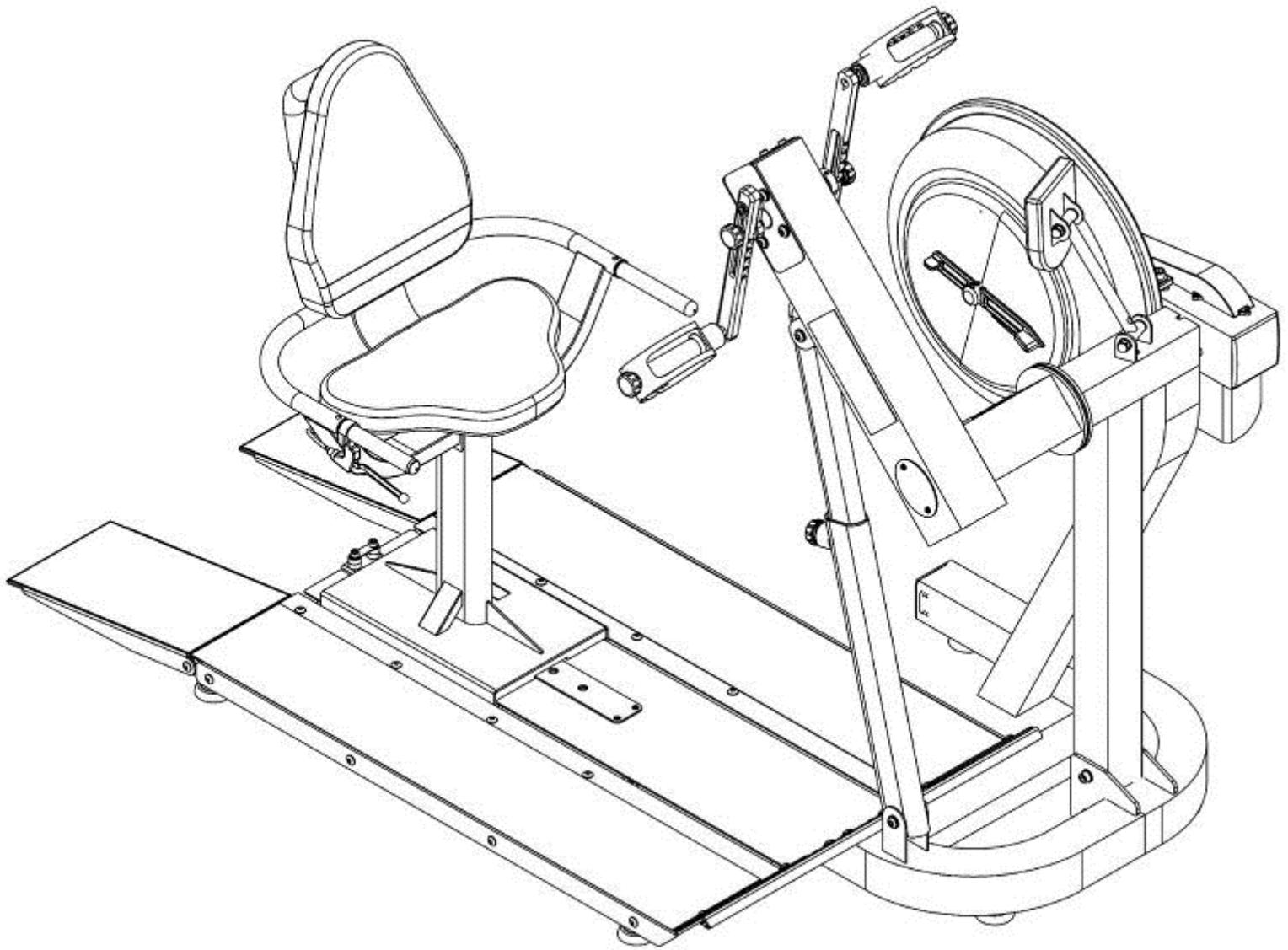
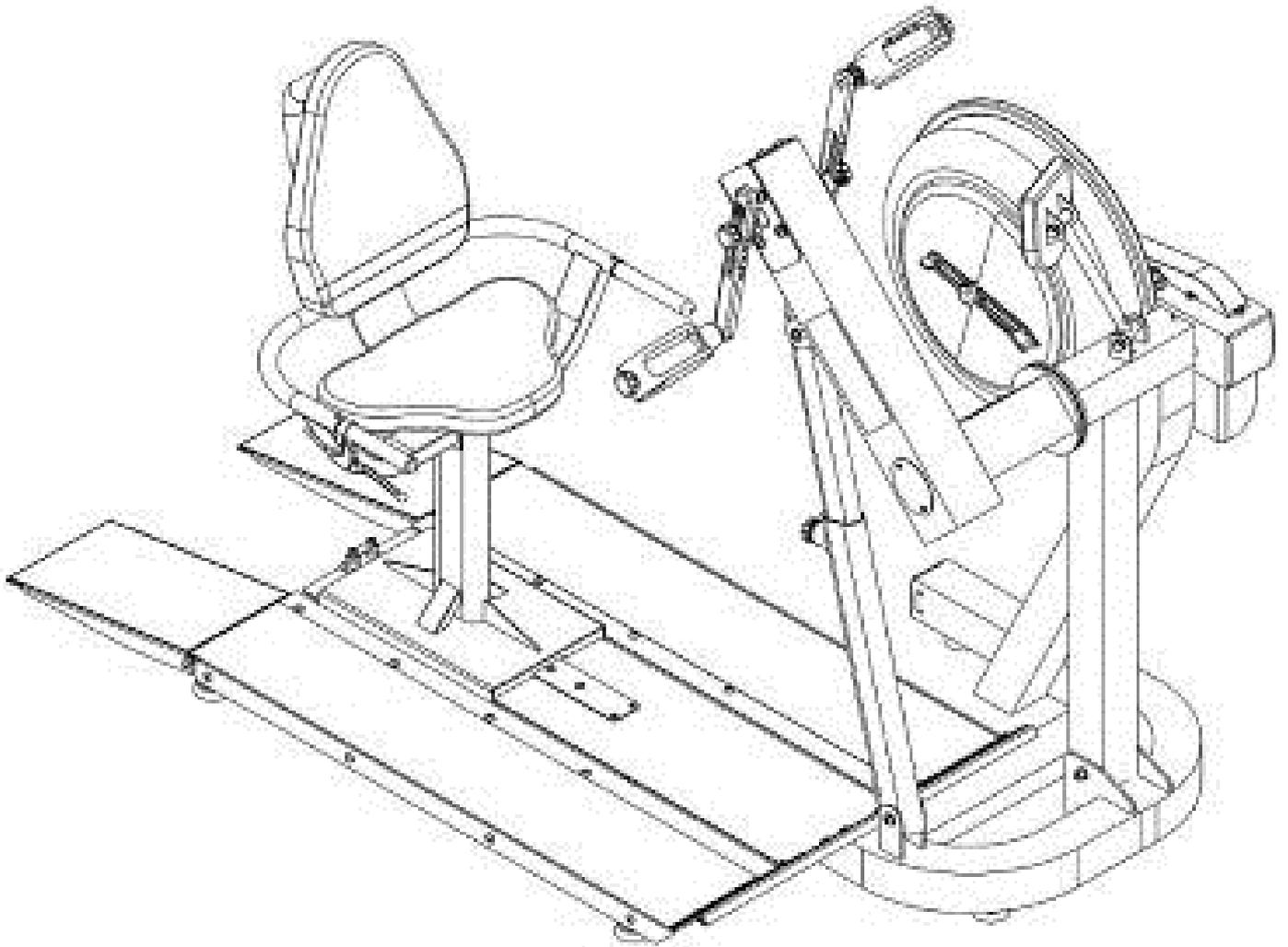


Owners Manual





⚠ CAUTION

As with any piece of fitness equipment, consult a physician before beginning your E920 exercise program.

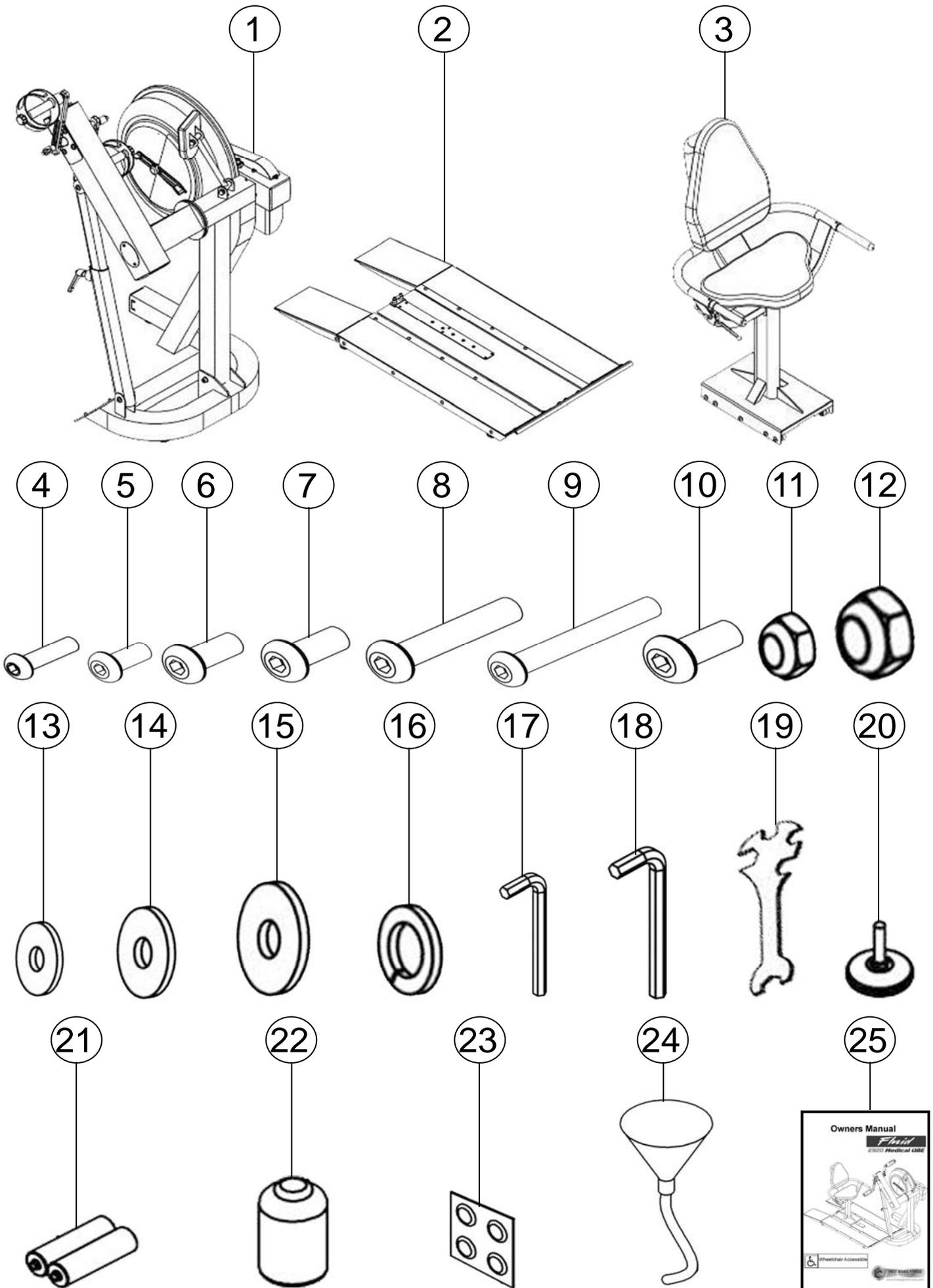
⚠ WARNING

Do not remove hands while crank is in motion. The crank will continue to rotate and could cause injury.

