

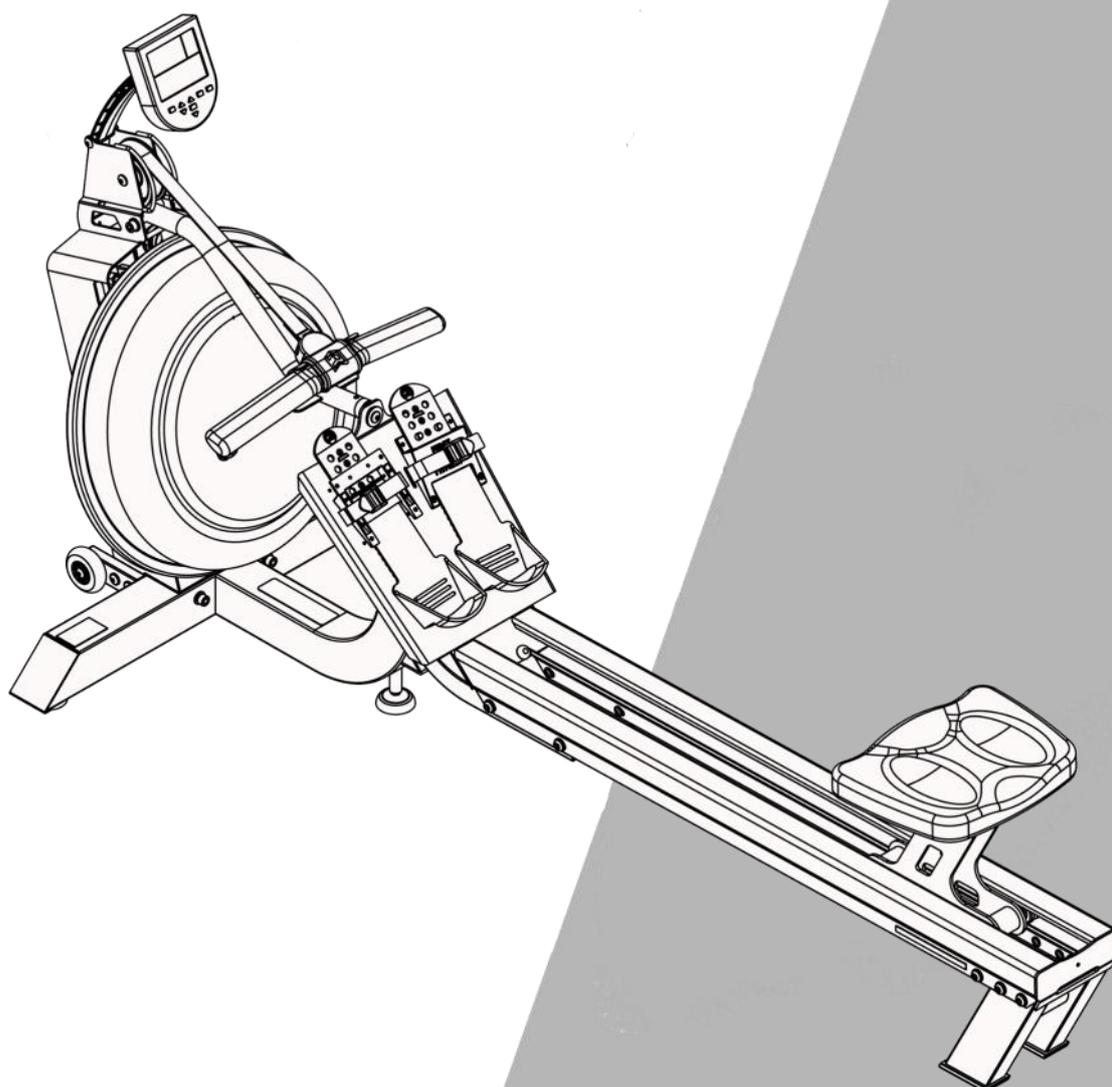
FIRST DEGREE FITNESS  
*Fluid* INNOVATION



# » USER GUIDE

FR-316

VX-2



REGISTER YOUR PRODUCT AT [WWW.FIRSTDEGREEFITNESS.COM/SUPPORT](http://WWW.FIRSTDEGREEFITNESS.COM/SUPPORT)

## 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](http://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!

# » Contents

---

Assembly - FR-E316.....	5
FR-E316 / S6 Box 1 & 2 Contents.....	6
Assembly - VX-2.....	7
VX-2 Box 1 & 2 Contents.....	8
Assembly Instructions - FR-E316 .....	9
Assembly Instructions - VX-3 .....	14
Operating Instructions .....	21
Using the First Degree Fitness USB Interface.....	25
Maintenance.....	26
Troubleshooting.....	27
Bungee Cord Replacement. Dealer Assistance Required .....	28
International Warranty.....	31

# Assembly - FR-E316

## Product Specifications

**Product Class:** SC

**Braking System:** Speed Independent

**Product Net Weight:** 50kg (110.23lb)

**Product Gross Weight:** 60kg (132.28lb)

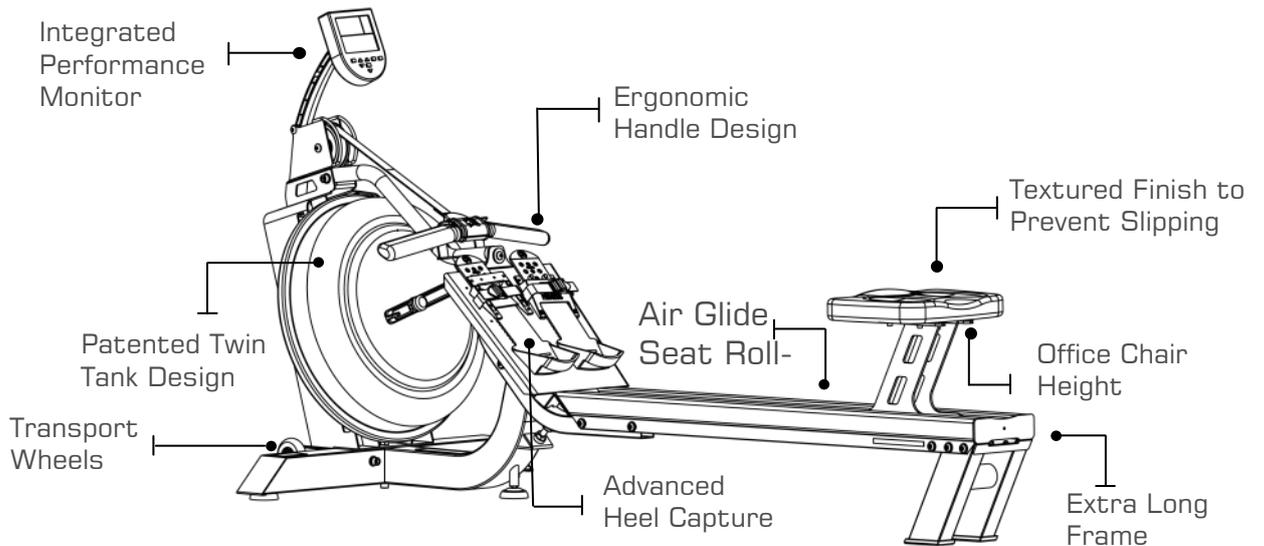
**Minimum Safe Operating Surface Area:** 332cm (130.71") Length x 201cm (79.13") Width

**Dimensions:** 2120mm (83.46") Length x 810mm (31.89") Width x 1015mm (39.96") Height

**Maximum User Weight:** 150kg (330lb)

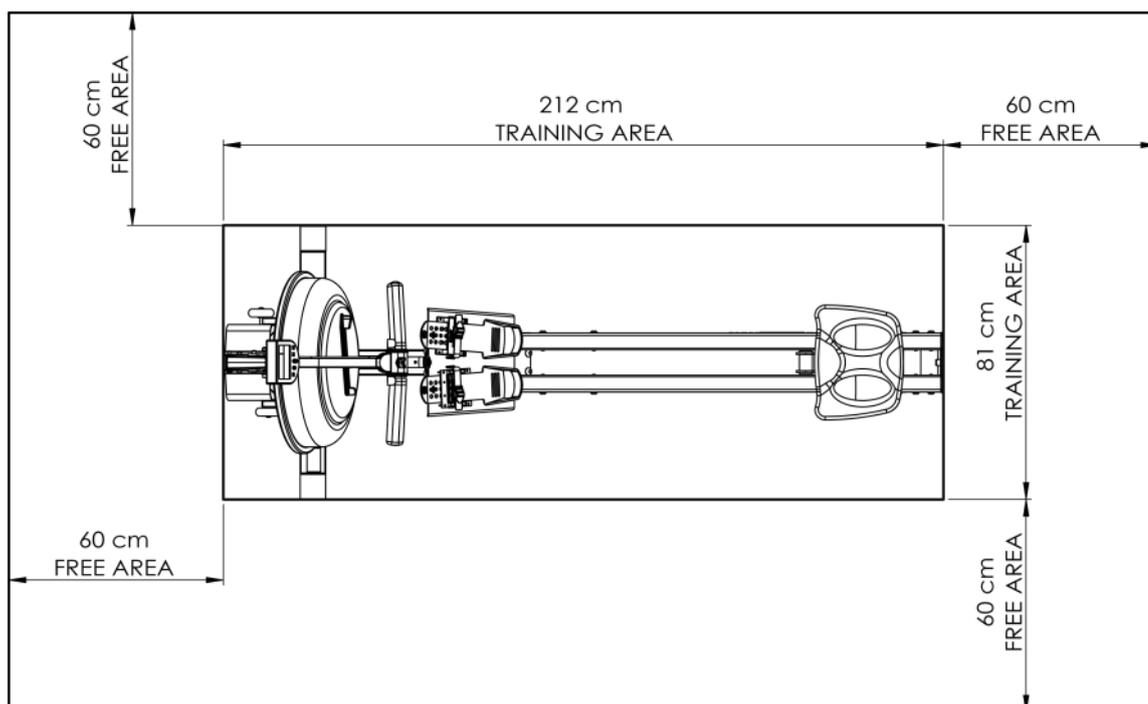
**Compact Footprint:** 2720mm x 1410mm or upright 1015mm x 810mm

## Product Highlights



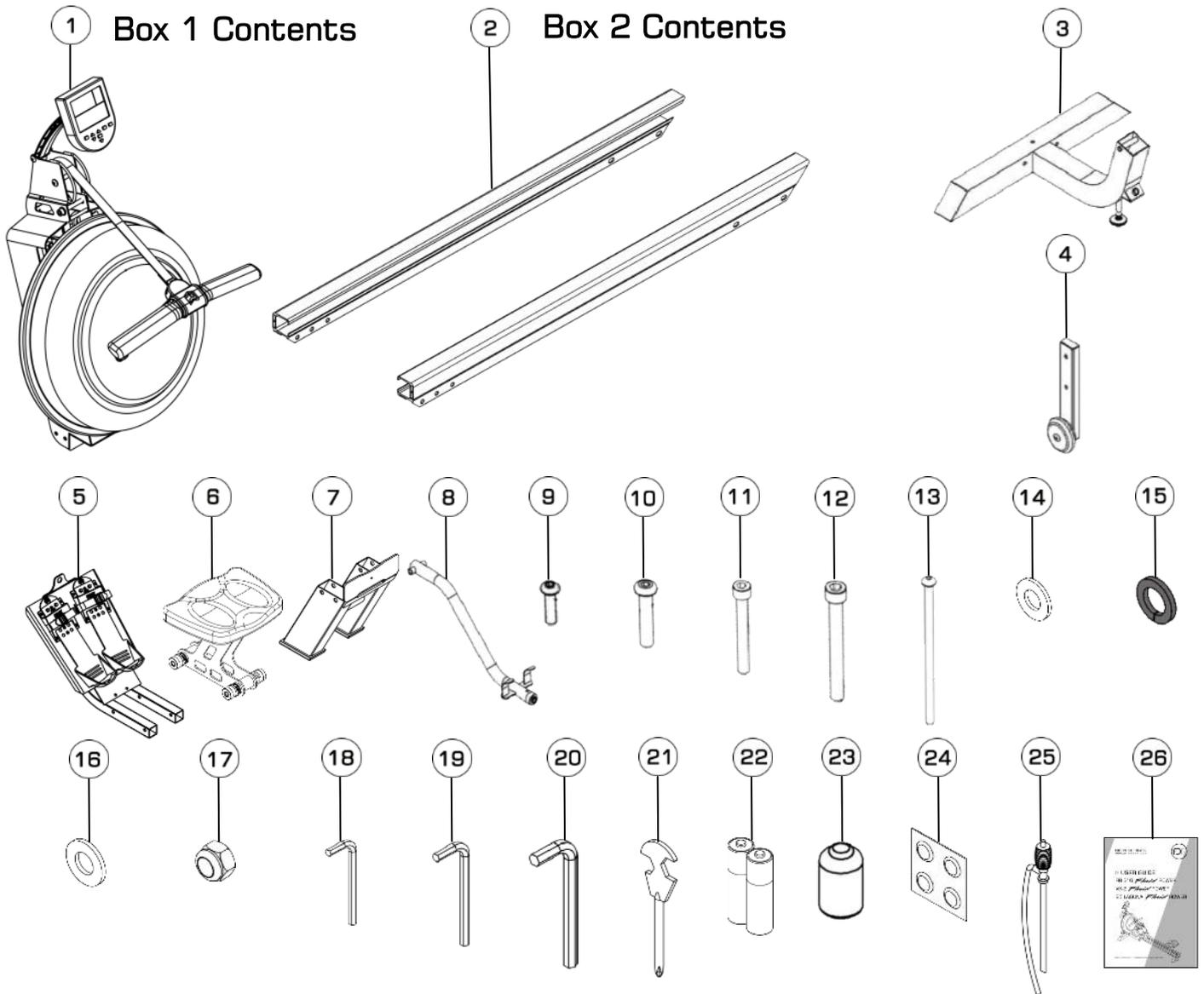
The live area shall be not less than 600mm (23.62") greater than the training area in the directions from which the equipment is accessed. The live area must also include the area for emergency dismount.

