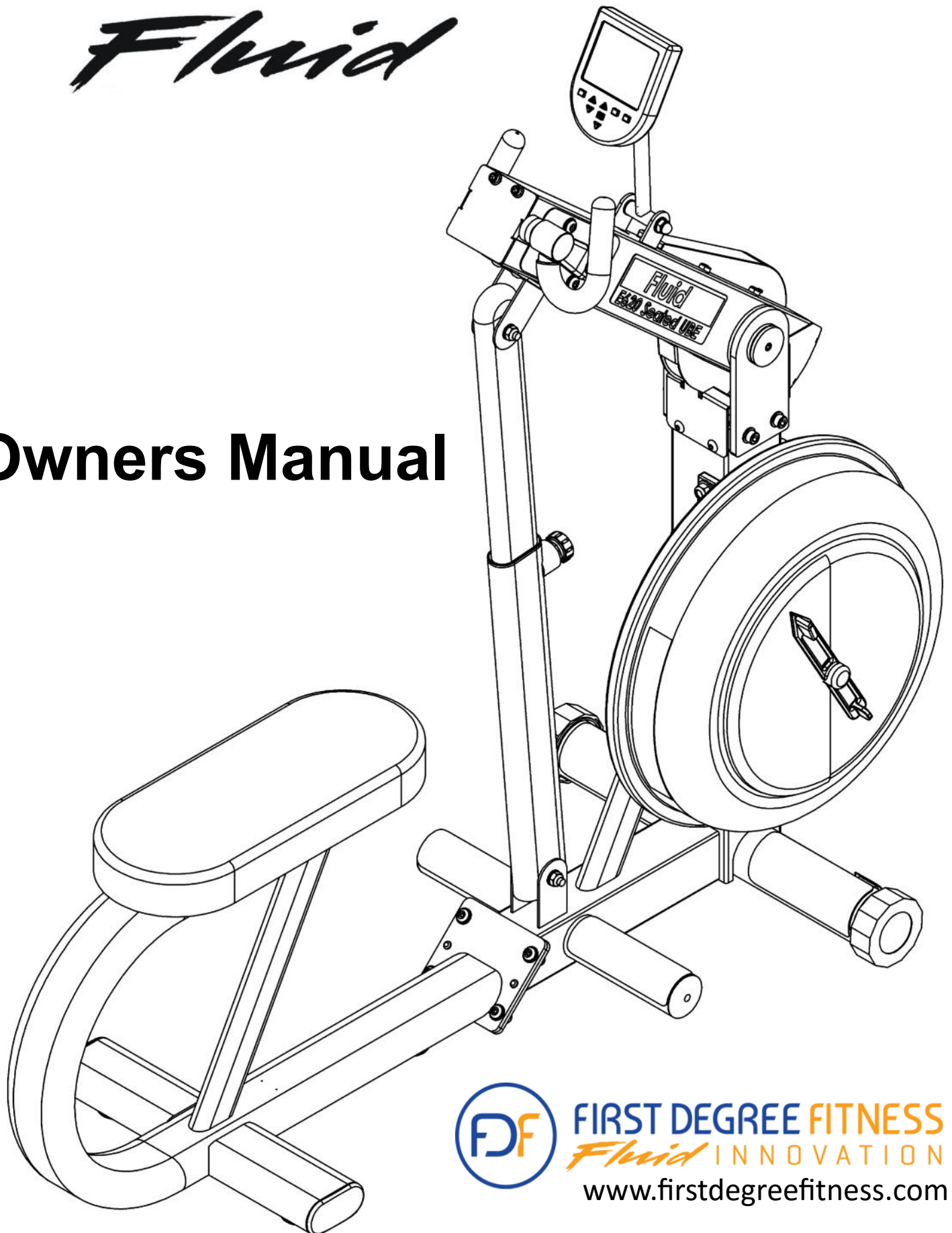


# ***E620 Seated UBE***

***Fluid***

## **Owners Manual**



**FIRST DEGREE FITNESS**  
*Fluid* INNOVATION

[www.firstdegreefitness.com](http://www.firstdegreefitness.com)