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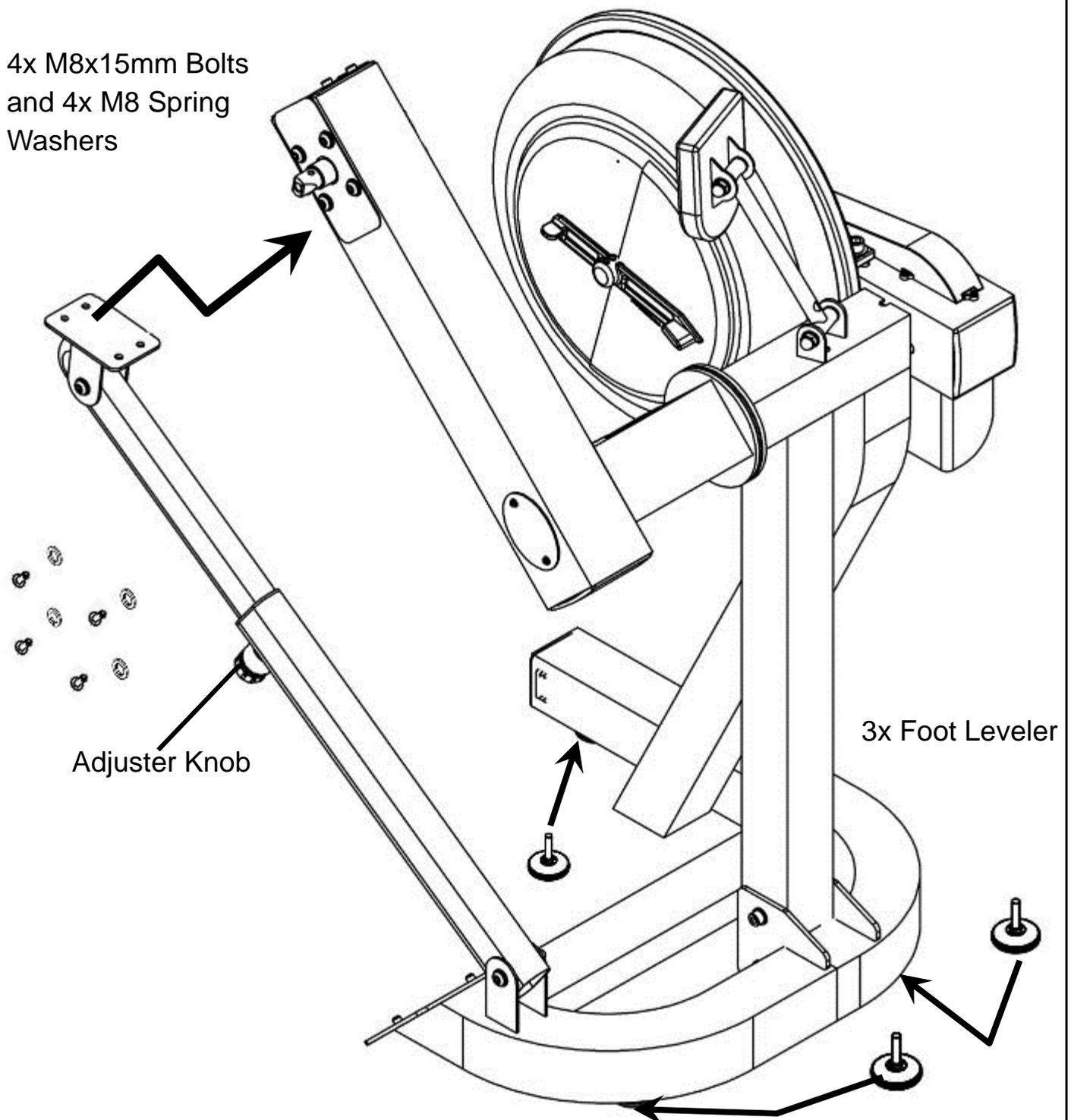
Box Contents



Item	Qty	Description	Item	Qty	Description
1	1	Main Frame with Telescoping Tube and Internal Gas Assist Shock	14	8	M8 Washer
2	1	Baseplate (Install P-7)	15	3	M10 Washer
3	1	Seat (Install P-9)	16	4	M8 Springs Washer
4	8	M6x20mm bolt	17	1	4mm Allen Key
5	4	M8x15mm bolt	18	1	6mm Allen Key
6	8	M8x20mm bolt	19	1	Multi-tool
7	5	M8x25mm bolt	20	9	Frame Levelers
8	10	M8x45mm bolt	21	2	AA Batteries
9	1	M8x70mm bolt	22	1	Touch up paint
10	4	M10x20mm bolt	23	4	Water Treatment Tablet
11	7	M8 Nylock Nut	24	1	Funnel and Hose
12	2	M10 Nylock Nut	25	1	Owners Manual
13	8	M6 Washer			

Assembly Instructions

4x M8x15mm Bolts
and 4x M8 Spring
Washers



Remove contents from box. Attach telescoping tube to the underside of the control arm using **4x M8x15mm bolts[5]** and **4x M8 spring washers[16]**.

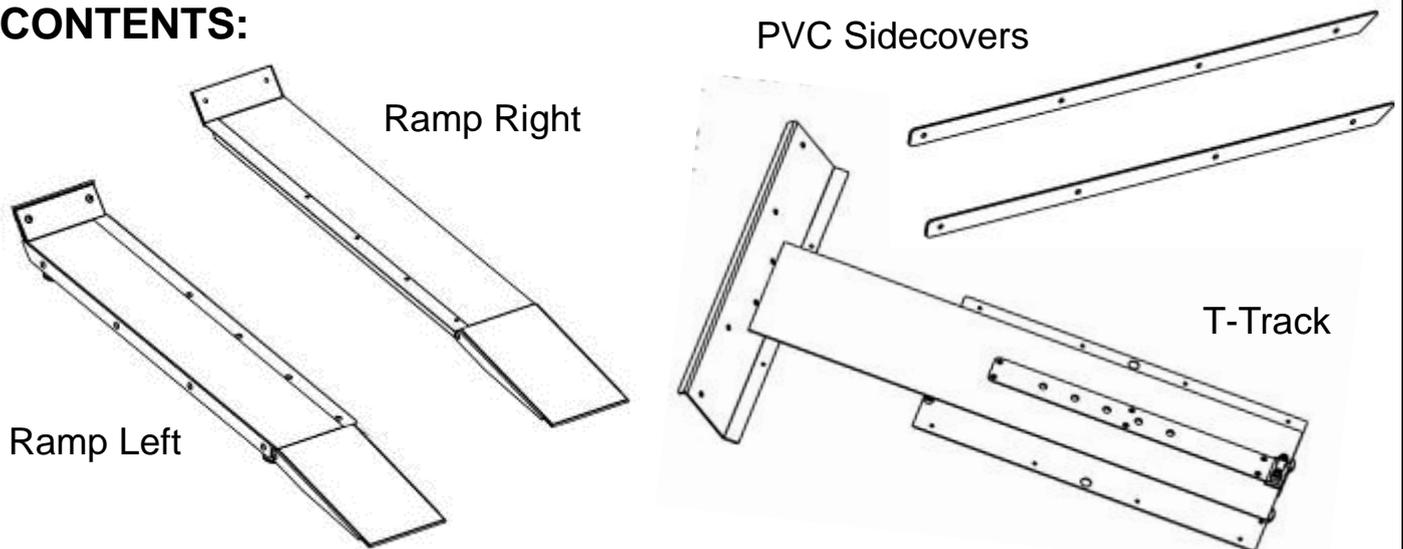
The control arm is heavy and will swing freely during this stage of assembly.

⚠ CAUTION The adjuster knob is pre-tightened from the factory in the optimal position for assembly in relation to the control arm. Do not loosen the Adjuster knob until the telescoping tube has been safely secured to the underside of the control arm.

Thread the **3x foot levelers[20]** into underside of base. Adjust as required.

Baseplate Addendum

CONTENTS:



Note hardware bolt pack is used for both Seat Assembly and Baseplate.

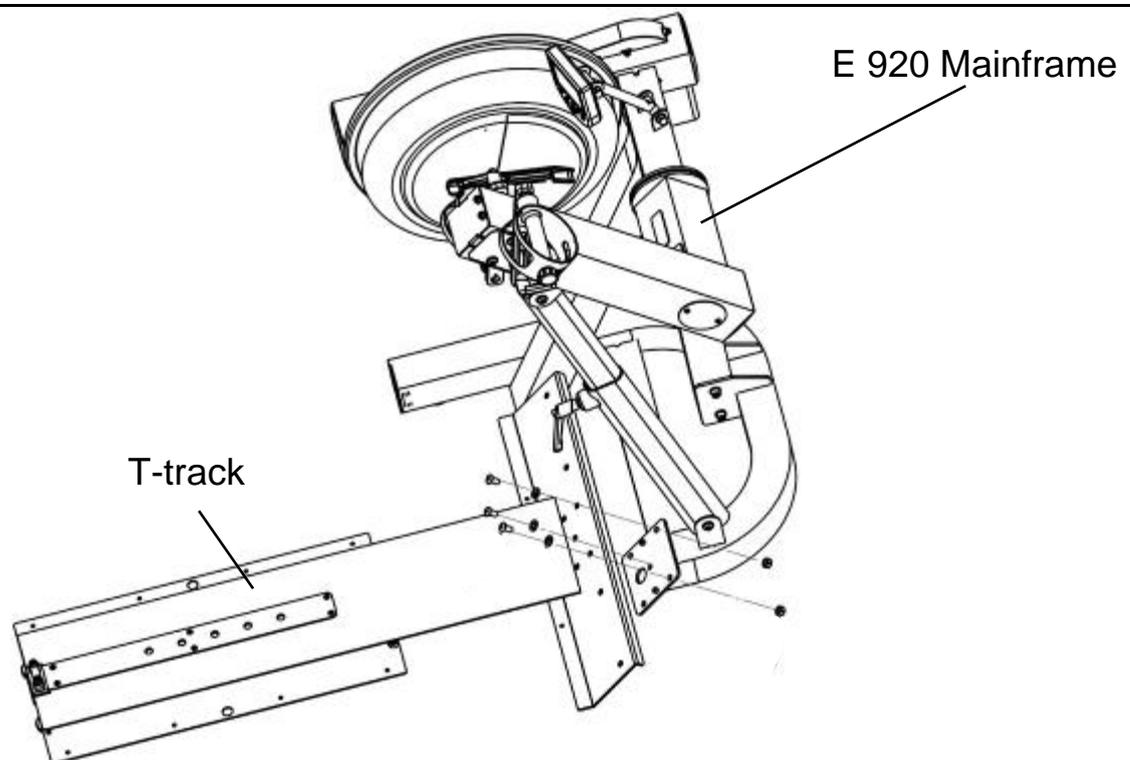
Remove contents from box and make sure all parts are present. Contents will include the T-track, left/right side ramps and bolt pack (note, this may also be located with Seat Assembly).

Locate the T-track, and from the bolt pack the following:

M10x20mm bolt 3x

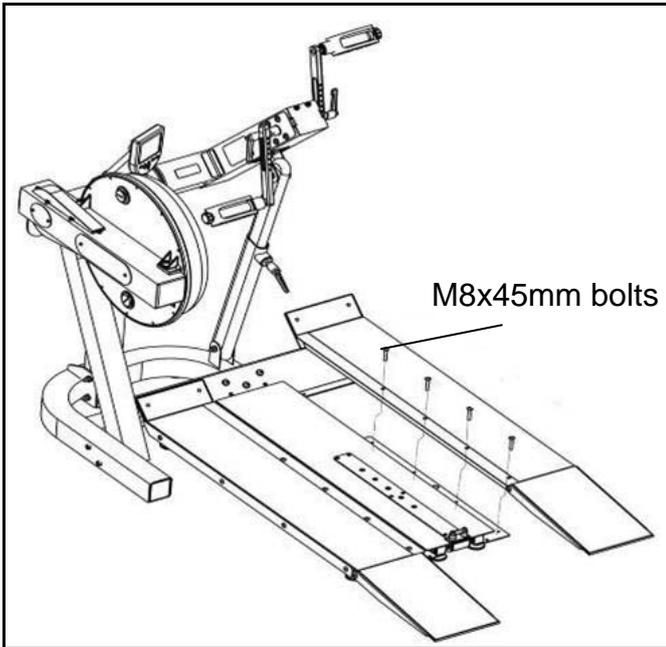
M10 Nut 2x

M10 Washer 3x

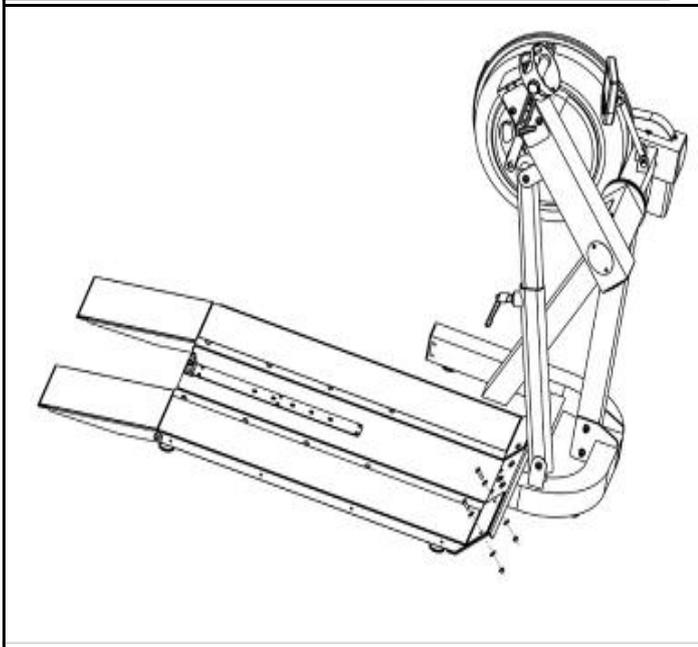


Step 1: Bolt the T-Track to the Mainframe as shown, using **3x M10x20mm bolt [10]**, **2x M10 Nut[12]** and **3x M10 washer[15]**.

