as the corner of a room or against a wall on an even, secure surface.

» Contents

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Safety Information

- Before using this product, it is essential to read this ENTIRE operation manual and ALL instructions. The Rower is intended for use solely in the manner described in this manual.
- UNDERSTANDING EACH AND EVERY WARNING TO THE FULLEST IS IMPORTANT
- As with any piece of fitness equipment, consult a physician before beginning your Rower exercise program.
- Please be aware that any fitness regiment, before being undertaken, is best preceded by a physical checkup from a certified physician.
- Injuries to health may result from incorrect or excessive training.
-  **WARNING** Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint, stop exercising immediately.
- Stop the machine immediately if any signs of excessive wearing is present on the belts, pulleys and bungee cords. Do not use unit until said parts are repaired or replaced.
- Do not allow children unattended access to the machine.
- The Rower can stand vertically for storage. When doing so, please follow the instructions given in the manual.
- Please keep hands away from moving parts, as indicated by the warning label on the mainframe of your machine.
- If any of the adjustment devices are left projecting, they could interfere with the user's movement.
- Do not store in freezing conditions with water in the tank as it can expand and crack the components.

Installation

- Place on a stable, flat surface in a horizontal position during use for maximum stability.
- Check all belts, pulleys and bungee cords regularly for signs of wear, and replace if needed.
- Check regularly and follow all instructions for maintenance as specified in this manual.
- Replace immediately any defective parts and do not operate unit until all repairs are complete.

Proper Usage

- Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative that FIRST DEGREE FITNESS equipment is used properly to avoid injury.
- Injuries may result if exercising improperly or excessively. It is recommended that all individuals consult a physician prior to commencing an exercise program. If at any time during exercise you feel faint, dizzy or experience pain, STOP EXERCISING and consult your physician.
- Keep body parts (hands, feet, hair, etc.), clothing and jewelry away from moving parts to avoid injury.
- Follow instructions provided in this manual for correct foot position and basic rowing techniques.
- For more detailed rowing techniques, please refer to our International website www.firstdegreefitness.com

Inspection

- DO NOT use or permit use of any equipment that is damaged and/or has worn or broken parts. For all FIRST DEGREE FITNESS equipment use only replacement parts supplied by FIRST DEGREE FITNESS.
- Cables and belts pose an extreme liability if used when frayed. Always replace any cable or belt at first sign of wear (consult FIRST DEGREE FITNESS if uncertain).
- EQUIPMENT MAINTENANCE - Preventative maintenance is the key to smooth operating equipment as well as to keep your liability to a minimum. Equipment needs to be inspected at regular intervals.
- Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so.
- DO NOT ATTEMPT TO USE OR REPAIR ANY ACCESSORY APPROVED FOR USE WITH THE FIRST DEGREE FITNESS EQUIPMENT WHICH APPEARS TO BE DAMAGED OR WORN.
- Check all belts, pulleys and bungee cords regularly for signs of wear, and replace if needed.
- Check regularly and follow all instructions for maintenance as specified in this manual.
- Replace immediately any defective parts and do not operate unit until all repairs are complete.

Operating Warnings

- Keep children away from the equipment. Parents or others supervising children must provide close supervision of children if the equipment is used in the presence of children.
- Do not allow users to wear loose fitting clothing or jewelry while using equipment. It is also recommended to have users secure long hair back and up to avoid contact with moving parts.
- All bystanders must stay clear of all users, moving parts and attached accessories and components while machine is in operation.
-  **WARNING** Do not insert fingers into tank!
-  **CAUTION** Do not fill past the calibration mark as indicated on the tank level sticker or water spillage can occur.
-  **WARNING** Never operate this rower without feet properly secured in Footstraps, or without the sliding portion of the Slider Footplate locked into position!

» Assembly - FR-E520

Product Specifications

Product Class: SC

Braking System: Speed Independent

Product Net Weight: 61.9kg (136.47lb)

Product Gross Weight: 72.5kg (159.84lb)

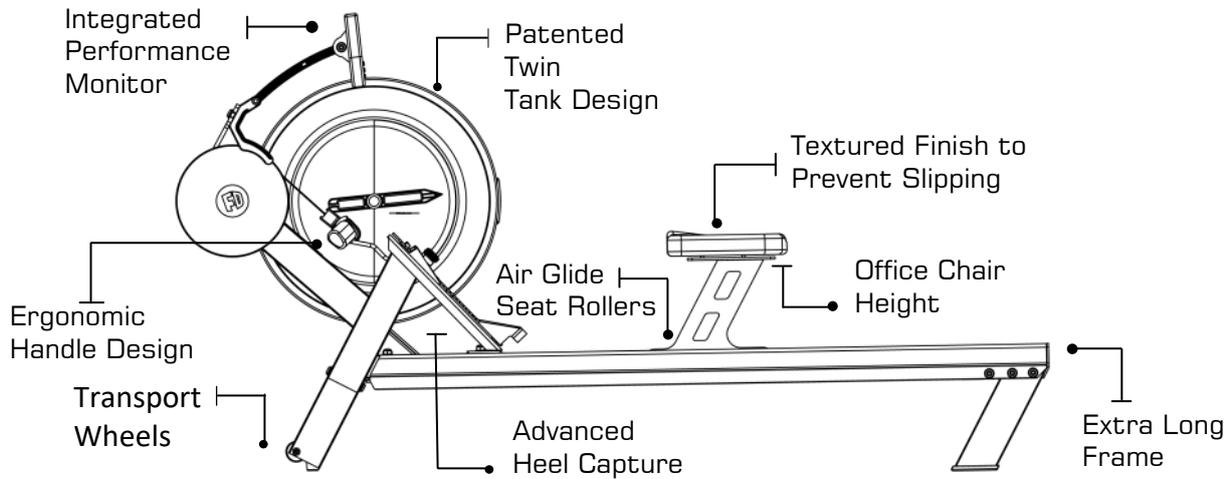
Minimum Safe Operating Surface Area: 315cm (124.02") Length x 201cm (79.13") Width

Dimensions: 1950mm (76.77") Length x 810mm (31.89") Width x 860mm (33.86") Height

Maximum User Weight: 150kg (330lb)

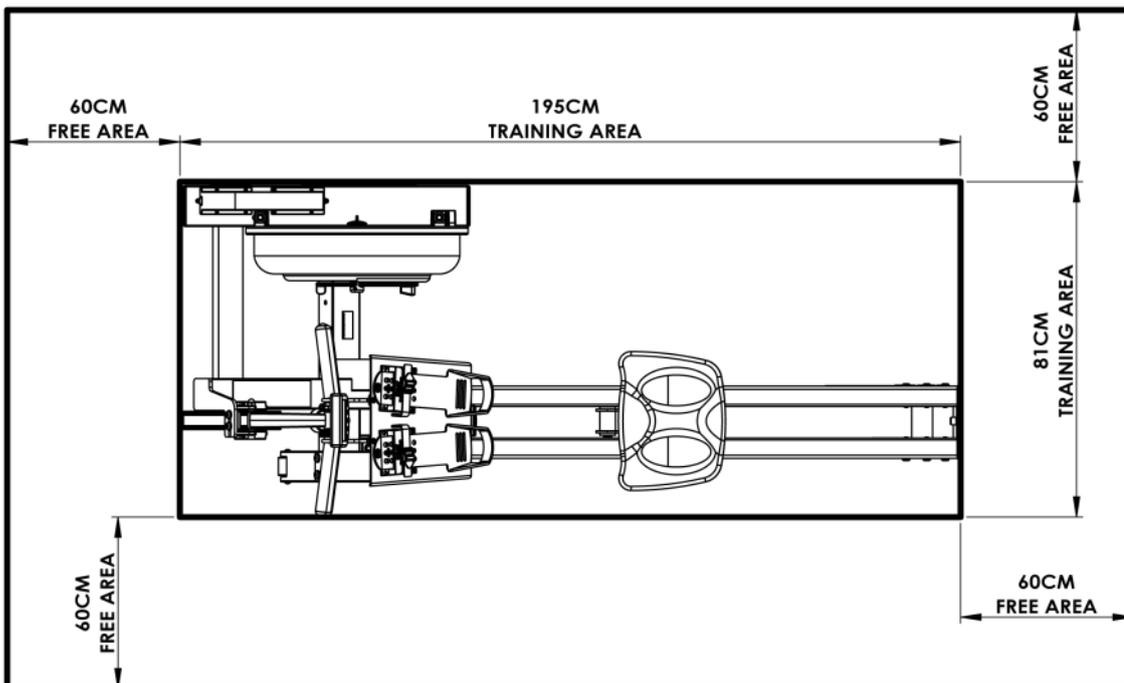
Compact Footprint: 2550mm x 1410mm or upright 860mm x 810mm

Product Highlights



The live area shall be not less than 23.62"(60cm) greater than the training area in the directions from which the equipment is accessed. The live area must also include the area for emergency dismount.

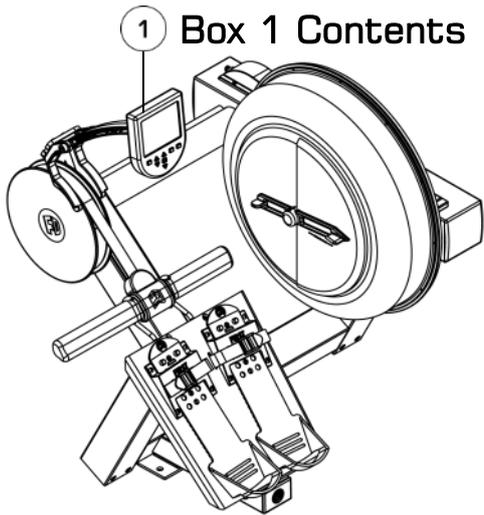
Live area and Training area



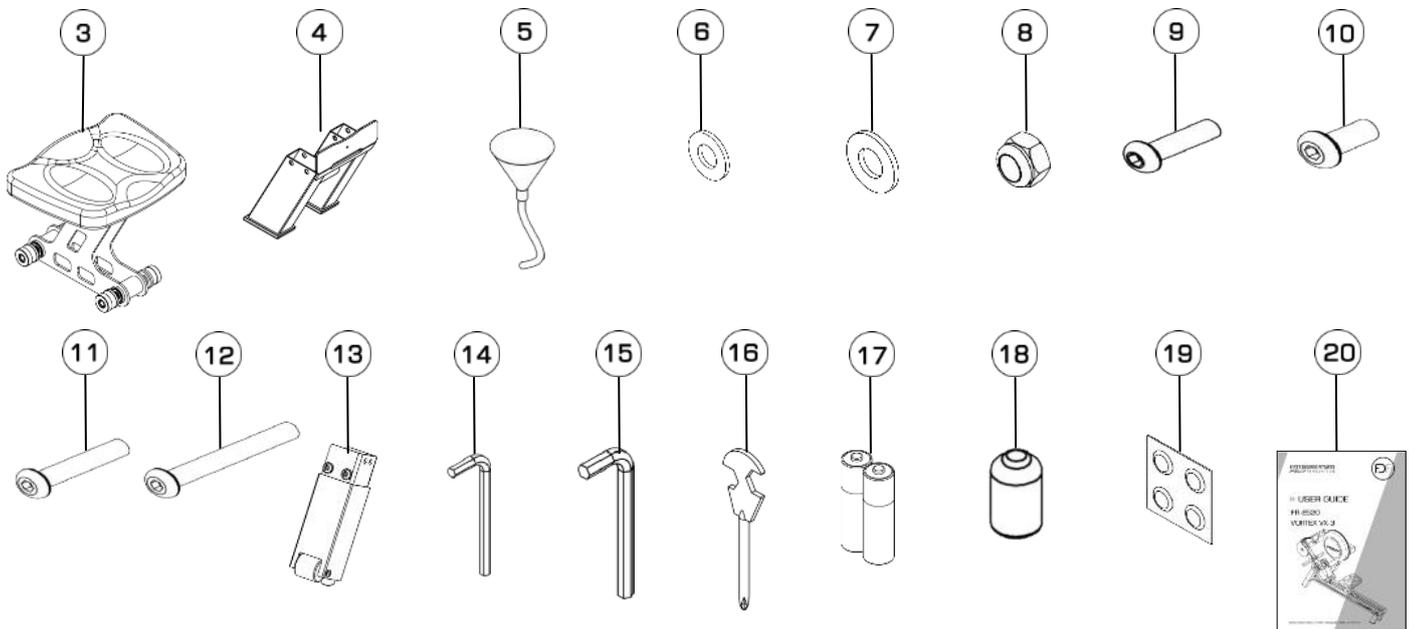
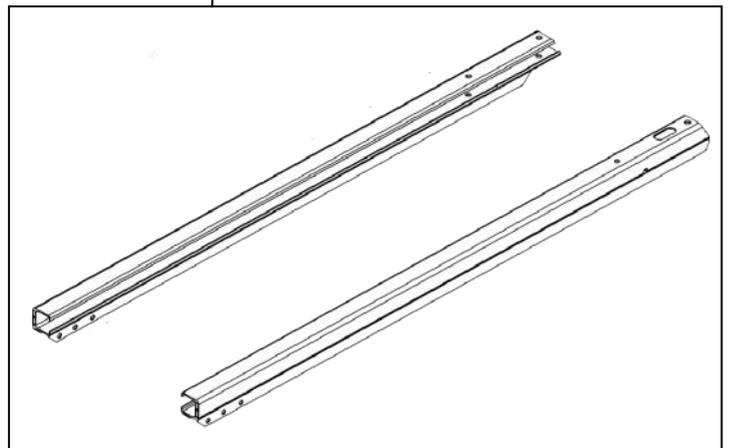
Note: Rower is not suitable for therapeutic purposes.