## Live area and Training area



Note: Rower is not suitable for therapeutic purposes.

# FR-E316 / S6 Box 1 & 2 Contents



Item	Qty.	Description	Item	Qty.	Description
1	1	Upper Frame and Tank	14	12	M6 Washers
2	2	Left/Right Seat Rail	15	3	M10 Spring Washers
3	1	Lower Mainframe	16	15	M10 Washers
4	2	Transport Assembly	17	2	M10 Nylock Nut
5	1	Footplate	18	1	4mm Allen Key
6	1	Rower Seat	19	1	6mm Allen Key
7	1	Rear Leg	20	1	8mm Allen Key
8	1	S-Bend	21	1	Multi-Tool
9	12	M6x20mm Bolt	22	2	AA Duracell Battery
10	8	M10x47.5mm Bolt	23	1	Touch Up Paint
11	1	M10x80mm Bolt	24	4	Water Treatment Tablet
12	3	M10x90mm Bolt	25	1	Siphon
13	1	M10x180mm Bolt	26	1	USER GUIDE

# » Assembly - VX-2

## Product Specifications

**Product Class:** SC

**Braking System:** Speed Independent

**Product Net Weight:** 49.5kg (109.13lb )

**Product Gross Weight:** 60.4kg (130.95lb )

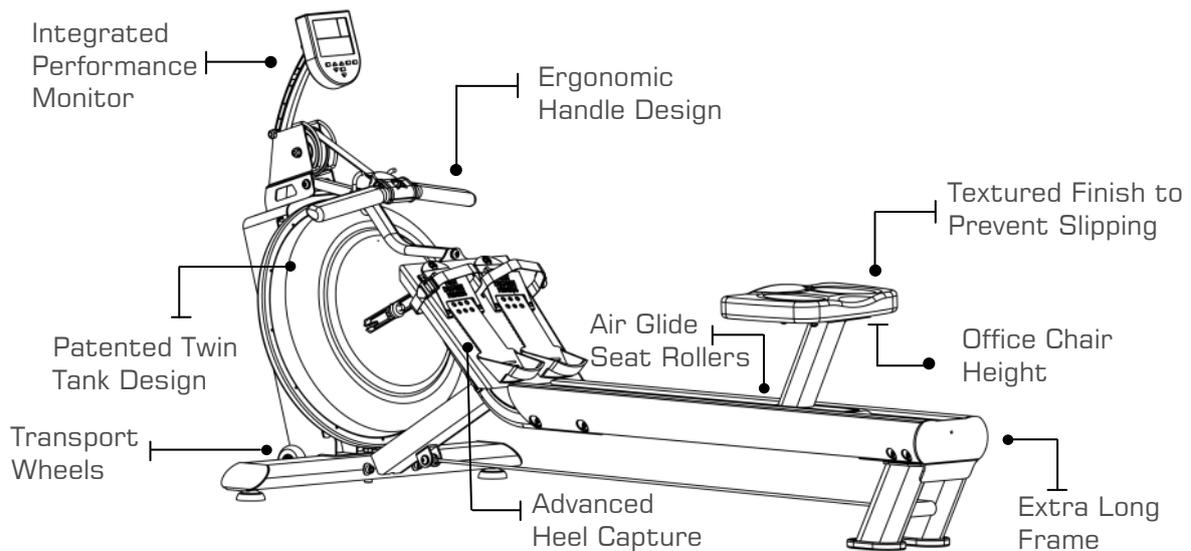
**Minimum Safe Operating Surface Area:** 3250mm ( 127.95" ) Length x 2010mm ( 79.13" ) Width

**Dimensions:** 2050mm ( 80.71" ) Length x 810mm ( 31.89" ) Width x 1005mm ( 39.57" ) Height

**Maximum User Weight:** 150kg ( 330lb )

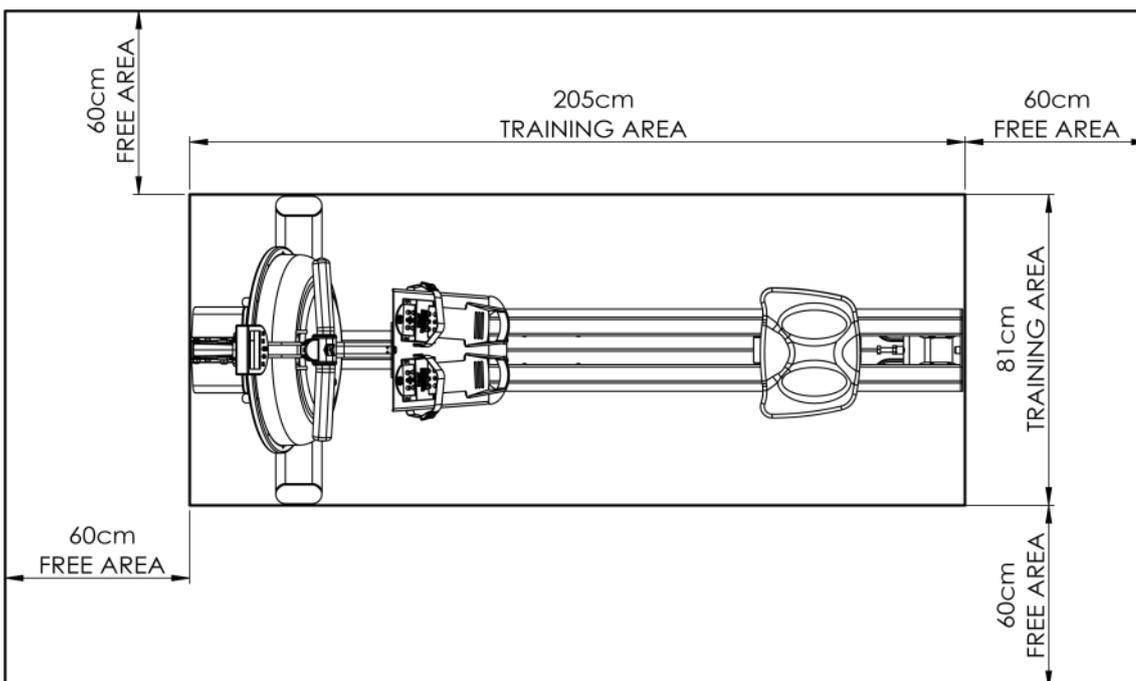
**Compact Footprint:** 2650mm x 1410mm or upright 1005mm x 810mm

## Product Highlights



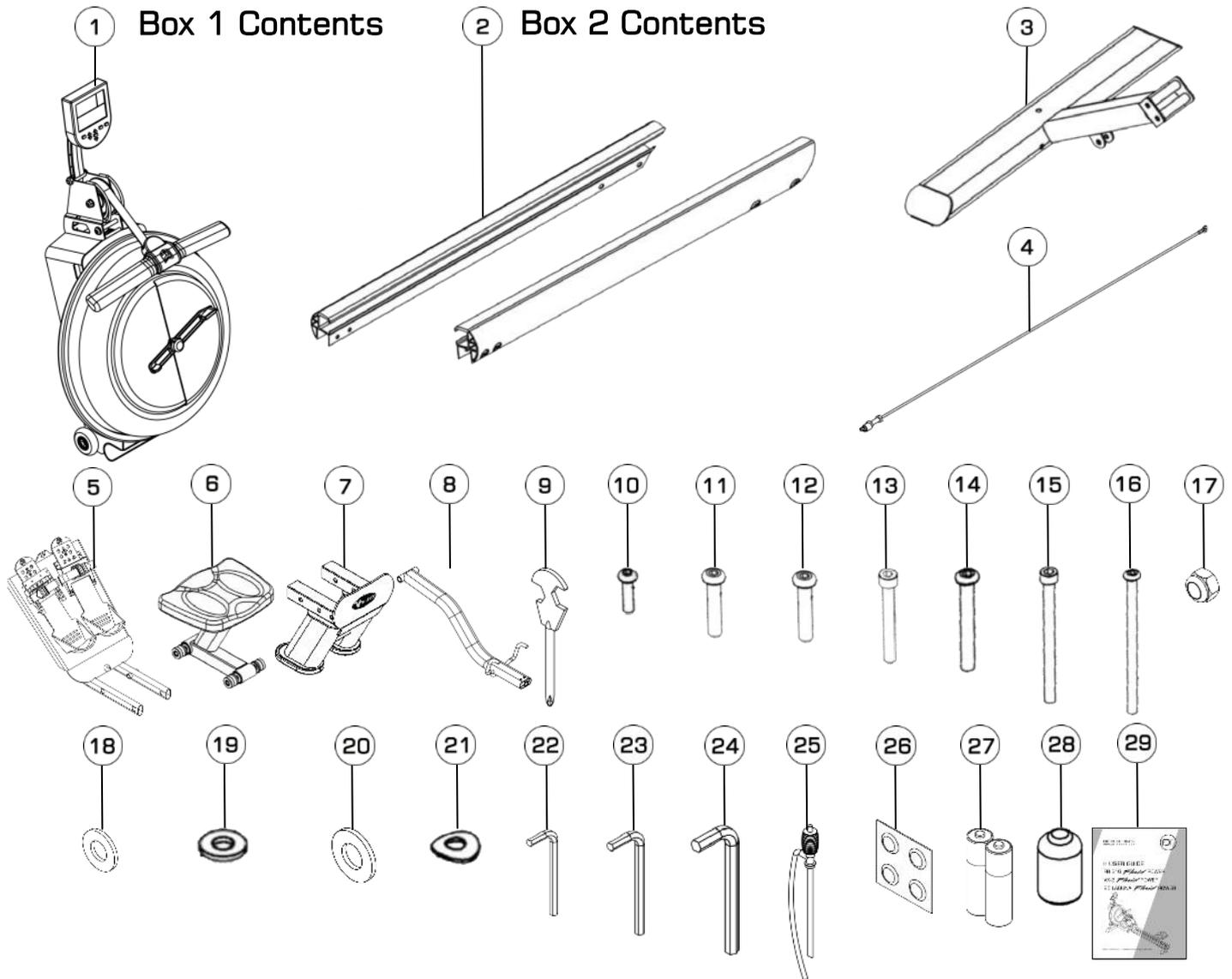
The live area shall be not less than 600mm ( 23.62" ) greater than the training area in the directions from which the equipment is accessed. The live area must also include the area for emergency dismount.

## Live area and Training area



Note: Rower is not suitable for therapeutic purposes.