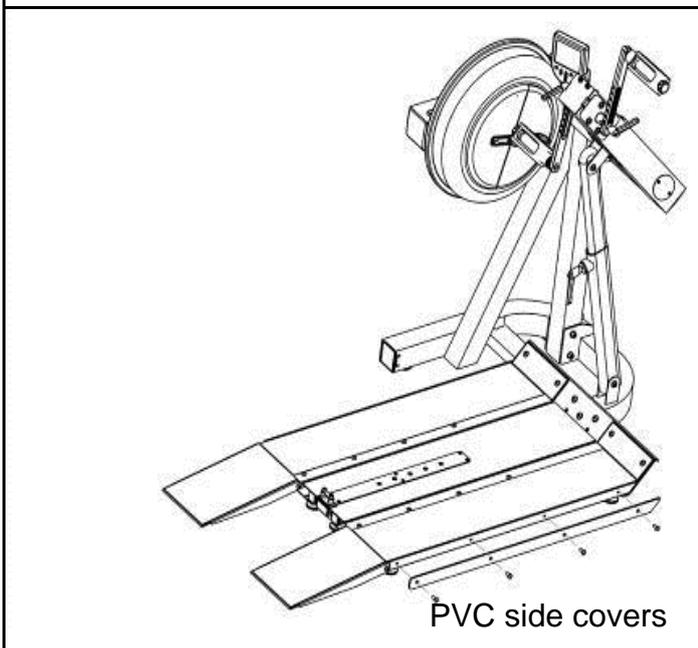
Secure tightly.



Step 2: Attach Left and Right ramps to the T-track using 8x M8x45mm bolts

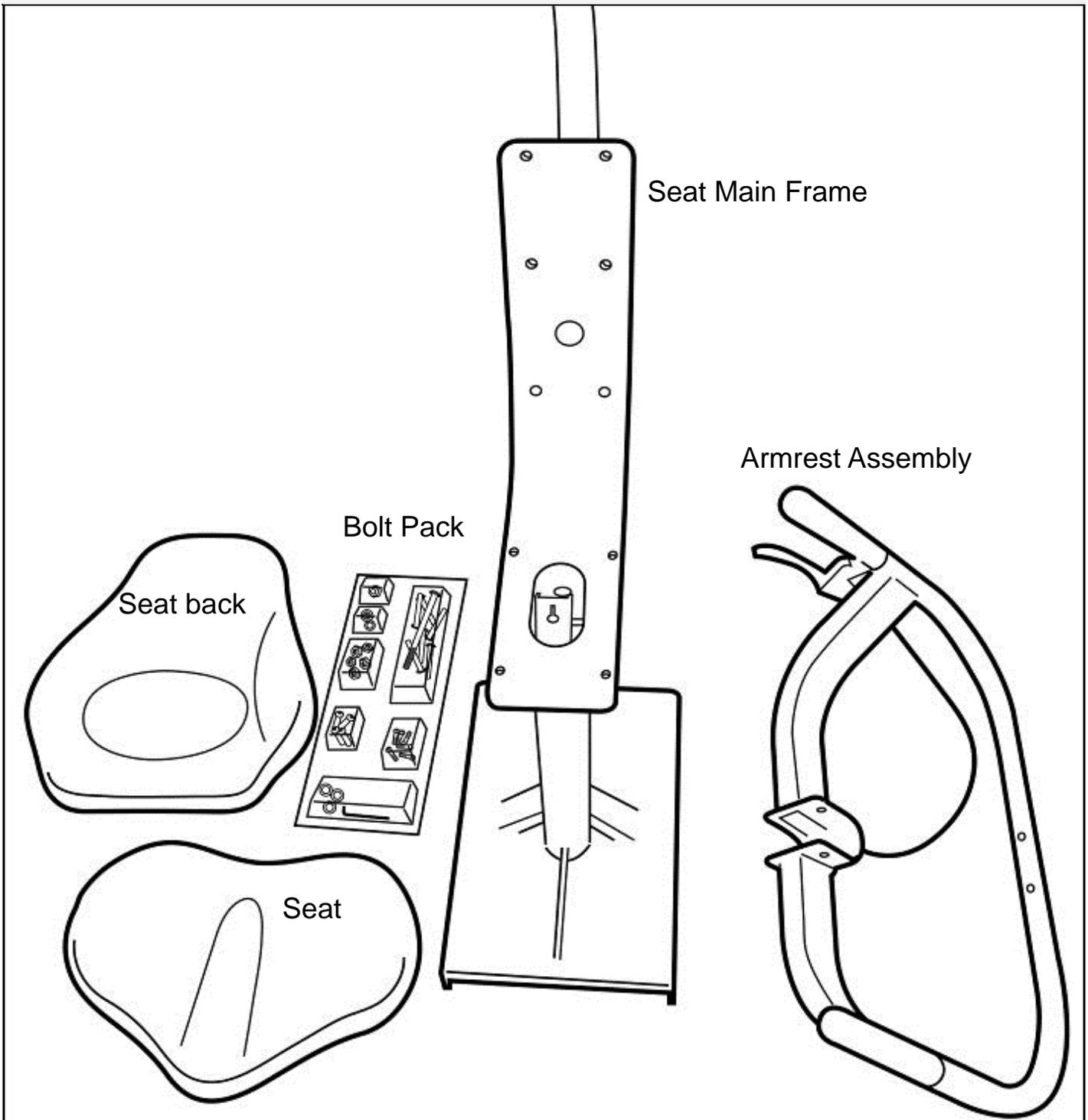


Step 3: Once the Left and Right ramps have been installed to the sides of the T-track, secure the front end of each ramp as shown using 4x M8x25 bolt[7], 4x M8 Nylock nut[11] and 4x M8 washer [14].



Step 4: Install Yellow PVC side covers using 8x20mm bolt[6].

Seat Assembly



CONTENTS:

1x Seat Main Frame

1x Lower Seat

1x Armrest Assembly

1x Upper Seat back

1x Bolt Pack (Note Bolts/Washers/Nuts are for both Seat and Footplate)

You will need the Lower Frame, Armrest Assembly and the following bolts/washers/nuts from the bolt Pack:

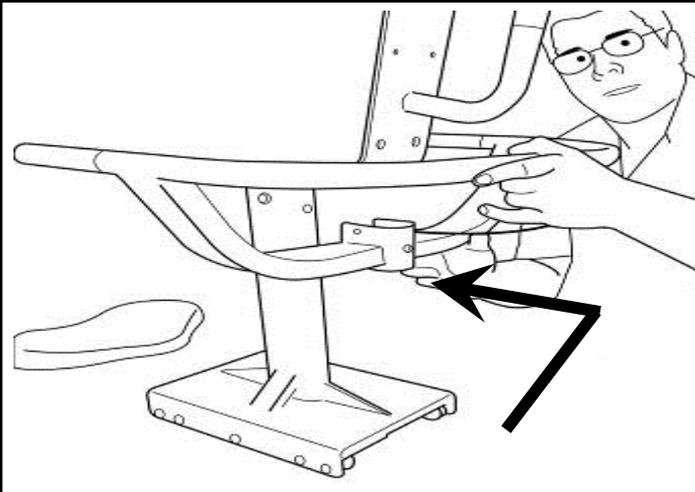
1x M8x70mm Bolt

3x M8 Nylock Nut

1x M8x25mm Bolt

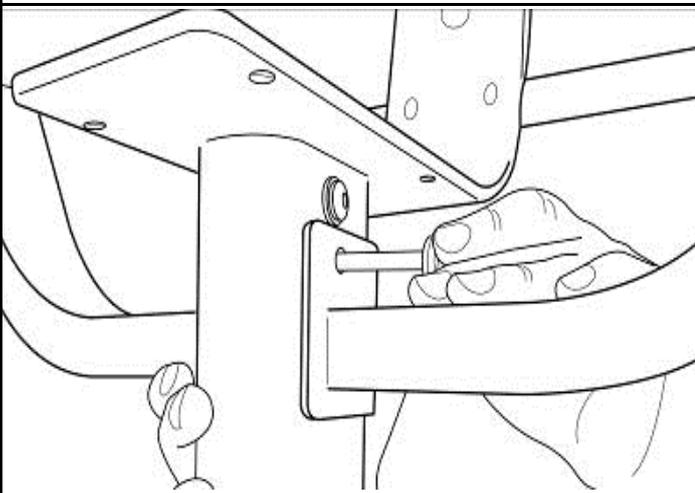
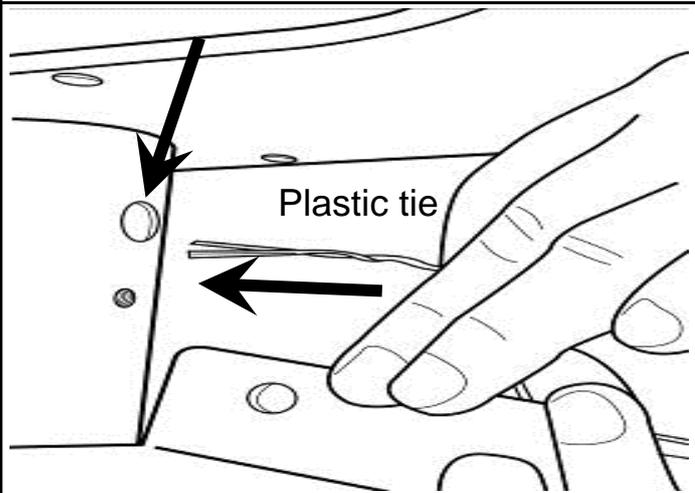
1x M8 Washer

Attaching Armrest to Lower frame

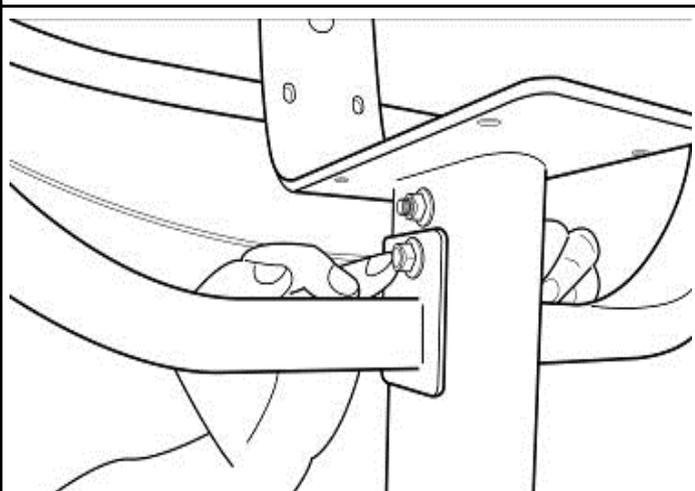


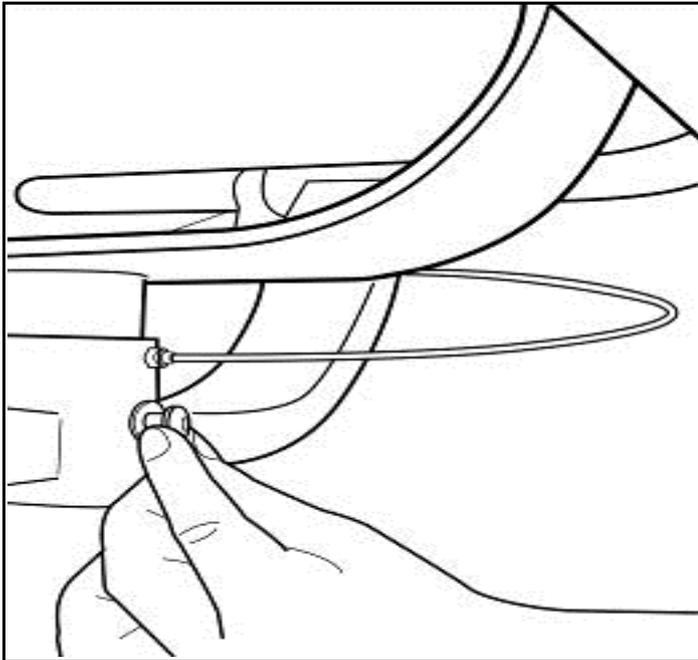
Mount the Armrest onto the Lower frame from behind as shown.

Important! Before securing bolts (see following page), thread the plastic tie attached to the armrest cable through the hole as shown right.