FR-E520 Box 1 & 2 Contents

1 Box 1 Contents



2 Box 2 Contents



Item	Qty.	Description	Item	Qty.	Description
1	1	Mainframe	11	4	M10x47.5mm Bolt
2	2	Left/Right Seat Rail	12	4	M10x70mm Bolt
3	1	Rower Seat	13	2	Front Leg
4	1	Rear Leg	14	1	4mm Allen Key
5	1	Funnel and Hose	15	1	6mm Allen Key
6	4	M6 Washer	16	1	Multi-Tool
7	18	M10 Washer	17	2	AA Duracell Battery
8	4	M10 Nylock Nut	18	1	Touch Up Paint
9	4	M6x20mm Bolt	19	4	Water Treatment Tablet
10	8	M10x20mm Bolt	20	1	User Guide

* Note Hardware pack contains 2 bolts only. The remaining bolts are pre-installed on the Rower seat rails for assembly convenience.

» Assembly - VX-3

Product Specifications

Product Class: SC

Braking System: Speed Independent

Product Net Weight: 66.4kg (146.39lb)

Product Gross Weight: 77.3kg (170.42lb)

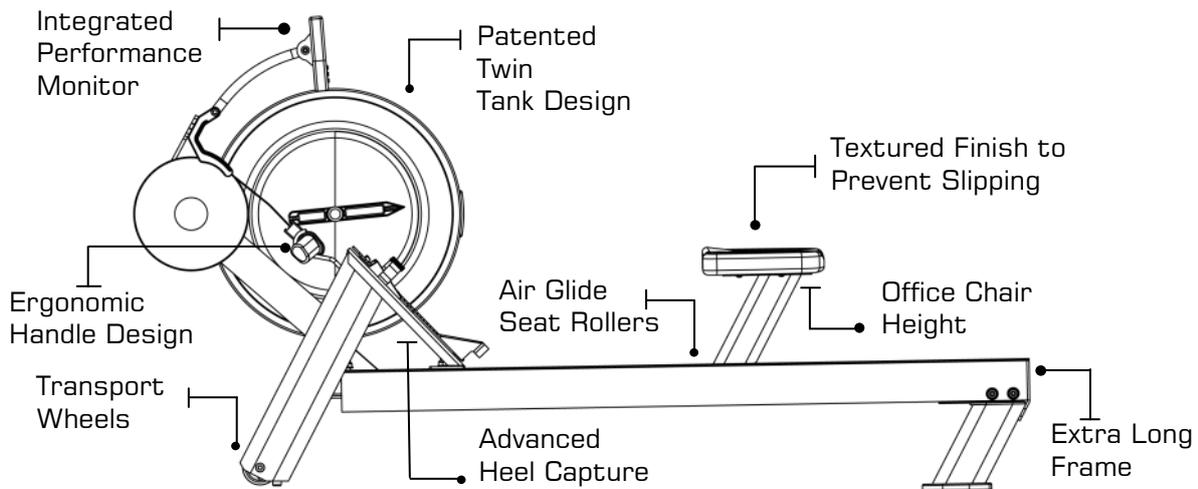
Minimum Safe Operating Surface Area: 312cm (122.83") Length x 201cm (79.13") Width

Dimensions: 1910mm (75.2") Length x 820mm (32.28") Width x 855mm (33.86") Height

Maximum User Weight: 150kg (330lb)

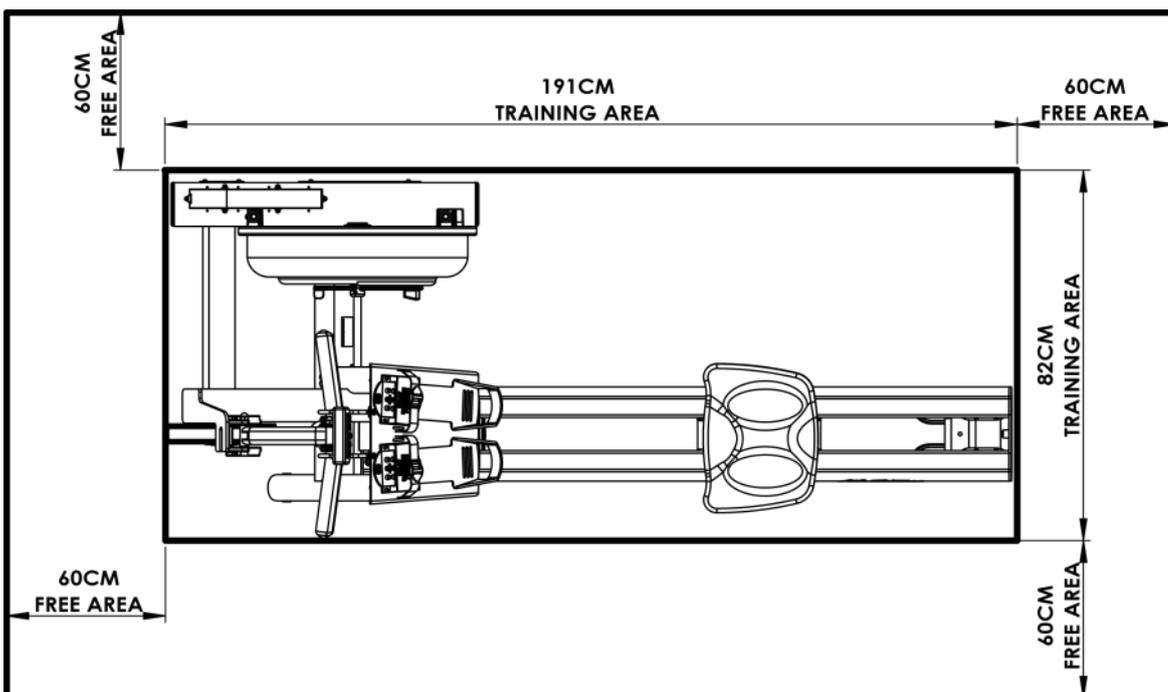
Compact Footprint: 2510mm x 1420mm or upright 855mm x 820mm

Product Highlights



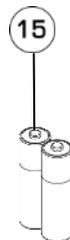
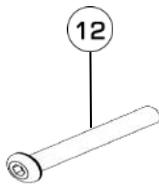
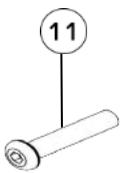
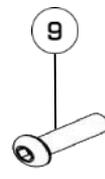
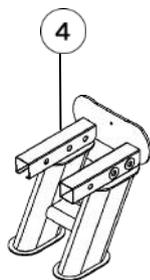
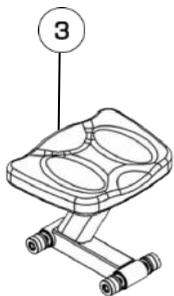
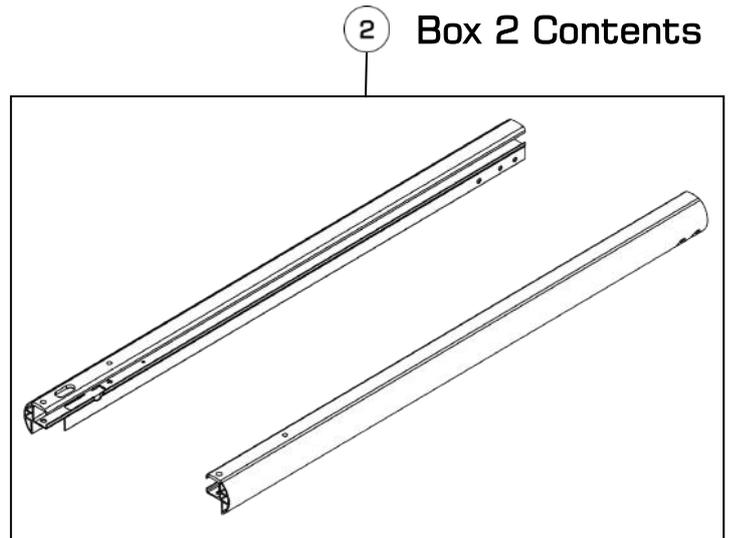
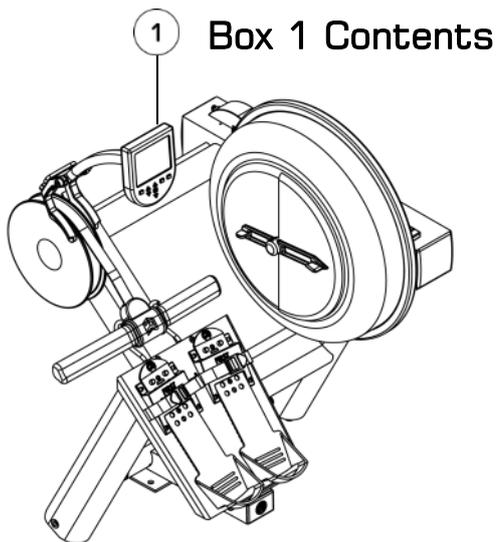
The live area shall be not less than 23.62" (60cm) greater than the training area in the directions from which the equipment is accessed. The live area must also include the area for emergency dismount.

Live area and Training area



Note: Rower is not suitable for therapeutic purposes.

» VX-3 Box 1 & 2 Contents



Item	Qty.	Description	Item	Qty.	Description
1	1	Mainframe	11	5	M10x47.5mm Bolt
2	2	Left/Right Seat Rail	12	4	M10x80mm Bolt
3	1	Rower Seat	13	1	4mm Allen Key
4	1	Rear Leg	14	1	6mm Allen Key
5	1	Funnel and Hose	15	2	AA Duracell Battery
6	9	M6 Washer	16	1	Touch Up Paint
7	11	M10 Washer	17	4	Water Treatment Tablet
8	4	M10 Nylock Nut	18	1	User Guide
9	9	M6x20mm Bolt			
10	1	Multi-Tool			

* Note Hardware pack contains 2 bolts only. The remaining bolts are pre-installed on the Rower seat rails for assembly convenience.

Assembly Instructions- E-520

STEP 1

Installation Rowing Front Leg for E-520

REQUIRED

- Mainframe (1)
- 2 x Front Leg (5)
- 8 x M10 Washer (7)
- 8 x M10 x 20 mm Bolt (10)

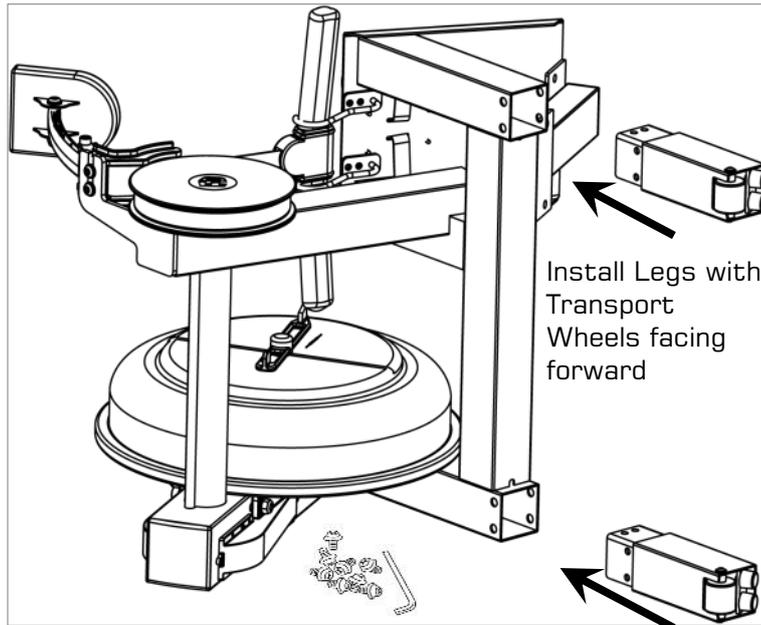
CAUTION

Do not free the Rowing Handle and Computer Stalk before assembly is complete. The Rower components such as mainframe and seat rails are heavy. Use care during assembly.