## Training with E620

1. As with any piece of fitness equipment, consult a physician before beginning your E620 exercise program.



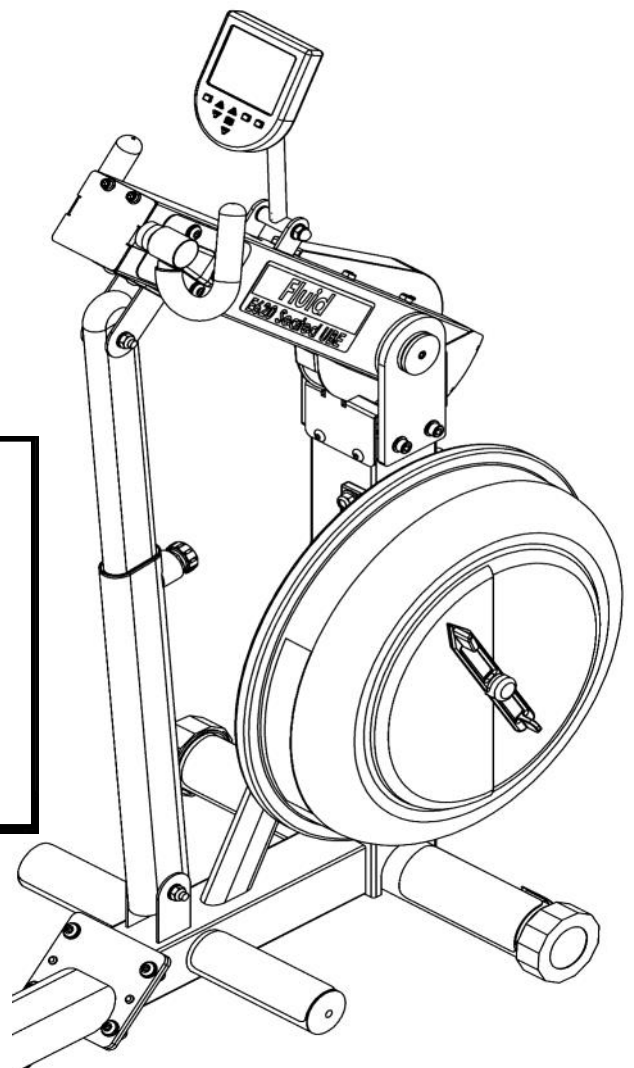
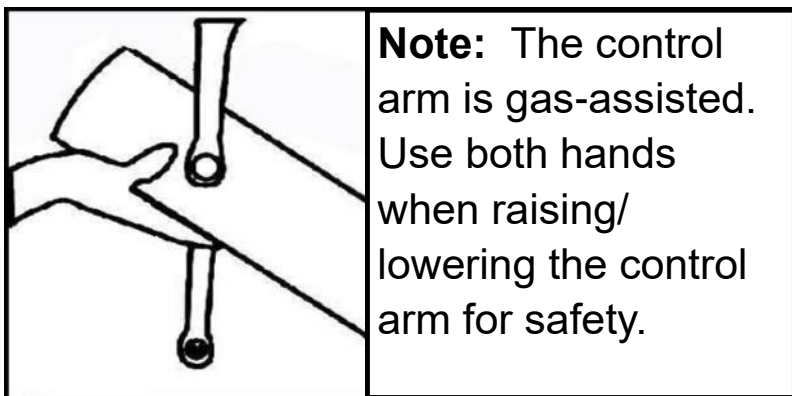
### CAUTION:

2. Use two hands and follow all safety instructions when raising/lowering the E620 control arm.
3. Do not remove hands while crank is in motion. The crank will continue to rotate and could cause injury.



### Warning:

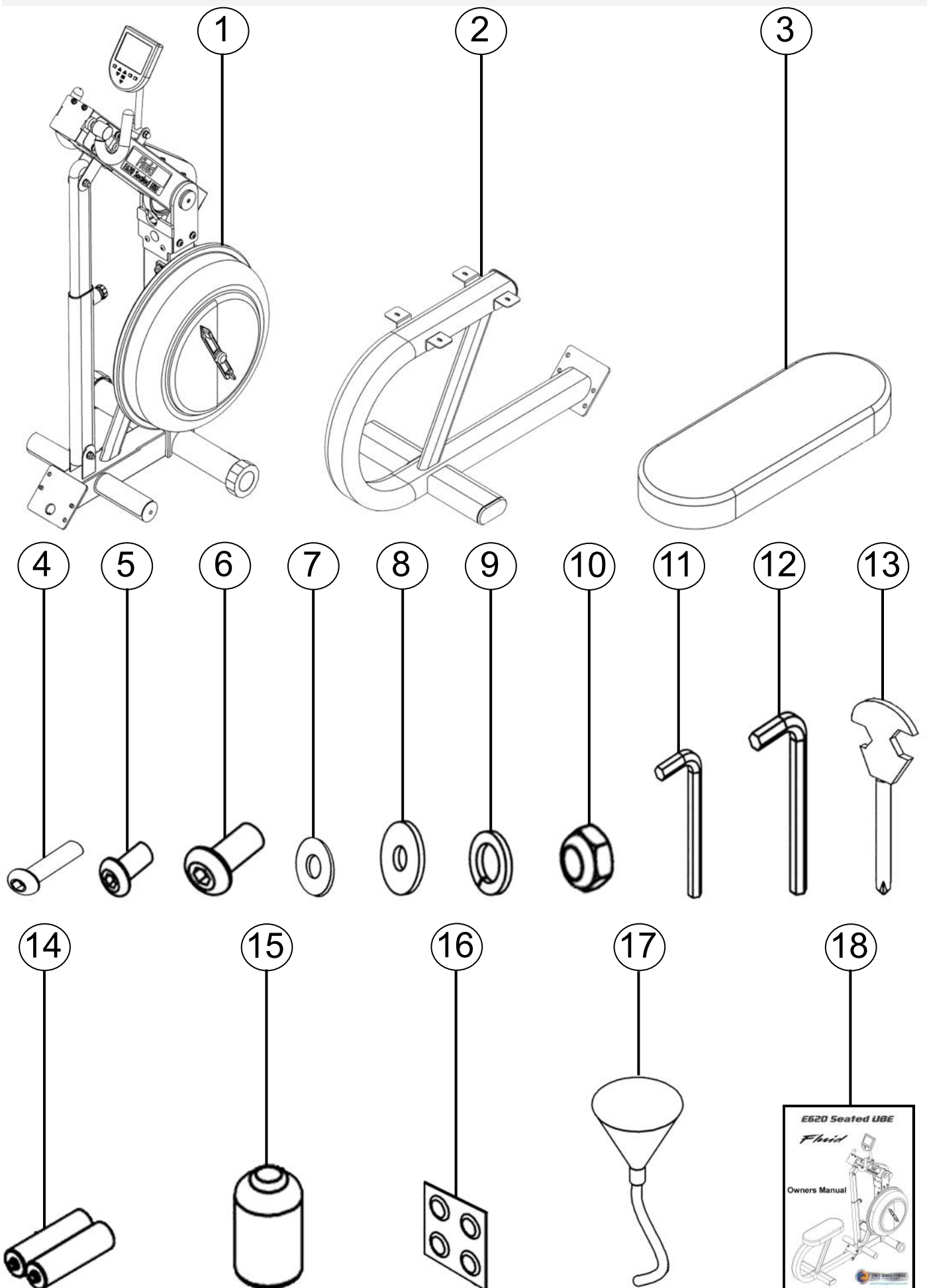
4. Keep fingers clear of pivot points during both assembly and use.