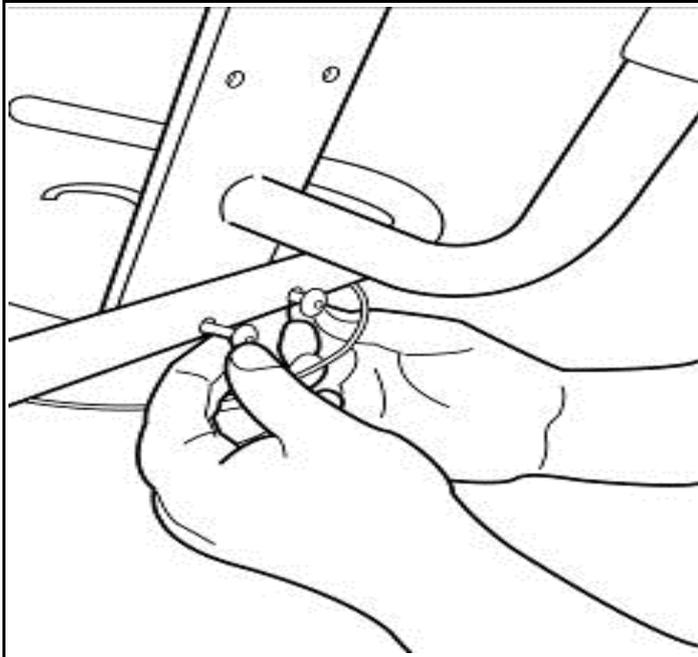


Secure Armrest with **M8x70mm Bolt[9]**, **M8 Nylock Nut[11]** and **M8 Washer[14]** as shown

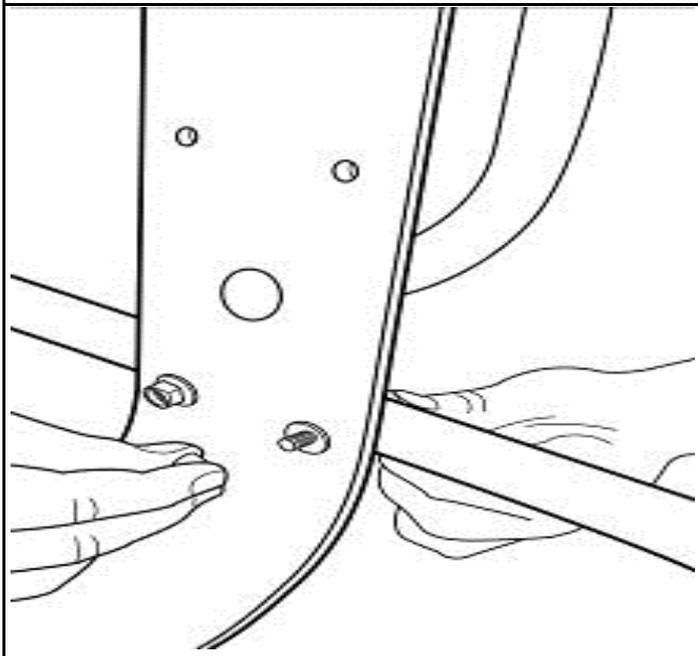




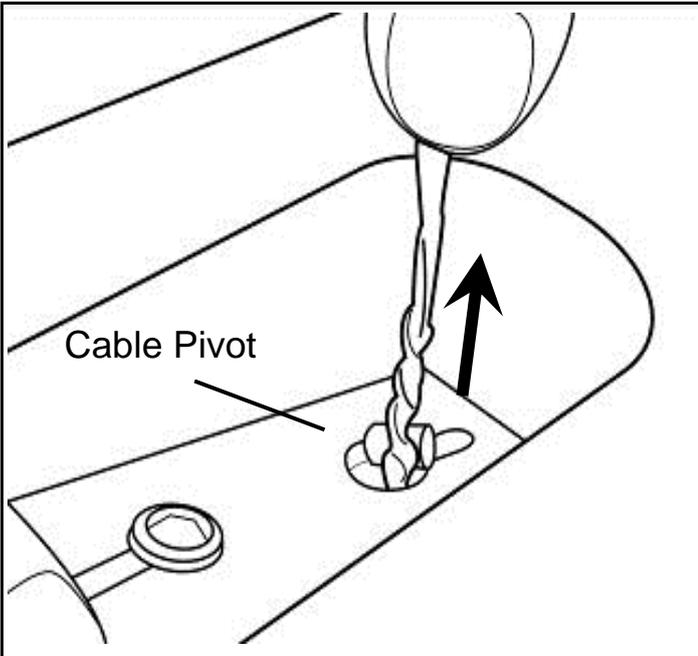
M8x25mm Bolt[7] and M8 Washer[14]



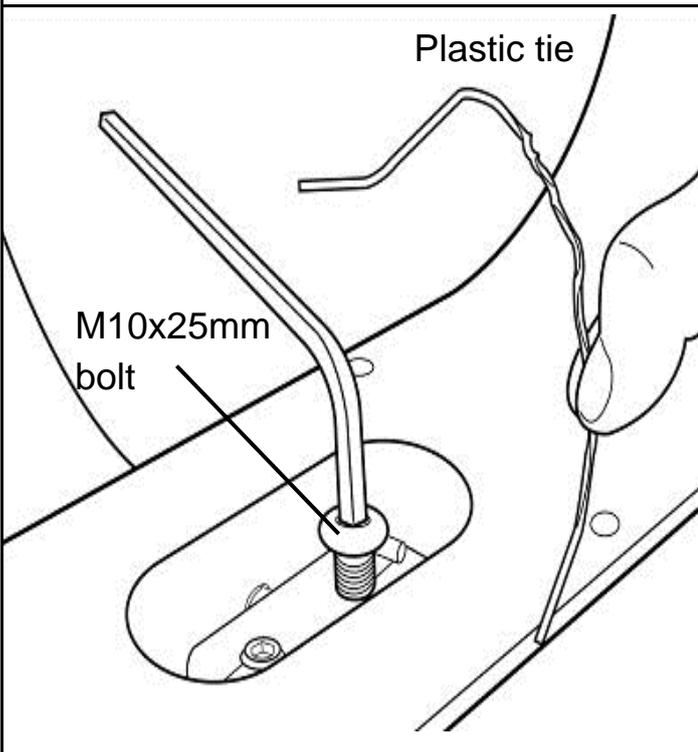
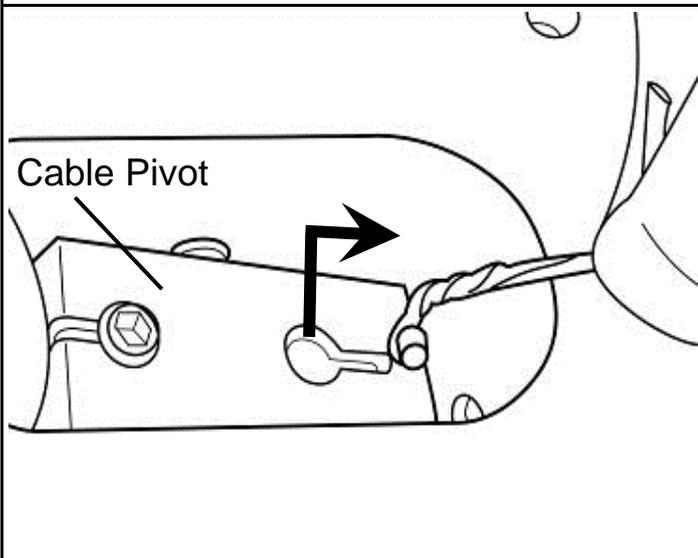
2x M8x45mm Bolt[8], 2x M8 Nylock Nut [11] and 2x M8 Washer[14]



Attaching Armrest cable to Cable Pivot

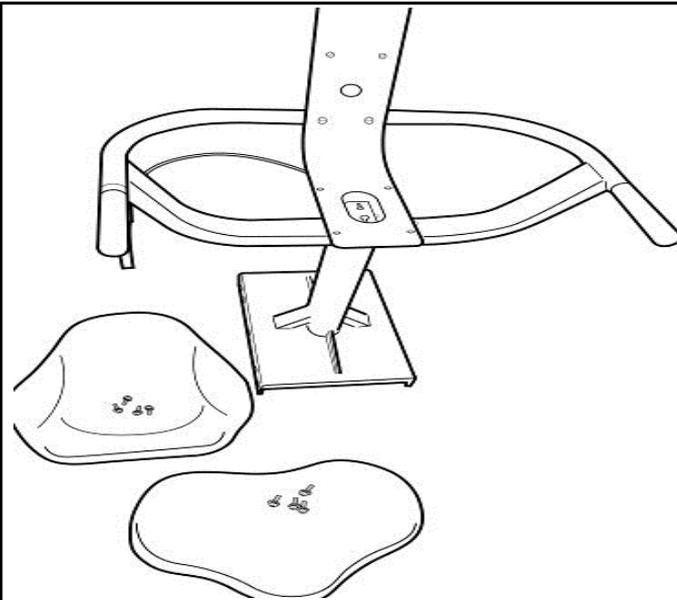


Locate plastic tie, then depress Cable Pivot forward to allow plastic tie to be pulled through the hole in front. Once the cable end is through the hole, slide it forward as shown upper right to prevent cable end from slipping back through.

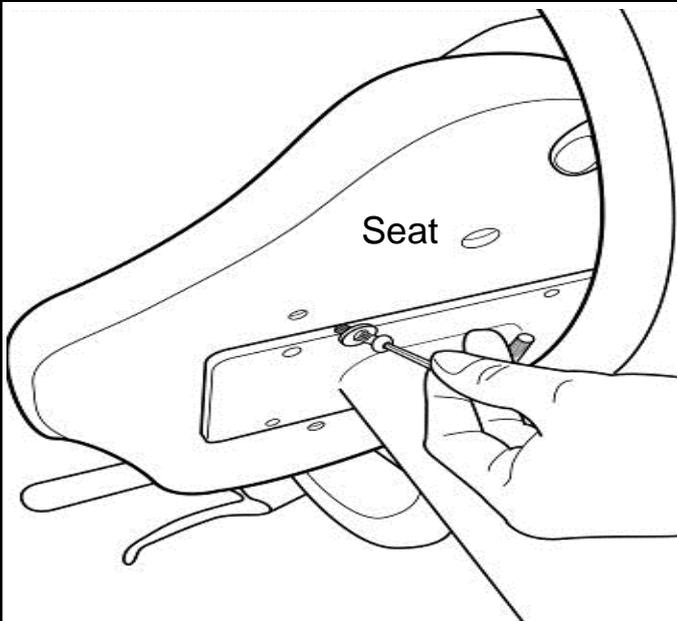


Now secure the cable end with the **M10x20mm bolt[6]**. Before tightening the bolt into position, the plastic tie end can be discarded

Install Seat Back and Seat



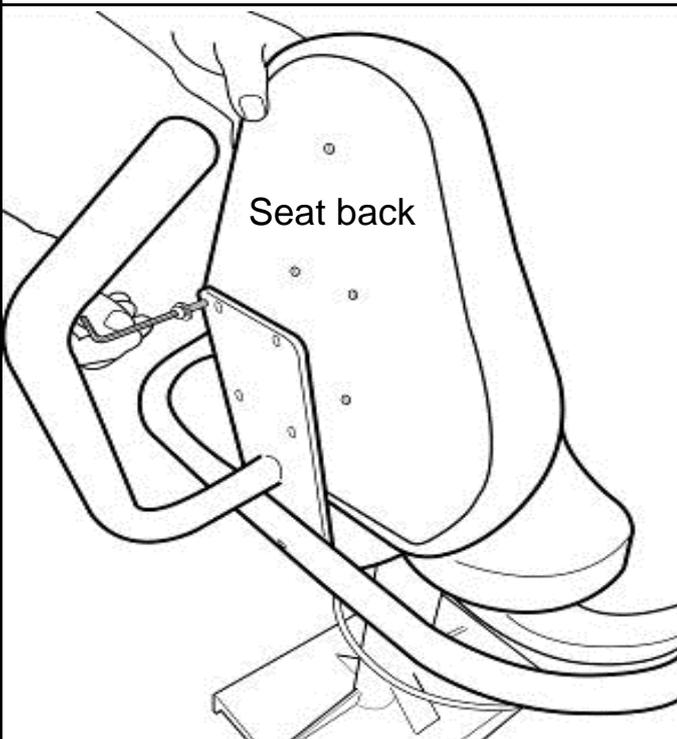
Seat Frame, Seat Back and Seat, **8x M6x20mm Bolt[4]** and **8x M6 Washer [13]**



Install Seat Using **4x M6x20mm Bolt[4]/Washer[13]**.