WARNING

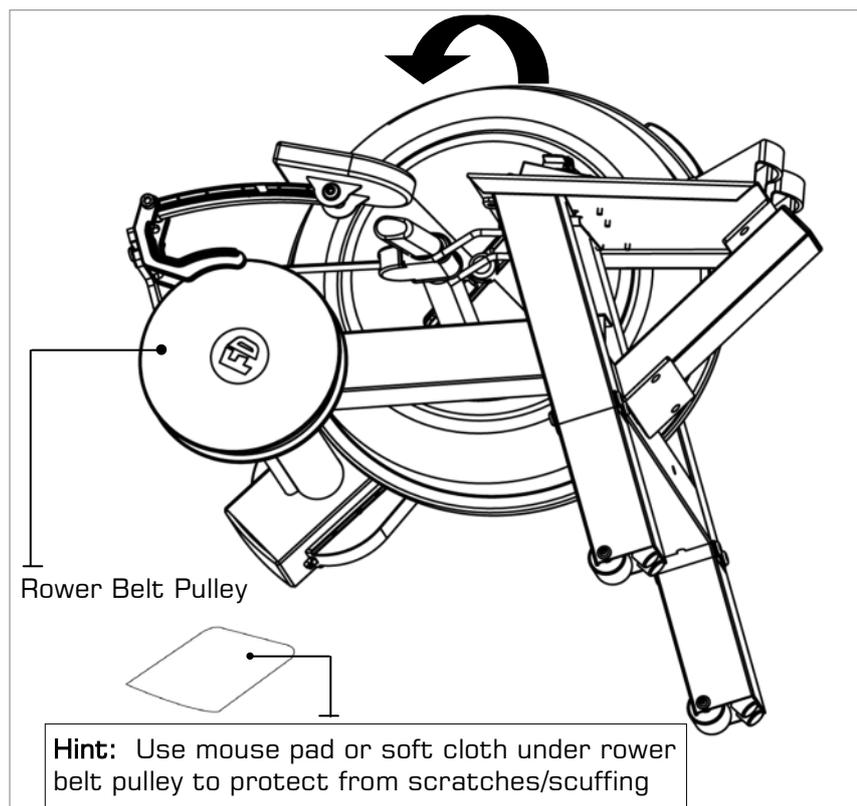
Rower Seat Rails Can have Sharp Edges on the Front Portion Facing the Mainframe Use Caution During Assembly.

- a) Remove the **Mainframe[1]** and all components from Box 1. Check all parts against the box contents.
- b) Lay on soft surface such as carpet as shown. Tilt frame upward slightly and install **Lower Front Leg [5]** with **4x M10x20mm Bolt [10]** and **M10 Washer[7]**. Repeat for other leg.



Tilt Mainframe upward slightly to install the Lower Leg

- c) Slowly stand Rower Mainframe upright.



Assembly Instructions- E-520

STEP 2 Attach Seat Rails to Frame

REQUIRED

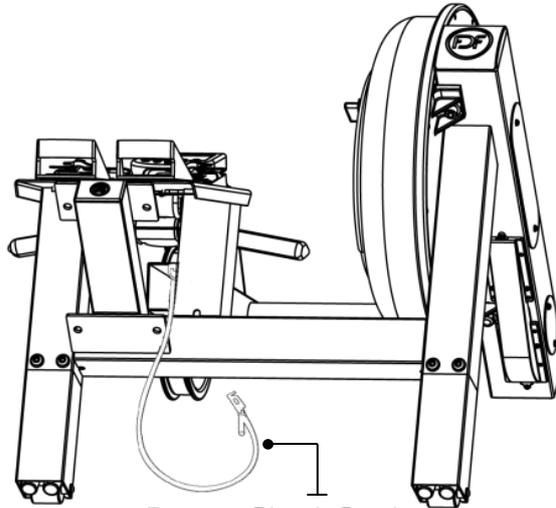
- Mainframe 1
- Left/Right Seat Rail 2
- 4 x M10 Washers 7
- 4 x M10 Nylock Nuts 8
- 2 x M10 x 70mm Bolts 12



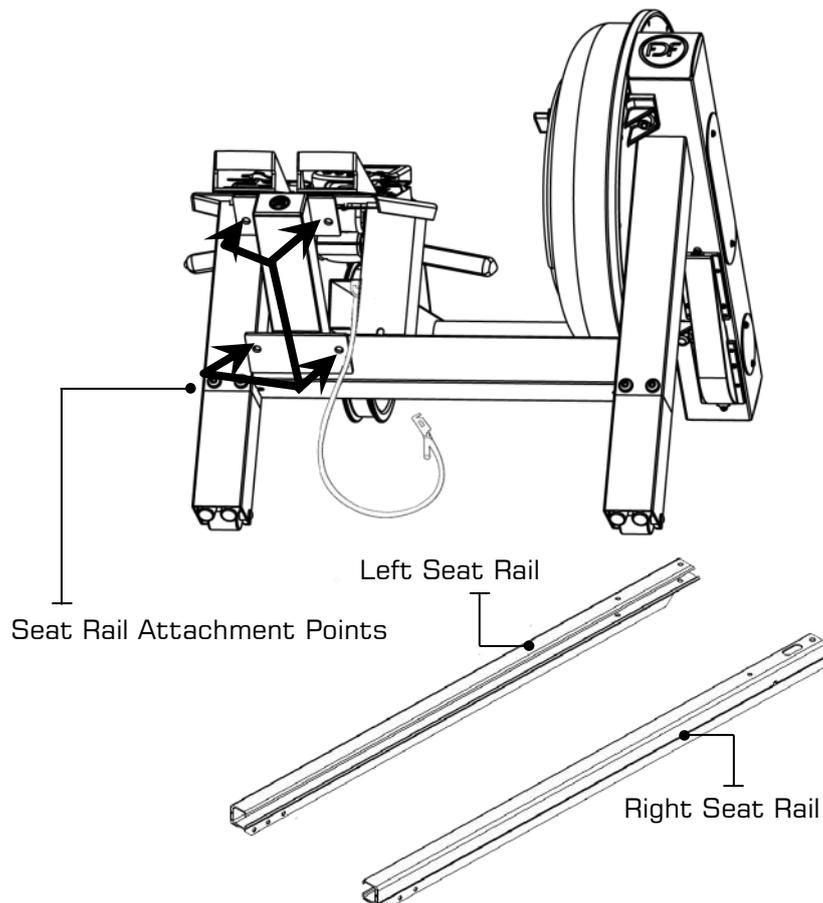
CAUTION

Nylock Nuts must be outside the standard nut and washer to properly secure assembly

- a) Locate and unwrap the Bungee Shock Cord from the frame before moving onto the installation of the seat



- b) Once the Mainframe is safely standing upright on a stable surface, unpack the **Left/ Right Seat Rails[2]** and hardware kit from Box 2 for the next step of assembly.
- c) Align and secure lower attachment points using **M10x70 mm Bolts[12]**, **M10 Nylock Nuts[8]** and **M10 Washers[7]**

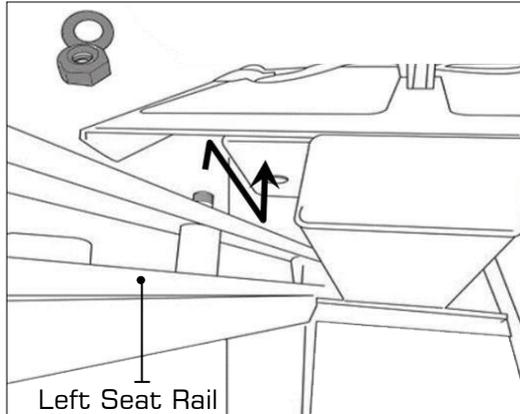


Note: 2 x M10 x 70mm Bolts are Preinstalled on the Seat Rails For your Convenience

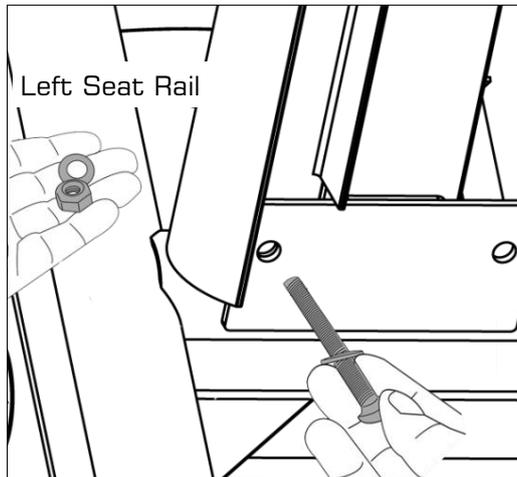
» Assembly Instructions- E-520

Attach Seat Rails to Frame

- d) Begin with left **Seat Rail**[2]. using the preinstalled **M10x70mm**[12] Secure from behind with **M10 Nylock**[8].

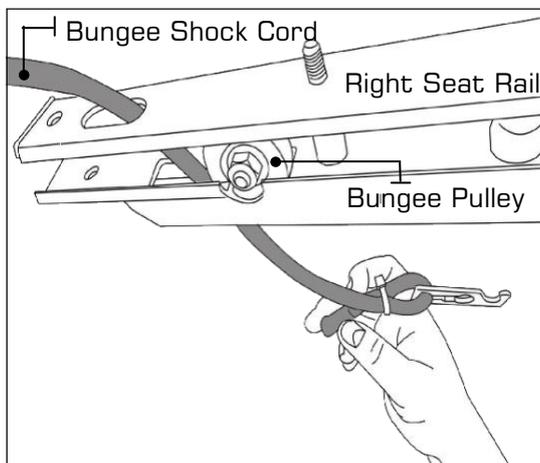


- e) Install lower left **Seat Rail**[2] using **M10x70mm Bolts**[12], **Nylock Nuts**[8] and **M10 Washers**[7].



Note: 2 x M10x70mm Bolts are Preinstalled on the Seat Rails For your Convenience

- f) Before installation of the right **Seat Rail**[2], thread the **Bungee Shock Cord** through the top of the **Seat Rail**, around the **Bungee Pulley** and out the bottom as shown



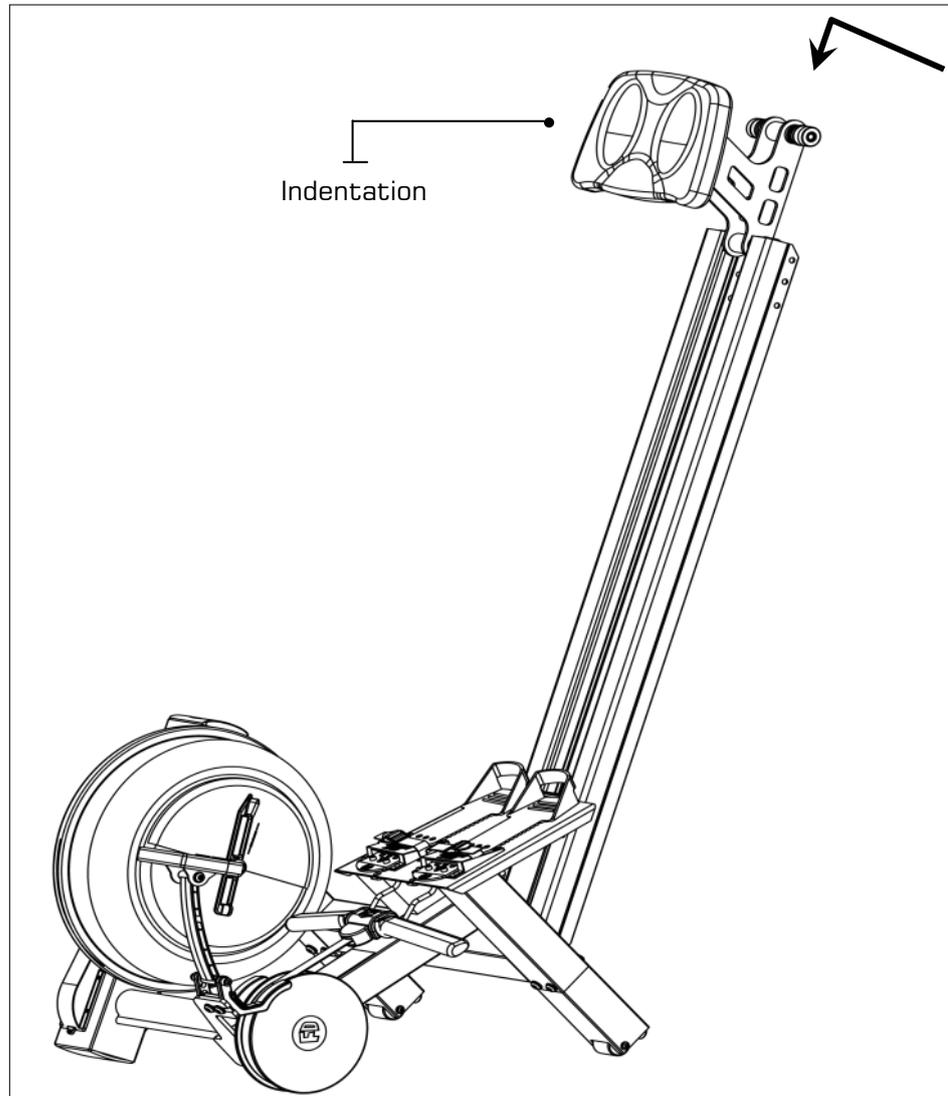
- g) Once this is complete, follow the same assembly procedure for the left **Seat Rail**.