# Contents

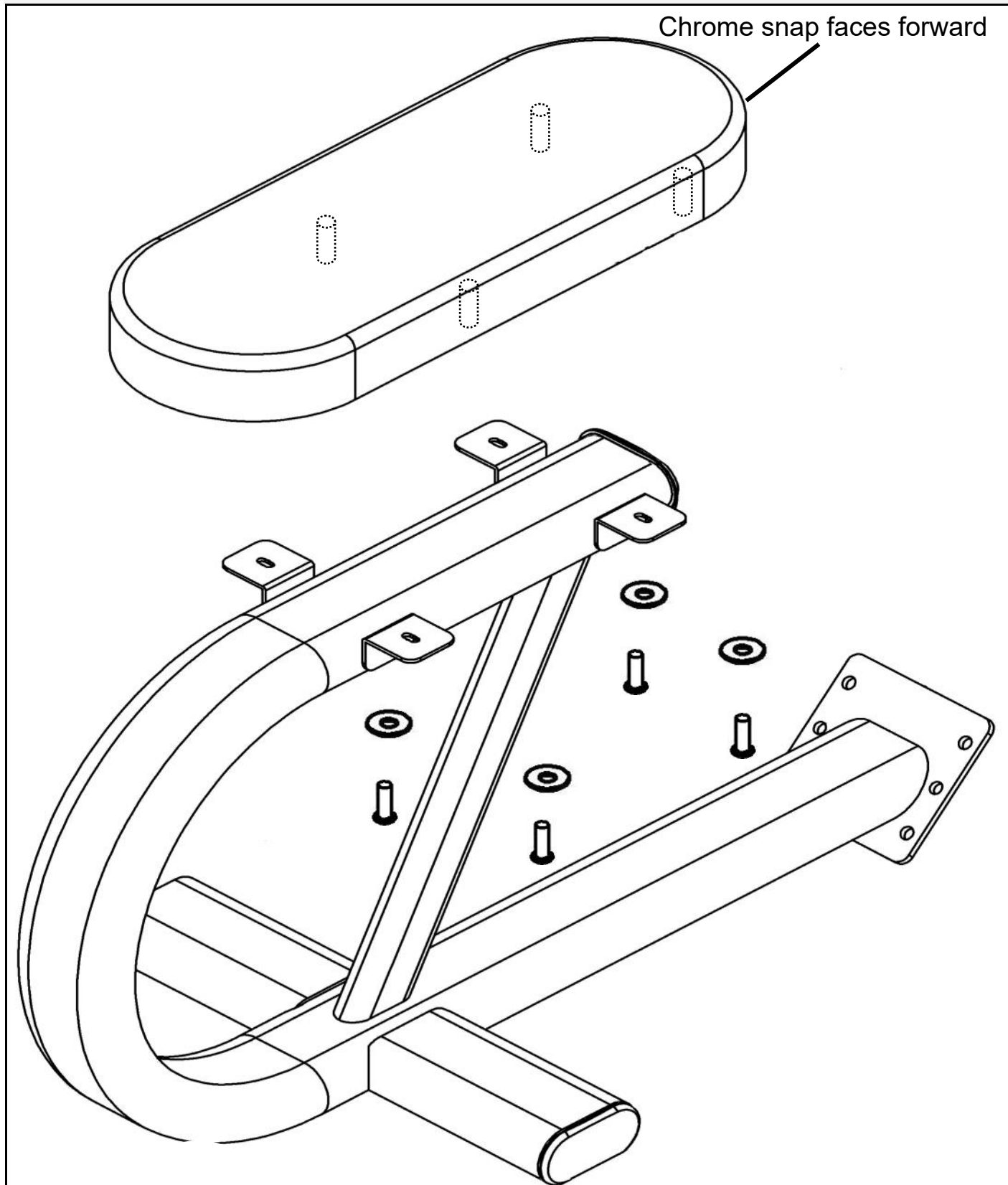
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## Box Contents



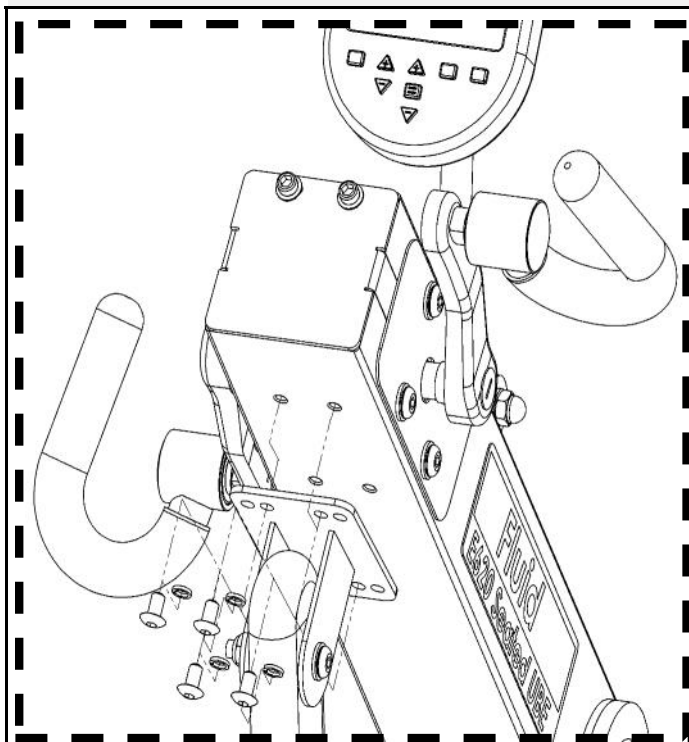
Item	Qty	Description	Item	Qty	Description
1	1	MainFrame	10	2	M10 Nylock nut
2	1	Seat Frame	11	1	4mm Allen key
3	1	Seat	12	1	6mm Allen key
4	4	M6x20mm bolt	13	1	Multi-tool
5	4	M8x15mm bolt	14	2	AA Batteries
6	2	M10x25mm blot	15	1	Touch up paint
7	4	M6 Washer	16	4	Water Treatment Tablet
8	2	M10 Washer	17	1	Funnel and Hose
9	4	M8 Spring Washer	18	1	Owners Manual