Install Seat Back with as shown with **4x M6x20mm Bolt[4]/Washer[13]**

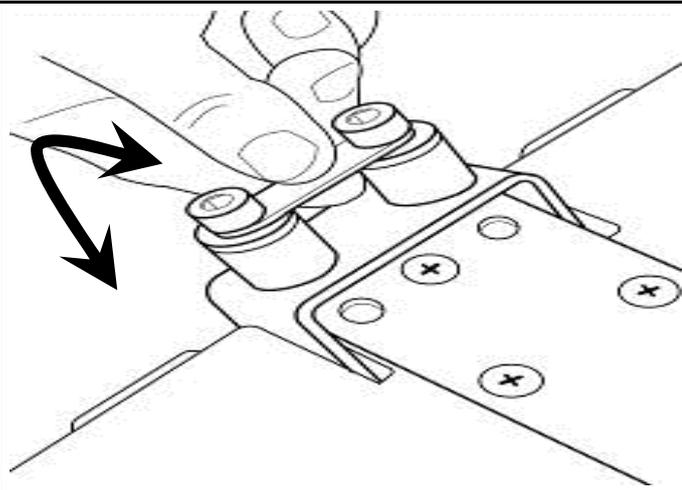
Once seat pads are installed the assembly will be complete. Check to be sure that all bolts are securely tightened and that the cable lever is functioning normally.



To mount the seat onto the completed baseplate assembly, align the seat with the rear of the T-track and depress cable lever. Tip: Lift entire seat slightly and slide onto T-track when level to avoid binding.

Once seat is on T-track, engage the rear seat stop for safety.

Install Seat onto Baseplate



Seat Stop: Must be lowered to allow seat onto Baseplate track.

Must ALWAYS be in the LOCKED position when seat is occupied on Baseplate.

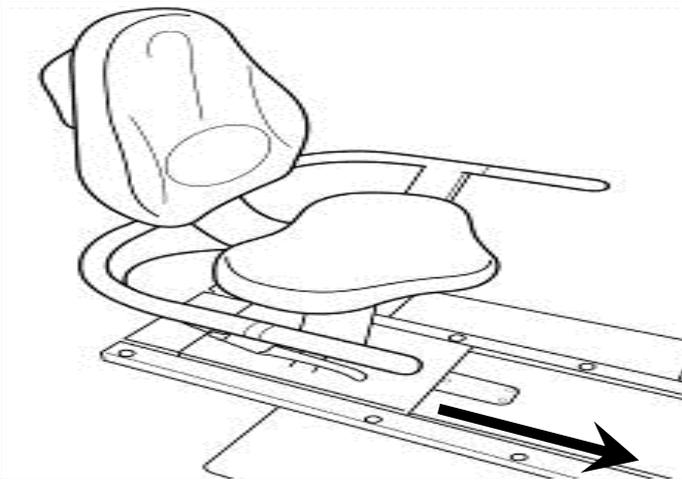
Must be lowered to allow seat removal.

To LOCK, raise and locate. To



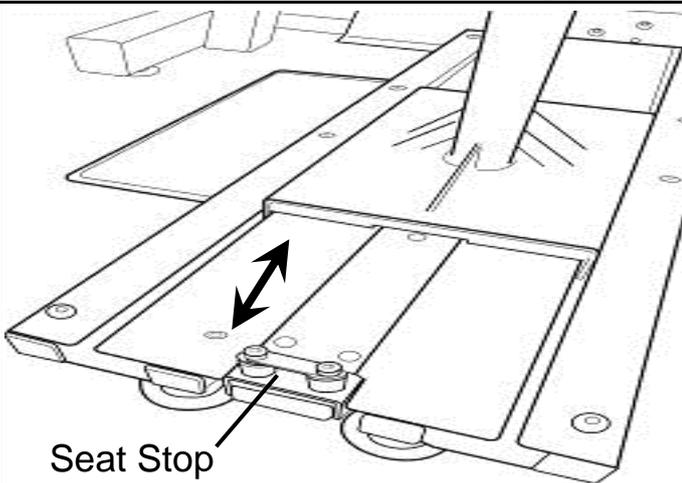
Seat Installation: Tilt the seat slightly upward to allow the front rollers to engage the channel. Then, lift the rear level and, while engaging the Seat Lock Release Lever, slide the seat onto the Baseplate as shown.

Usage: The seat has four positions. To move forward or rearward, depress the Seat Lock Release Lever and move freely to whichever position you require.



CAUTION: The Seat Stop Must be in the LOCKED position whenever the seat is in use.

To remove the seat: Lift and lower the Rear Safety lock, depress the Seat Lock Release Lever and slide the seat rearward.

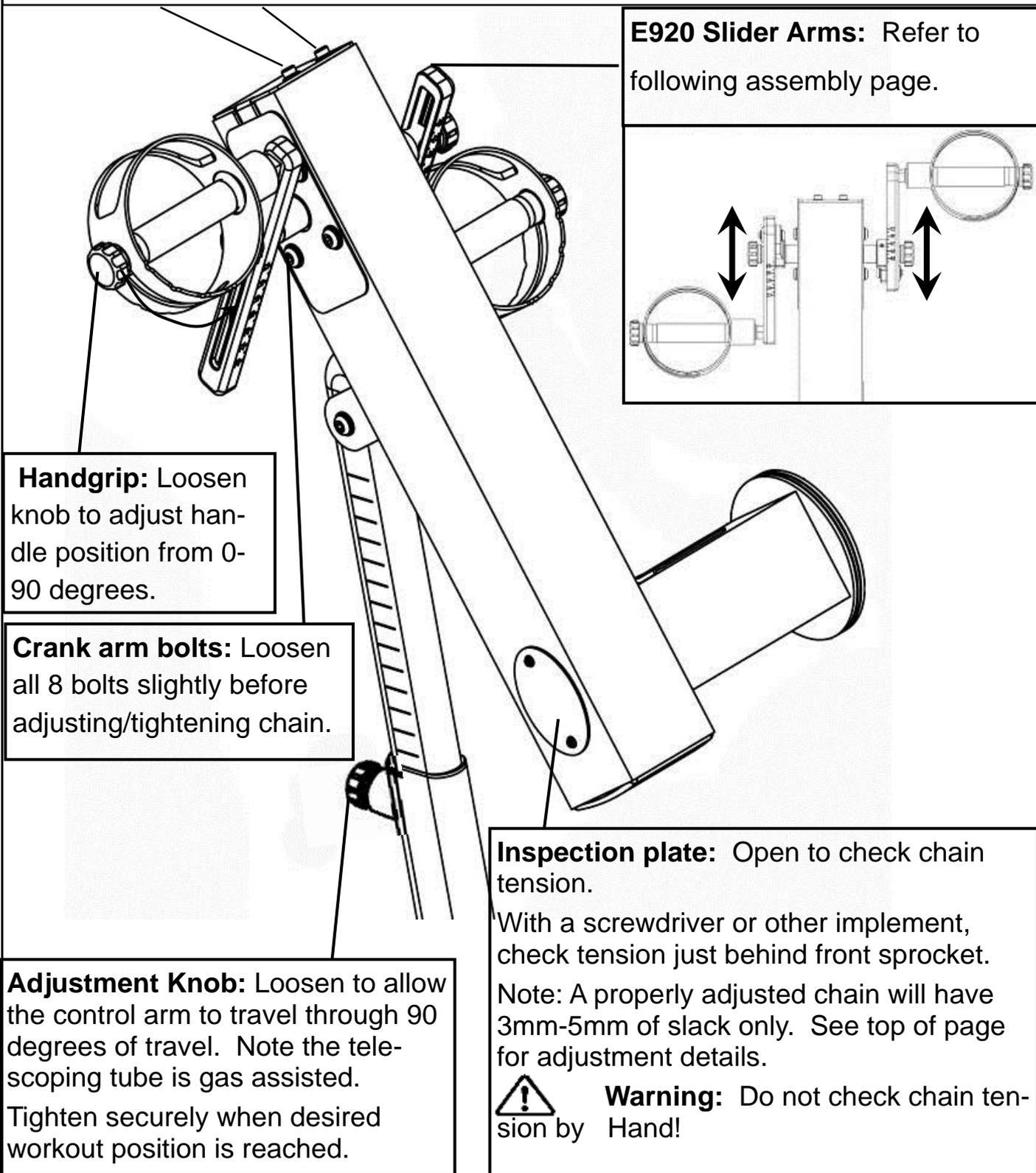


WARNING: Do not under any circumstances attempt to remove/install seat while occupied.

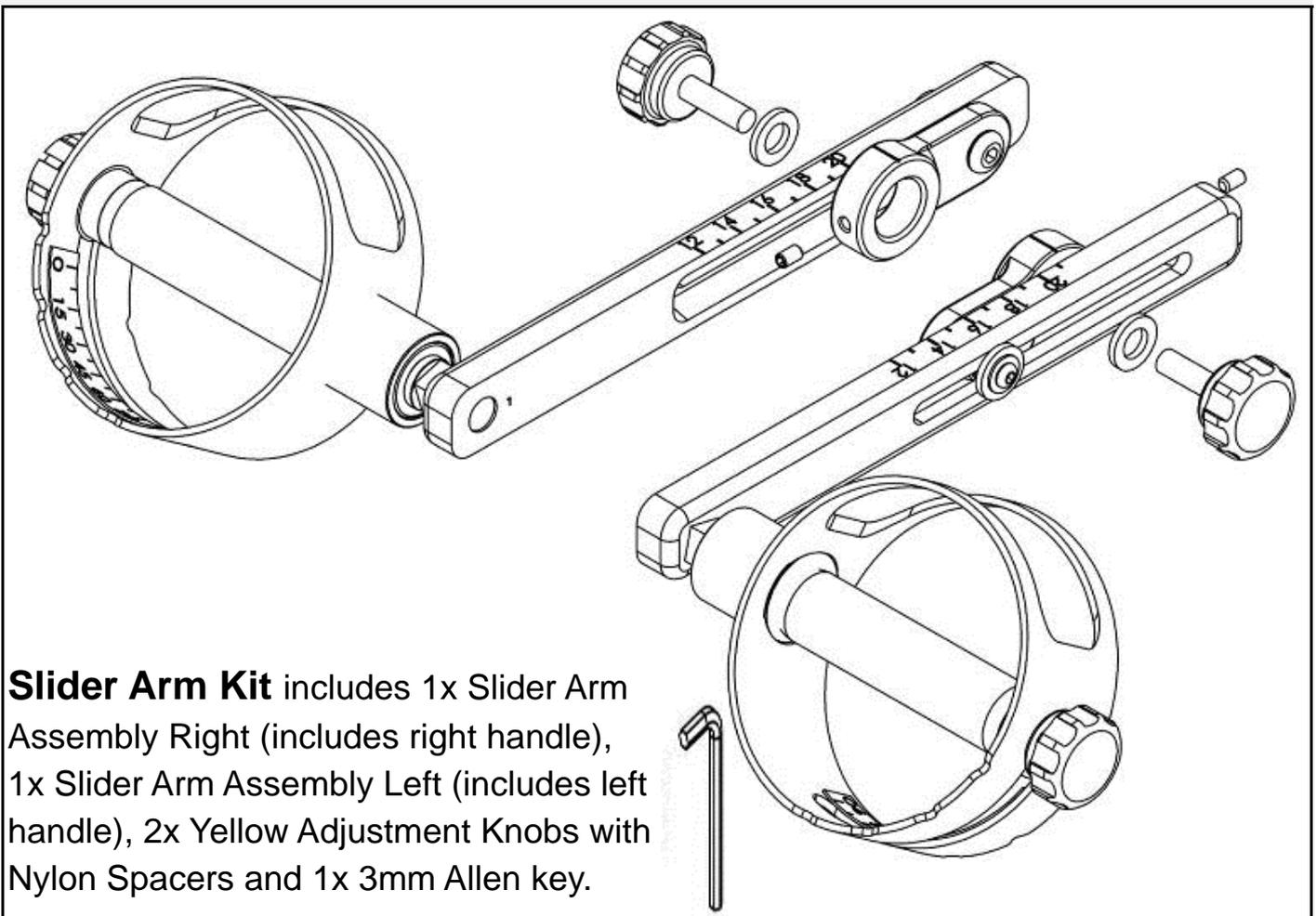
Control Arm

Chain tensioning bolts: Allows for tightening the chain or adjustment from side to side. Make sure when tightening only to adjust the same amount for both bolts, otherwise the sprocket will be misaligned.