Assembly Instructions- E-520

STEP 3 Assemble Rowing Seat

CAUTION
The Rower Seat[3] is Heavy. Use Both Hands and Keep Fingers Clear of the Rower Channels When Guiding the Seat down the seat Rails.

- a) Slide the assembled Seat Rails[2] facing in the direction of the arrow in the above graphic. The Seat indentation Must be towards the rear of the rower.



Assembly Instructions- E-520

STEP 4 Install Rear Leg

REQUIRED

Rear Leg (4)

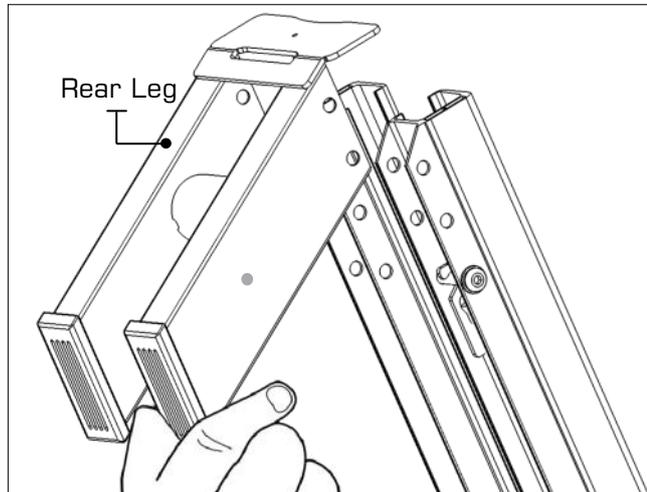
4 x M6 Washers (6)

4 x M10 Washers (7)

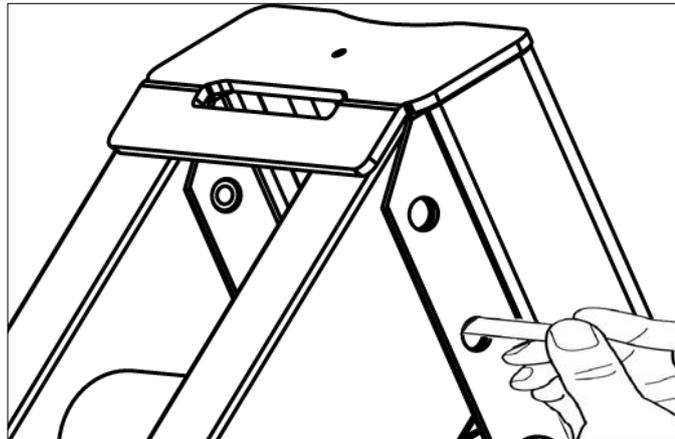
4 x M6x20mm Bolts (9)

4 x M10x47.5mm Bolts (11)

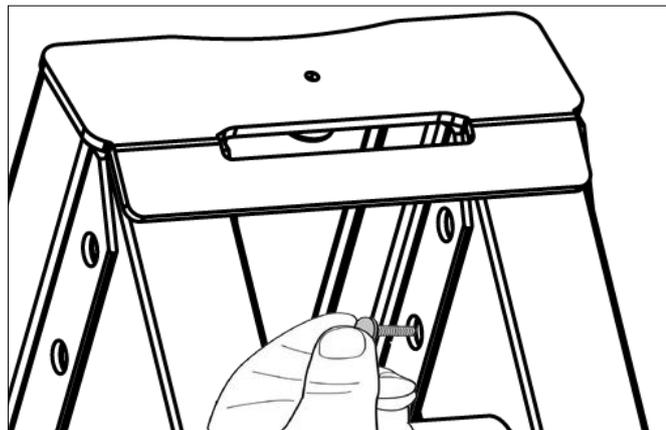
- a) Mount the **Rear Leg[4]** onto the seat Rails and secure as shown.



- b) Install all **M10x47.5mm bolts[11]** and **M10 washers[7]** first from the outside to hold the **Rear Leg[4]** in position.



- c) Secure the Rear Leg from the inside with the **M6x20 mm Bolts[9]** and **M6 Washers[6]**.



Note: Third bolt hole on right of Rear Leg and Seat Rail is for Bungee Hook Attachment

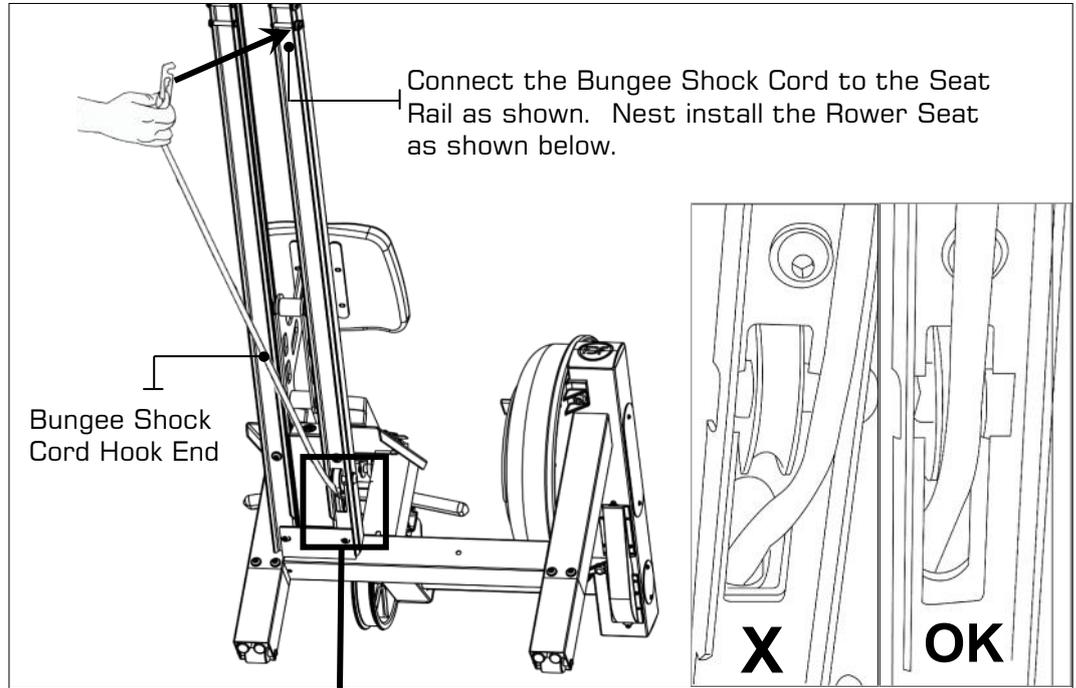
Assembly Instructions- E-520

STEP 5 Attach Bungee Shock Cord

CAUTION

The Bungee Shock Cord will be Under Tension when Stretching to Install. Do Not Let Go of the Bungee While Under Tension as This Could Cause Injury And/ or Damage to the Rower

- a) Connect the Bungee Shock Cord to the Seat Rail and install



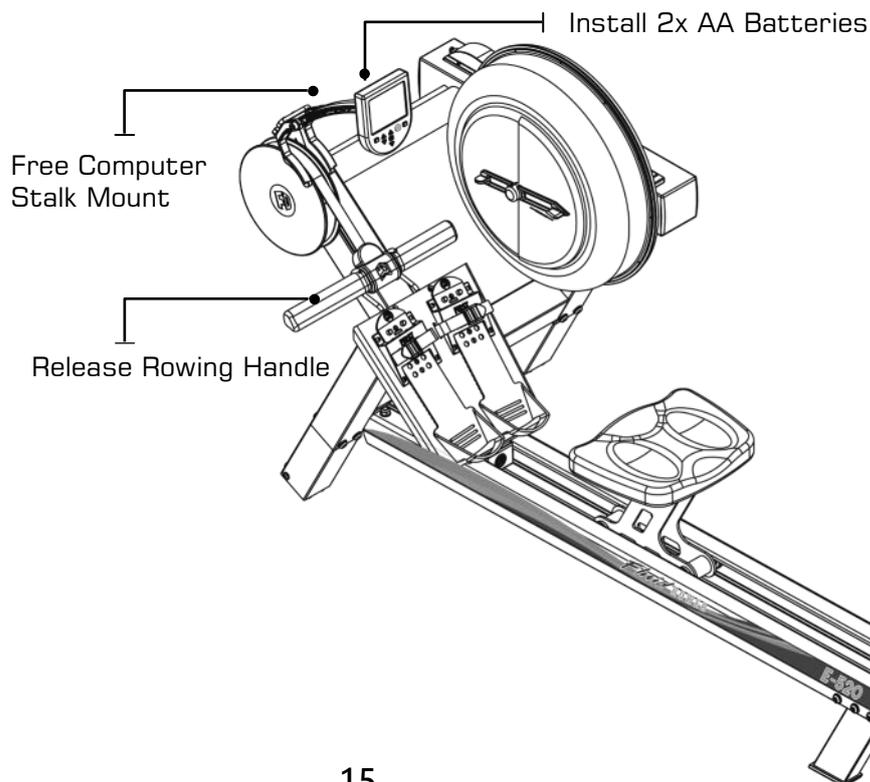
- b) When attaching the Bungee Hook, make sure that the Bungee Shock Cord is running correctly the Bungee Pulley as shown upper.

STEP 6 Complete the Assembly

WARNING

Do Not Free the Rower Handle Before the Bungee Shock Cord has Been Correctly Attaching (See Step 5 of Assembly Instructions)

- a) Lower the rower to the operational position and free the Heel Support Plate, Rowing Handle and Computer Stalk Mount.



Assembly Instructions – VX-3

STEP 1 Remove Mainframe From the Box

REQUIRED

Mainframe 1

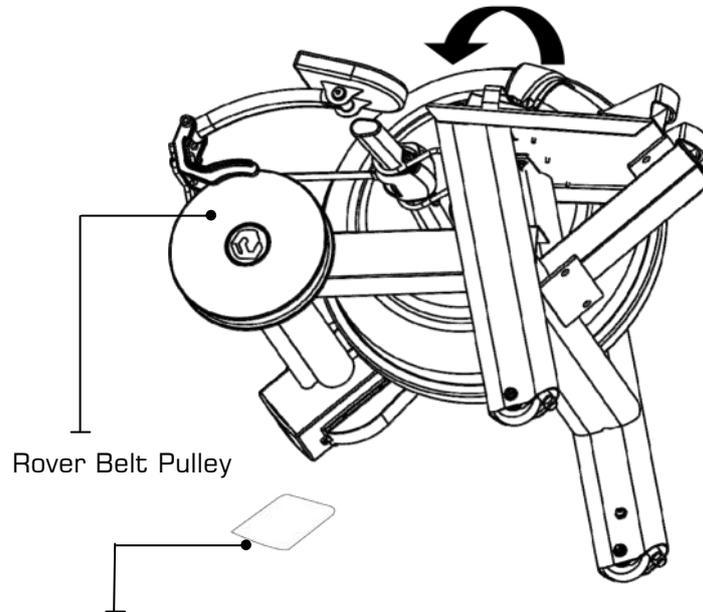
CAUTION

Do Not Free The Rowing Handle, Heel Adjuster or Computer Stalk Before The Assembly is Complete. The Rower Components Such as Mainframe and Seat Rails are Heavy. Use Care During Assembly.

WARNING

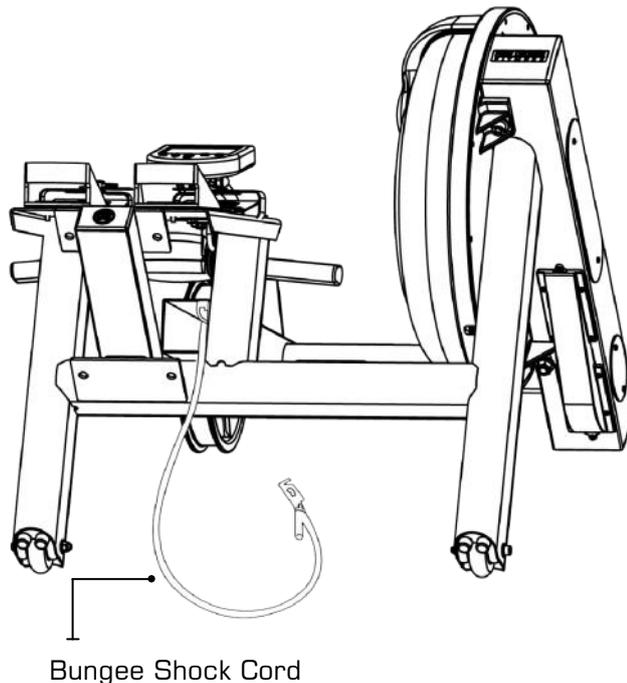
Rower Seat Rails Can have Sharp Edges on the Front Portion Facing The Mainframe. Use Caution During Assembly.

