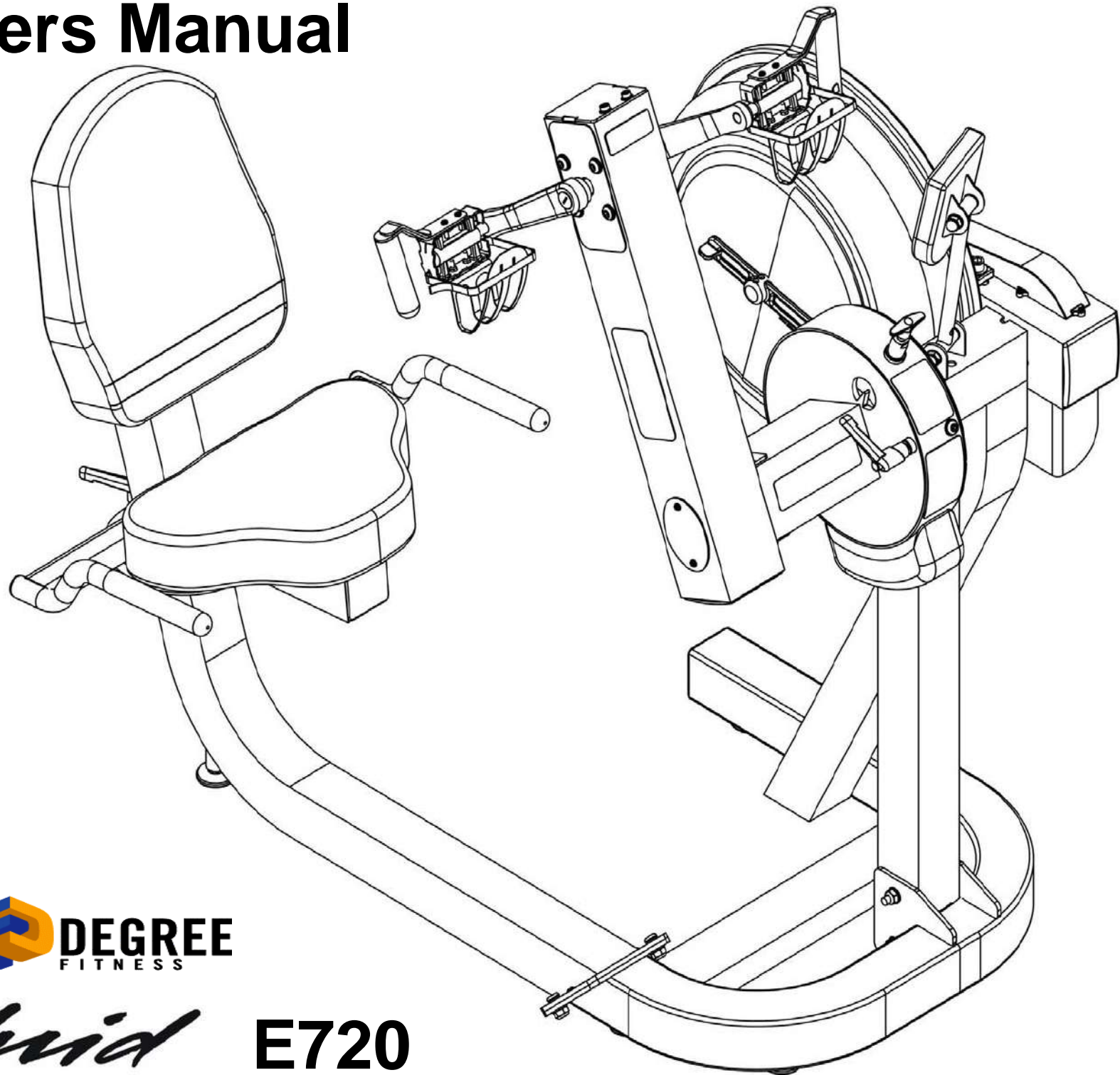


Owners Manual

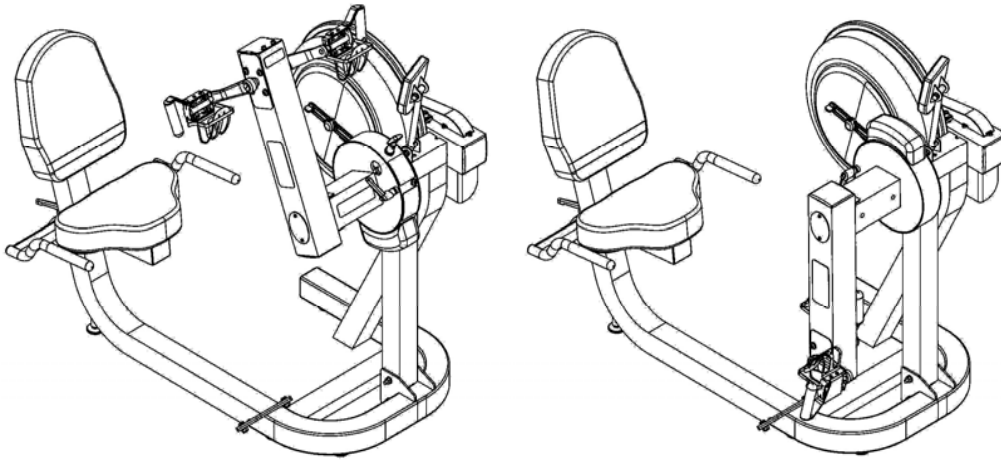


FIRST  **DEGREE**
FITNESS

Fluid

E720

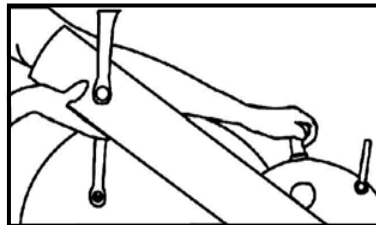
Training with E720



As with any piece of fitness equipment, consult a physician before beginning your E720 exercise program.

CAUTION

Use two hands and follow all safety instructions whenever raising or lowering the E720 control arm.