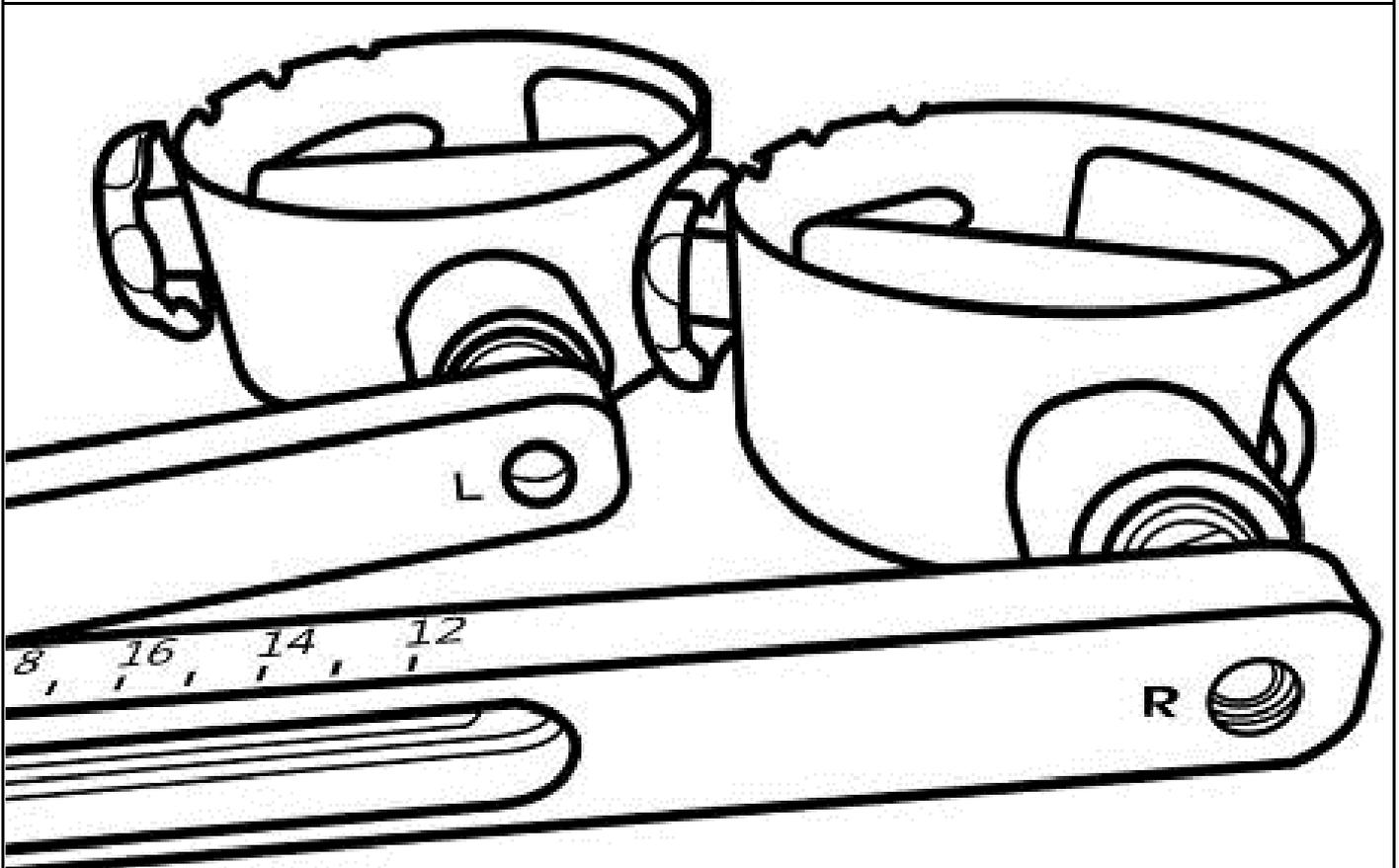
Note: Tightening the right bolt only (turning clockwise) will pull the right side of the crank assembly toward you, tightening the left will pull the left side toward you. Use this feature to realign the rear with the front sprocket if needed or when changing to a new chain.



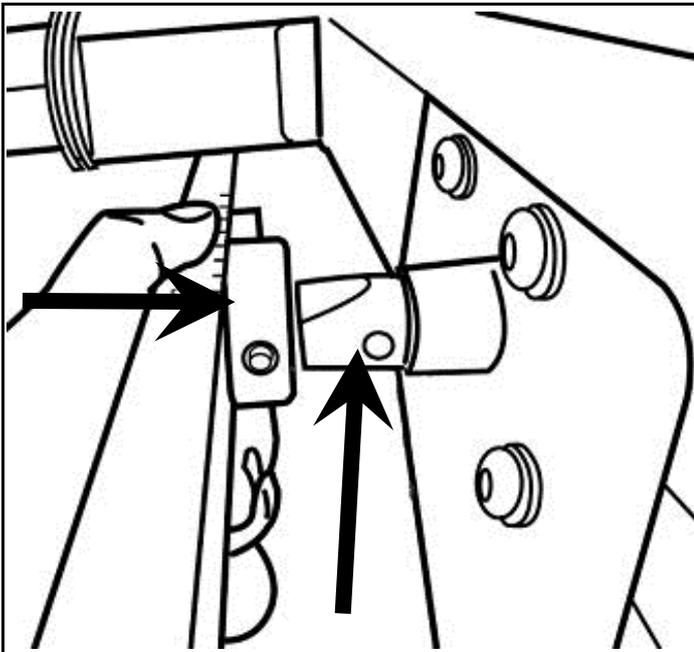
Slider Arm Kit Installation Instructions



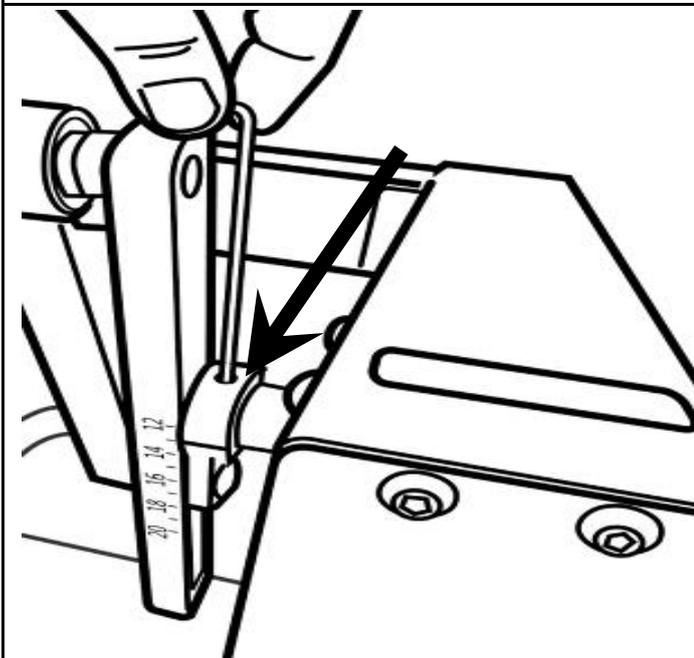
Slider Arm Kit includes 1x Slider Arm Assembly Right (includes right handle), 1x Slider Arm Assembly Left (includes left handle), 2x Yellow Adjustment Knobs with Nylon Spacers and 1x 3mm Allen key.



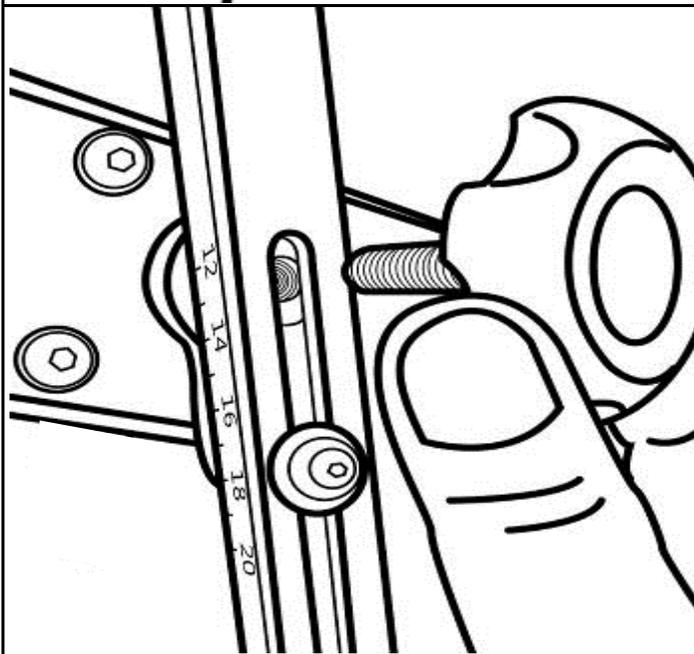
Note: Slider Arms are marked 'L' and 'R'.
Improper installation will result in uneven Slider Arm adjustment.



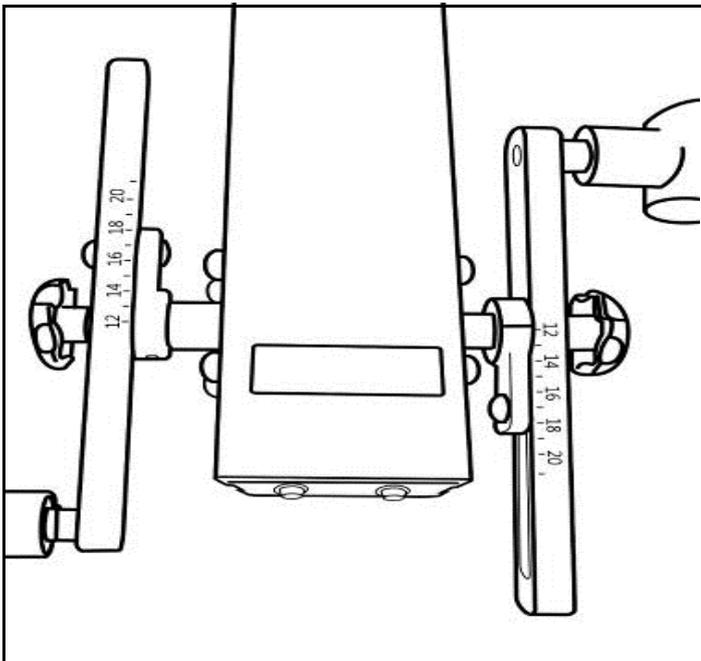
Step 1: Mount the left Slider Arm onto the axle using the yellow indicator hole to align the slider and axle.



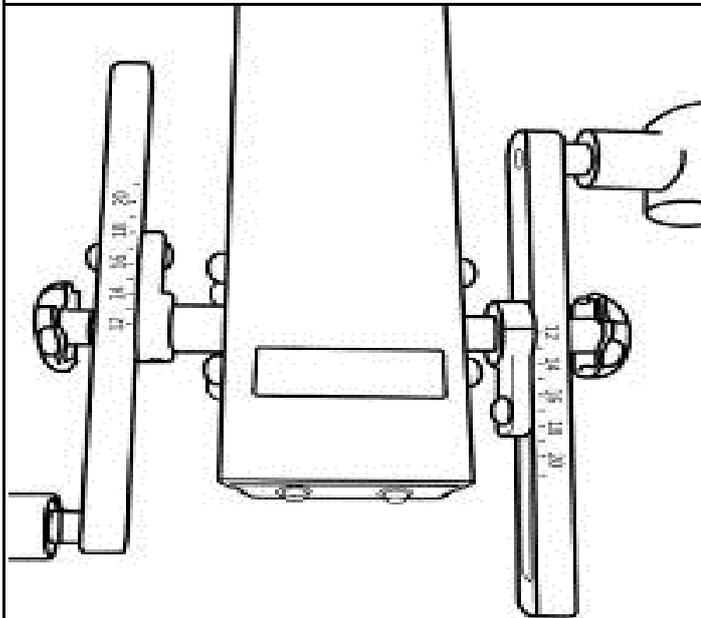
Step 2: Tighten the set screw onto the axle and into the yellow indicator hole using the 3mm Allen key.



Step 3: Thread Adjustment Knob onto axle to secure the assembly.



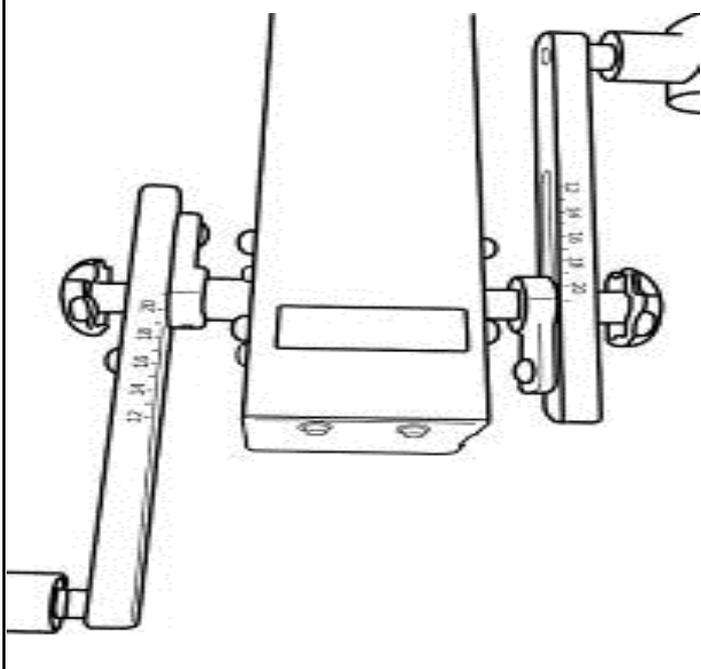
Step 4: Repeat steps 1-3 to install right Slider Arm onto axle.