# » VX-2 Box 1 & 2 Contents



Item	Qty.	Description	Item	Qty.	Description
1	1	Upper Mainframe	16	2	M10x170mm Bolt
2	2	Left/Right Seat Rail	17	4	M10 Nyloc Nut
3	1	Lower Mainframe	18	12	M6 Washer
4	1	Frame Tension Cable	19	4	M10 Plastic Washer
5	1	Footplate	20	15	M10 Washer
6	1	Rower Seat	21	2	M10 Curved Washer
7	1	Rear Leg	22	1	4mm Allen Key
8	1	S-Bend	23	1	6mm Allen Key
9	1	Multi-Tool	24	1	8mm Allen Key
10	12	M6x20mm Bolt	25	1	Siphon
11	1	M10x40mm Bolt	26	4	Water Treatment Tablet
12	8	M10x47.5mm Bolt	27	2	AA Duracell Battery
13	1	M10x65mm Bolt	28	1	Touch Up Paint
14	1	M10x80mm Bolt	29	1	USER GUIDE
15	2	M10x140mm Bolt			

# Assembly Instructions - FR-316

## STEP 1 Installing the Rower Monitor

### REQUIRED

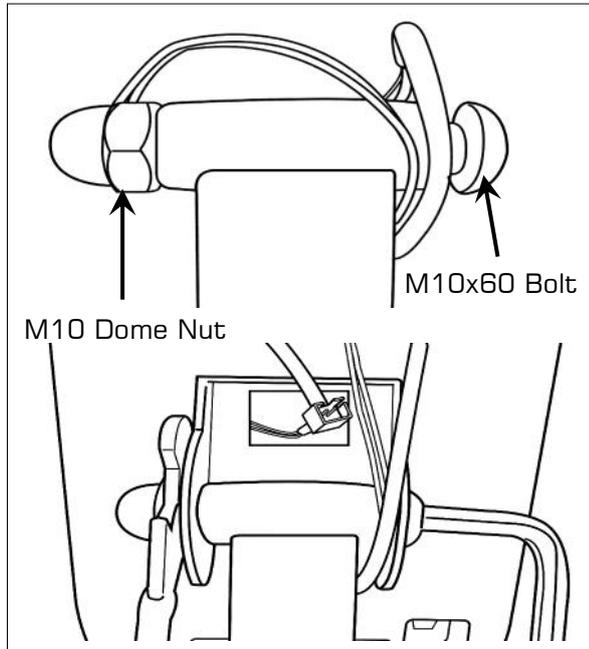
M10x60 Bolt

M10 Dome Nut

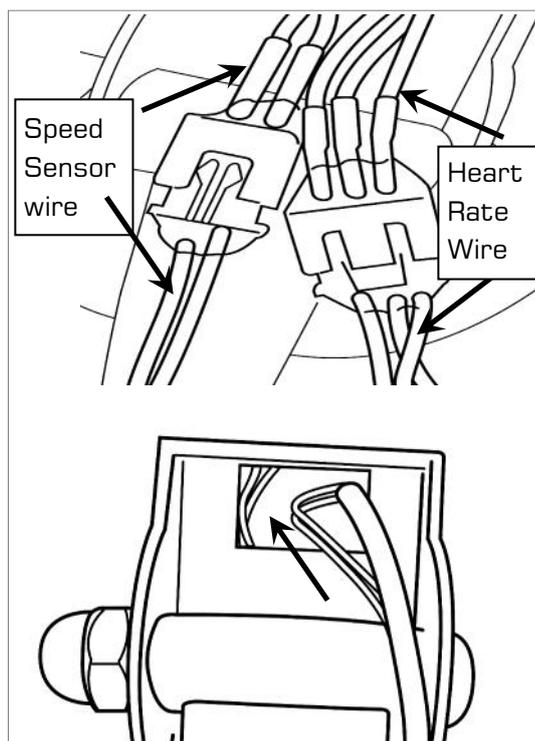
### CAUTION

Do not over tighten.  
The Monitor needs to be adjustable for different viewing angles.

- Remove M10x60 Bolt and M10 Dome Nut.
- Attach the Rower Monitor to the Computer Stalk using the M10x60 Bolt and M10 Dome Nut.



- Locate the Heart Rate and Speed Sensor Wires as shown.
- Connect the Heart Rate and Sensor Wires.
- Push the wiring inside the rear of the console as shown



# Assembly Instructions - FR-316

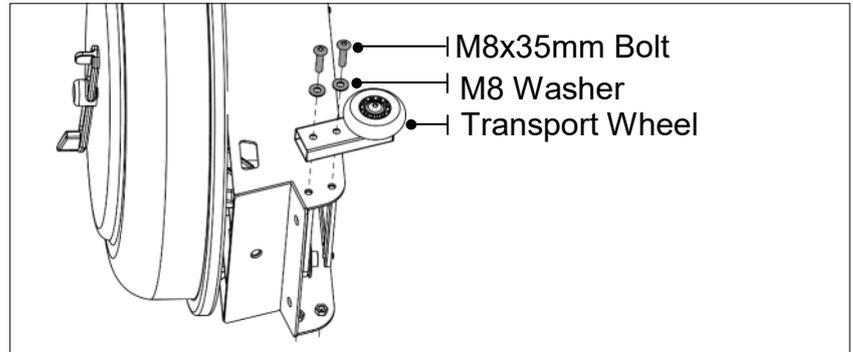
## STEP 2

### Attaching Upper/Lower Frame—FR-E316 / S6

#### REQUIRED

- Mainframe (1)
- Transport Wheels (3)
- 2 x M10x35mm Bolt
- 2 x M8 Washer

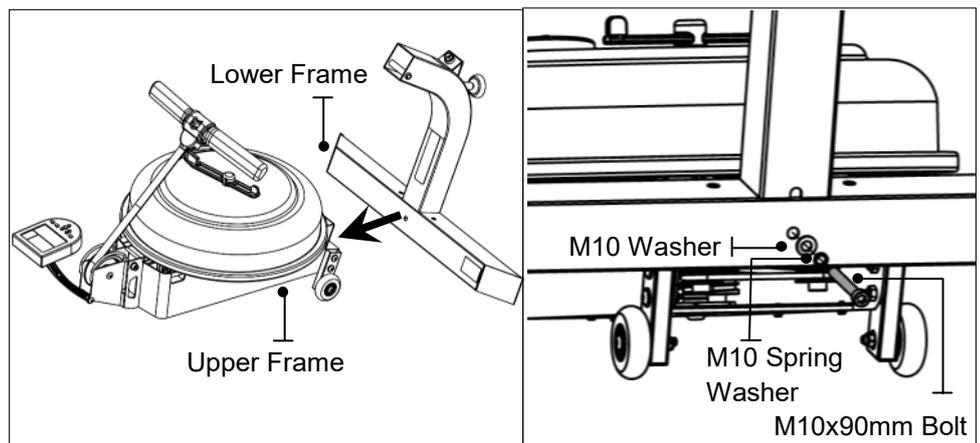
- a) Remove contents from box, and lay **Upper Mainframe[11]** on its back. Tilt slightly to one side and allow **Transport Wheels[3]** to drop into position. Secure with **M8x35mm Bolts and M8 Washer**. Repeat on opposite side.



#### REQUIRED

- 3 x M10x90mm Bolt (12)
- 3 x M10 Spring Washers (15)
- 3 x M10 Washer (16)

- b) Attach Lower Frame to Upper Frame with center bolt (**M10x90mm Bolt[12]**, **M10 Washer[16]** and **M10 Spring Washer[15]**) but **Do not tighten**.

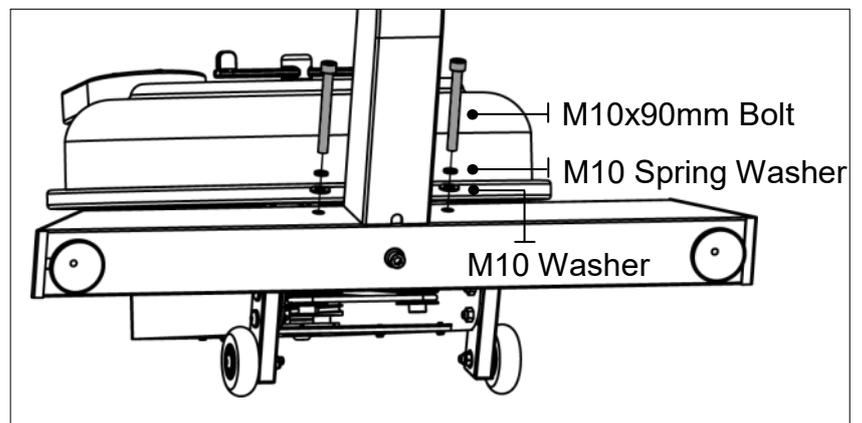


#### WARNING

Do not attempt to stand rower until footplate is attached.

See following page for details

- c) Install left and right side bolts ( **2x M10x90mm Bolts [12]**, **2x M10 Washers[16]** and **2x M10 Spring Washers [15]** ). Tighten all three.



# Assembly Instructions - FR-316

## STEP 3 Attaching Footplate and Seat Rails—FR-E316 / S6

### REQUIRED

M10x180mm Bolt (13)

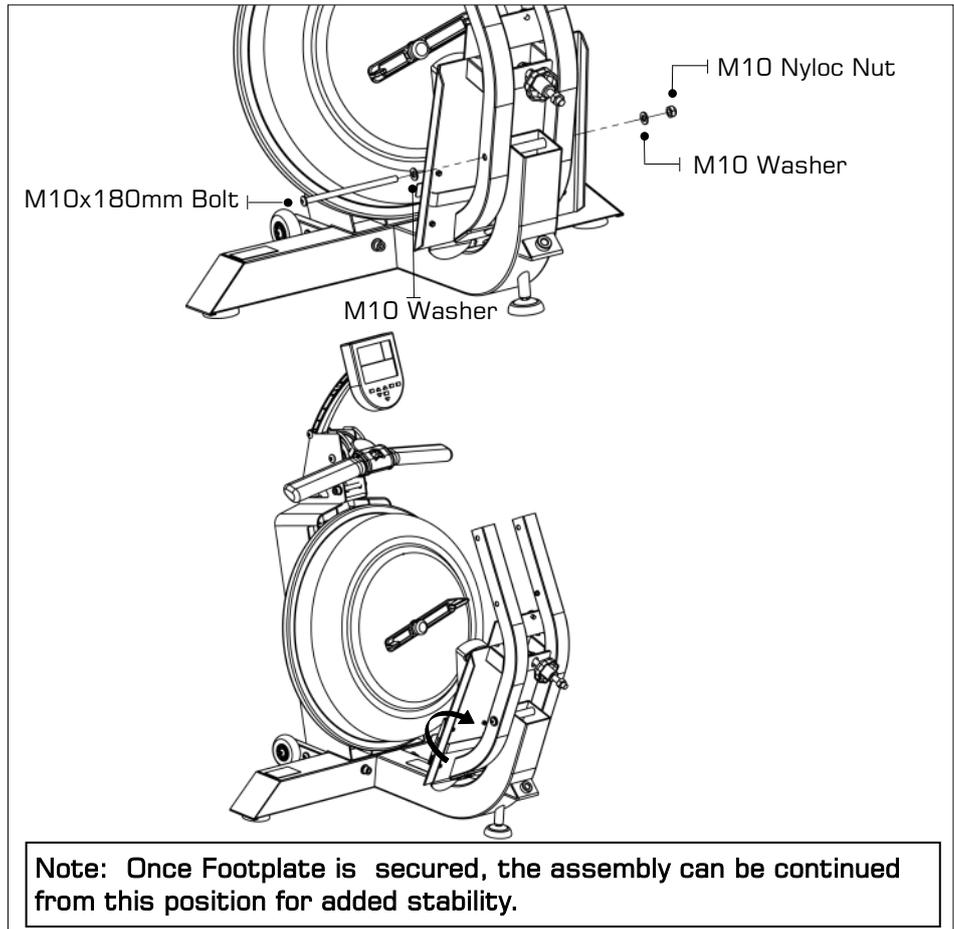
2 x M10 Washer (16)

M10 Nyloc Nut (17)

### CAUTION

The Footplate is heavy, FDF recommends two people for this section of assembly.

- a) Attach the Footplate to the Mainframe (M10x180mm Bolt[13], M10 Nyloc Nut[17] and 2x M10 Washers[16]).



### REQUIRED

Left/Right Seat Rails (2)

Footplate (5)

4 x M6x20mm Bolts (9)

4 x M10x47.5mm Bolts (10)

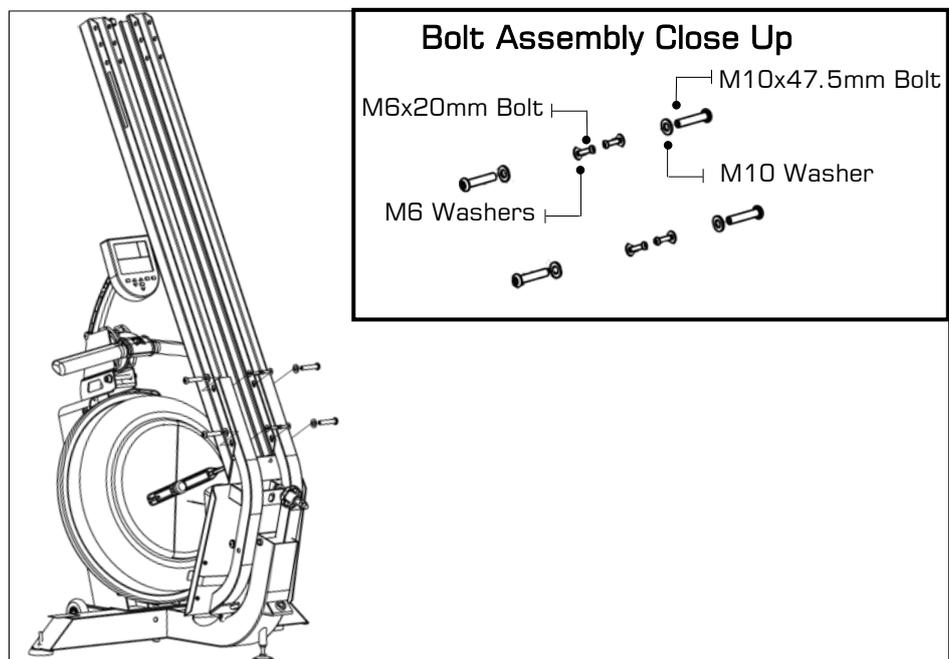
4 x M6 Washer (14)

4 x M10 Washer (16)

### WARNING

Keep hands clear of pivoting parts during assembly.