- Remove the **Mainframe[1]** and all components from Box 1. Check all parts against the box contents.
- Slowly stand the rower mainframe upright.



Hint: Use Mouse Pad or Soft Cloth Under Rower Belt Pulley to Protect From Scratches/Scuffing.

- Locate and unwrap the Bungee Shock Cord from the frame before moving onto the installation of the seat rails. .



- Once the Mainframe is safely standing upright on a stable surface, unpack the Left/ Right Seat Rails[2] and hardware kit from Box 2 for the next step of assembly.

Assembly Instructions– VX-3

STEP 2 Attach Seat Rails to Frame

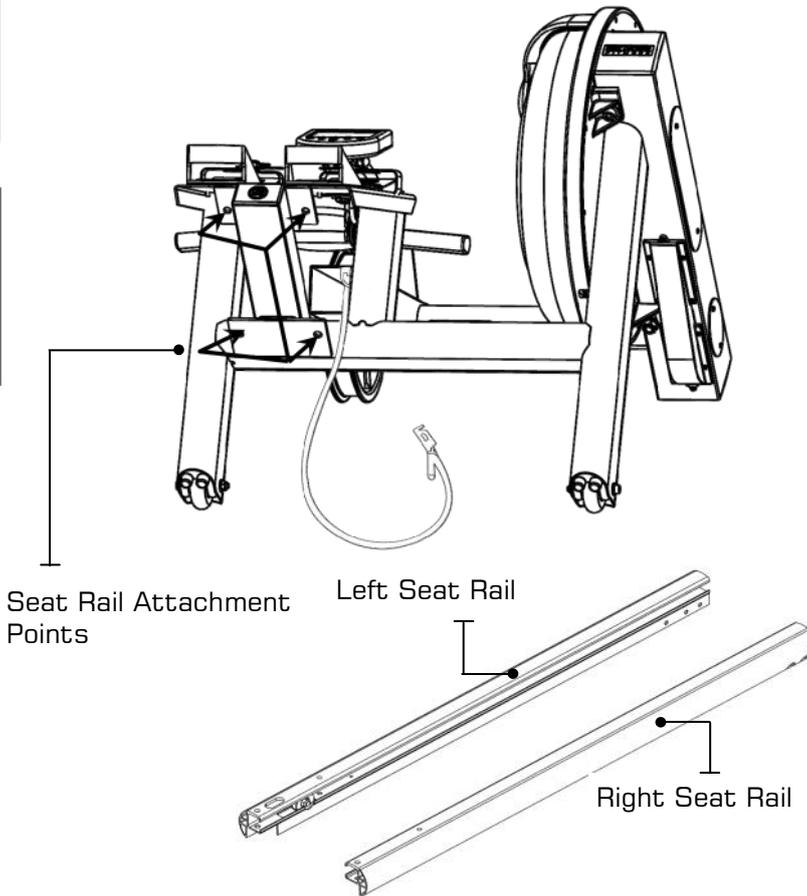
REQUIRED

- Mainframe ①
- Left/Right Seat Rail ②
- 4 x M10 Washers ⑦
- 4 x M10 Nylock Nuts ⑧
- 2 x M10 x 80mm Bolts ⑫

CAUTION

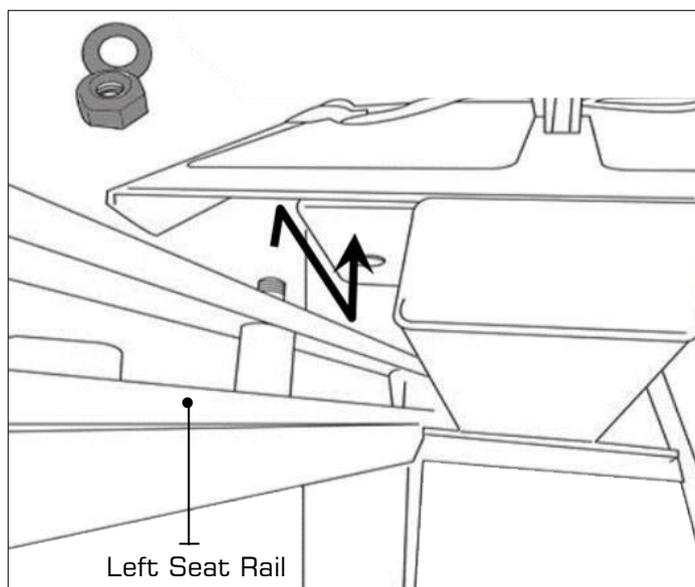
Nylock Nuts Must Be Outside The Standard Nut and Washer to Properly Secure Assembly

- a) Align and secure lower attachment points using **M10 x 80 mm Bolts**[12], **M10 Nylock Nuts**[8] and **M10 Washers**[7]



Note: 2 x M10 x 80mm Bolts are Preinstalled on the Seat Rails For your Convenience

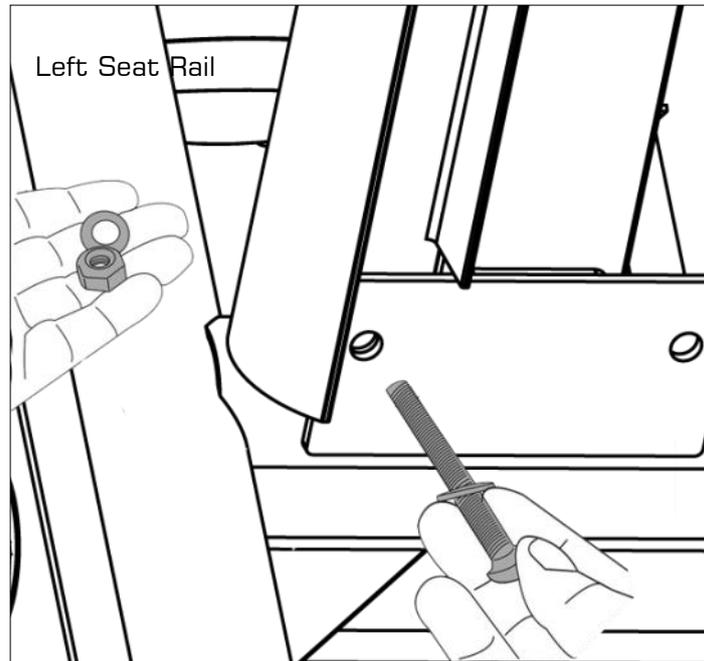
- b) Begin with **left Seat Rail**[2] . Align using the preinstalled **M10 x 80mm Bolt**[12] Secure from behind with **M10 Nylock Nut**[8]



» Assembly Instructions – VX-3

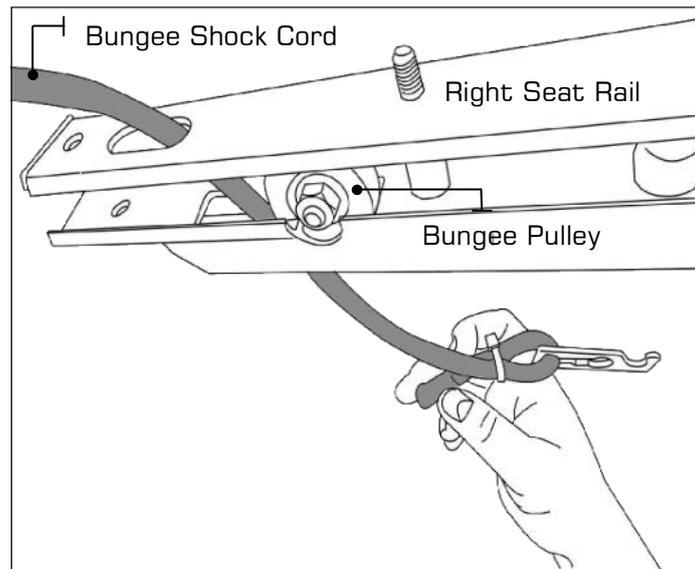
Attach Seat Rails to Frame

- c) Install lower left **Seat Rail[2]** using **M10x80mm Bolts[12]**, **Nylock Nuts[8]** and **M10 Washers[7]**.



Note: 2 x M10 x 80mm Bolts are Preinstalled on the Seat Rails For your Convenience

- d) Before installation of the **Right Seat Rail[2]**, thread the Bungee Shock Cord through the top of the Seat Rail, around the Bungee Pulley and out the bottom as shown



- e) Once this is complete, follow the same assembly procedure for the left Seat Rail.

Assembly Instructions – VX-3

STEP 3 Assemble Rower Seat

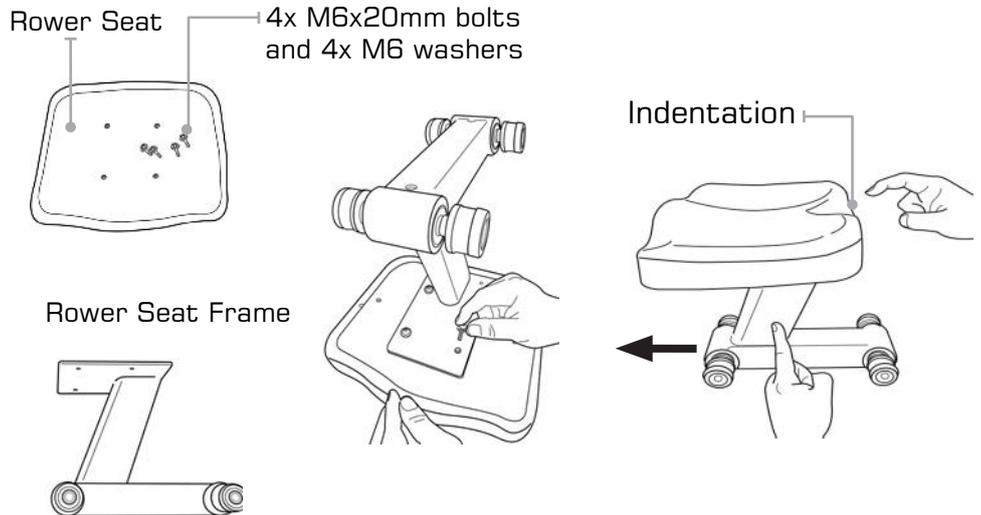
REQUIRED

- Rower Seat (3)
- 4 x M6 Washers (6)
- 4 x M6 x 20mm Bolts (9)

CAUTION

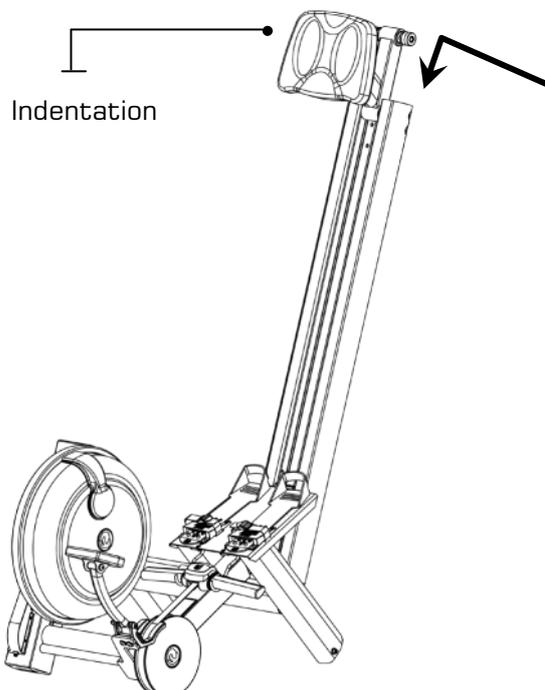
The Rower seat [3] is heavy. Use both hands and keep fingers clear of the rower channels when guiding the seat down the seat rails.

- a) Install the Rower Seat [3] onto the rower frame using 4x M6x20mm bolts [9] and 4x M6 washers [6] the seat



Note: Finished rower seat must be mounted exactly as shown, resembling shape of the letter 'Z'.

- b) Slide the assembled Seat Rails [2] facing in the direction of the arrow in the above graphic. The seat indentation must be towards the rear of the rower.