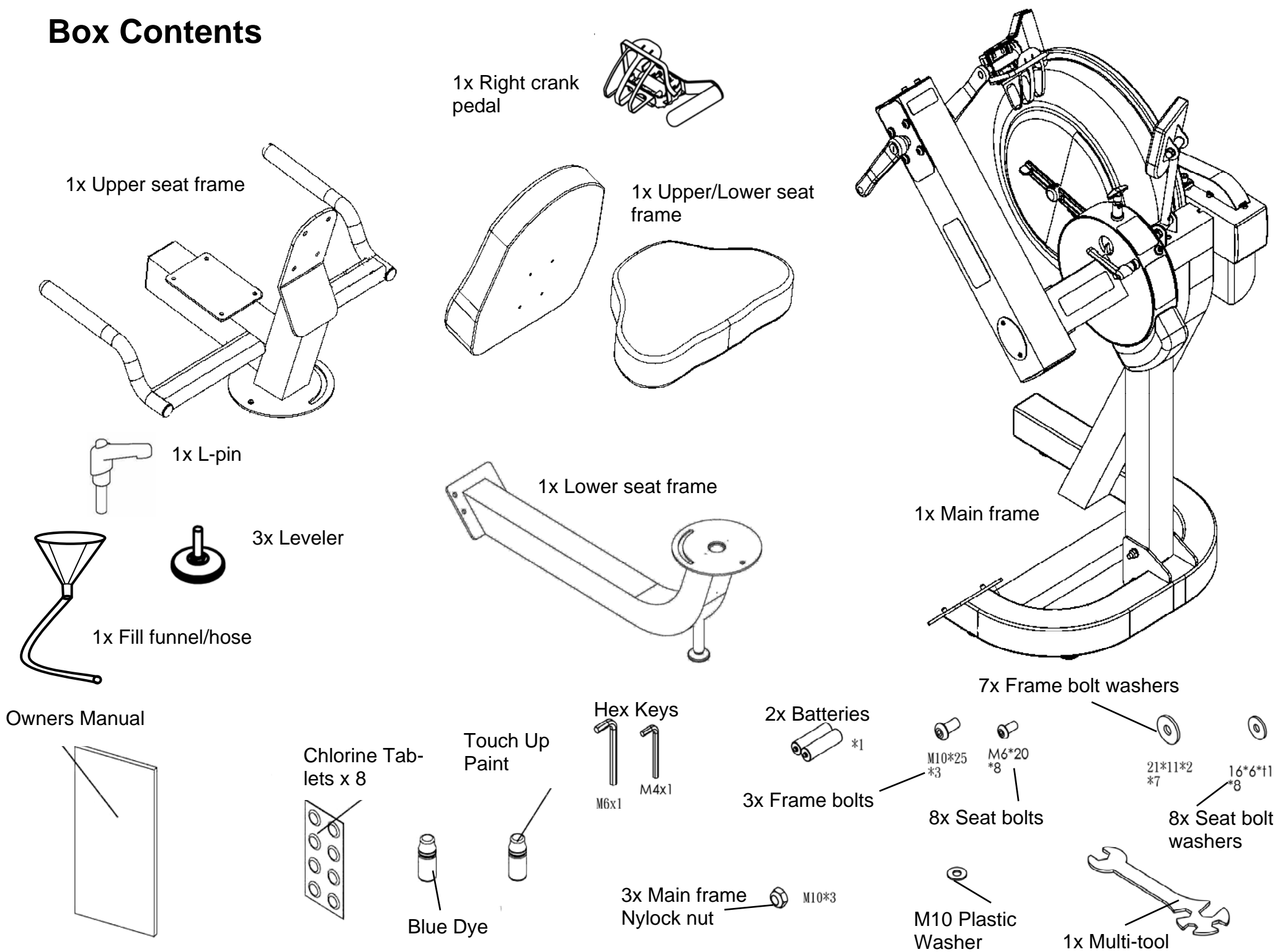
Warning

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

Contents

1. Contents of E720 Box.
2. E720 assembly instructions.
3. Tank filling and water treatment.
4. Long term water treatment and basic operation.
5. E720 Control arm.
6. Maintenance.
7. Troubleshooting guide
8. The E720 Ergometer.
9. Tank belt drive adjustment.
10. Parts list and Warranty.

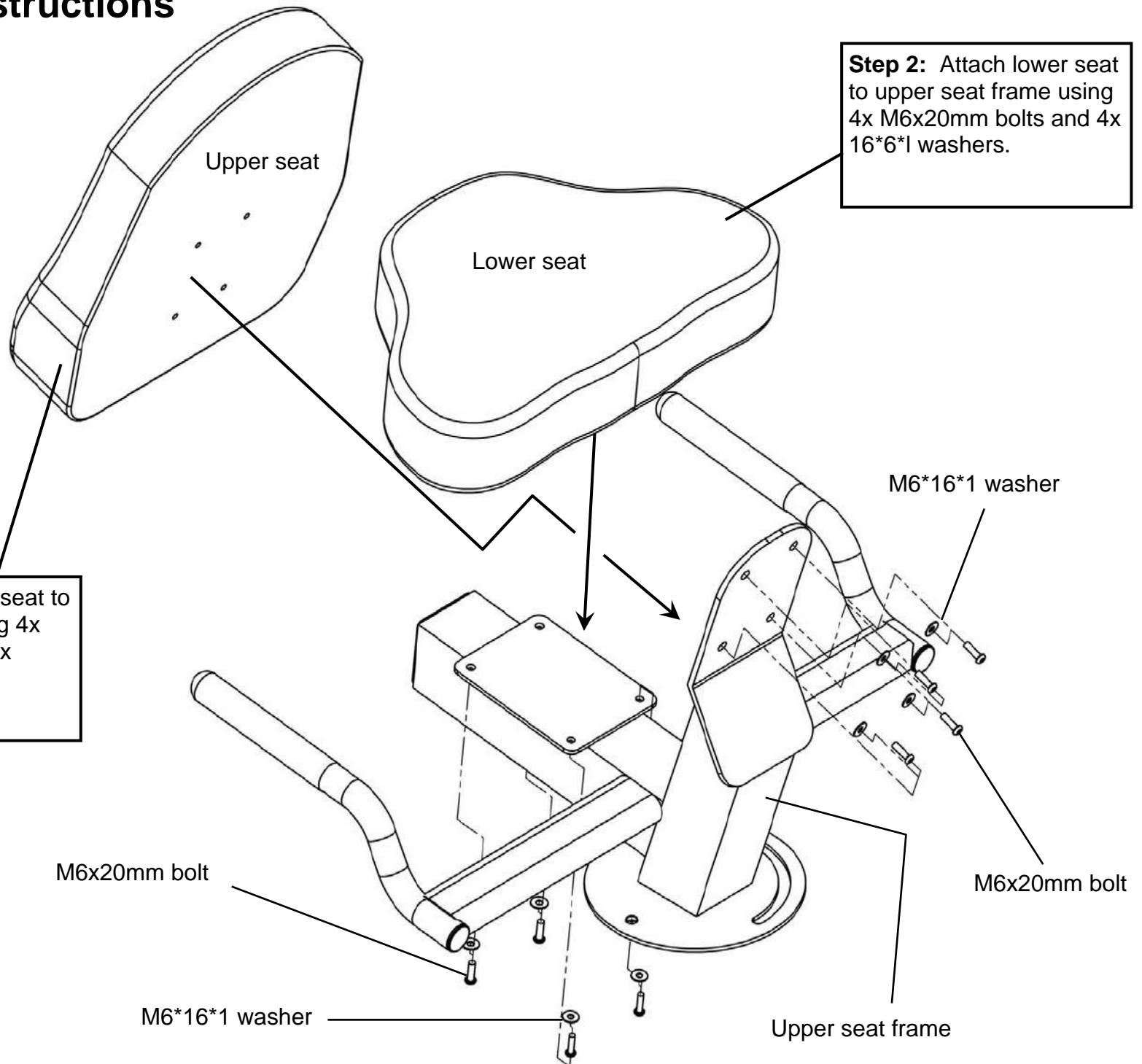
Box Contents



E720 Assembly Instructions

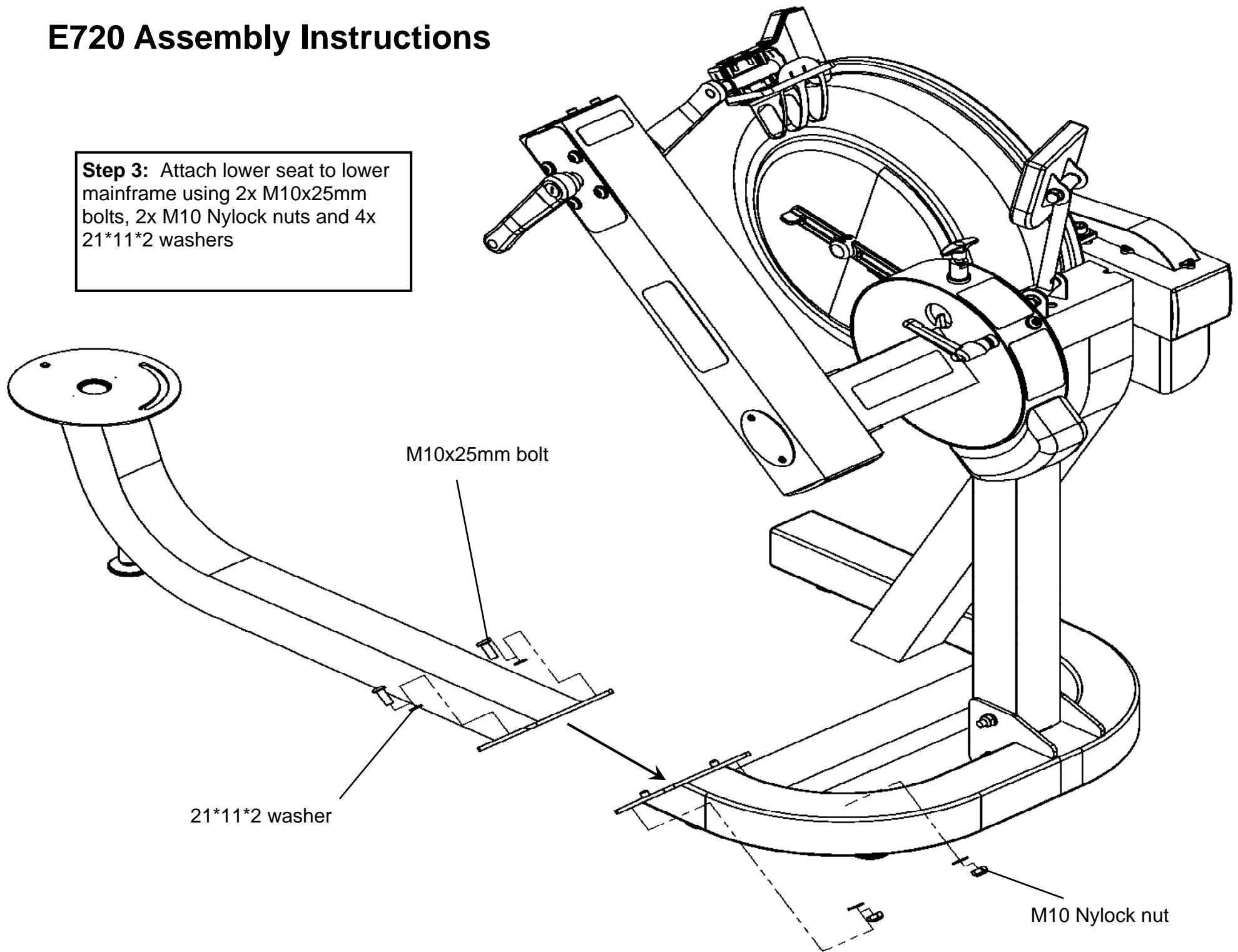
Step 1: Attach upper seat to upper seat frame using 4x M6x20mm bolts and 4x 16*6*1 washers.