- b) Attach the Left/Right Seat Rails[2] to the Footplate[5] using 4x M10x47.5mm Bolts[10], 4x M6x20mm Bolts[9], 4x M10 Washers[16] and 4x M6 Washers[14].



# Assembly Instructions – FR-316

## STEP 4 Assemble Rower Seat

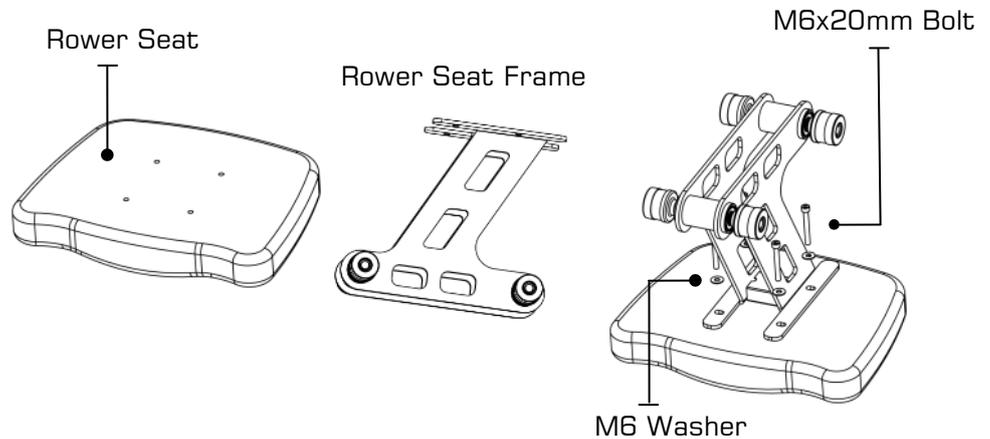
### REQUIRED

Rower Seat

4 x M6x20mm Bolts

4 x M6 Washers

- a) Install the Rower Seat onto the Rower Frame using 4 x M6x20mm Bolts[9] and 4 x M6 Washers[14].

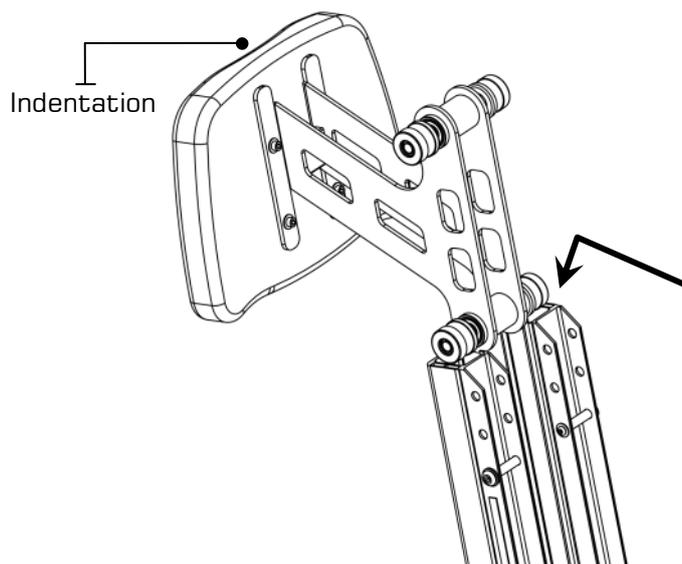


**Note:** Finished rower seat must be mounted exactly as shown, resembling shape of the letter 'Z'.

### CAUTION

The rower seat[6] is heavy. Use both hands and keep fingers clear of the rower channels when guiding the seat down the seat rails.

- 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- FR-316

## STEP 5 Install Rear Leg

### REQUIRED

Rear Leg (7)

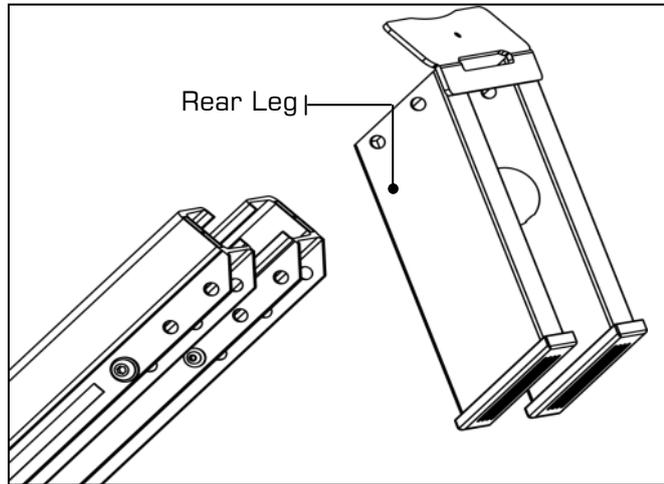
4 x M6x20mm Bolts (9)

4 x M10x47.5mm Bolts (10)

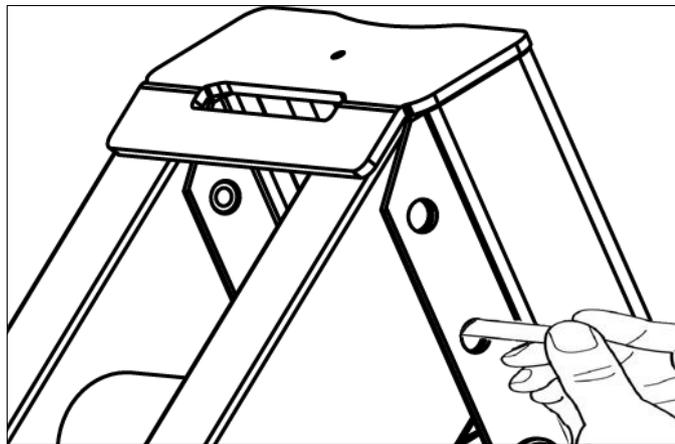
4 x M6 Washers (14)

4 x M10 Washers (16)

- a) Mount the **Rear Leg[7]** onto the **Seat Rails[2]** and secure as shown.



- b) Install all **M10x47.5mm Bolts[10]** and **M10 Washers [16]** first from the outside to hold the **Rear Leg[7]** in



- c) Secure the Rear Leg from the inside with the **M6x20mm Bolts[9]** and **M6 Washers[14]**.



# Assembly Instructions – FR-316

## STEP 6

### Installing S-Bend and Frame Tensioning Bolt —FR-E316 / S6

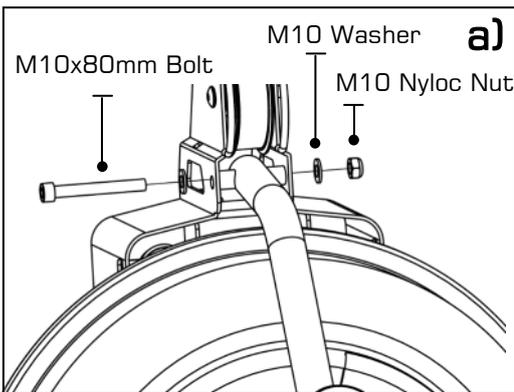
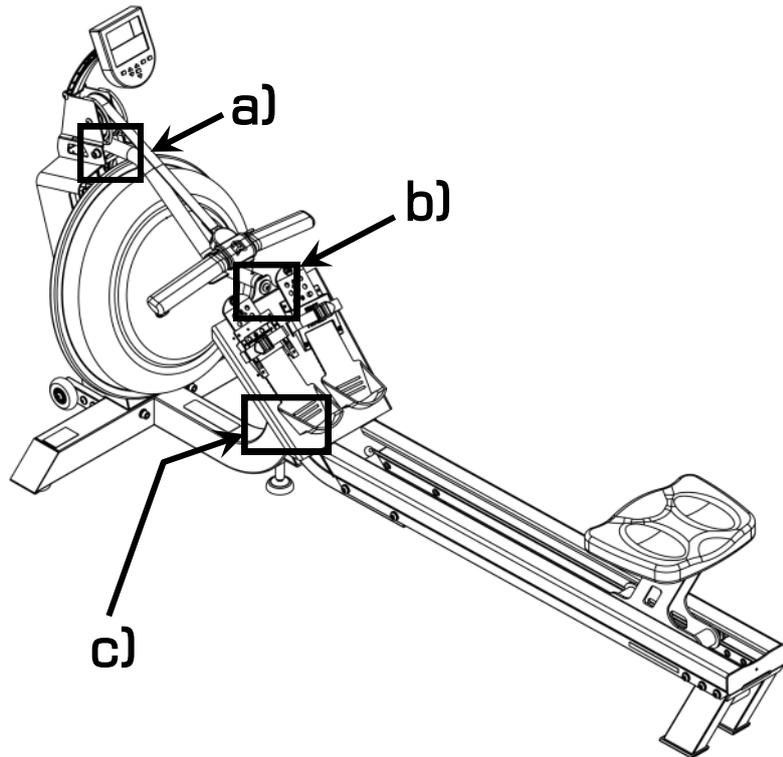
#### REQUIRED

S-Bend (8)

M10x80mm Bolt (11)

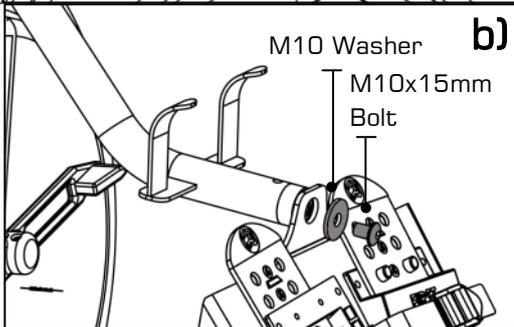
2 x M10 Washers (16)

M10 Nyloc Nut (17)



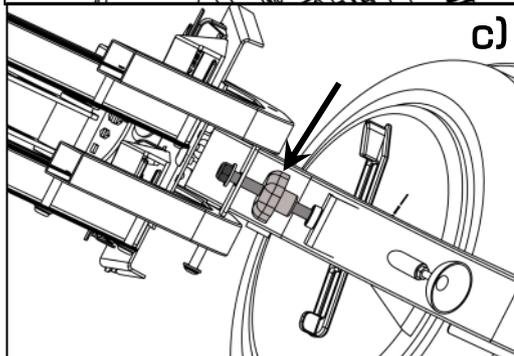
- a) Carefully lower the rower to its normal operating position to complete assembly with S-Bend installation and Frame Tensioning Bolt.

Install rear of **S-Bend[8]** onto the Upper Frame using **M10x80mm Bolt[11]**, **M10 Nyloc Nut[17]** and **2x M10 Washers[16]**.



- b) Tilt Upper Frame slightly forward and secure front of **S-Bend** to Footplate using **M10x15mm Bolt** and **M10 Washer**.

(Note: **M10x15mm Bolt** and **M10 Washer** are pre-installed on the S-Bend for your convenience)



- c) Install the **Frame Tensioning Bolt** and tighten as far as it can go. This will pretension the frame to the proper position and complete the assembly.

# » Assembly Instructions - VX-2

## STEP 1

### Attaching Upper/Lower Frame—VX-2

#### REQUIRED

- Upper Mainframe (1)
- Lower Frame (3)
- M10x65mm Bolt (13)
- 2 x M10x140 Bolts (15)
- M10 Washer (20)
- 2 x M10 Curved Washers (21)

#### ! CAUTION

The Curved Washers can damage paint if not lying flush against oval tube when tightened. Use care when securing.

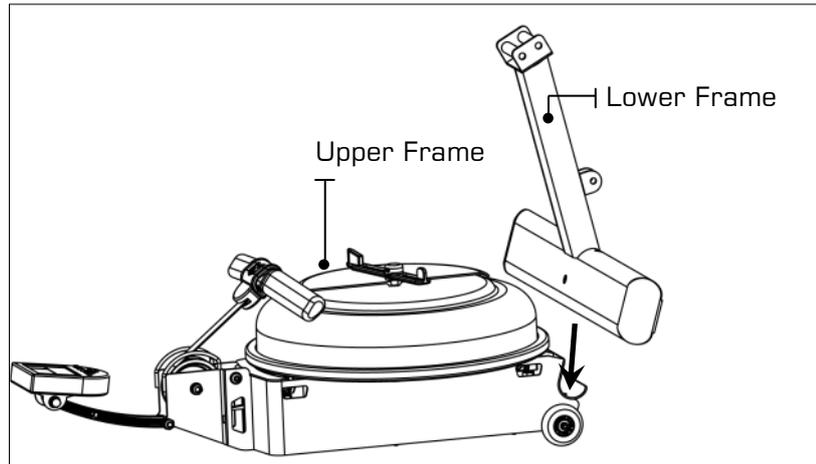
#### ! CAUTION

Align the Curved Washer with curvature of frame for a flush fit and to avoid scratching.