Assembly Instructions – VX-3

STEP 4 Install Rear Leg

REQUIRED

Rear Leg (4)

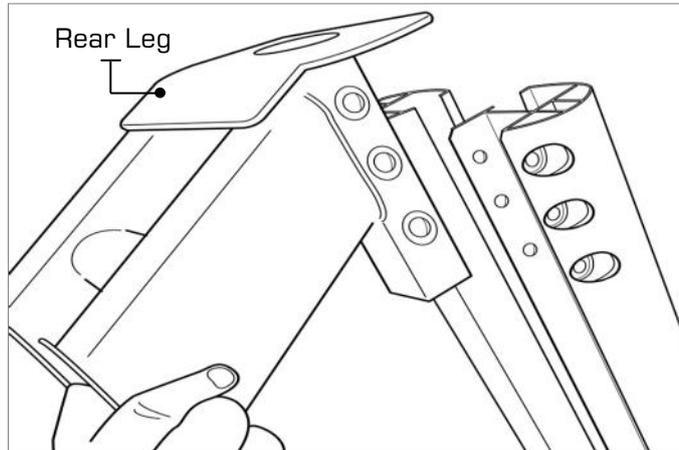
5 x M6 Washers (6)

5 x M10x47.5mm Bolts (7)

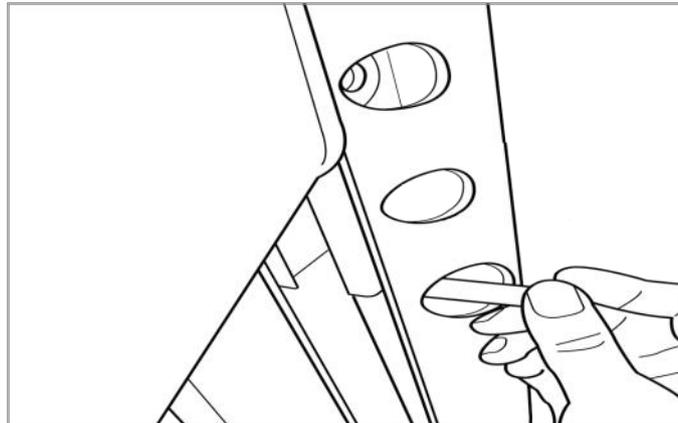
5 x M6x20mm Bolts (9)

5 x M10 Washers (11)

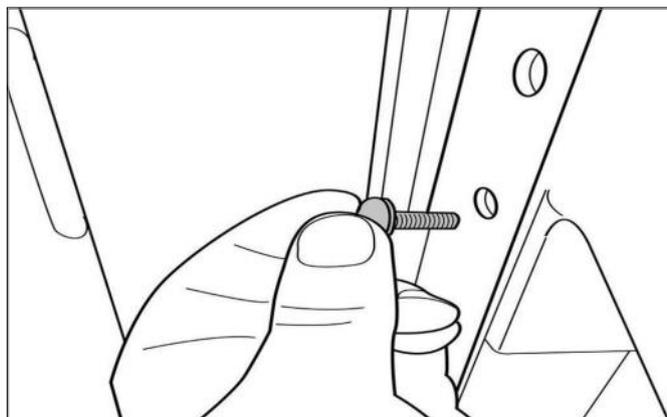
- a) Mount the **Rear Leg[4]** onto the seat Rails and secure as shown.



- b) Install all **M10x47.5mm Bolts[7]** and **M10 Washers[11]** first from the outside to hold the **Rear Leg[4]** in position.



- c) Secure the Rear Leg from the inside with the **M6x20mm Bolts[9]** and **M6 Washers[6]**.



Note: Third bolt hole on right of Rear Leg and Seat Rail is for Bungee Hook Attachment

Assembly Instructions – VX-3

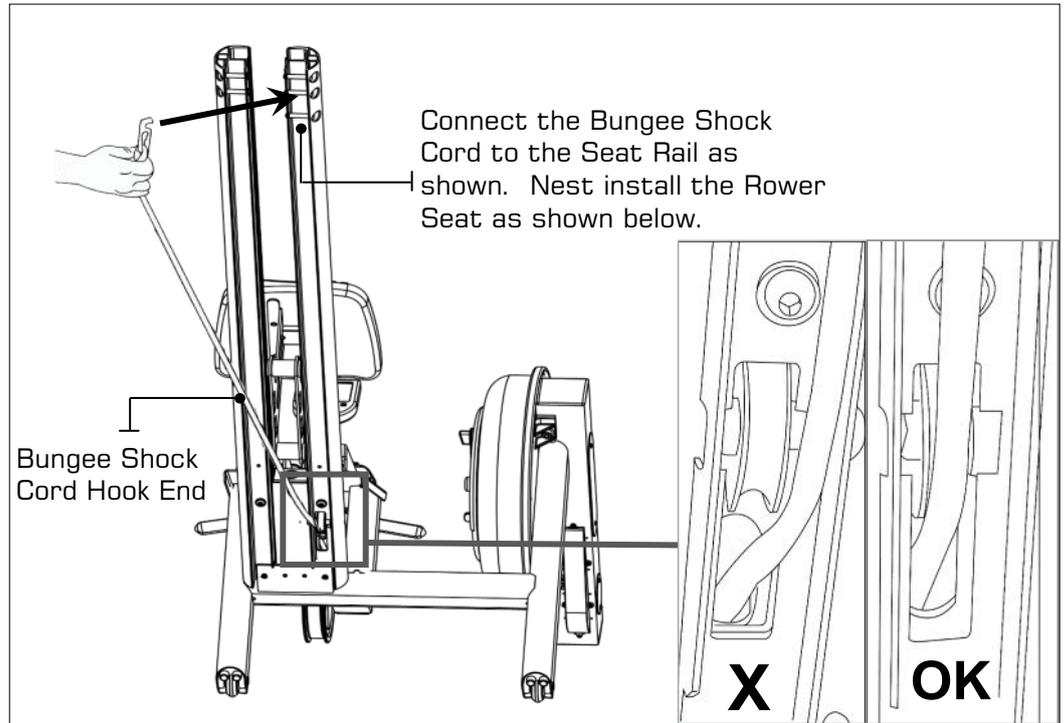
STEP 5 Attach Bungee Shock Cord



CAUTION

The Bungee Shock Cord will be Under Tension when Stretching to Install. Do Not Let Go of the Bungee While Under Tension as This Could Cause Injury And/ or Damage to the Rower

- a) Connect the Bungee Shock Cord to the Seat Rail and install the rower Seat.



- b) When attaching the Bungee Hook, make sure that the Bungee Shock Cord is running correctly the Bungee Pulley as shown upper.

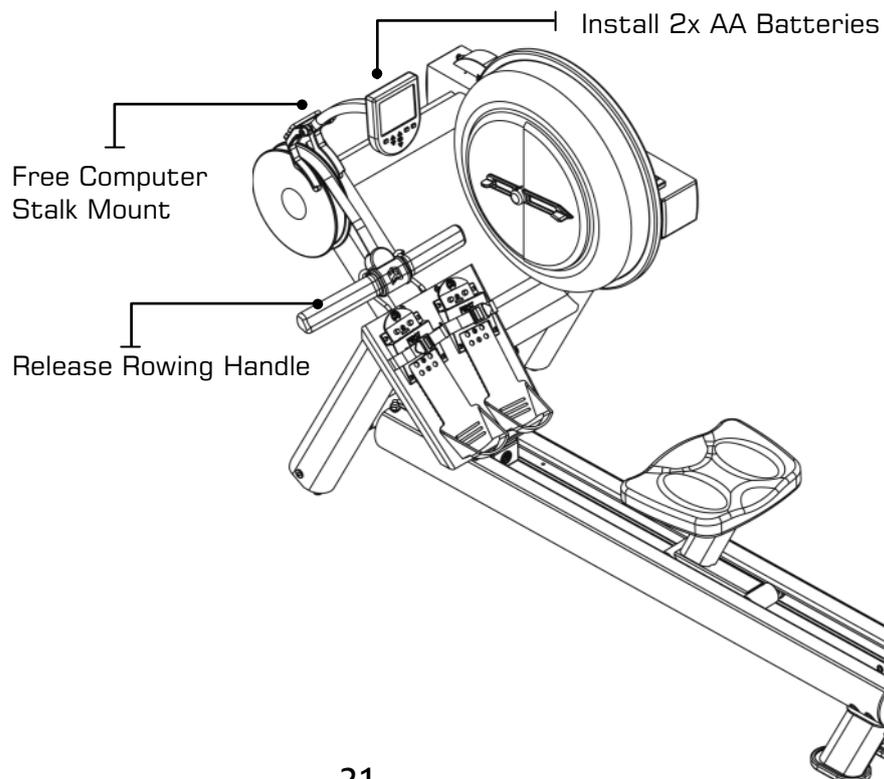
STEP 6 Complete the Assembly



WARNING

Do Not Free the Rower Handle Before the Bungee Shock Cord has Been Correctly Attaching (See Step 5 of Assembly Instructions)

- a) Lower the rower to the operational position and free the Heel Support Plate, Rowing Handle and Computer Stalk Mount.



»» Operation Instructions

»» Tank Filling and Water Treatment

REQUIRED

Funnel and Hose 5

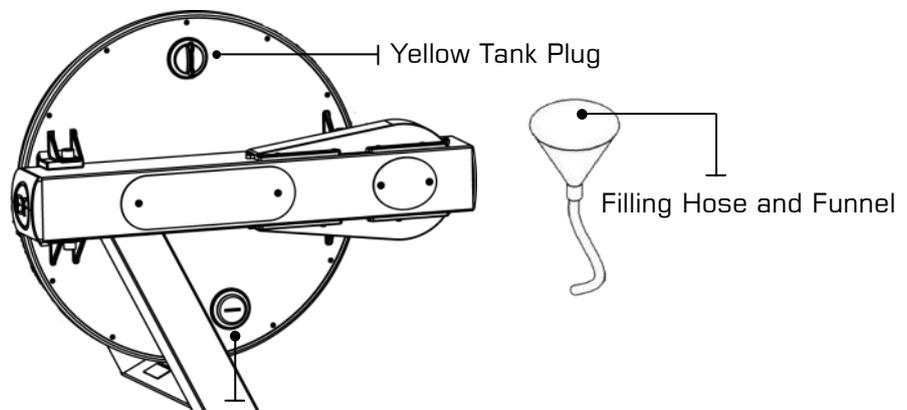
CAUTION

Use a drop cloth under the tank when filling to avoid damage floor or carpet. Do not fill past the calibration mark as indicated on the tank level sticker or water spillage may occur.

WARNING

Impeller blades are sharp! Do not Place fingers in tank to adjust impeller position. It is recommended to use the end of the hose Should the impeller require adjustment.

- a) Filling requires a large bucket (not Supplied) and the supplied water **Funnel and hose**[5]. Filling will take approximately 8 liters of water.
- b) Open the yellow fill plug on the back of the tank and insert hose (rotating the impeller slightly may be necessary to allow the hose to pass). Note: In areas where tap water quality is known to be poor, FDF recommends the use of distilled water.
- c) Move the Tank Adjuster Handle to Level 20 and begin filling. Do not fill the tank higher than the level indicator on the front of the clear shell.
- d) Once filling is complete follow the water treatment procedure below, then replace the tank plug.



Note: The Lower Black Tank Plug is Permanently Sealed.

INITIAL WATER TREATMENT

Add 1 x Water Treatment Tablet per full tank. **DO NOT, UNDER ANY CIRCUMSTANCE, USE A WATER TREATMENT TABLET OTHER THAN THOSE SUPPLIED WITH YOUR UNIT.** Your unit purchase includes 4 x Water Treatment Tablets, which is sufficient for several years of use. To purchase additional chlorine tabs, please consult your nearest regional dealer/distributor or check our website at www.firstdegreefitness.com

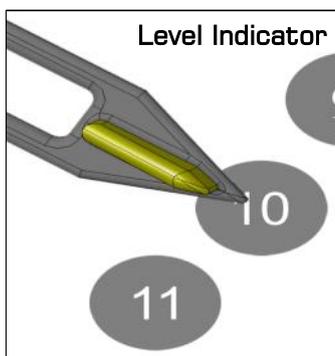
»» Long Term Water Treatment and Basic Operation

Long Term Water Treatment:

Do not use any water treatment other than the tablets supplied with this unit. For replacement tablets, contact your local First Degree Fitness distributor.

Water treatment schedules for the FLUID ROWER will vary according to the fluid tanks exposure to sunlight, but expect 8-12 months near a bright, sunlit window and 2 years or more for a darker location. At the point of finding the water slightly cloudy, add a Water Treatment Tablet.

 **CAUTION:** It is strongly recommended that a drop cloth be used under the fluid tank whenever the tank plug is opened for water treatment.

 <p>The diagram shows a close-up of the level indicator. A yellow pencil is pointing to the level indicator. The level indicator has a scale with numbers 10 and 11. The level indicator is currently set to level 10.</p>	<p>Resistance: Resistance is determined by the Level Indicator on the front of the tank. Level 1 indicates lightest resistance and level twenty the heaviest. Allow three to four strokes, after moving the Level Indicator, for the new level to be achieved. Note computer level must be changed to provide accurate input at each individual tank level. Consult your IPM computer manual (included) for details.</p> <p>Vertical Storage: The FLUID ROWER can easily be stored in a vertical position. For safety, choose a suitable location, such as a corner of a room. It is recommended that something soft (such as carpet or a small towel) be placed under the rowing pulley of the unit to avoid chipping or floor damage. Note: Move with caution as the unit is heavy. Pick up from back and pull at 45 degree angle.</p>
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»» Operation Instructions

»» Long-Term Water Treatment

The amount of time between water treatments can vary greatly depending on your unit's location and exposure to sunlight. Typically you can expect to treat your tank water every 12-24 months. If water becomes discolored or shows signs of algae/ bacterial growth simply add one Water Treatment Tablet.