Step 2: Attach lower seat to upper seat frame using 4x M6x20mm bolts and 4x 16*6*1 washers.



E720 Assembly Instructions

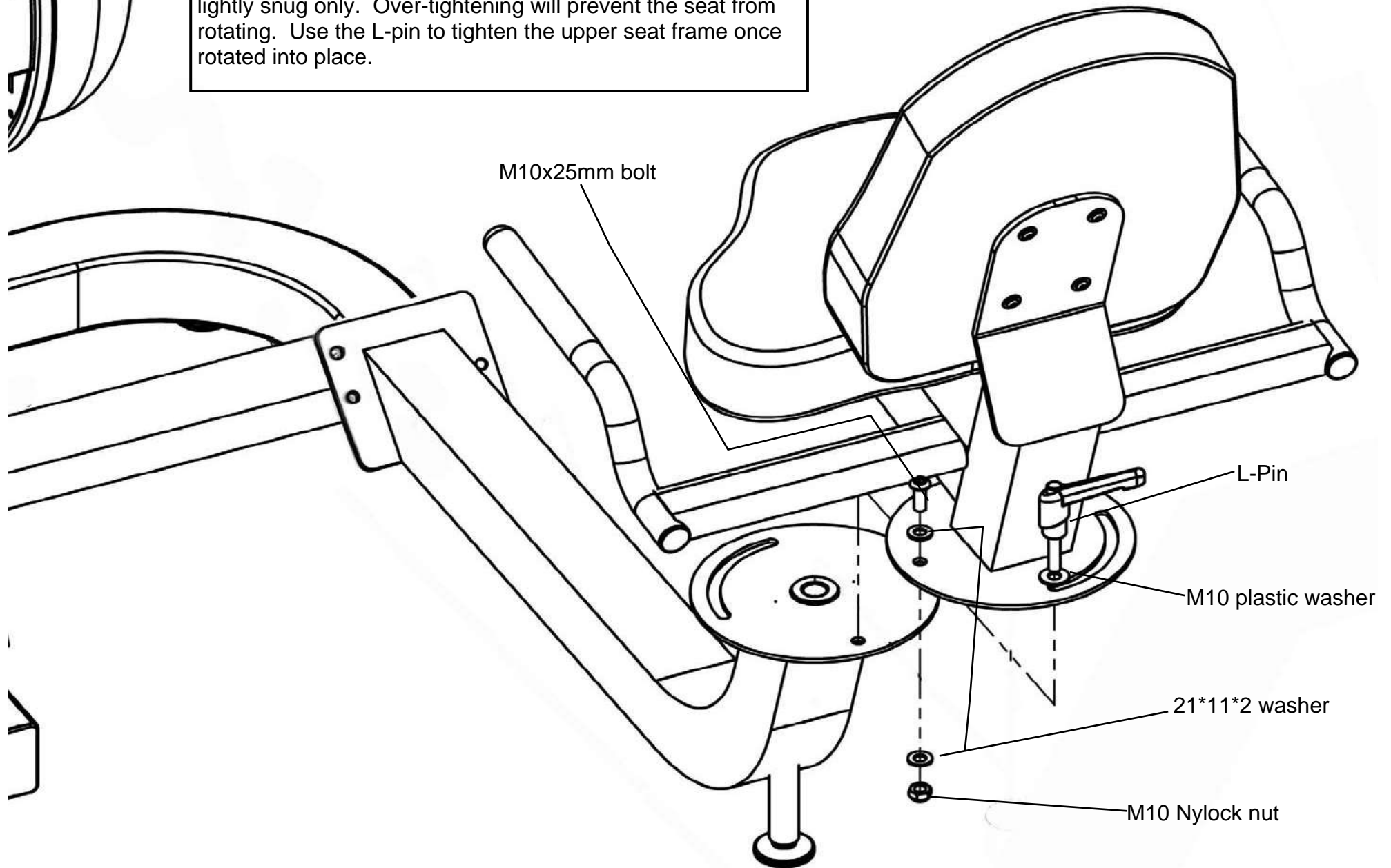
Step 3: Attach lower seat to lower mainframe using 2x M10x25mm bolts, 2x M10 Nylock nuts and 4x 21*11*2 washers



E720 Assembly Instructions

Step 4: Lower upper seat frame onto lower mainframe and secure using 1x M10x25mm bolt, 1x M10 Nylock nut, 3x 21*11*2 washers and L-pin.

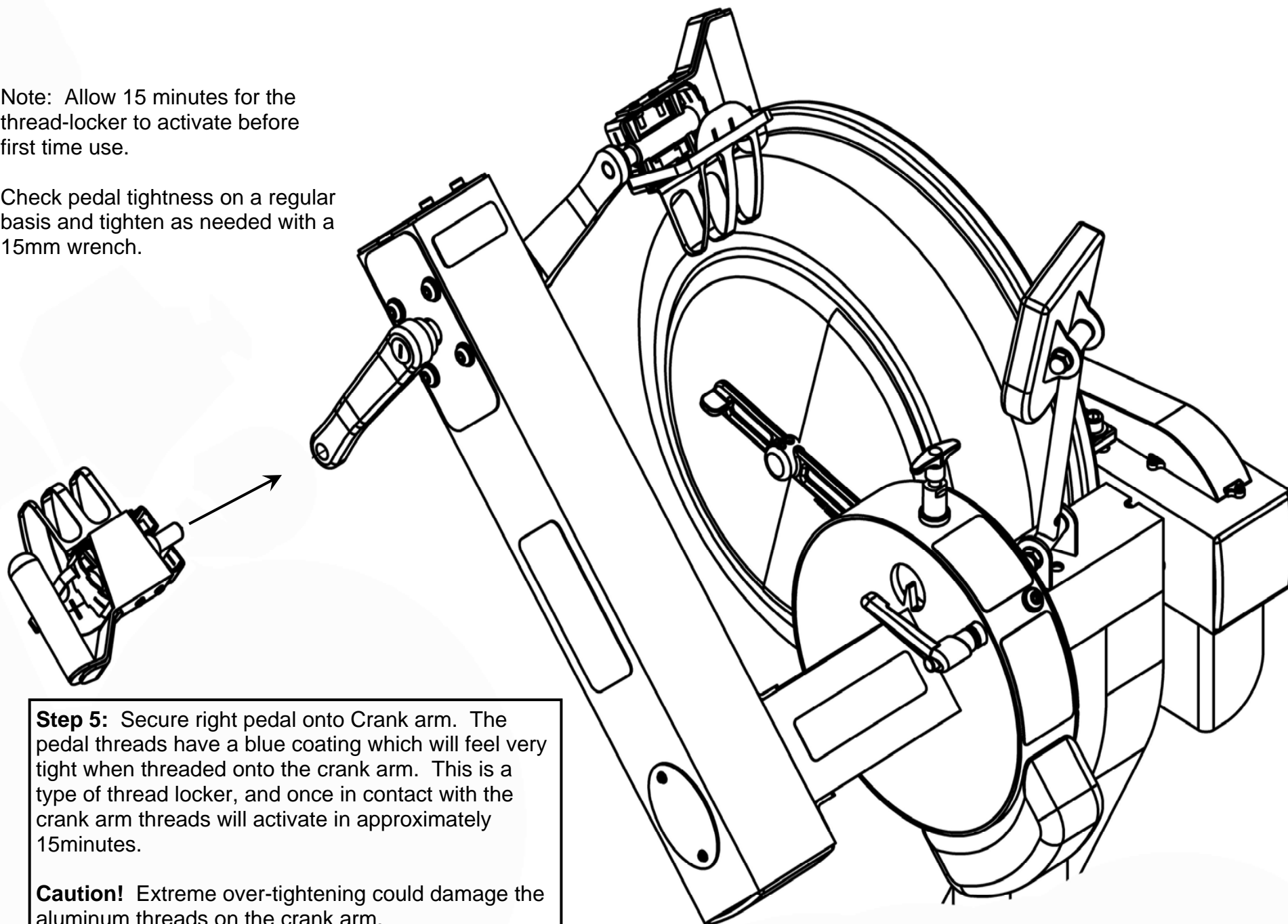
Note: Tighten the M10x25mm bolt, washers and Nylock until lightly snug only. Over-tightening will prevent the seat from rotating. Use the L-pin to tighten the upper seat frame once rotated into place.