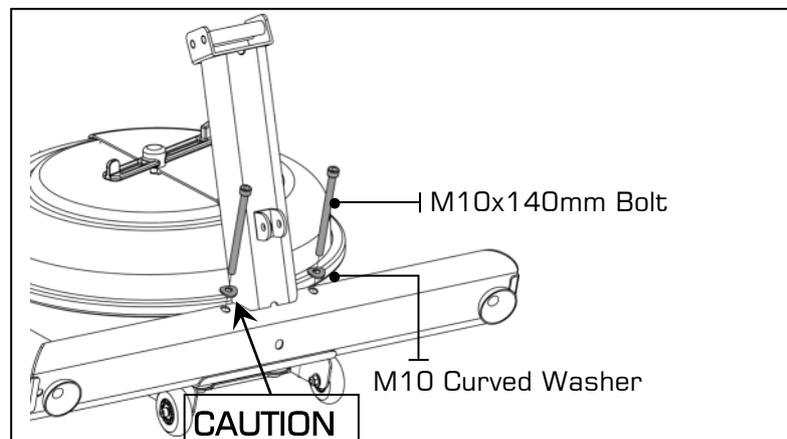
#### ! WARNING

Do not attempt to stand rower until Footplate/Seat Rail assembly is attached. See following page for details.

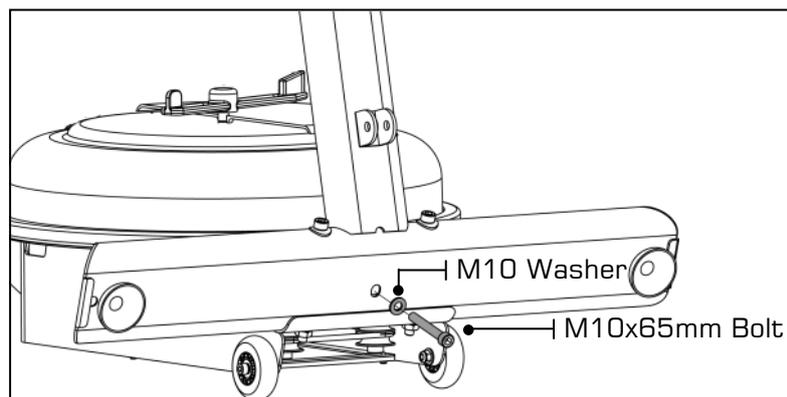
- a) Open box and remove contents. Lie **Upper Frame[1]** on it's back as shown here. In the bolt pack, locate **2 x M10x140mm Bolts[15]** and **M10 Curved Washers[21]** along with **M10x65mm Bolt[13]** and **M10 Washer[20]**. Connect the **Lower Frame[3]** to Upper using M10x140mm Bolts first and do not tighten before installing the third M10x65mm Bolt as shown lower right.



- b) **2 x M10x140mm Bolts[15]** and **2 x M10 Curved Washers [21]**. Do not tighten.



- c) **M10x65mm Bolt[13]** and **M10 Washer[20]** Tighten all three bolts.



# Assembly Instructions - VX-2

## STEP 2

### Attaching Footplate to Mainframe—VX-2

#### REQUIRED

- Mainframe (1)
- Footplate (5)
- 2 x M10x170mm Bolts (16)
- 2 x M10 Nyloc Nuts (17)
- 4 x M10 Washer (20)

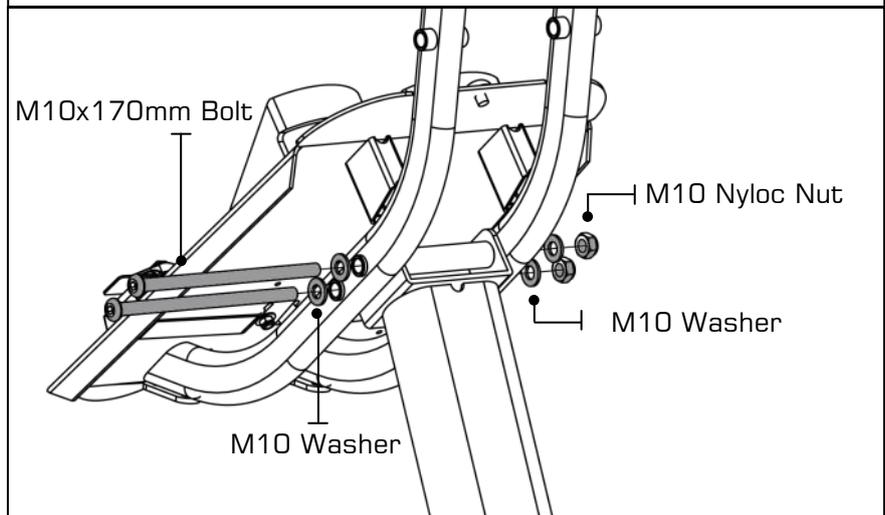
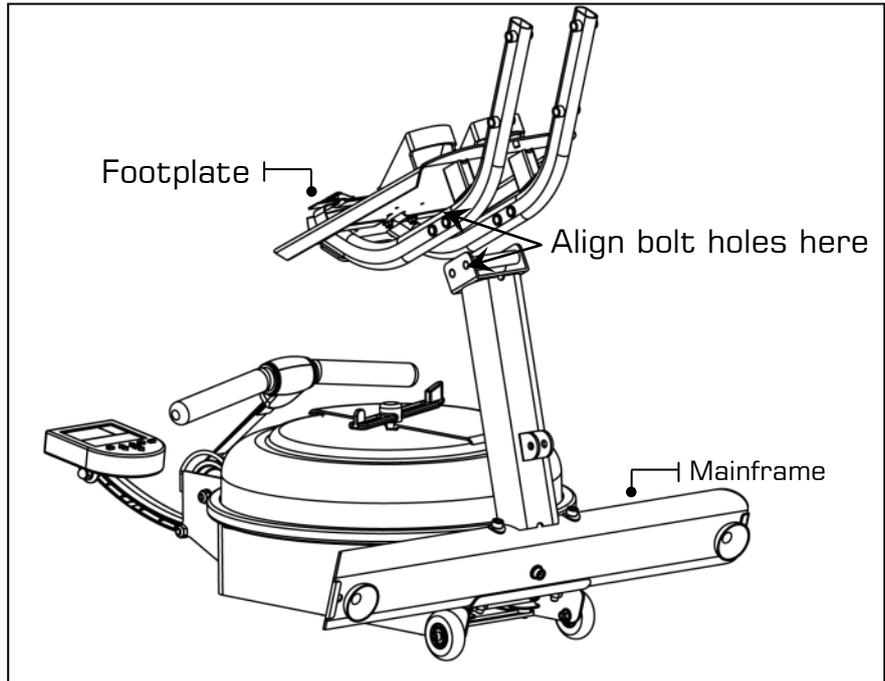


#### WARNING

Do not attempt to stand rower until both Footplate and Seat Rails are attached. See following page for details.

Using 2 x M10x170mm Bolts[16], 4 x M10 Washers[20] and 2 x M10 Nyloc Nuts[17], attach the Footplate[5] to the Mainframe[1] of the rower as shown.

**Note:** Tighten bolts securely before moving on to next stage of assembly.



# Assembly Instructions - VX-2

## STEP 3

### Attaching Seat Rails to Mainframe—VX-2

#### REQUIRED

Left/Right Seat Rail (2)

4 x M6x20mm Bolts (10)

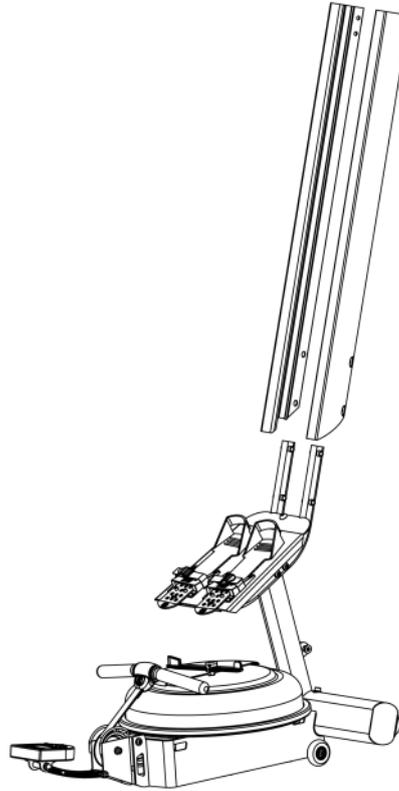
4 x M10x47.5mm Bolts (12)

4 x M6 Washer (18)

#### CAUTION

The front of the Seat Rails have potentially sharp edges. Use care when handling.

Install **Left/Right Seat Rail[2]** onto Footplate/Mainframe Assembly using **4 x M10x47.5mm Bolts[12]** (no washers) and **4 x M6x20mm Bolts[10]** with **M6 Washers[18]**.

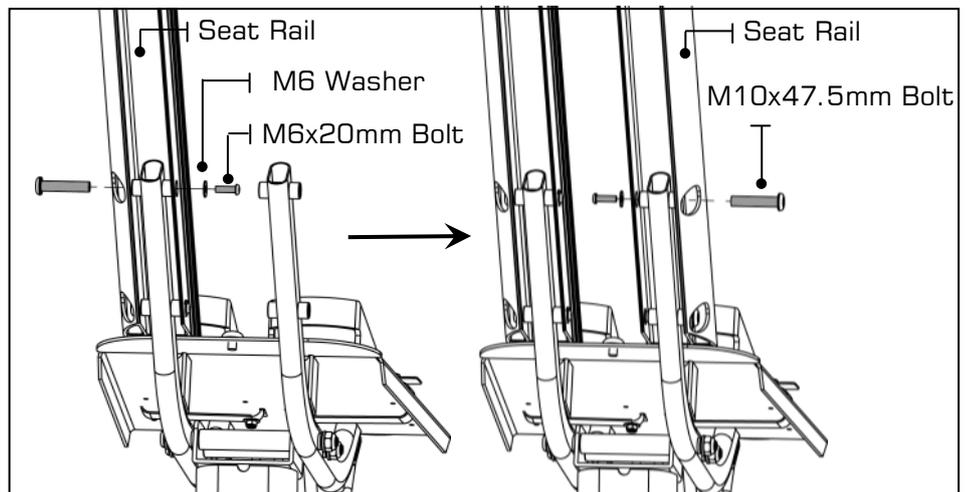


Install the right Seat Rail.

Tip: Install both **M10x47.5mm Bolts[12]** first from the outside to hold the rail in position before

Securing from the inside with the **M6x20mm Bolts[10]** and **M6 Washers[18]**.

Repeat this procedure to Install Left Seat Rail.



# Assembly Instructions – VX-2

## STEP 3 Assemble Rower Seat

### REQUIRED

Rower Seat (6)

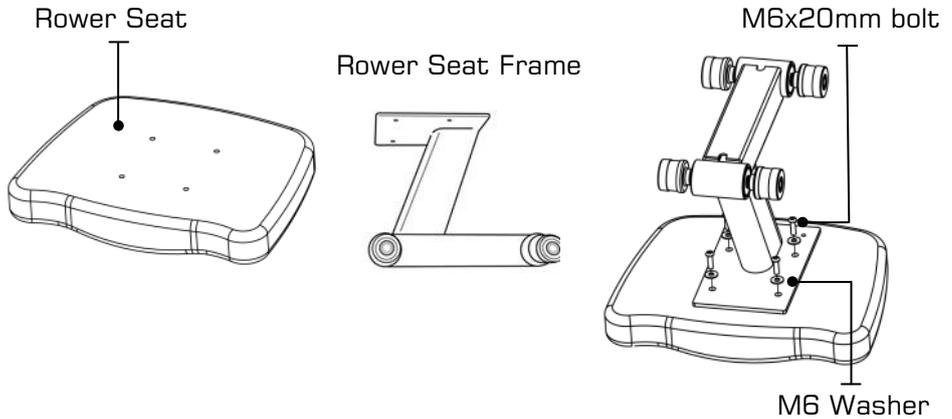
4 x M6x20mm Bolts (10)

4 x M6 Washers (18)

### CAUTION

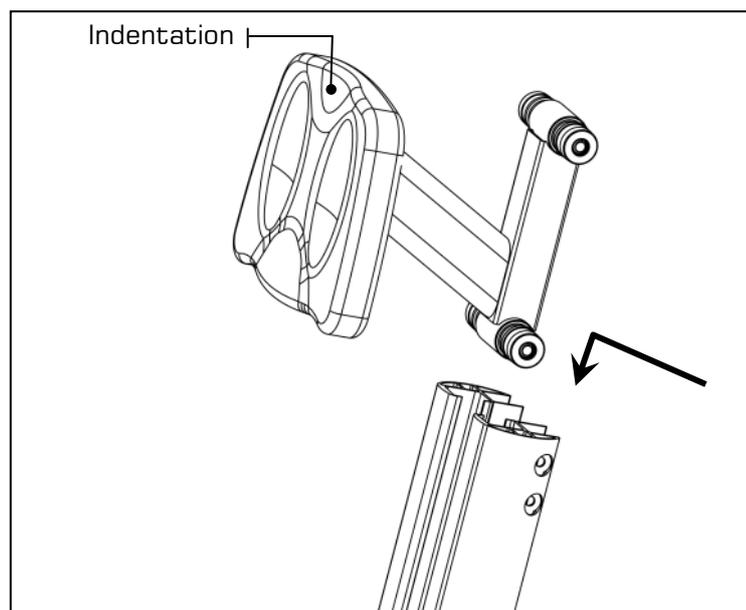
The Rower Seat[6] is heavy. Use both hands and keep fingers clear of the rower channels when guiding the seat down the seat rails.