The E920 Slider Arm Kit offers the user an entire range of added resistance settings and the ability to perform additional upper body workouts.

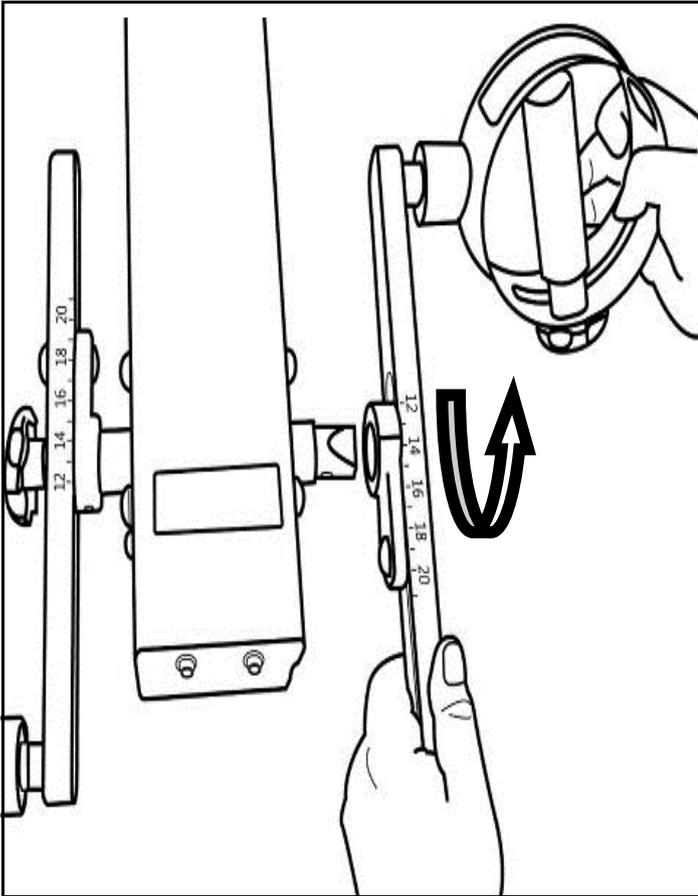
To adjust, simply loosen the Adjustment Knobs, move Slider Arm to desired length and secure. Very little tension is needed.

What do the numbers mean?

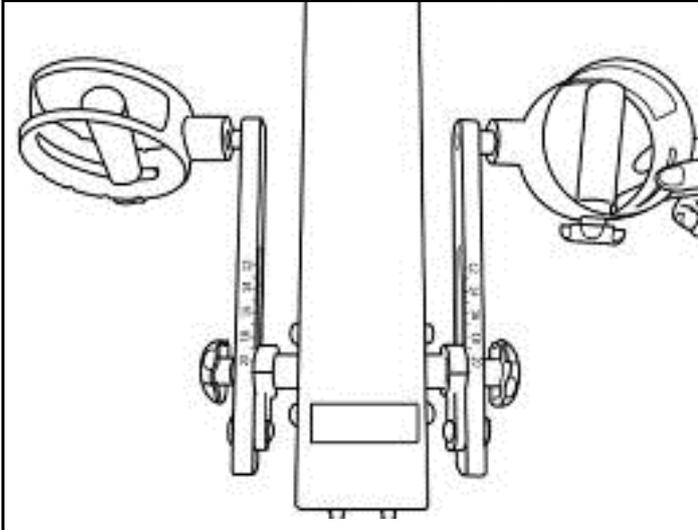


The numbers represent the length (in cm) from the center of the axle to the center of the handgrip shaft bolt. The shortest Slider Arm length is 12cm and the maximum length is 21cm. The range of adjustment is 9cm.

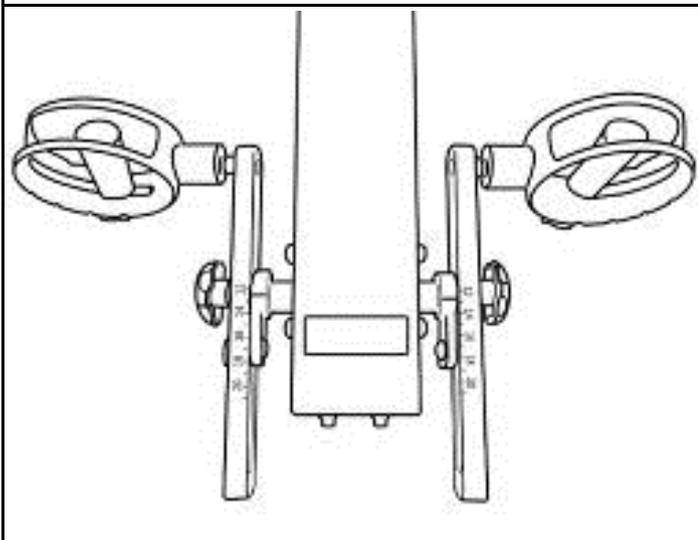
Using Slider Arm



Additional Exercises: Training can now be achieved with both left and right Handgrips moving parallel , rather than in an opposed motion.



Step 1: On the right Slider Arm Assembly, remove the adjustment knob, loosen set screw and remove Assembly from axle.



Step 2: As shown below, rotate right Slider Arm 180 degrees and reinstall on-to axle. There is an additional screw locator hole located on opposite side of axle .

Tank Filling and Water Treatment

Note: A large bucket is required for filling (Not included).

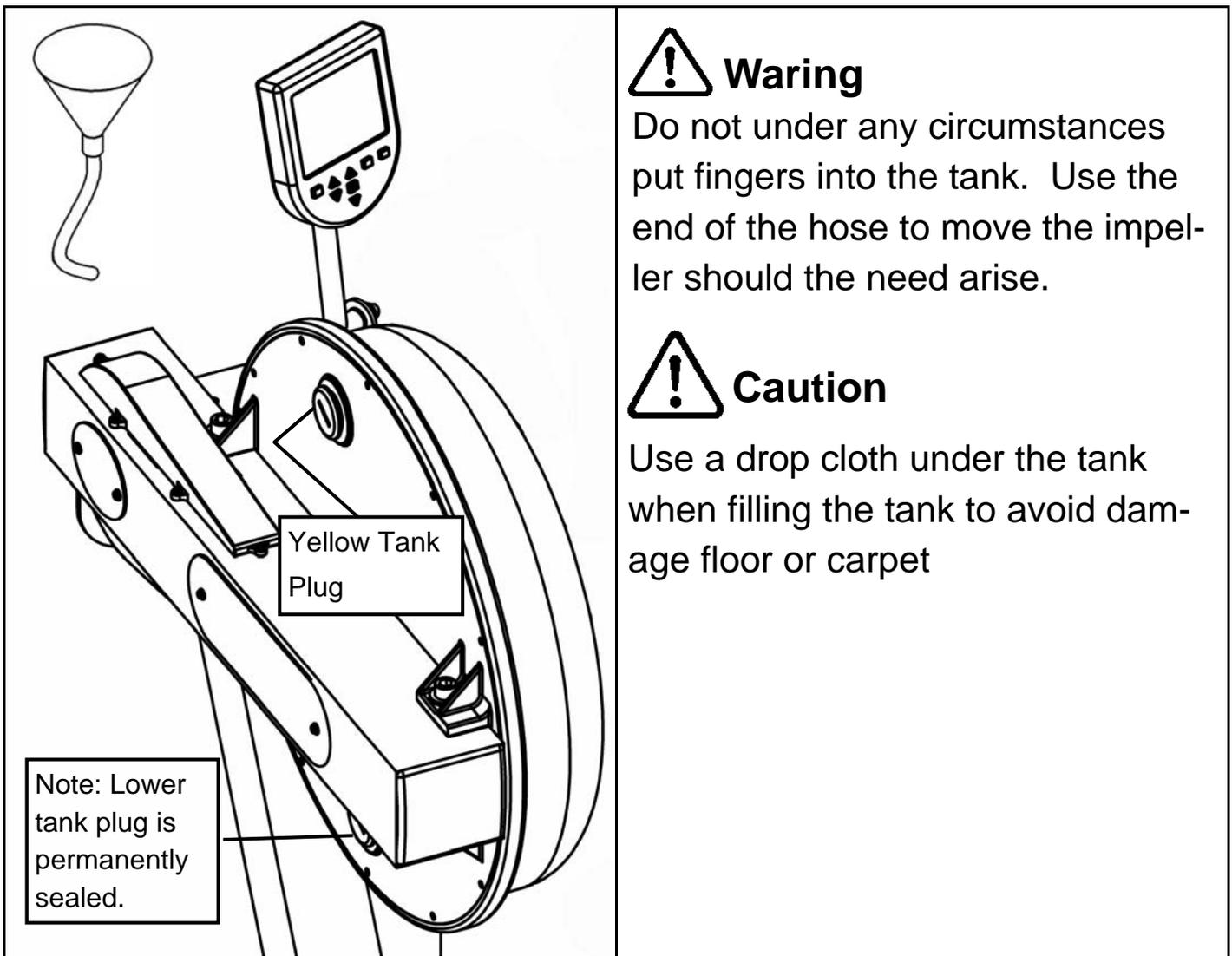
In areas where tap water quality is known to be poor, FDF recommends the use of distilled water.

Open the tank plug and insert hose into tank (rotating the impeller slightly may be necessary to allow the hose to pass), 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. A properly filled tank holds approximately 8 liters of water.

Water Treatment Procedures:

Add Chlorine tablet

Note: The amount of water treatment can vary widely depending on the Rower's location and exposure to sunlight. DO NOT, UNDER ANY CIRCUMSTANCES USE ANY TREATMENT TABLETS OTHER THAN THOSE SUPPLIED WITH YOUR ROWER. Your rower box contents include 4x water treatment tablets, which is sufficient for several years of water treatment. Treat when water becomes discolored or shows signs of Algae/Bacterial growth. To purchase additional chlorine tabs, please consult your nearest regional dealer/distributor or check our website at www.firstdegreefitness.com



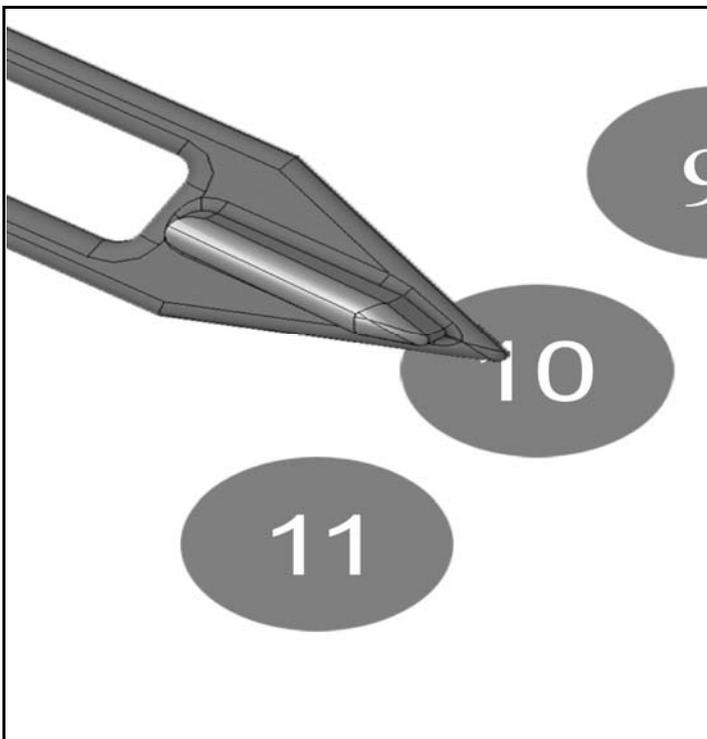
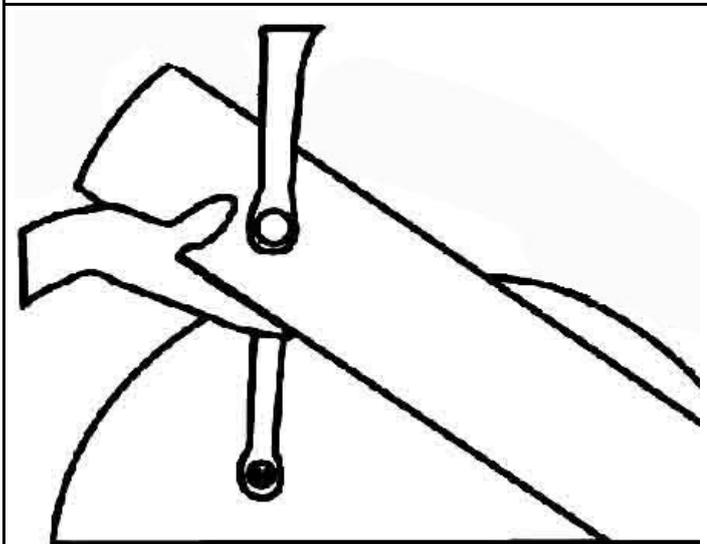
Long Term Water Treatment and Basic Operation