E720 Assembly Instructions

Note: Allow 15 minutes for the thread-locker to activate before first time use.

Check pedal tightness on a regular basis and tighten as needed with a 15mm wrench.



Step 5: Secure right pedal onto Crank arm. The pedal threads have a blue coating which will feel very tight when threaded onto the crank arm. This is a type of thread locker, and once in contact with the crank arm threads will activate in approximately 15minutes.

Caution! Extreme over-tightening could damage the aluminum threads on the crank arm.

Tank filling and water treatment

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



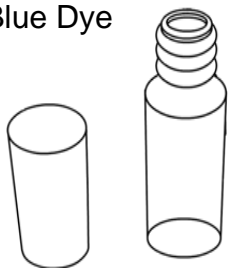
In areas where tap water quality is known to be poor, FDF recommends the use of distilled water.

Open the rear upper yellow 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 8liters of water.



Warning: Do not under any circumstances put fingers into the tank. Use the end of the hose to move the impeller should the need arise.

Blue Dye



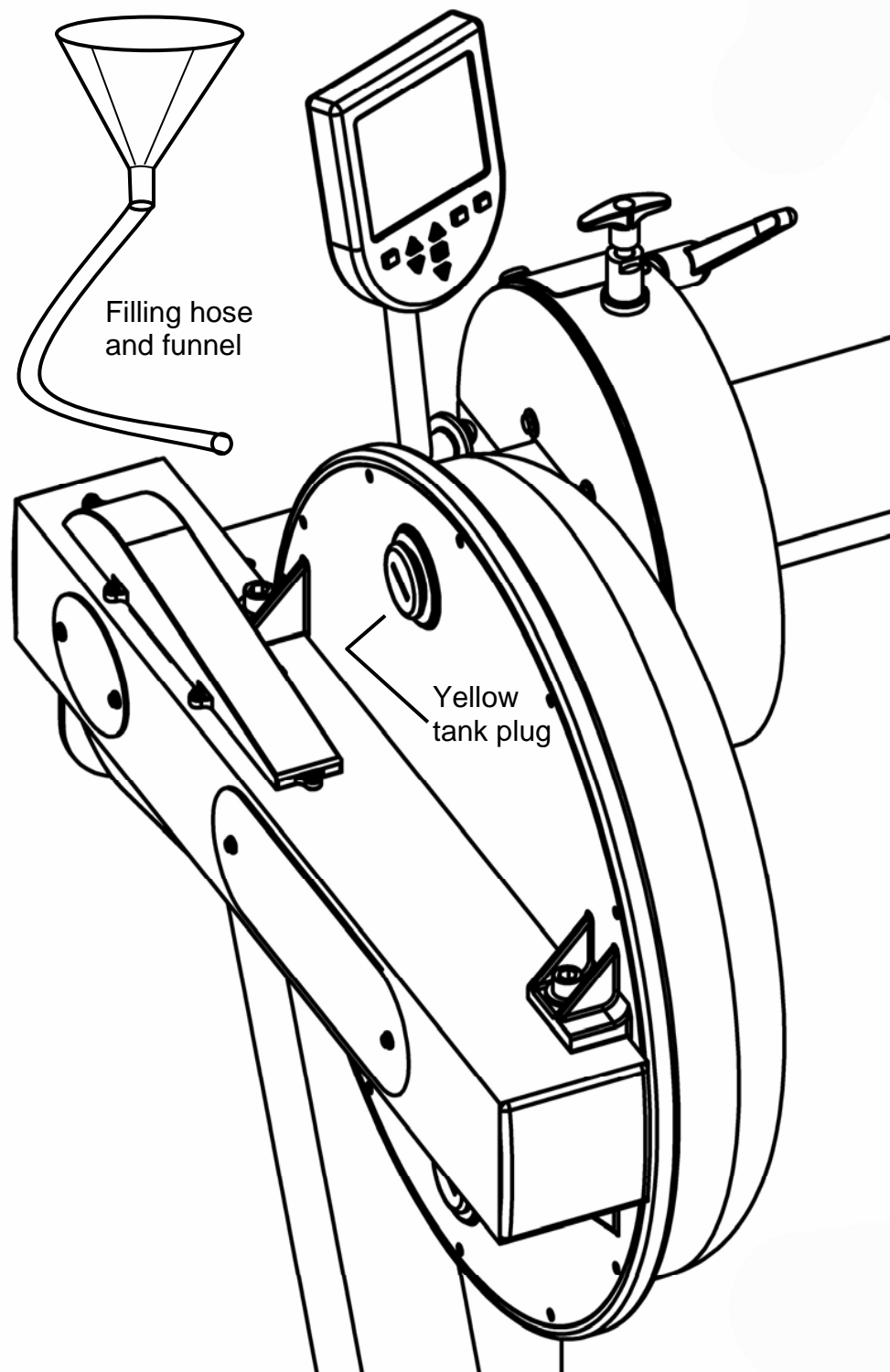
Note: The blue dye is extremely concentrated and will readily stain carpet or clothing.

Water Treatment Procedures:

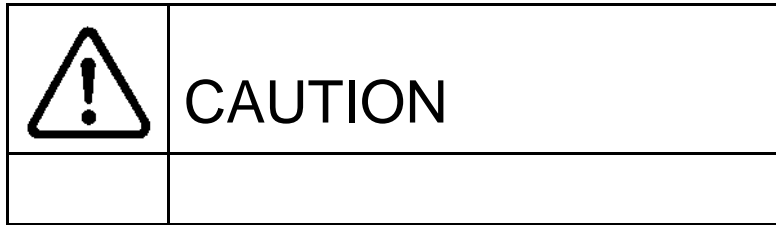
1. Add Chlorine tablet.
2. **Wait a minimum of 72 hours.** Then add very small amount of blue dye and check for desired color. **Important! Do not add blue dye for at least 72 hours following Chlorine treatment.** The blue dye adds visual appeal as well as cutting down the amount of light affecting the tank water, thus extending the amount of time between water treatments.



Caution: Use a drop cloth when filling or adding blue dye



Long term water treatment and basic operation



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.

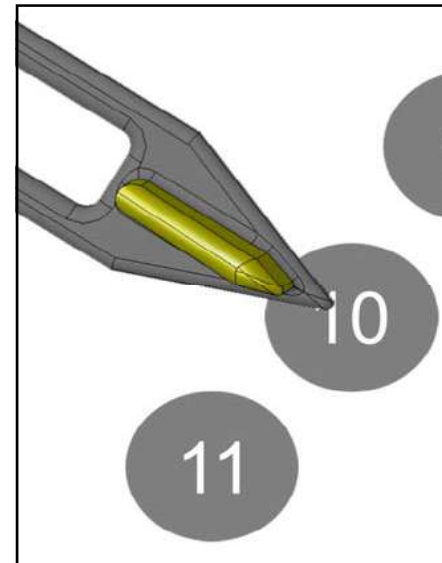
Long term water treatment:

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

Water treatment schedules for the E720 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 Chlorine tablet. Remember to wait 72 hours following the chlorine tablet before adding the blue dye as the Chlorine tablet is extremely concentrated.



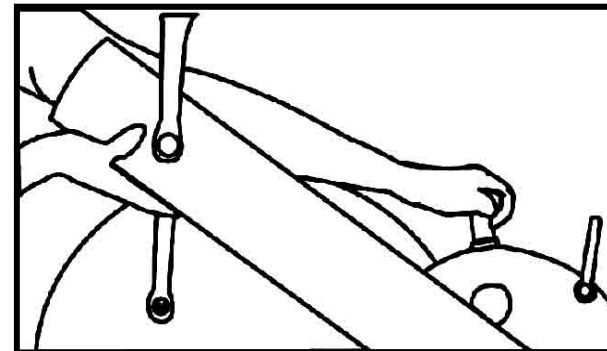
Caution: It is important that a drop cloth be used under the fluid tank whenever the tank plug is opened for water treatment.



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.

Warning:



Use two hands when either raising or lowering the control arm as pictured.

Removing hands or feet 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 training.

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 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.

Crank arm bolts:
Loosen all 8 bolts slightly before adjusting/tightening chain.

The E720 Pedal: This patented design allows for usage in both the recumbent position and for sitting/standing upper body workouts.

Inspection plate: Open to check chain tension.