- a) Install the **Rower Seat[6]** onto the rower frame using **4 x M6x20mm Bolts[10]** and **4 x M6 Washers[18]** the seat indentation must be facing towards the rear of machine.



**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-2

## STEP 4 Install Rear Leg

### REQUIRED

Rear Leg (7)

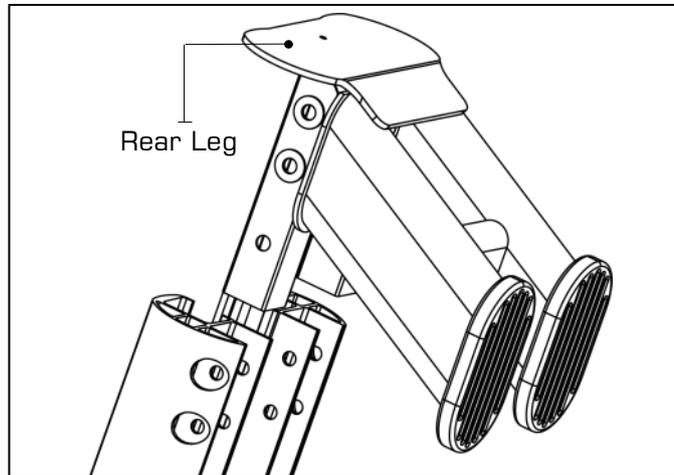
4 x M6x20mm Bolts (10)

4 x M10x47.5mm Bolts (12)

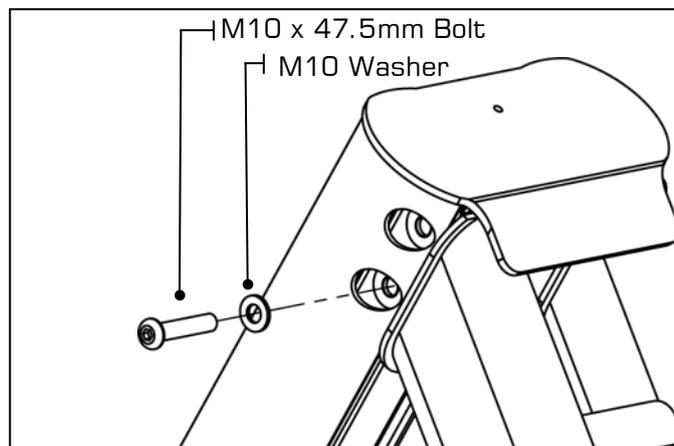
4 x M6 Washers (18)

4 x M10 Washers (20)

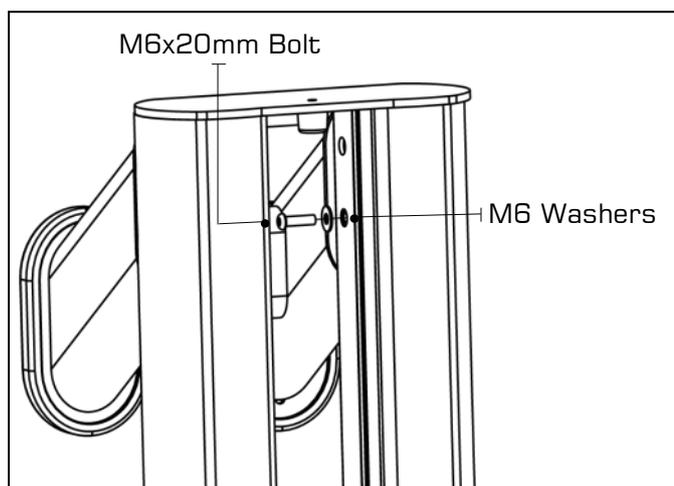
- a) Mount the **Rear Leg**[7] onto the Seat Rails and secure as shown.



- b) Install all **M10x47.5mm Bolts**[12] and **M10 Washers**[20] first from the outside to hold the **Rear Leg** [7] in position.



- c) Secure the Rear Leg from the inside with the **M6x20mm Bolts**[10] and **M6 Washers**[18].

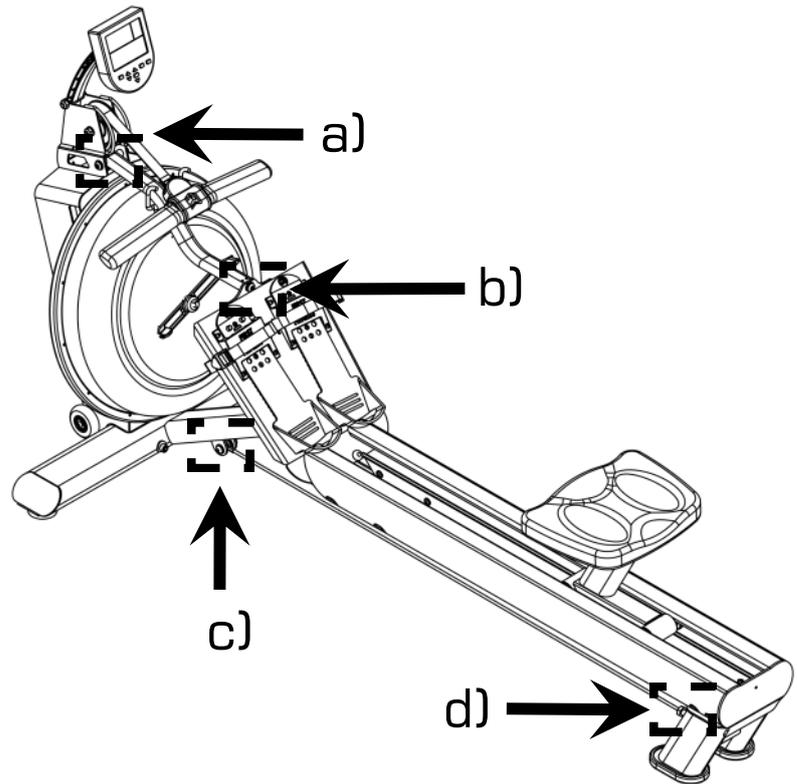
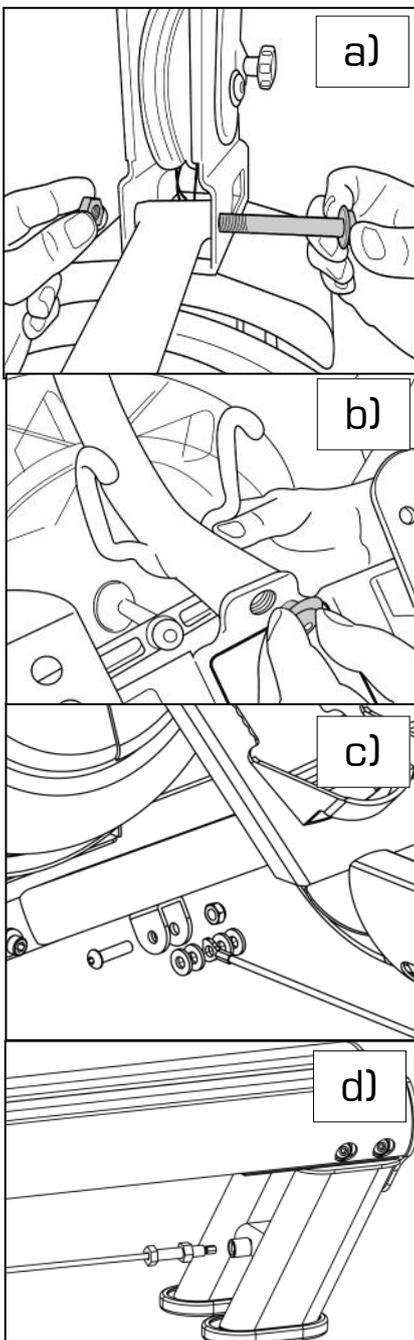


# Assembly Instructions – VX-2

## STEP 6 Installing S-Bend and Frame Tensioning Bolt - VX-2

### REQUIRED

- Frame Tension Cable (4)
- S-Bend (8)
- M10x40mm Bolt (11)
- M10x80mm Bolt (14)
- 2 x M10 Nyloc Nut (17)
- 4 x M10 Plastic Washers (19)
- 2 x M10 Washers (20)



- a) Carefully lower the Rower to its normal operating position to complete assembly with S-bend installation and Frame Tension Cable.

Install rear of **S-Bend[8]** onto the Upper Frame using **M10x80mm Bolt[14]**, **M10 Nyloc Nut[17]** and **2 x M10 Washers[20]**.

- b) Attach the S-Bend to the Footplate as shown. Tilt the Upper Frame slightly forward to align in the proper position.

**Note:** The **M10x15mm S-Bend Bolt** with washer is pre-installed on the S-Bend for your convenience.

- c) Align the **Frame Tension Cable[4]** eyelet with the Bracket on Lower Frame and install with **M10x40mm Bolt[11]**, **4x M10 Plastic Washers[19]** (2 either side of eyelet and inside the Metal Bracket) and **M10 Nyloc Nut[17]**.

- d) Align and screw the opposite end into the Rear Leg as shown. Tension until taut and then secure with Retaining Nut.

# »» Operation Instructions

## »» Tank Filling and Water Treatment

### REQUIRED

Siphon (25)

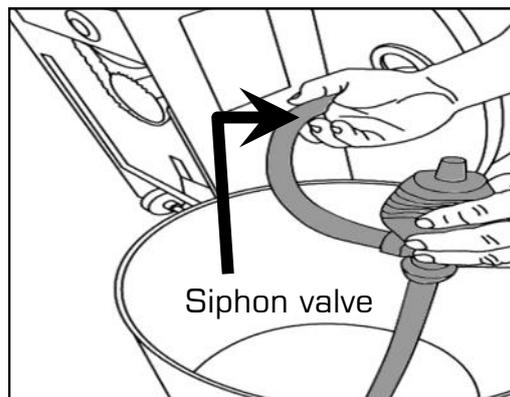
#### ⚠ CAUTION

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



Fill tank as shown left. Use the yellow plug only for filling.

Fill with adjuster handle at level 16 only.

Once filling is complete, use a coin or large blade screwdriver to tighten tank plug into place.

- Filling requires a large bucket (not supplied) and the Fluid Rower **Siphon** (included). Filling will take approximately 7.6 liters of water.
- Unscrew the yellow tank plug on tank back and insert the flexible tube into the rear of the tank while keeping the rigid hose in the bucket. Note: The siphon tube may be impeded by one of the impeller blades. Use the siphon only to push the impeller down slightly.

**Note:** Where water quality is known to be poor, FDF recommends the use of distilled water.

- Move the adjuster handle to level 16, and begin filling. **Note:** The siphon valve must be closed to allow siphoning action to occur. Tip: Placing the bucket in an elevated position will allow the siphon to continually pump water into the tank. **Do not fill past the calibration mark indicated on the tank!**

**Note:** Opening the siphon valve will stop the pumping action. Use this feature to avoid water spillage when nearing filling completion.

- Once filling is complete (to the proper calibration level as indicated on the tank), follow water treatment schedule as shown.

**Note:** the Lower 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](http://www.firstdegreefitness.com)

# »» Operation Instructions

## »» Long Term Water Treatment and Basic Operation



**CAUTION:** Do not fill past the calibration mark as indicated on the tank level sticker or water spillage may occur. See Tank Filling and Water Treatment page for details.