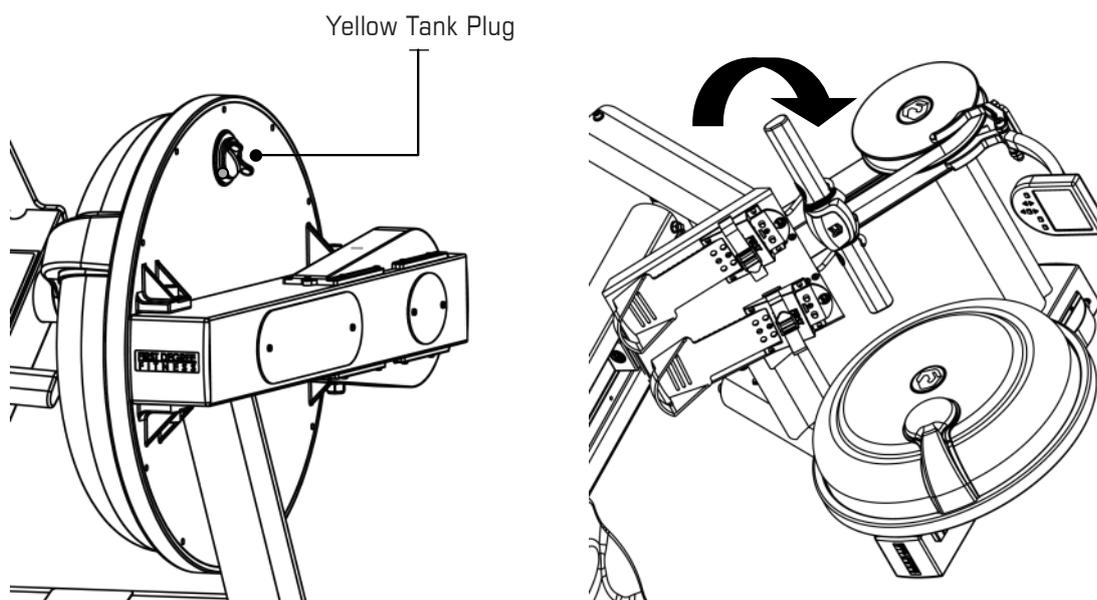
Please consult your nearest regional dealer to arrange the purchase of further treatment tablets or visit www.firstdegreefitness.com/support for further advice and assistance.



WARNING : Do not use any other water treatment tablet other than those supplied with your unit.

Draining / Changing Tank Water

1. Open the yellow Tank Plug.
2. Turn the rower onto its side. Once the rower is in this position, the tank can be drained.
3. For refill instructions refer to the tank filling section of this manual (Page 22).



»» Storate

The rower is designed for compact storage in the vertical position. To ensure your safety, choose a suitable location, such as the corner of a room. It is recommended that something soft (such as carpet or a small towel) be placed under the rowing pulley of the unit to avoid chipping or floor damage.



CAUTION: The Rower is heavy, lift from back and pull at 45-degree angle.

»» Operation Instructions

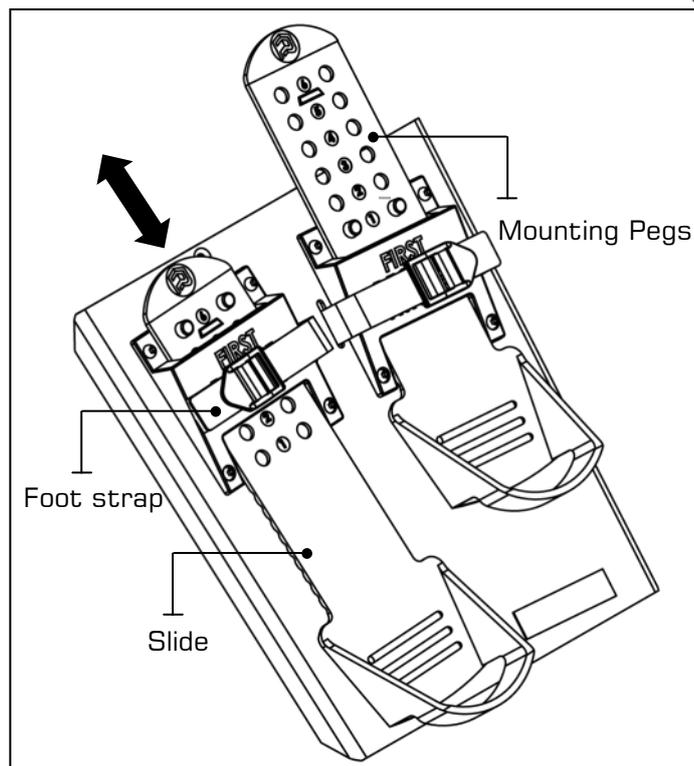
»» Adjust Footplates

The Slider Footplate accommodates most foot sizes, and is designed to keep your feet securely in place as you row.

TO ADJUST:

Lift the top of the footplate from the mounting peg and slide vertically between 1-6 to suit your foot length. Secure by hooking the footplate back onto the mounting peg and pushing down firmly to lock it into position. Place feet on the foot plates and tighten the foot straps to ensure your feet sit firmly against the heel captures.

Note: The heel capture should bend to allow your foot to pivot naturally as you row.



»» Integrated Performance Monitor [IPM] Operation

Quick start: Provides instant workout information. Just start training to activate. You can choose to change UNITS displayed

UNITS: Displays WATTS, SPM, HR, 500/m

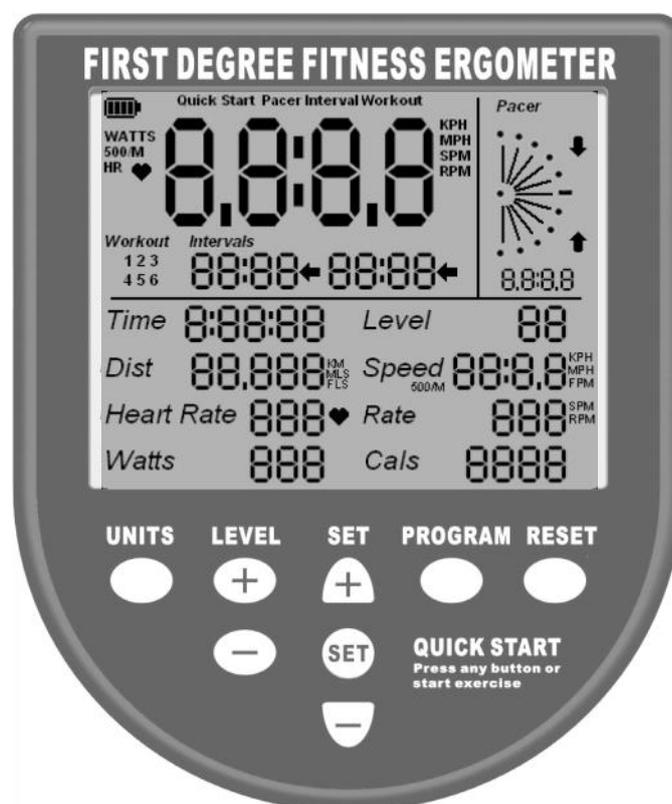
LEVEL: Adjustable from 1-20. Match LEVEL number with resistance level on the Fluid tank.

SET: Changes Time, Distance parameters

PROGRAM: Clears current exercise program

RESET: Clears data

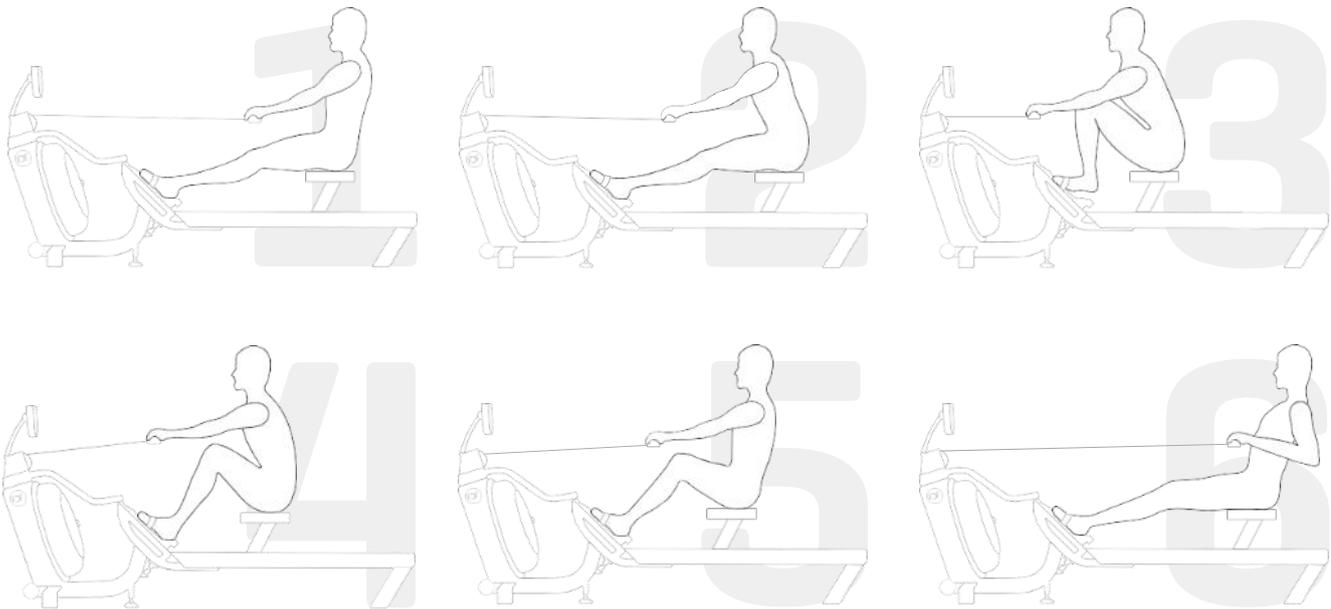
Note: For complete operational instructions, please refer to the computer manual, which is included with your Rower.



»» Operation Instructions

»» Start Rowing

There are six phases to completing a rowing stroke



1. Sit with straight legs and back, leaning forward slightly at the hips with arms out straight and hands level with the lower ribs. Swing back.
2. Legs and back straight, leaning slightly forward from the hips, arms out in front. Lean and slide forward.

Note: Hands should now be around your knees, keeping legs straight.

3. Legs come forward, aiming to get the shins vertical. Back is still straight, and posture leaning slightly forward with arms still out front. Now drive hard, this is the CATCH.
4. Knees partially straightened so seat is now at mid-point of travel, back and arms still straight. Maintain the stroke.
5. Knees are nearly straight, back is still straight but now leaning slightly back from the hips. Arms straight. Now squeeze through.
6. Legs now fully extended. Back straight and leaning slightly back, now pull with the arms so they are close to the chest, forearms horizontal and elbows close in to the rib cage. This is the FINISH.

For more information on correct rowing technique and workout tips visit our website www.firstdegreefitness.com/indoor-rowing-technique

» Using the First Degree Fitness USB Interface

Description:

The USB connectivity now built in to all new models of FDF Console and IPM allow you to enhance your exercise experience by connecting to your home PC or Laptop. Using FDF's own sample applications you can exercise while enjoying your favorite movies. *NetAthlon 2 XF for Rowers* lets you race with other Internet connected rowers in a Virtual Reality 3D environment or train solo.

Setting Up USB connectivity

1. Download and Install the USB Device Driver (CDM2xxxx_Setup.exe for 32 and 64 bit Windows 7/Vista/XP) from the FDF Website.
2. Download and Install the Sample USB Applications from the FDF Website (www.firstdegreefitness.com).
Download and Install NetAthlon 2 XF for Rowers from.
<http://www.webracing.org/downloads.htm>

Connecting Your Console

- The USB Connector is located on a flying lead at the rear of the IPM, along with the Sensor and Heart Rate Monitor Connectors.
- Connect to a Laptop or PC using a standard USB cable, you may need to wait while Windows starts the USB Device Driver.