## Assembling Seat Frame and Seat

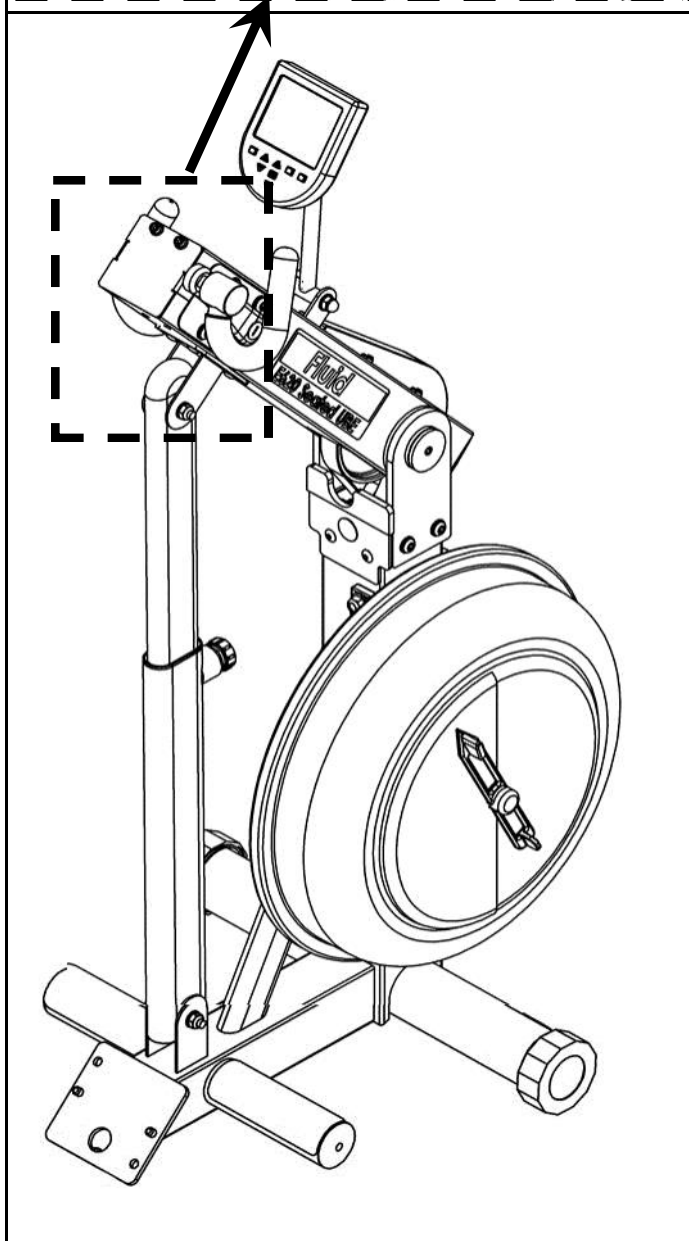


Remove **Seat frame[2]** and **Seat[3]** from box. Attach seat using **4x M6x20mm bolts[4]** and **4x M6 washers[7]**.

## Assembly telescoping tube to control arm



Attach telescoping tube to control arm using **4x M8x15mm bolts[5]** and **4x M8 spring washers[9]**.



### CAUTION:

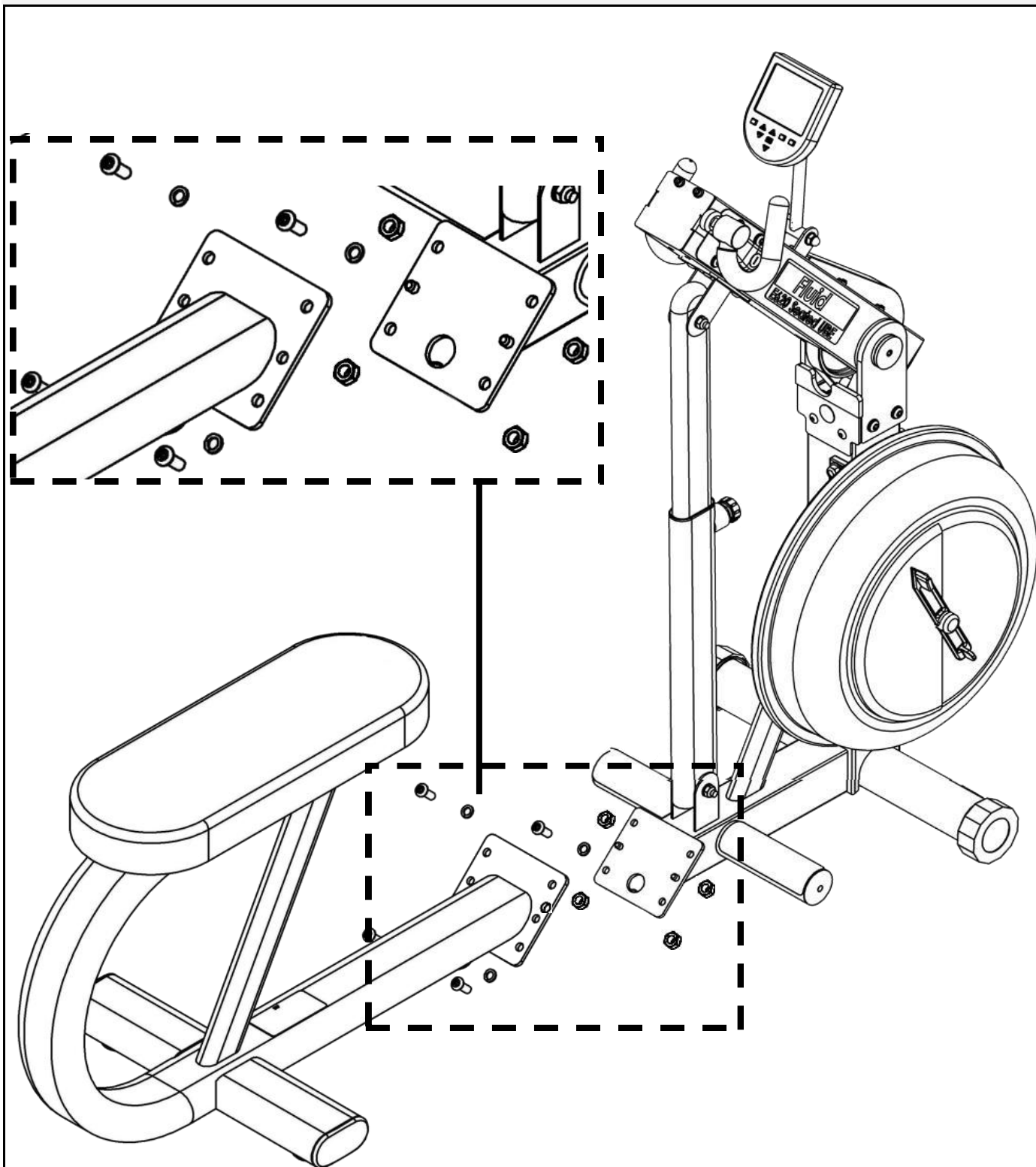
The control arm is heavy and may swing freely during this stage of assembly. The yellow tension knob is pre-tightened from the factory in the optimal position for assembly in relation to the control arm. Do not loosen the yellow tension knob until the telescoping tube has been safely secured to the underside of the control arm as pictured left.