### 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.

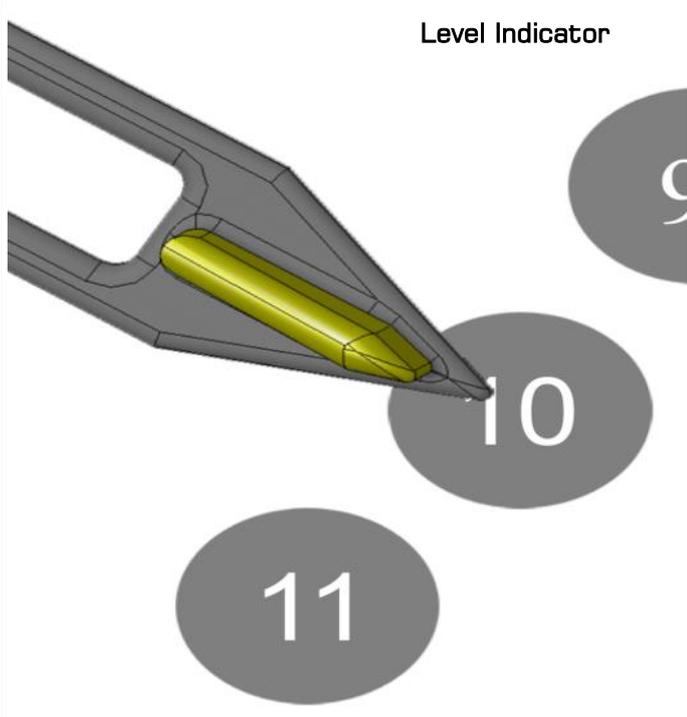
Water treatment schedules for the FLUID ROWER will vary according to the fluid tanks exposure to sunlight, but expect 8-12 months near a bright, sunlit window and 2 years or more for a darker location. At the point of finding the water slightly cloudy, add a Water Treatment Tablet.



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

### 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>Level Indicator</p>	<p><b>Resistance:</b></p> <p>The level of resistance is determined by the level indicator located on the front of the tank. Level one indicates lightest resistance, level sixteen represents heaviest resistance. Allow three to four strokes after adjusting resistance handle to allow the water to move to the correct location.</p>
---	--

# »» Operation Instructions

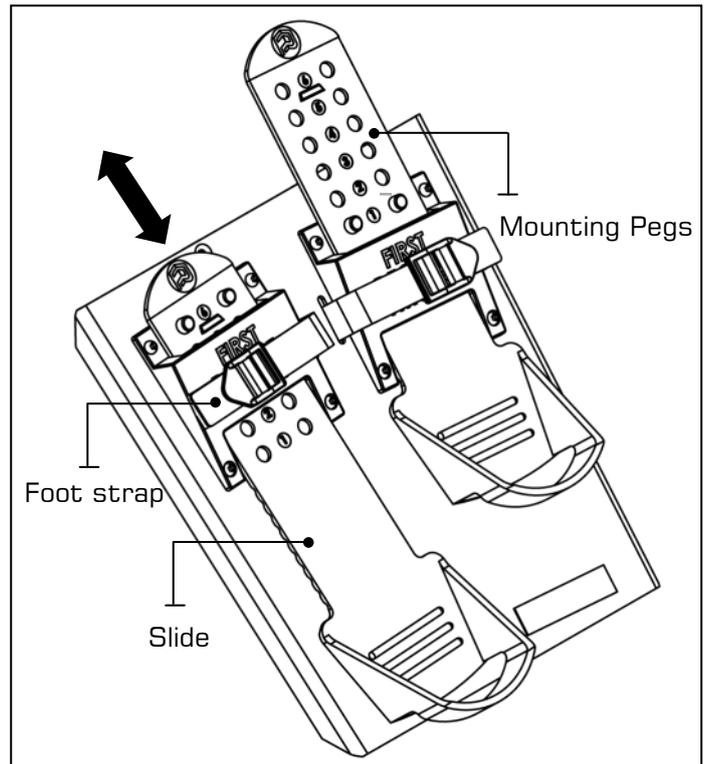
## »» Adjust Footplates

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.



**WARNING:** Never operate this Rower without feet properly secured in Footstraps, or without the sliding portion of the Slider Footplate locked into position!

## »» 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

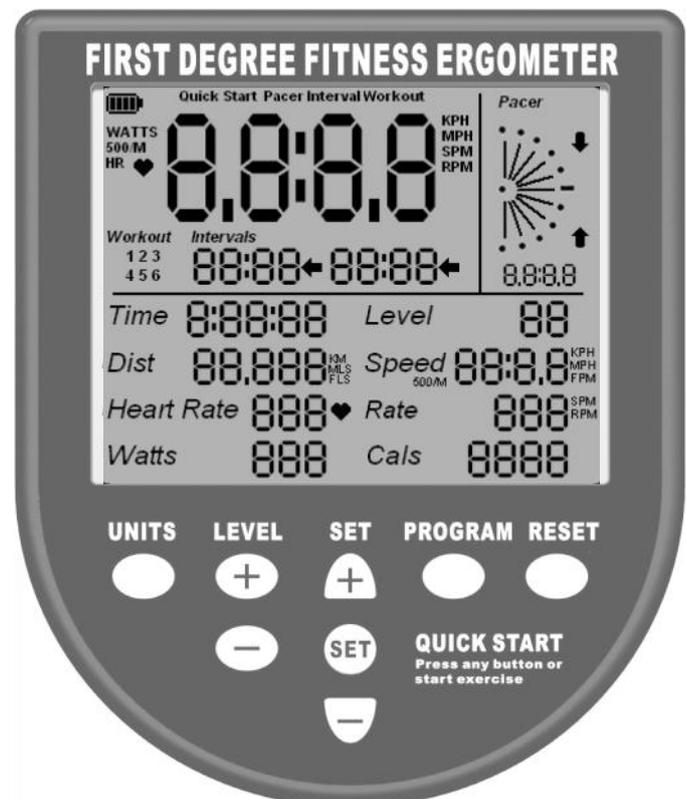
**LEVEL:** Adjustable from 1-16. Match LEVEL number with resistance level on the Fluid tank.

**SET:** Changes Time, Distance parameters

**PROGRAM:** Clears current exercise program

**RESET:** Clears data

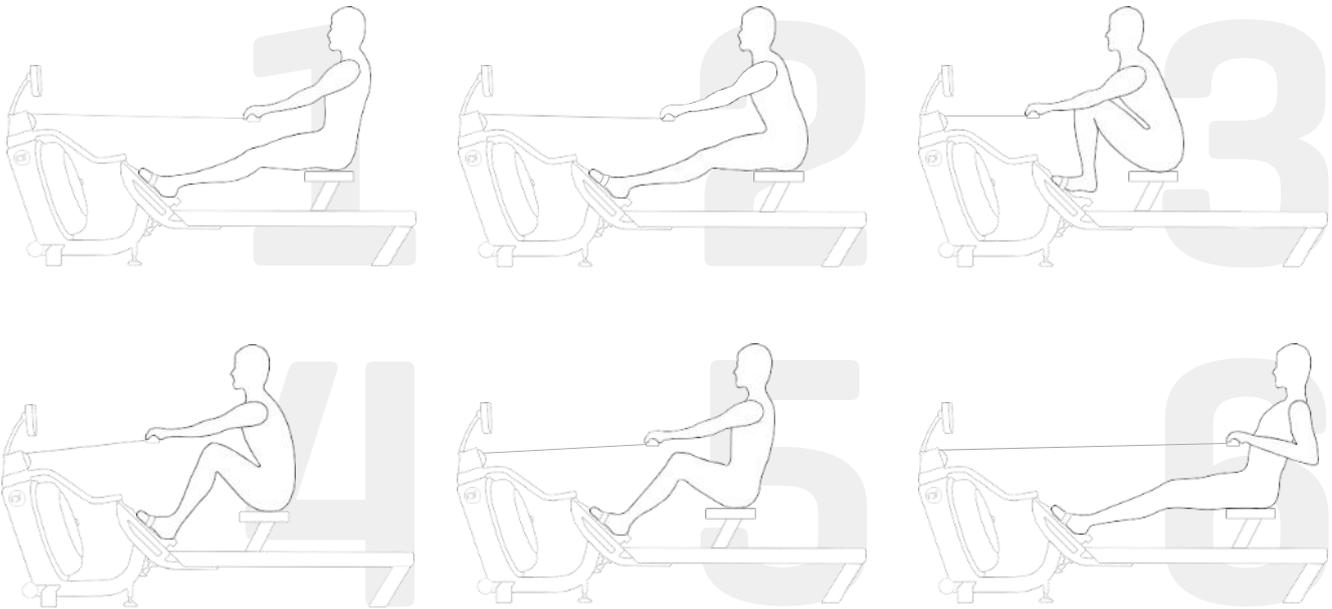
**Note:** For complete operational instructions, please refer to the computer manual, which is included with your Rower.



# »» 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](http://www.firstdegreefitness.com/indoor-rowing-technique)

 **CAUTION** Always consult a doctor before beginning an exercise program. Stop immediately if you feel faint or dizzy.

# » 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](http://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](http://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 lint free cloth. Spray seat rails with a light coat of 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 <a href="http://www.firstdegreefitness.com">www.firstdegreefitness.com</a> for further details.	
Frame Tension Cable	Check regularly for proper tension.	Tighten until taut. See Basic Operation page for details	

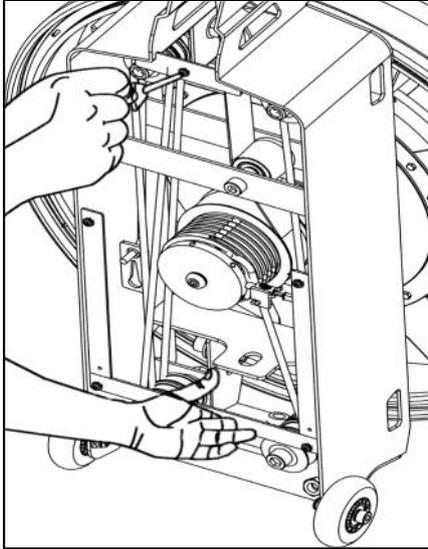
## » Troubleshooting

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.	Bungee not under enough tension.	Open rear Perspex cover, cut bungee tie wrap . Tighten by small increments using the bungee tie off tab point and test tension by allowing the rowing handle to return to its furthest point forward while still having some slight tension. Note light fraying of the bungee cord is normal.
Rower rocks from side to side when sitting on floor	Front/Rear frame levelers need adjusting	Adjust the front two frame levelers or rear leg levelers until stability is reached. <b>Note: It is normal for the lower rear leveler to rest slightly off the floor.</b>
Front of rower lifts slightly during vigorous rowing.	Lower rear frame leveler too high.	Check to see that frame tensioning bolt is tightened properly. Lower rear frame leveler should be approx. 5mm off the ground.
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.
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.	Adjust sensor location using rear sliding adjustment located inside rear Perspex cover.
Excessive frame flex during hard rowing.	Frame Tension Cable is too loose	Loosen frame tension cable Retaining Nut and tighten cable until taut.

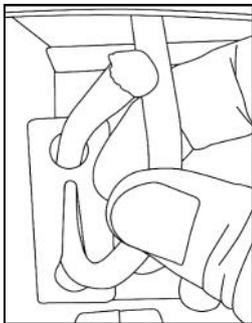
# » Replacing the Rower Bungee Shock Cord

1. Remove the Perspex Cover from rear of upper frame.

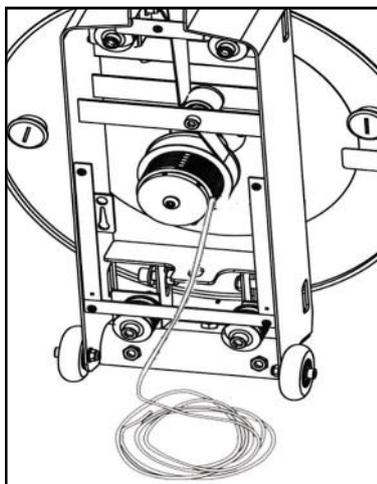
 **Disconnect sensor lead before removing cover completely.**



2. Move the Rowing Handle from the S-Bend to a point where it is resting on top of the tank. This helps line up the Bungee Cord hole for easier removal/replacement. Detach Bungee Cord from lower rear attachment point.



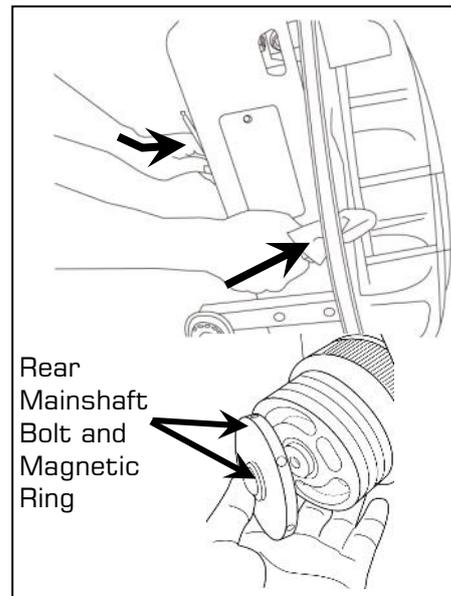
3. Unwrap the Bungee Cord from all of the Bungee Pulleys.



4. Next, remove the Magnetic Ring. To loosen the Rear Mainshaft Bolt holding the magnetic ring in place, it is necessary to keep the Mainshaft and impeller assembly from turning with the bolt. Open the yellow tank plug, and insert a wrench wrapped in a lint free cloth (to protect the electroplating finish on the blades) to catch the impeller blade and allow the Rear Mainshaft Bolt to be loosened as shown below right with a 6mm Allen key.