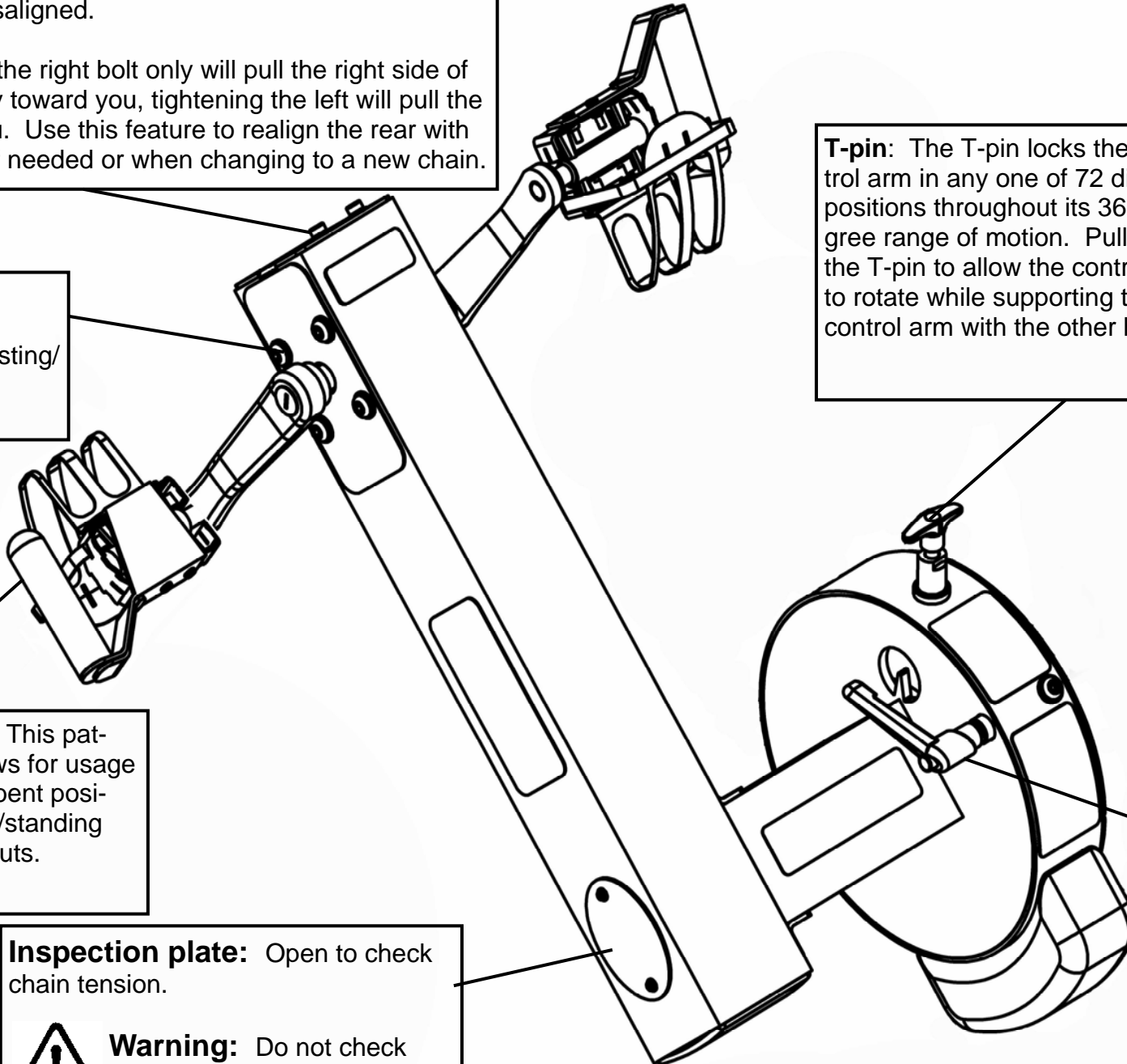


Warning: Do not check chain tension by hand!

The E720 Control Arm

T-pin: The T-pin locks the control arm in any one of 72 different positions throughout its 360 degree range of motion. Pull up the T-pin to allow the control arm to rotate while supporting the control arm with the other hand.

L-pin: Loosen when rotating the control arm and tighten (snug only) once the desired position has been reached.



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. Adjust/tighten as required.	
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.	Open the inspection plate and check tension using a screwdriver or other tool. Tighten as required using chain tensioning bolts located at the end of the control arm.	
E720 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 guide:

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 and blue dye or change tank water as directed in the water treatment section of this manual.
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.10 for details.
Pedals 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.14 for details
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 E720 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 E720 computer display is erratic/slow while displaying RPM and WATTS	Gap between sensor and magnetic ring is too wide.	Remove inspection plate and check sensor gap and that magnetic ring is not wobbly.

E720 Ergometer

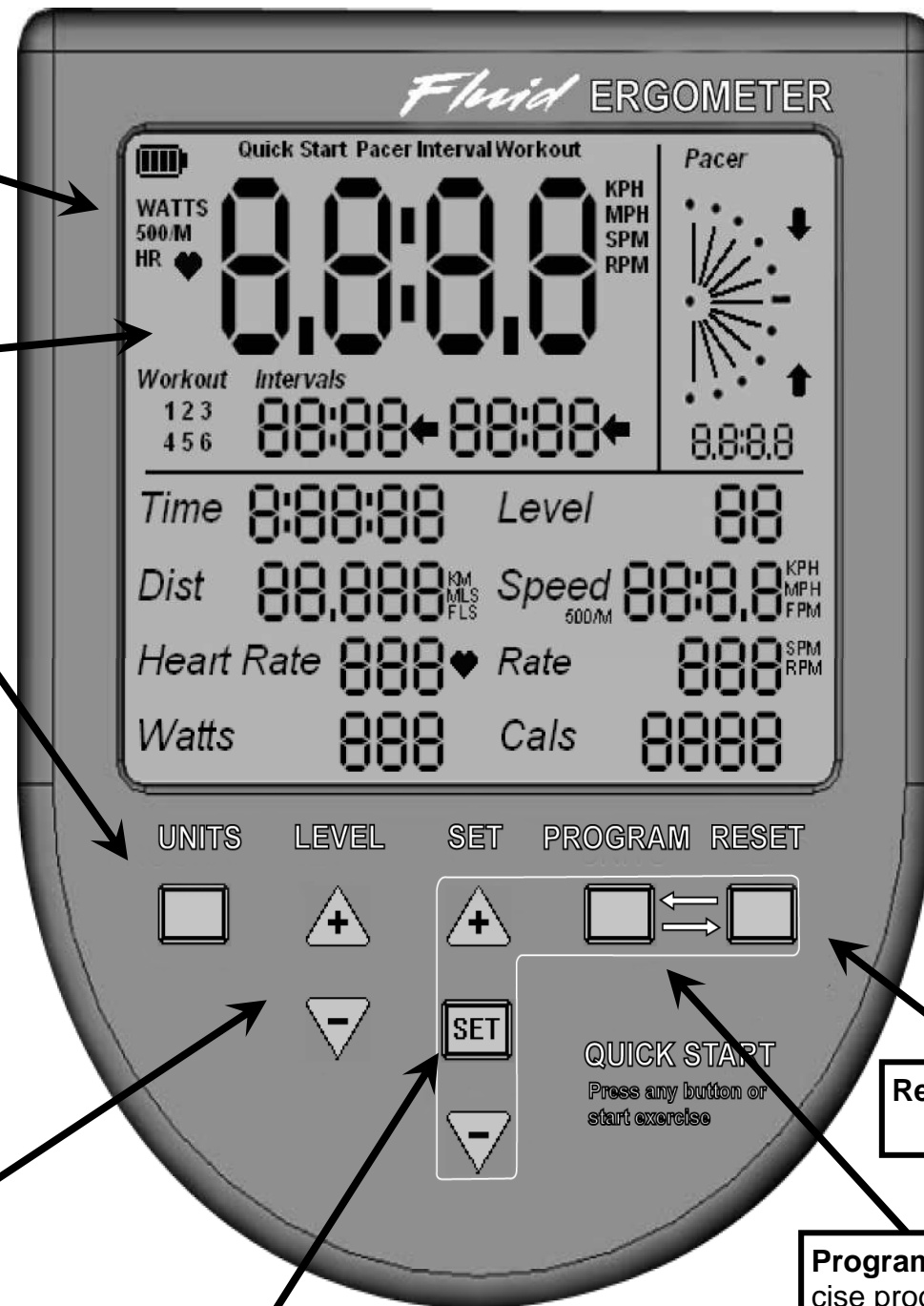
Quick start provides instant workout information. Just start training to activate. You can choose to change UNITS displayed.