CAUTION

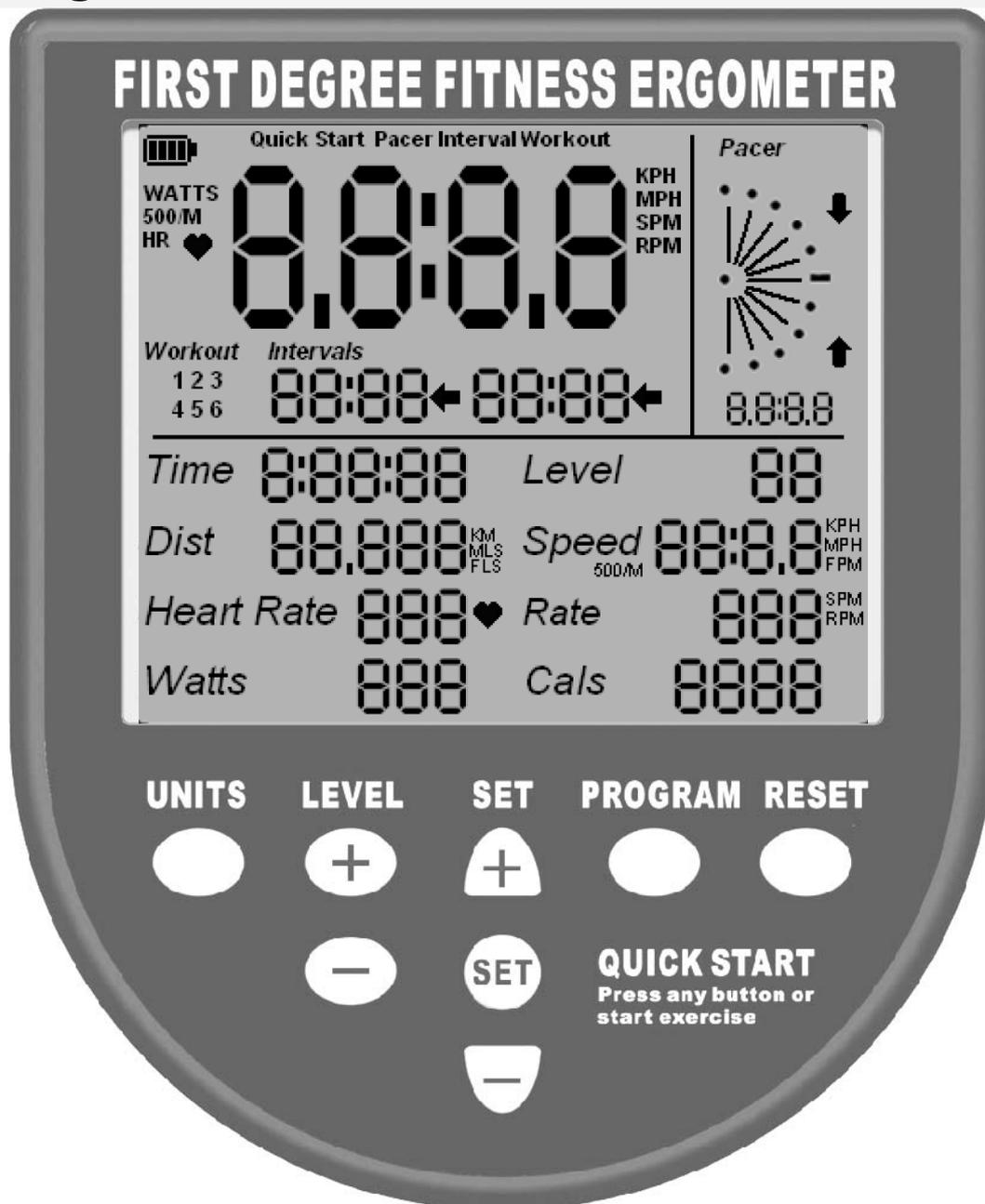
Important: Do not fill past the calibration mark as indicated on the tank level sticker or water spillage may occur. See tank filling and water treatment page for details.

Long term water treatment:

Water treatment schedules for the E820 will vary according to the fluid tanks exposure to sunlight but expect 8-12 months near a bright, sunlit window and 2-4 years for a darker location. At the point of finding the water slightly green, add a Chlorine tablet.

	<p>Resistance: The level of resistance is determined by the level indicator located on the front of the tank. Level one indicates lightest resistance, level twenty represents heaviest resistance. Allow three to four seconds after adjusting resistance handle for the correct resistance level to be achieved.</p>
	<p> Warning: Removing hands before the crank comes to a complete stop while training can cause injury. The crank is direct drive so as to allow both forward and reverse rotation during workouts.</p>

Rower Ergometer



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 E-920 Series rower.

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

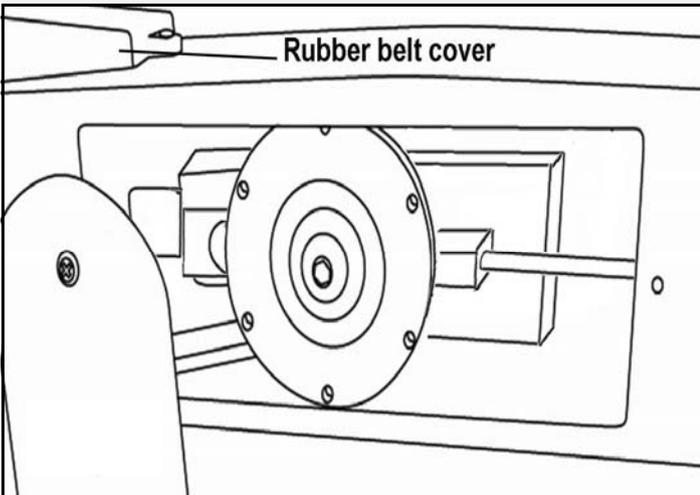
Maintenance Chart

Item	Timeframe	Instructions	Notes
Seat and Frame.	Weekly.	Wipe down weekly with lint free cloth or more often with heavy club use.	
PK belt tension.	Monthly.	Check monthly for signs of slippage. Refer to "Tank belt adjustment" page.	
Tank and water treatment.	12 months to 4 years.	Follow instructions as specified in the "Water Treatment" section of this manual.	
Chain drive.	Check every 100 hours for correct tension.	Open the inspection plate and check tension using a screwdriver or other tool. Tighten as required and refer to "E920 Control Arm" page for instructions.	
E920 HandGrip Assembly.	Check weekly using Multi-Tool(supplied) to ensure HandGrip Assembly is securely tightened into Crank Arm.	The HandGrips should be checked on a regular basis. Continued use of a loose HandGrip can cause damage to the Crank Arm threads, necessitating replacement.	

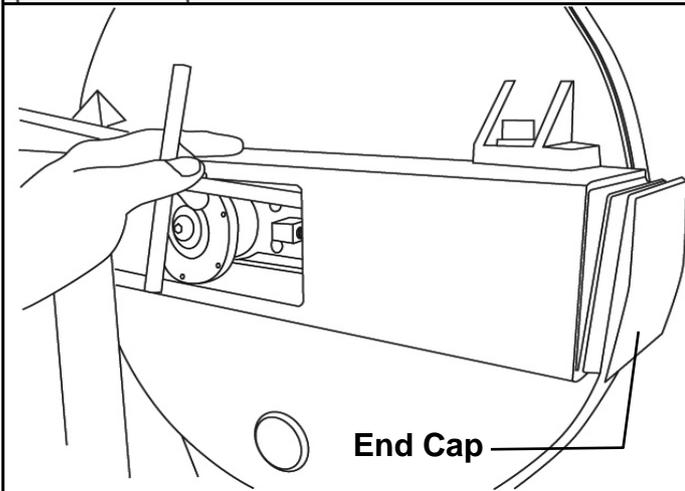
Troubleshooting

Fault	Probable Cause	Solution
Tank internal surfaces show green deposit.	Rower is in direct sunlight or has not had water treatment.	Add water treatment or change tank water as directed in the water treatment section of this manual. Consider using distilled water to refill tank.
Knocking noise from inside the control arm while training, especially when changing directions.	Chain requires tightening or adjustment.	Open inspection plate located on front of control arm and check tension using a screwdriver or other tool. Use the chain tensioning bolts located at the rear of the control arm to tighten or adjust as needed. The chain should have approx 3mm of slack when properly adjusted. See P.6 for details.
HandGrips slip during hard training.	PK tank belt requires tightening.	Remove large inspection plate next to the tank, insert a long tool to push the rear end cap out from the inside, exposing the tank belt tensioning bolt. Loosen tank bolts slightly. Remove upper rubber belt cover to expose the PK belt. Tighten the tank tensioning bolt until the belt is too tight to be twisted from side to side more than 45 degrees by hand. See P.15 for details
HandGrip is loose (either left or right) and cannot be retightened.	Crank arm threads are stripped.	Contact service center for replacement. Then check weekly as recommended.
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. Open main inspection cover and check behind magnetic ring. Sensor head to ring gap should be no more than 2.5mm.
The E920 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 E920 computer display is erratic/slow while displaying RPM and WATTS	Gap between sensor and magnetic ring is too wide.	Once inspection plate is removed, check behind magnetic ring and inspect sensor head/ring distance. Gap should be 2.5mm wide or less. Check Magnetic ring for wobble.

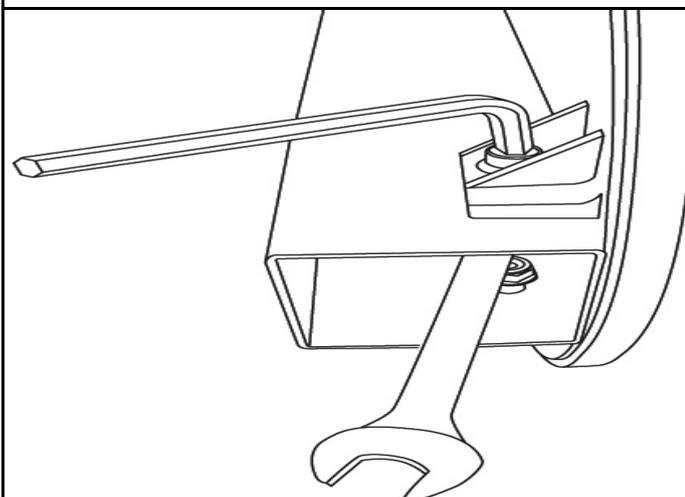
Tank Belt Adjustment



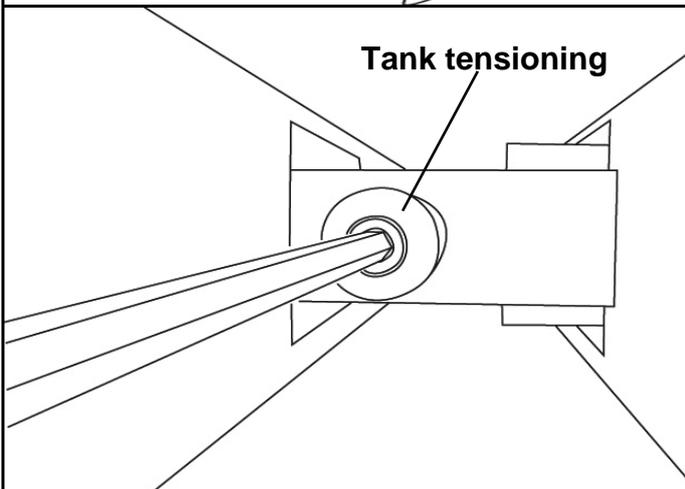
Remove large metal inspection plate as shown above right.



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



Loosen both the front and rear tank bolts as shown below. Remove front rubber belt cover.



Using a 6mm Allen key, tighten the belt using the tank tensioning bolt until the belt no longer slips during hard rowing.

Tip: Twist the belt by hand to gauge tightness. Correct tension should be obtained when no longer able to twist more than 45 degrees.

Note: Do not over tighten tank bolts.

FLUID CYCLE XT & UPPER BODY ERGO (UB-E920)

INTERNATIONAL WARRANTY – 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 Upper Body Ergometer (model UB-E920)**, 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 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) – 1 Year Limited Warranty

First Degree Fitness will repair or replace any component should it fail due to any defect in materials or workmanship within 1 year of the original purchase.

Specific Inclusions

- Pedals & toe straps
- Hand grip assemblies
- Seat
- All rubber components
- Computer & speed sensor (excluding replaceable batteries)
- All drive belts & chains
- Crank arms
- All pulleys, rollers & bearings

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 commences at time of sale but no later than six (6) months from date of original shipment
- 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