### WARNING:

Keep fingers clear of pivot points at all times.

## Assembly Seat Frame to the Mainframe



Attach the seat frame to the mainframe using **4x M10x25mm bolts**, **8x M10 washers** and **4x M10 nylock nuts**.

Tighten securely



# Tank filling and water treatment

Note: A 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 yellow fill plug on back of tank and insert hose (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](http://www.firstdegreefitness.com)*

<p>Funnel and Hose</p> <p>Yellow tank fill plug</p> <p>Note: the lower tank plug is permanently sealed.</p>	<p><b>Caution:</b></p> <p>Use a drop cloth under the tank when filling the tank to avoid damage floor or carpet</p>						
	<table border="1"><tr><td data-bbox="794 1227 925 1326"></td><td data-bbox="925 1227 1380 1326"><b>Warning:</b></td><td data-bbox="1380 1227 1493 1326"></td></tr><tr><td colspan="3" data-bbox="794 1326 1493 1550"><p><u>Impeller blades are sharp! Do not put fingers into the tank.</u> Use the end of the hose to move the impeller should the need arise.</p></td></tr></table>		<b>Warning:</b>		<p><u>Impeller blades are sharp! Do not put fingers into the tank.</u> Use the end of the hose to move the impeller should the need arise.</p>		
		<b>Warning:</b>					
<p><u>Impeller blades are sharp! Do not put fingers into the tank.</u> Use the end of the hose to move the impeller should the need arise.</p>							
<p><b>Draining the Fluid tank:</b></p> <p>When outdoors simply open the yellow fill plug and lie the E620 on its side to facilitate drainage. Indoors a container capable of holding 8 liters of water will be required</p>							