UNITS displays

WATTS, RPM, HR, MPH,

Level Adjustable
from 1-20

Note: For complete operational instructions, please refer to the computer manual, which is included with your E720.

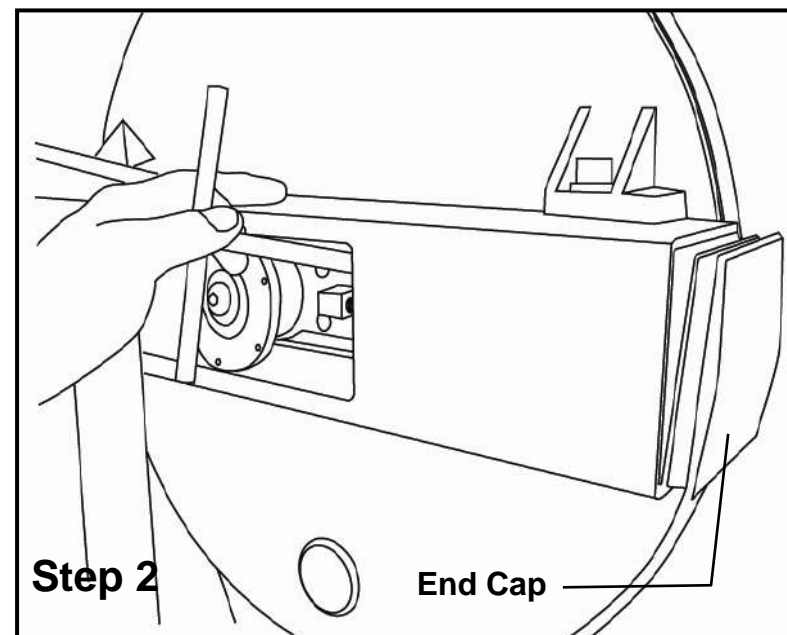
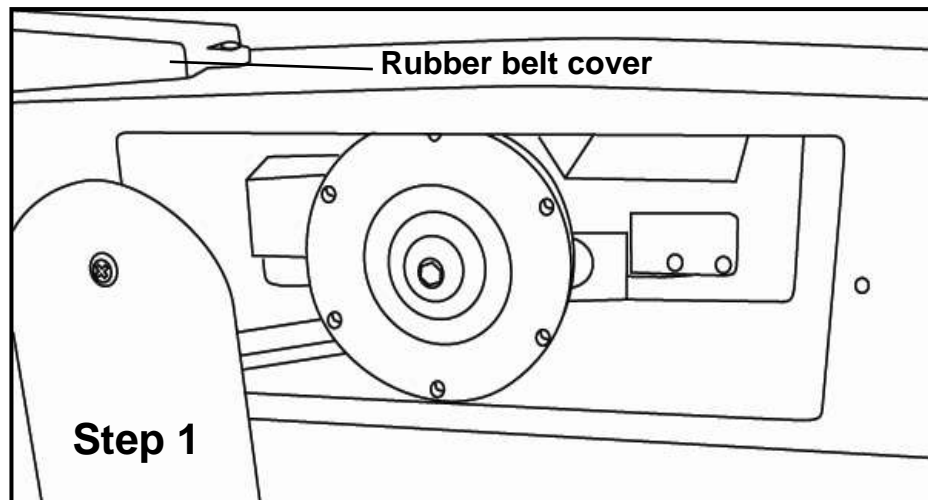


Set Changes Time, Distance parameters

Reset Clears data

Program Clears current exercise program

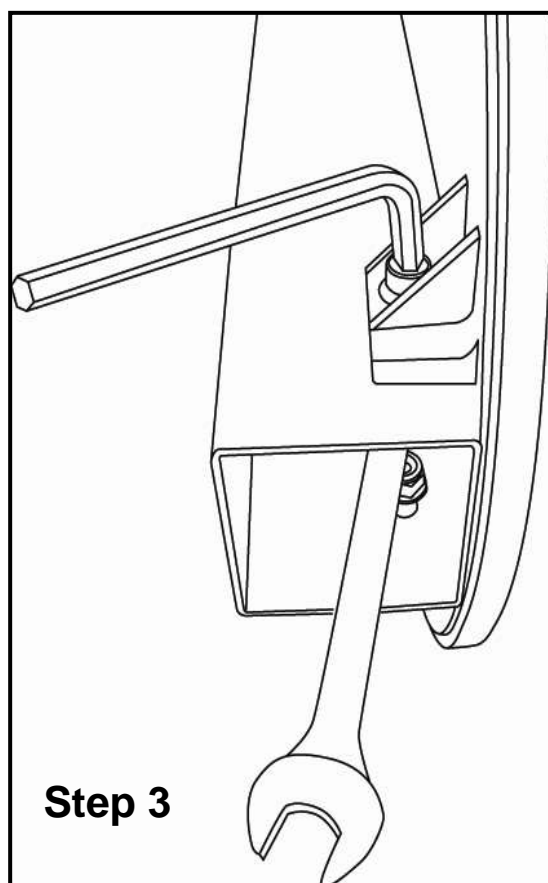
Tank Belt Adjustment



Step 2

End Cap

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



Step 3

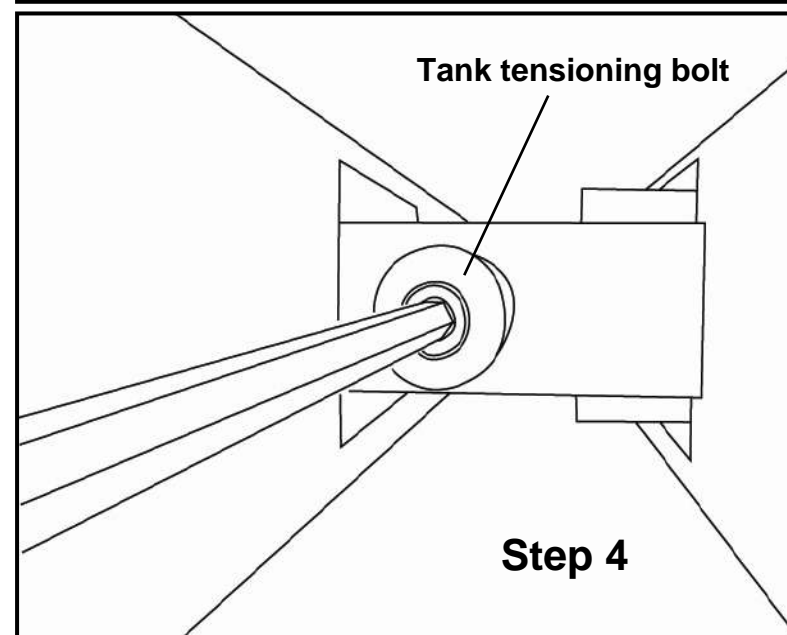
Step 1: Remove large metal inspection plate as shown above right.

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

Step 3: Loosen both the rear and front tank bolts slightly as shown left. Remove front rubber belt cover.

Step 4: Using a 6mm Allen key, tighten the belt using the tank tensioning bolt until the belt no longer slips during hard rowing.