 **Caution:** Do not allow a dissimilar metal to directly contact the impeller blade. Premature rusting could occur. Cover any tool inserted the tanks with a lint free cloth and keep fingers clear.

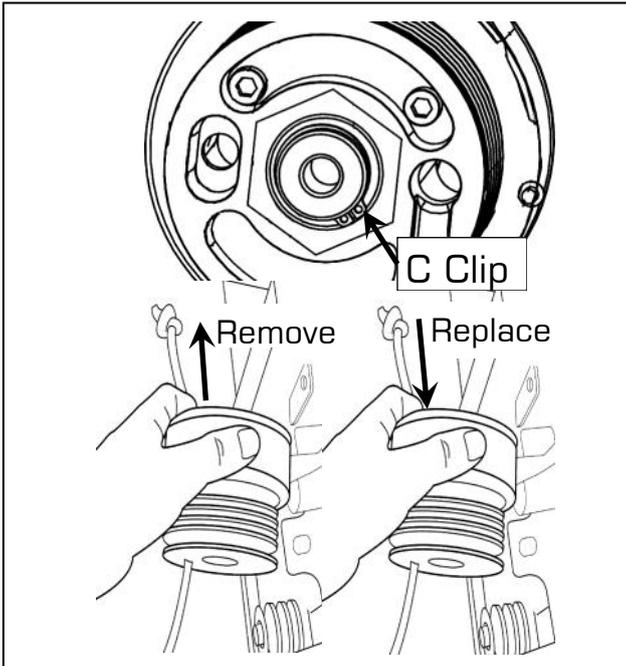
 **WARNING :** Do not insert fingers into tank!



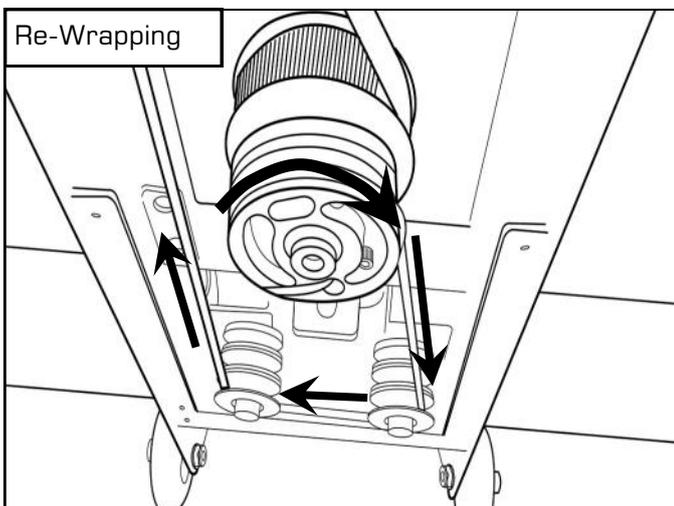
# » Replacing the Rower Bungee Shock Cord

5. After removing the Magnetic Ring and the C-Clip, the Bungee Cord will be accessible. Remove the Belt/Bungee Pulley off the shaft, pull the Bungee Cord through the Belt/Bungee Pulley and remove. Thread new Bungee Cord through and pull until knotted end is held securely in the slot.

**!** Caution: Do not loosen the Belt.

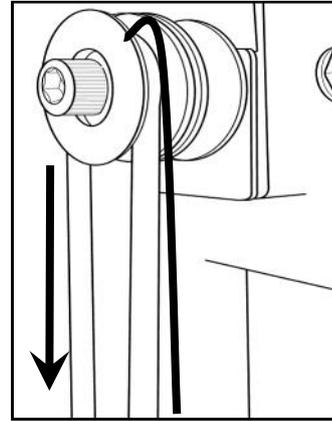


6. Move the Rowing Handle from the S-Bend to a point where it is resting on top of the tank. This helps line up the Bungee Cord hole for easier removal/replacement. Detach Bungee Cord from lower rear attachment point.

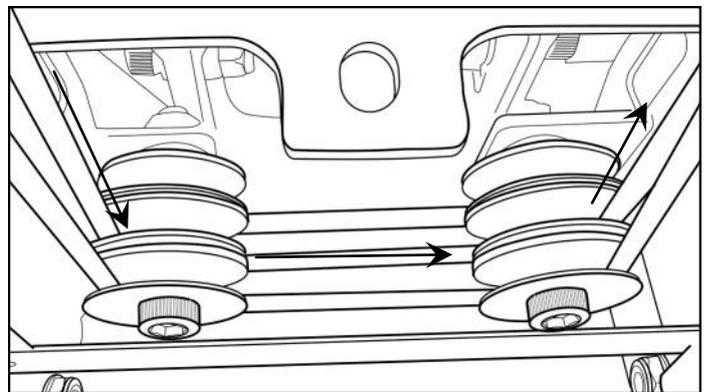


7. Lower left front to upper left front Pulley.

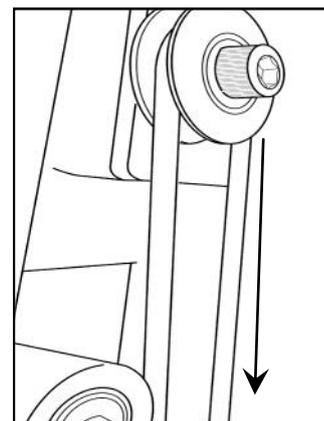
**Hint:** Keep a slight tension on the Bungee Cord when threading through the Bungee Pulleys.



8. Upper left front to lower middle left and right Pulleys.

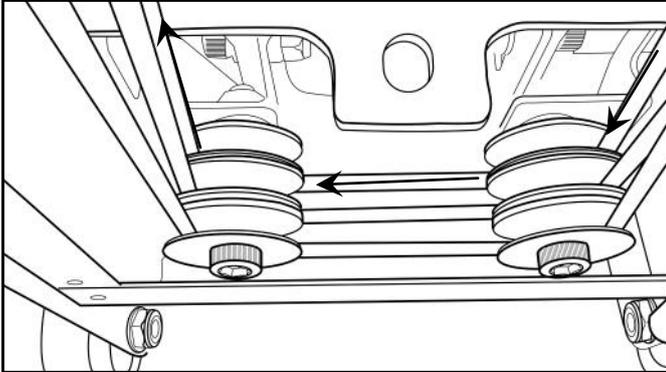


9. Middle right Pulley to upper right Pulley.

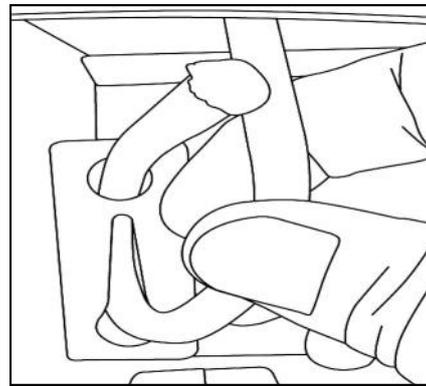


## » Replacing the Rower Bungee Shock Cord

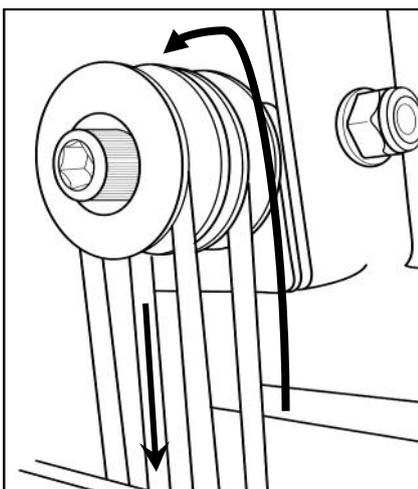
10. Upper rear right to lower rear right and left rear Pulleys.



12. Upper left rear Pulley to tie off point. Finish the Bungee rewrap by tying off the Bungee. You may elect to not use a tie wrap as the metal tab is designed as a stand alone attachment point. Thread the Bungee through to desired tension and thread the Bungee end through the upper hole as shown.

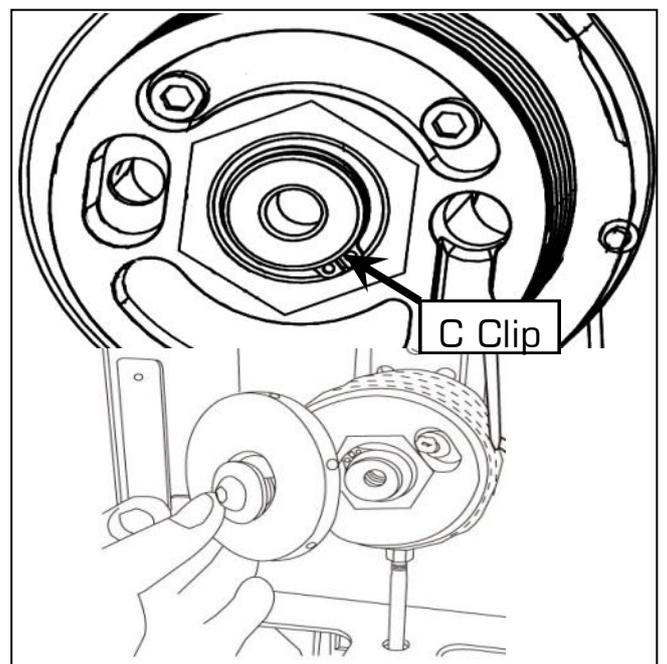


11. Lower left rear to upper left rear Pulley.



13. Reattach the C-Clip, Magnetic Ring and Rear Mainshaft Bolt. Tighten securely.

Finally, reattach the Sensor Lead and replace the Perspex rear cover.



## FULL COMMERCIAL USE

This product is designed and constructed for use in any Health Club / Fitness Studio application.

First Degree Fitness Limited warrants that the **Fluid Rower E316, S6 Laguna and Vortex VX-2 (model FR-E316 & S6 & VX-2)**, purchased from an authorised agent and in its undamaged original packaging, is free from defects in materials and workmanship. First Degree Fitness Limited or its agent will, at their discretion, repair or replace parts that become defective within the warranty period, subject to the specific inclusions and exclusions below.

### **Metal Frame – 10 Year Limited Warranty**

First Degree Fitness will repair or replace the metal Main Frame of the Rower should it fail due to any defect in materials or workmanship within 10 years of the original purchase. Warranty does not apply to frame coating.

### **Polycarbonate Tank & Seals – 3 Year Limited Warranty**

First Degree Fitness will repair or replace the polycarbonate tank or seals should they fail due to any defect in materials or workmanship within 3 years of the original purchase.

### **Mechanical Components (of a non-wearing nature) – 2 Year Limited Warranty**

First Degree Fitness will repair or replace any mechanical component should it fail due to any defect in materials or workmanship within 2 years of the original purchase.

### **All Other Components (of a wearing nature) – 2 Year Limited Warranty**

First Degree Fitness will repair or replace any component should it fail due to any defect in materials or workmanship within 2 year of the original purchase.

### **Specific Inclusions**

- Bungee recoil cord, belt and pulley
- Hand grips & foot straps
- Seat
- All pulleys, rollers & bearings
- All rubber components
- Computer & speed sensor (excluding replaceable batteries)
- All drive belts
- Aluminum seat rails
- Sliding footplates

### **General Exclusions**

- Damage to the finish of any part of the machine
- Damage due to neglect, abuse, incorrect assembly or use of the machine
- Any charges for freight or customs clearance associated with the return or dispatch of parts
- Any damage to or loss of goods during transport of any kind
- Any labour cost associated with a warranty claim

### **General Conditions**

- The serial number of the machine must be correctly registered with First Degree Fitness Limited or one of its appointed distributors
- First Degree Fitness Limited reserve the right to examine any part where replacement is claimed under warranty
- Warranty period applies only to the original purchaser from the date of purchase and is not transferable
- The product must be returned to your place of purchase in original packaging with transportation, insurance and associated charges paid for by you and risk of loss or damage assumed by you
- First Degree Fitness makes no other warranties except as stated here and expressly disclaims all warranties not stated in this warranty. Neither First Degree Fitness nor its associates shall be responsible for incidental or consequential damages
- Manufacturer's warranty automatically commences upon sale of the product to end user or upon the expiration of one (1) year from month of manufacture, whichever occurs first



FIRST DEGREE FITNESS  
*Fluid* INNOVATION

*FITNESS PRODUCTS INSPIRED BY REAL LIFE*

[WWW.FIRSTDEGREEFITNESS.COM](http://WWW.FIRSTDEGREEFITNESS.COM)

NOUS CONTACTER

Pour le soutien à la clientèle, veuillez visiter [firstdegreefitness.com/support](http://firstdegreefitness.com/support)

TAÏWAN

T: +886 3 478 3306  
764 Chung Shan South Rd  
Yangmei Taoyuan  
Taiwan R.O.C.