## Long Term Water Treatment and Basic Operation

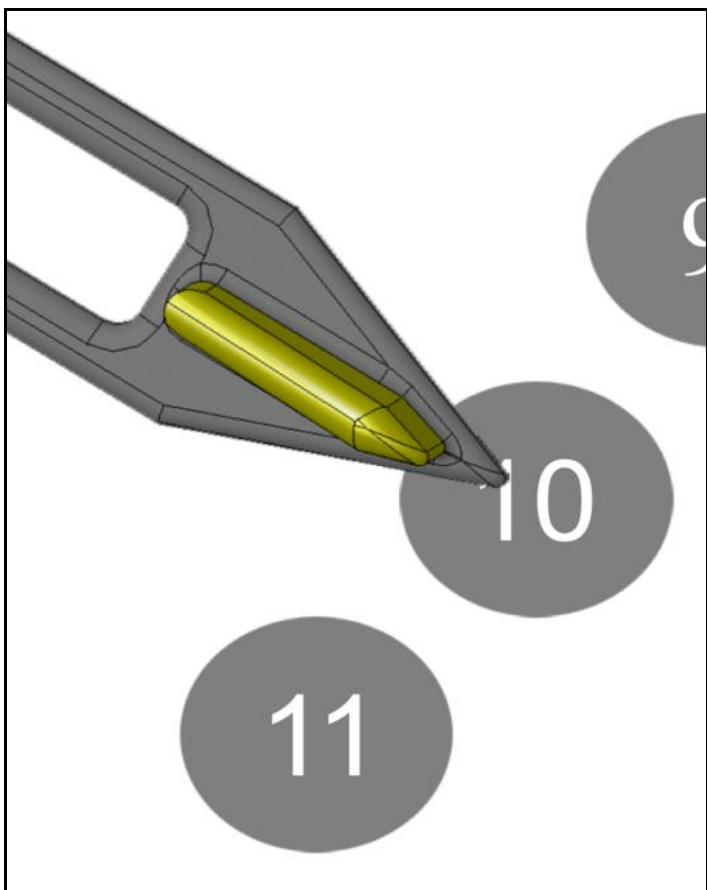


### Important:

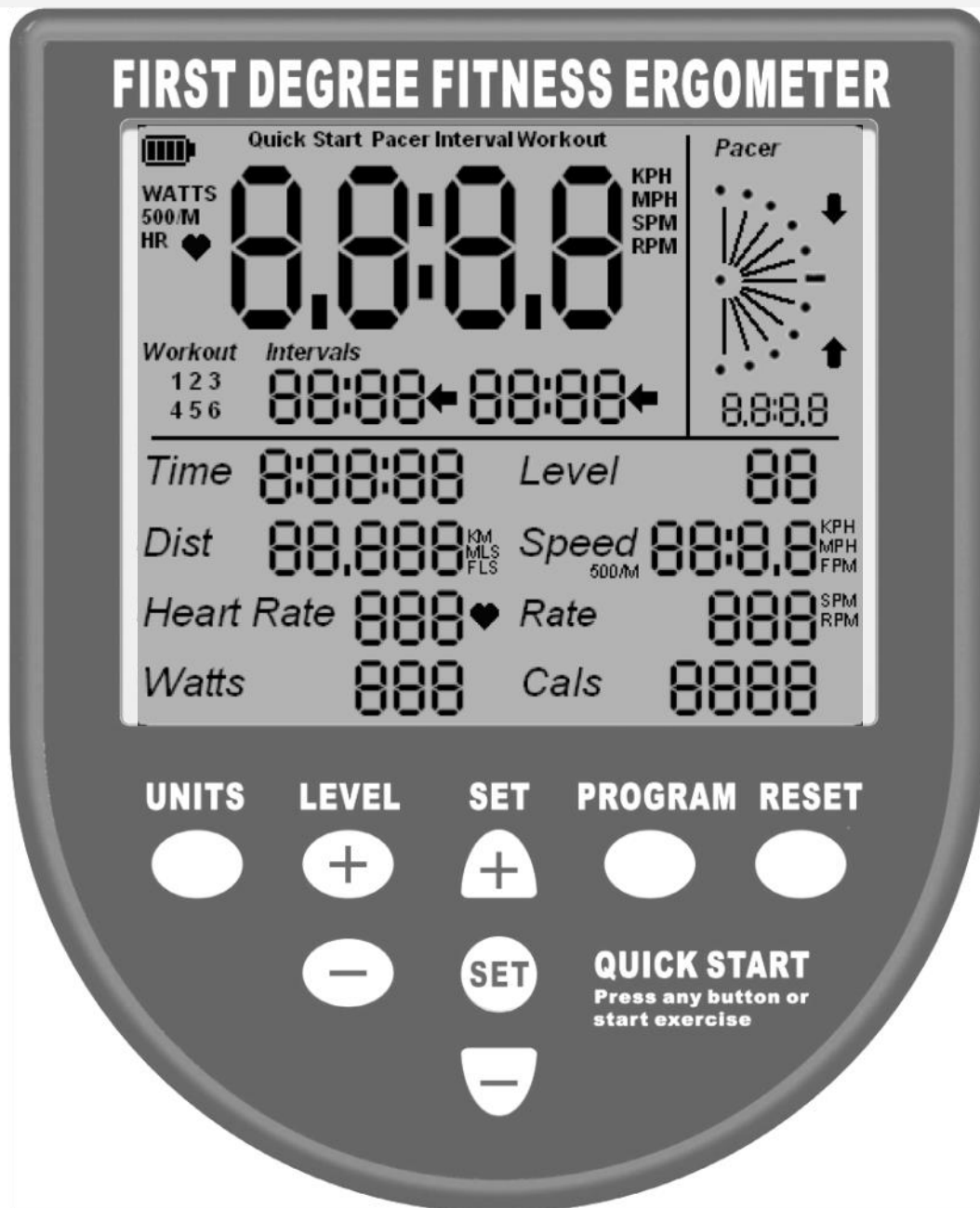
**Important:** Do not fill past the calibration mark as indicated on the tank level sticker or water spillage may occur. See tank filling/water treatment page for details.

### Long term water treatment:

Water treatment schedules for the E620 will vary according to the fluid tanks exposure to sunlight, but expect 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 chlorine tablet.

	<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 twenty represents heaviest resistance.</p> <p>Use the level +/- buttons on the E620 computer to match the resistance setting on the fluid tank.</p> <p>Allow three to four seconds after adjusting resistance handle for the correct resistance level to be achieved.</p>
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# 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-620 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](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)