Note: Please refer to computer manual where applicable or for further information refer to our website at www.firstdegreefitness.com

» Maintenance

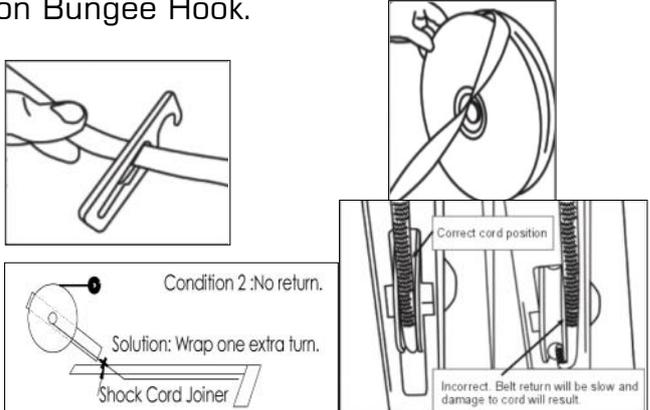
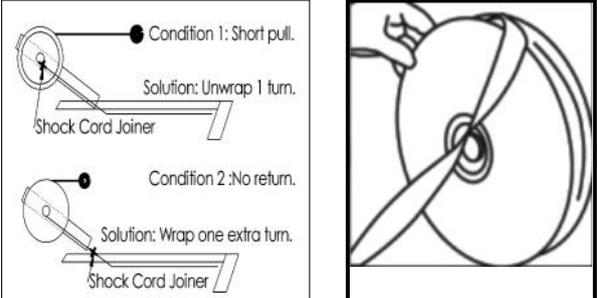
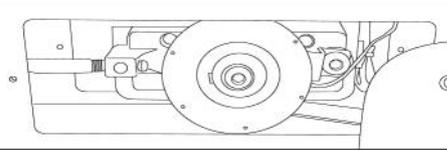
All preventive maintenance activities must be performed on a regular basis. Performing routine preventive maintenance actions can aid in providing safe, trouble-free operation of all First degree fitness equipment.

First degree fitness is not responsible for performing regular inspection and maintenance actions for your machines. Instruct all personnel in equipment inspection and maintenance actions and also in accident reporting and recording.

First degree fitness representatives are available to answer any questions that you may have.

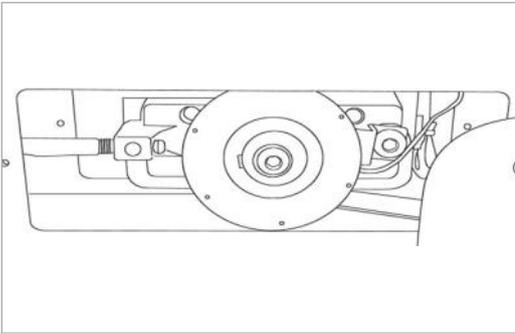
Item	Time Frame	Instructions	Notes
Seat and Seat Rails.	Weekly.	Wipe seat rails with a clean, dry cloth. Lightly spray the inside of rails with silicone spray.	
Frame.	Weekly.	Wipe down with lint free cloth.	
Tank and Water Treatment.	12 months to 2 years.	Follow instructions as specified in the "Water Treatment" section of this manual.	
Bungee Cord.	Check every hundred hours for correct tension and for signs of wear.	The Bungee Cord should last for many years. If a bungee cord change is required, please follow the instructions provided in the "Changing the Bungee Cord" section of this manual.	
Rowing Belt.	Check every hundred hours for correct tension and for signs of wear.	The Rowing Belt should provide many years of trouble free use. If a rowing belt change is required, please contact your local service representative or go online at www.firstdegreefitness.com for further details.	

» Troubleshooting

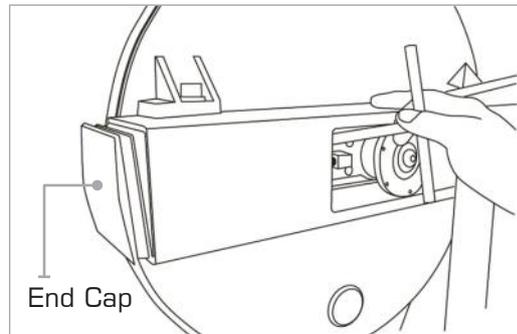
Fault	Probable Cause	Solution
Water changes color or becomes cloudy.	Rower is in direct sunlight or has not had water treatment.	Change rower location to reduce direct exposure to sunlight. Add water treatment or change tank water as directed in the water treatment section of this manual. Consider using distilled water to refill tank.
Rowing stroke return is too light.	<p>Bungee not under enough tension.</p> <p>Rowing Belt missing one wrap around rower belt pulley.</p> <p>Bungee has slipped off the Bungee Pulley Wheel.</p>	<p>Cut Bungee Tie Rack and tighten slightly on Bungee Hook.</p>  <p>The diagrams illustrate the correct setup for the bungee tie rack. The top diagram shows a hand adjusting the tie rack. The middle diagram shows a hand holding a bungee cord. The bottom-left diagram shows a pulley with a bungee cord wrapped around it, labeled 'Condition 2: No return.' and 'Solution: Wrap one extra turn.' The bottom-right diagram shows a pulley with a bungee cord wrapped around it, labeled 'Correct cord position' and 'Incorrect. Belt return will be slow and damage to cord will result'.</p>
Computer screen illuminates, but does not register when rowing.	Loose or failed connection/Sensor gap too wide (see erratic computer display).	Check that the computer lead is connected properly. If connected properly check sensor gap. Contact your local service center if this fails to address the problem.
Rowing Belt can't extend to the end of rowing stroke or no resistance.	Rowing Belt needs to be unwrapped 1 turn or, requires an extra wrap on the Rower Belt Pulley	 <p>The diagrams illustrate the correct setup for the rowing belt pulley. The top diagram shows a pulley with a rowing belt wrapped around it, labeled 'Condition 1: Short pull.' and 'Solution: Unwrap 1 turn.' The bottom-left diagram shows a pulley with a rowing belt wrapped around it, labeled 'Condition 2: No return.' and 'Solution: Wrap one extra turn.' The bottom-right diagram shows a hand holding a rowing belt.</p>
The Rower computer does not illuminate after battery installation.	Batteries installed incorrectly or need replacing.	Reinstall batteries in correct position and try again. If the LCD screen fails to illuminate, try rotating the batteries slightly in the computer. If this fails, contact your local service center.
The Rower computer display is erratic while displaying SPM and 500meter times.	Gap between sensor and magnetic ring is too wide.	 <p>The diagram shows the sensor and magnetic ring assembly. The text indicates that the gap between the sensor and the magnetic ring should be no more than 2.5mm.</p> <p>Remove large service cover and check gap between sensor and magnetic ring (should be no more than 2.5mm).</p>

» Tank Belt Adjustment

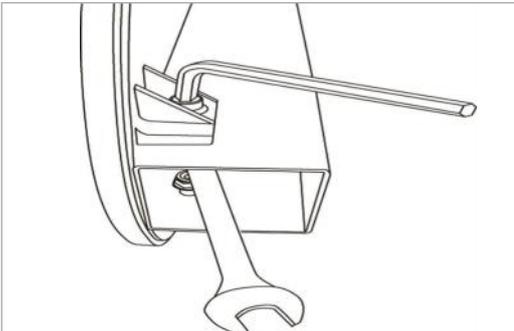
1. Remove large metal inspection plate.



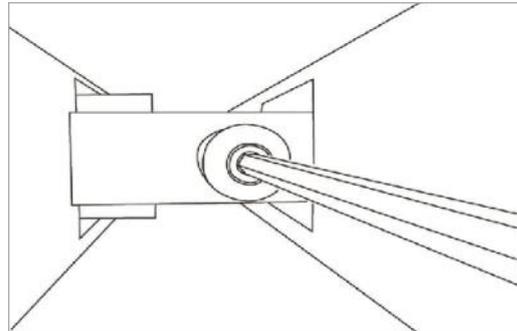
2. Using a long tool, push out the rear end cap as pictured below left. This will give you access to the tank tensioning bolt (shown lower right).



3. Loosen both the rear and front tank bolts slightly as shown left. Remove front Rubber Belt Cover.



4. Using a 6mm Allen Key, tighten the Belt using the Tank Tensioning Bolt until the belt no longer slips during hard rowing.



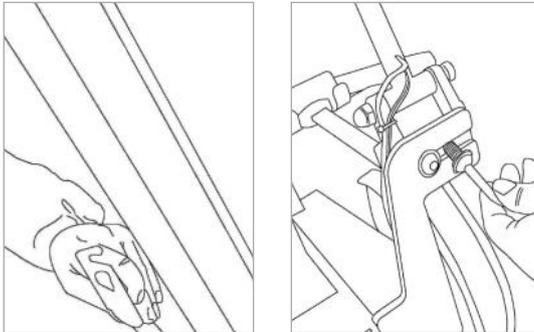
Note: Do not over tighten tank bolts.

Tip: Twist the Belt by hand to gauge tightness. Correct tension should be obtained when no longer able to twist more than 60 degrees

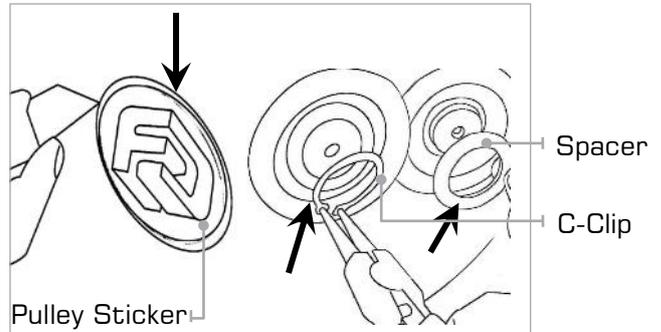
» Bungee Cord Replacement. Dealer Assistance Required

(Expect 2-5 years bungee life in commercial use. Damage during initial rower assembly is not covered under warranty)

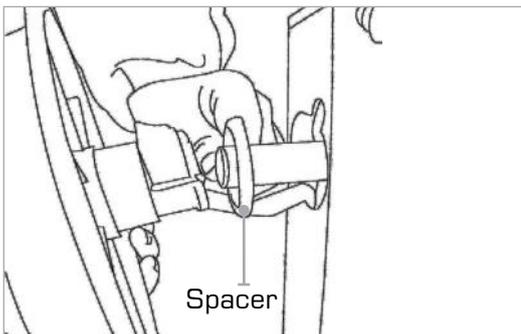
1. Unhook Bungee Cord Hook. Remove computer mount with 6mm Allen key.



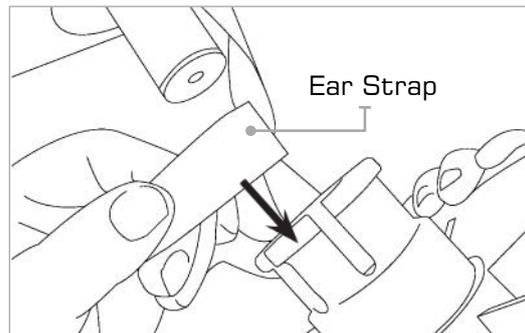
2. Carefully peel back and remove the Belt Pulley Sticker. Then remove C-Clip and Black Spacer as shown.



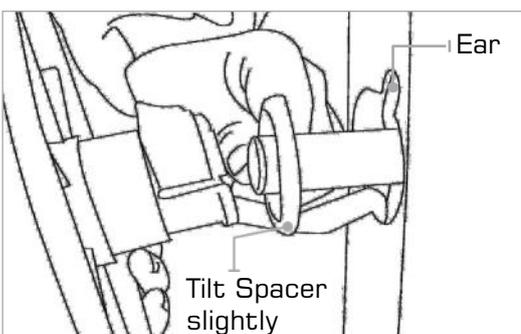
3. Remove the Belt Pulley and the Spacer. Unhook the Bungee Cord End from the Pulley and remove by pulling out from the bottom.



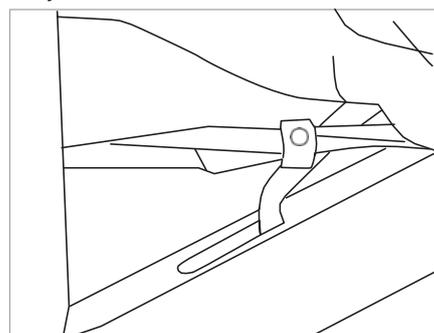
4. Feed the new Bungee Cord from below and reattach end strap to the Belt Pulley.



5. Attach the Spacer to the end of the rower pulley and use the "ear" to help thread the strap into the machine. Note that the Spacer may require being tilted just slightly to allow it to pass through.



6. Reattach the Bungee Hook to the end of the Seat Rail, install outer Spacer, C-Clip and Sticker. Test for proper installation. If the C-Clip cannot be reinstalled, then remove Pulley and try again as the Strap may be jammed.



Note: A light tap may be required if the black inner Spacer will not pass inside the frame. A tight C-Clip mounting indicates the process should be repeated as the belt is jammed up.



FIRST DEGREE FITNESS
Fluid INNOVATION

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NOUS CONTACTER

Pour le soutien à la clientèle, veuillez
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