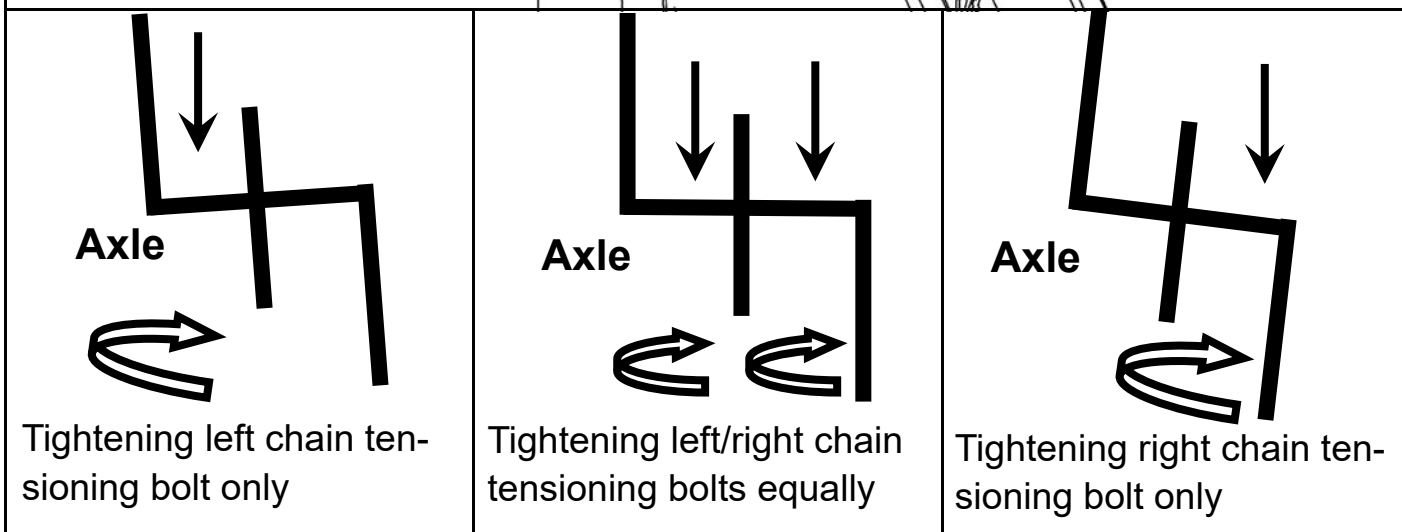
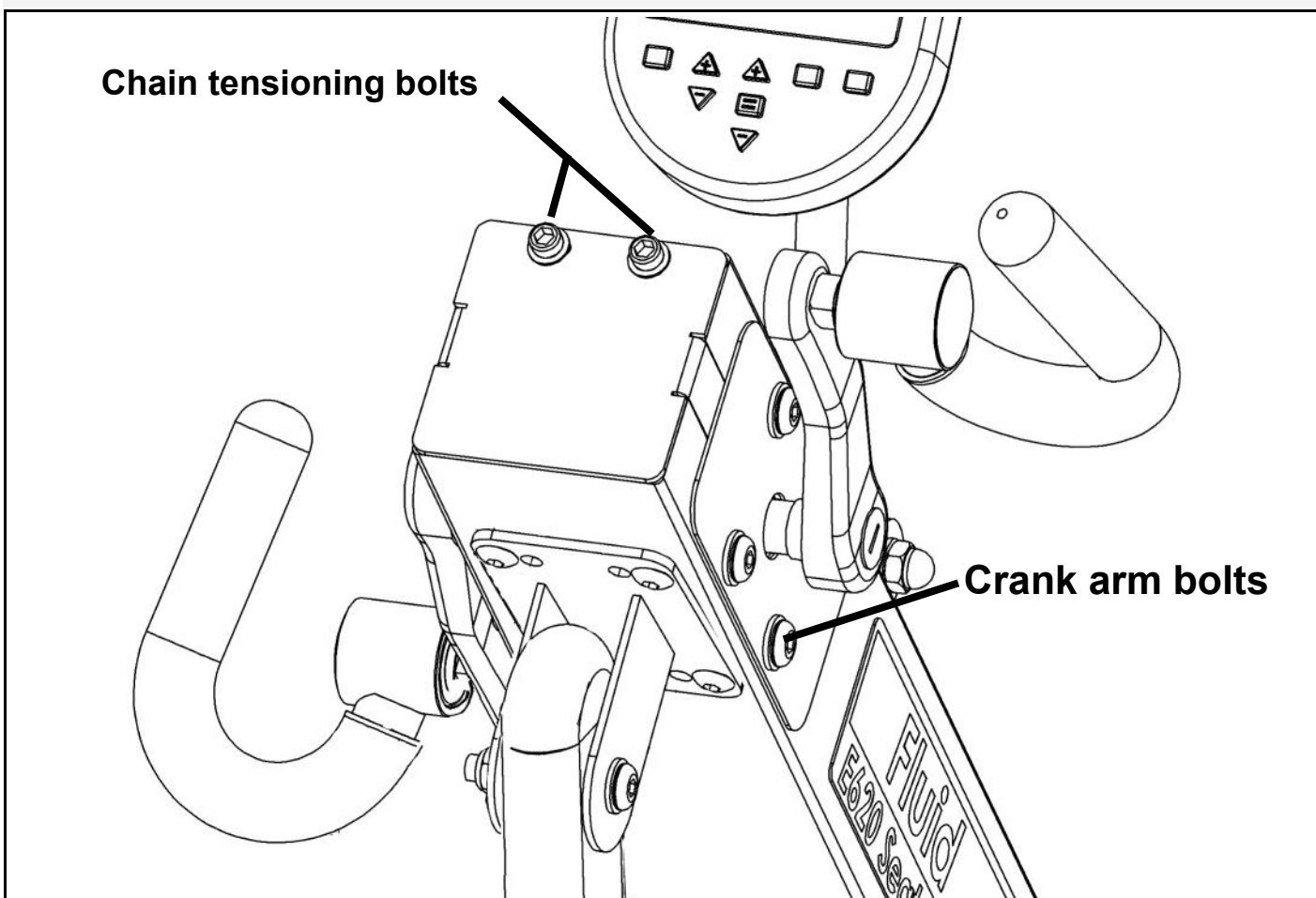
## Maintenance Chart.

Item	Timeframe	Instructions
Seat and Frame.	Monthly	Wipe weekly with lint free cloth or more often with heavy club use.
PK belt tension.	Monthly.	Check monthly for signs of slip-page. Adjust/tighten as required. See the tensioning belt section of this manual.
Tank and water treatment.	12 months to 2 years.	Follow instructions as specified in the "Water Treatment" section of this manual.
Chain drive.	Check every 100 hours for correct tension.	Remove the Control arm front end cap and check tension using a screwdriver or other tool. Tighten as required using chain tensioning bolts located at the end of the control arm. <b><u>Do not under any circumstances use fingers to check chain tension!</u></b> See tightening/adjusting chain section of this manual.
E620 pedals.	Tighten weekly using 15mm box wrench (supplied)	The pedals should be checked on a regular basis. A loose pedal can cause damage to the crank arm aluminum threads, requiring replacement.

# 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.
Knocking noise from inside the control arm while training, especially when changing directions.	Chain requires tightening or adjustment.	Open front end cap and check chain tension using a screwdriver or other implement. Do not use fingers. Proper tension is 3-5mm of play. Please refer to the Chain adjustment page for further instructions.
Pedals slip during hard training.	PK tank belt requires tightening.	Remove large inspection plate on opposite side of tank and check belt tension. For details on belt tightening, please refer to the belt tightening page in this manual.
Pedal is loose (either left or right) and cannot be retightened.	Aluminum 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. Contact your local service center if this fails to address the problem.
The E620 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 E620 computer display is erratic/slow while displaying RPM and WATTS	Gap between sensor and magnetic ring is too wide.	Remove inspection plate, check sensor gap and that magnetic ring is not wobbly or loose. The sensor bracket can be bent slightly to bring the reed switch closer to the magnetic ring.

## Adjusting the Chain



To adjust chain tension/alignment, first loosen slightly the 8 crank arm bolts located on the sides of the crank arm axle covers. It is not necessary to remove them. Once crank arm bolts are loosened, tighten the chain tensioning bolts in equal, small increments "max 1/4 turn" until the correct tension is achieved. Retighten bolts.

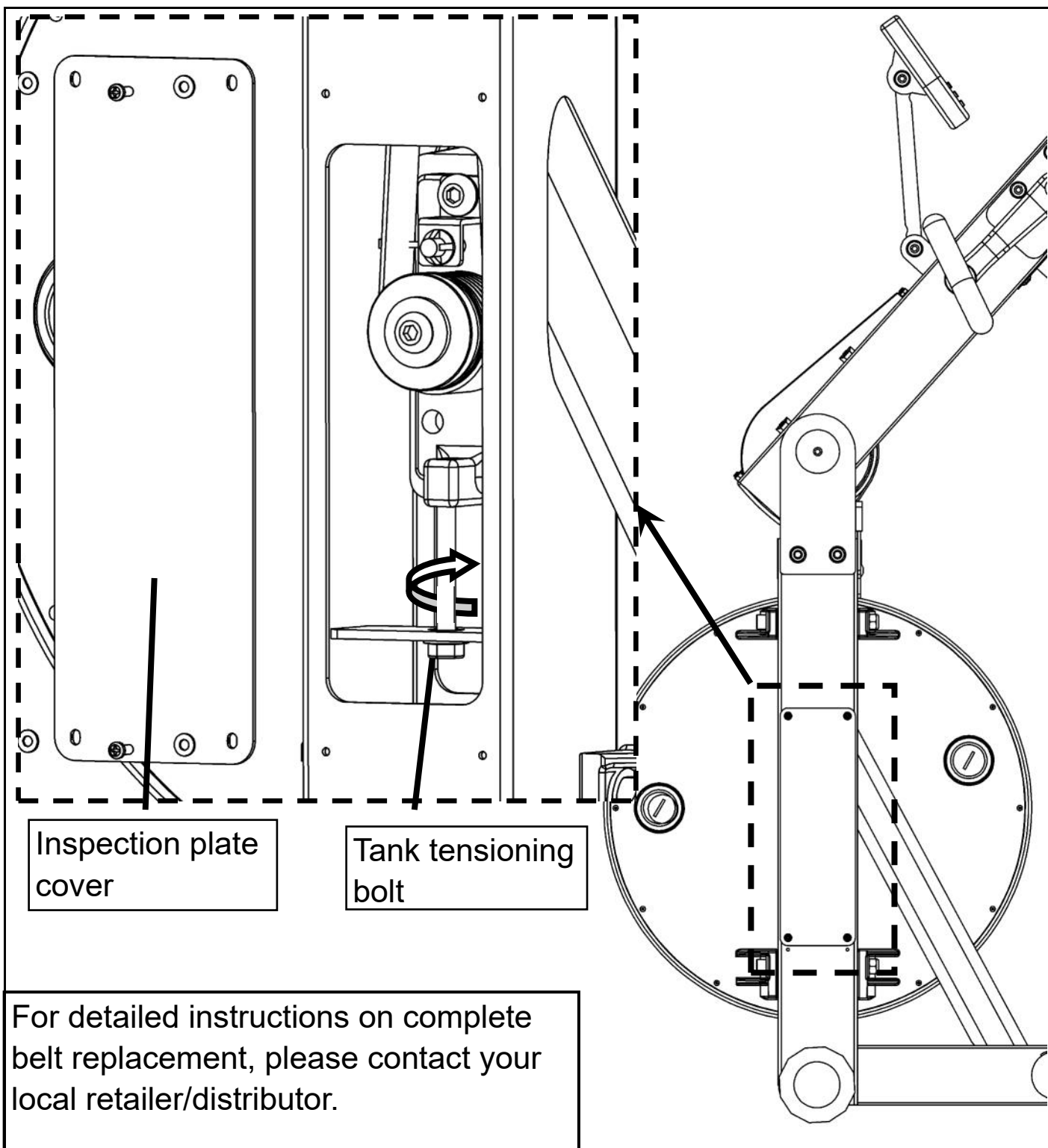
If the chain requires alignment, use the chain tensioning bolts individually to correct alignment as shown below.

## Adjusting the Drive belt

The PK drive belt should rarely require tensioning, but should slippage be encountered, first remove the inspection plate cover. This will expose the tank tensioning bolt which is tightened with a 13mm wrench. Turn clockwise and test until slippage ceases.

Note: If the belt is extremely loose, the tank bolts will have to be loosened slightly before adjusting to allow maximum adjustment. This will require a 10mm Allen key and 19mm wrench (not supplied).

Do not over-tighten the tank bolts once adjustment is complete.





# **FLUID UPPER BODY ERGO (UB-E620)**

## **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 (models UB-E620)**, 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