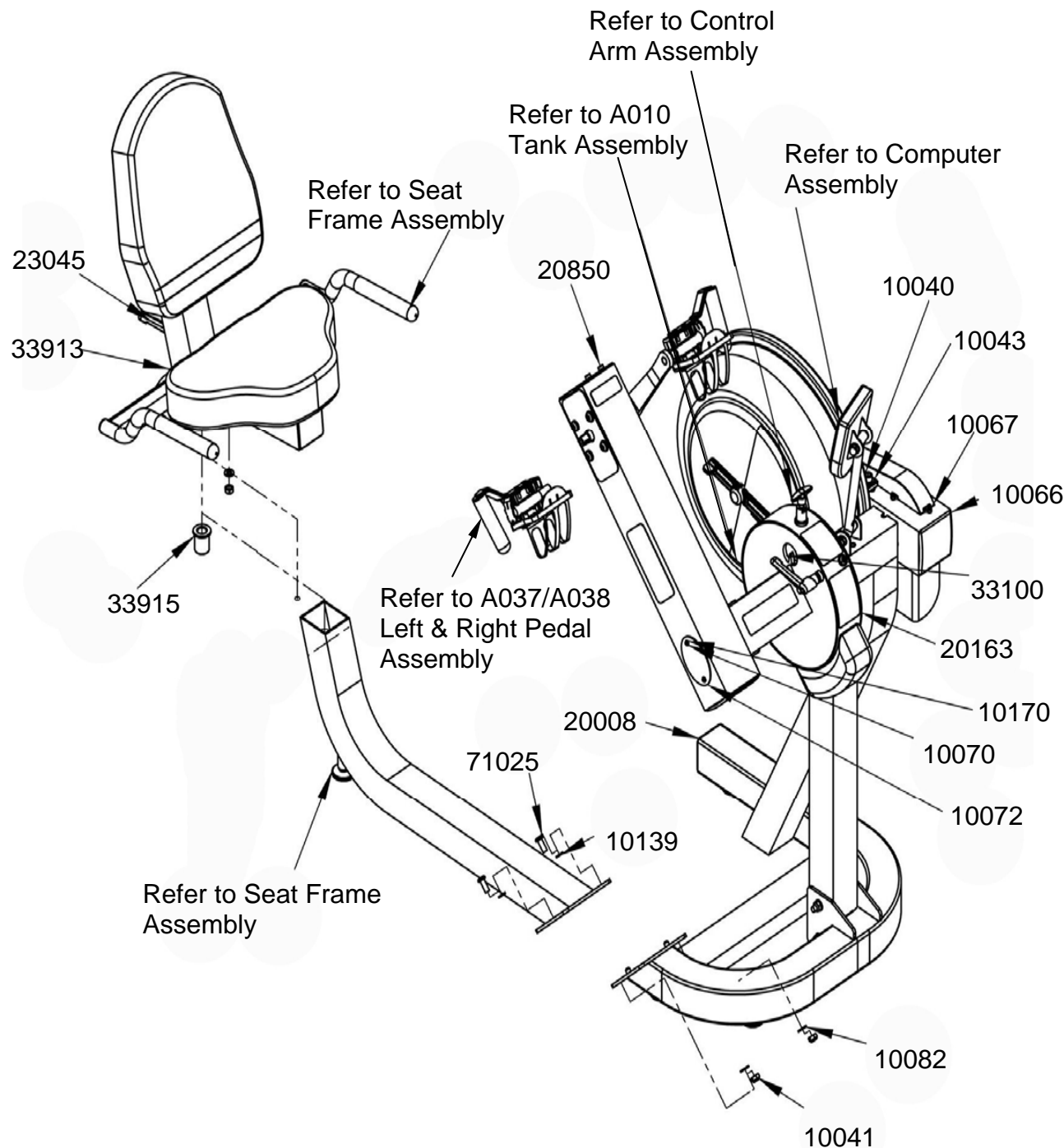
Note: Do not over tighten tank bolts.



Tank tensioning bolt

Step 4

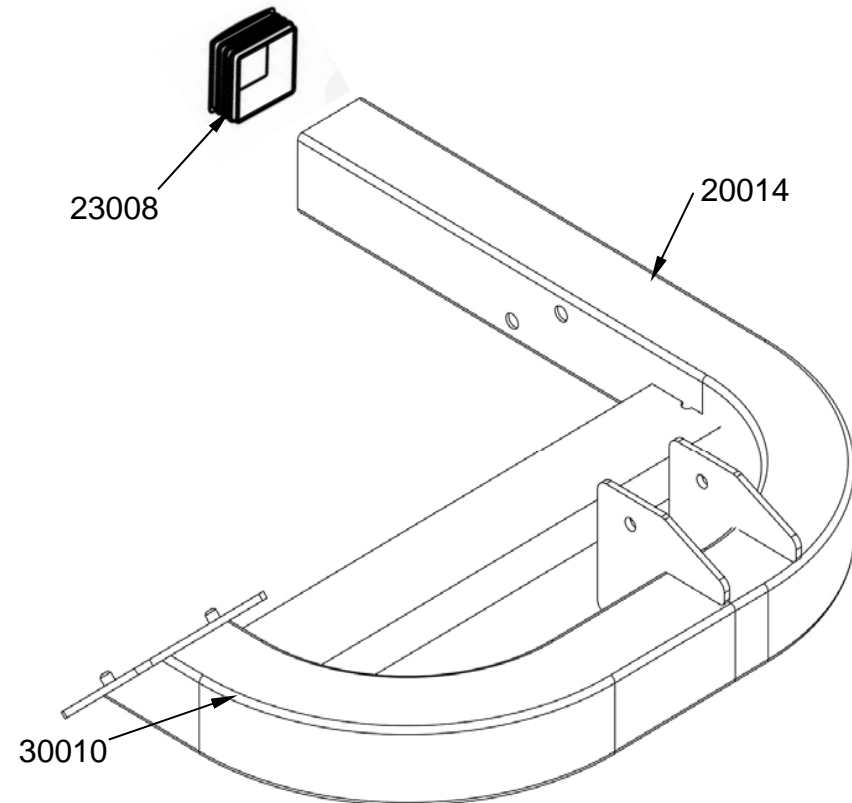
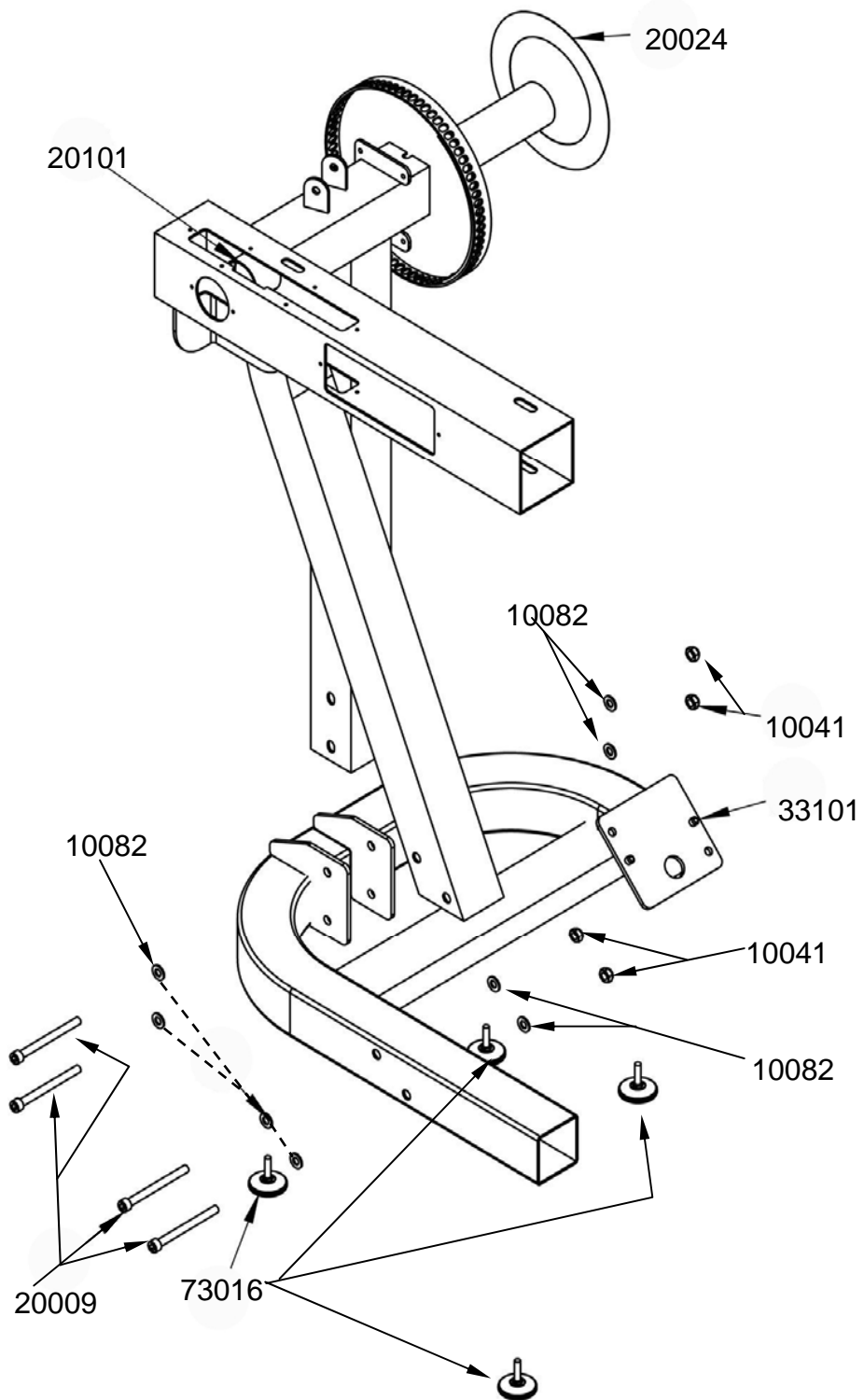
E720 Exploded Diagram:



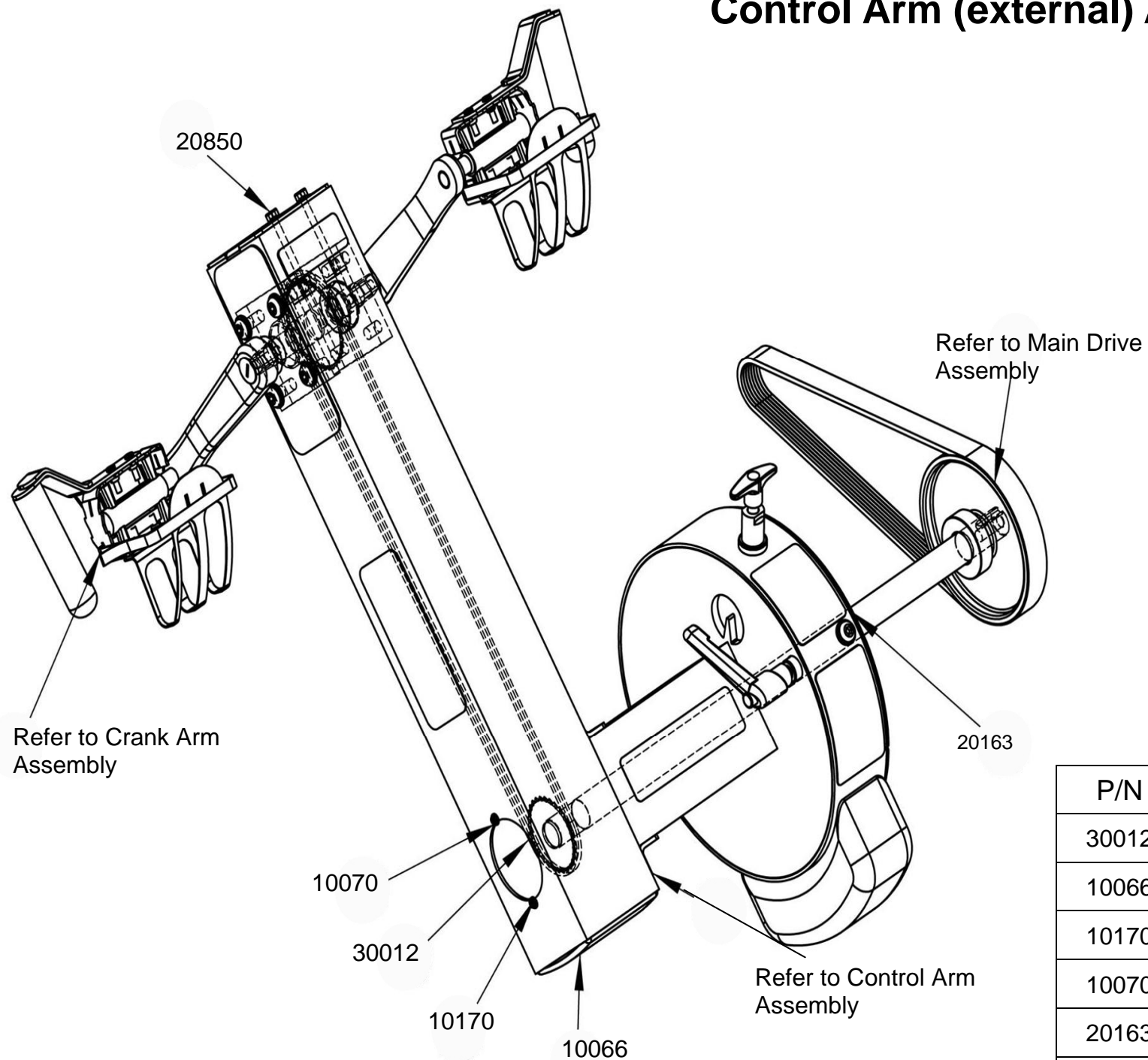
P/N	QTY	Description
33100	1	Main Frame Assembly
20008	1	End Cap 75x75
10040	1	Bolt M12x140
10043	6	Washer M12
10066	3	End Cap 100x100mm
10067	2	Rubber Cover for Large PK Pulley
10072	2	Small Steel Side Cover 100mm
10170	6	Washer M4
10070	18	Screw M4x10
20163	2	Semi Circle Cover
20850	1	Tension Adjustment
10082	5	Washer M10
10041	4	Nut M10 Nylock
71025	2	M10x25mm Main Shaft Rear Bracket Bolt
10139	2	Spring Washer Flywheel Shaft
33915	1	Oil Bushing
23045	1	L Pin M10x35
33913	1	Plastic Spacer 10x25x4T

Upper/Lower Mainframe:

P/N	QTY	Description
20101	1	Upper Main Frame
10082	8	Washer M10
20024	1	Number Decal
33101	1	Lower Main Frame
73016	4	Foot Levelers M8x30 PVC
10041	4	Nut M10 Nylock
23008	1	End Cap 75x75 Rubber
20009	4	Bolt M10x100
20014	1	Right Bottom Frame
30010	1	Left Bottom Frame

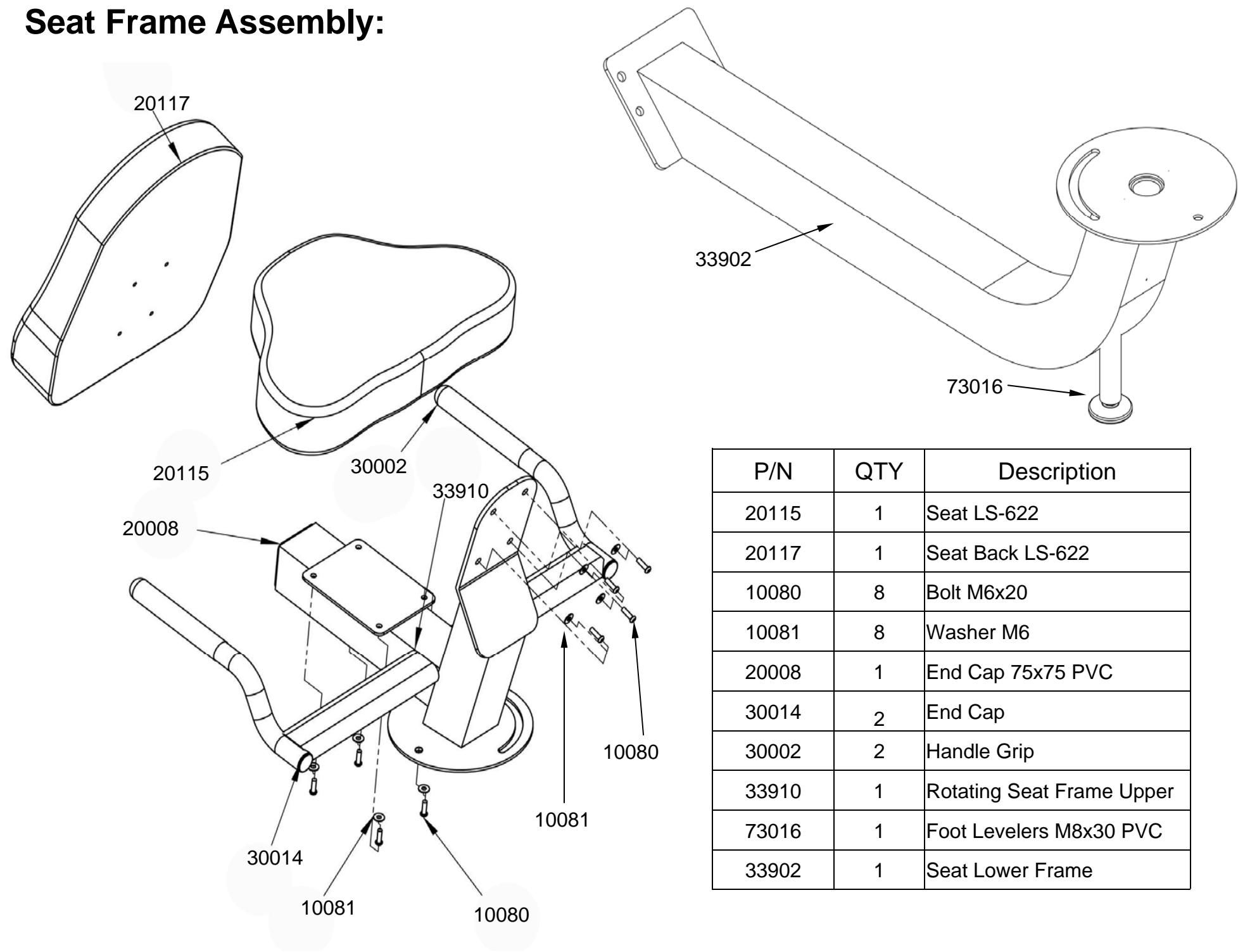


Control Arm (external) Assembly:



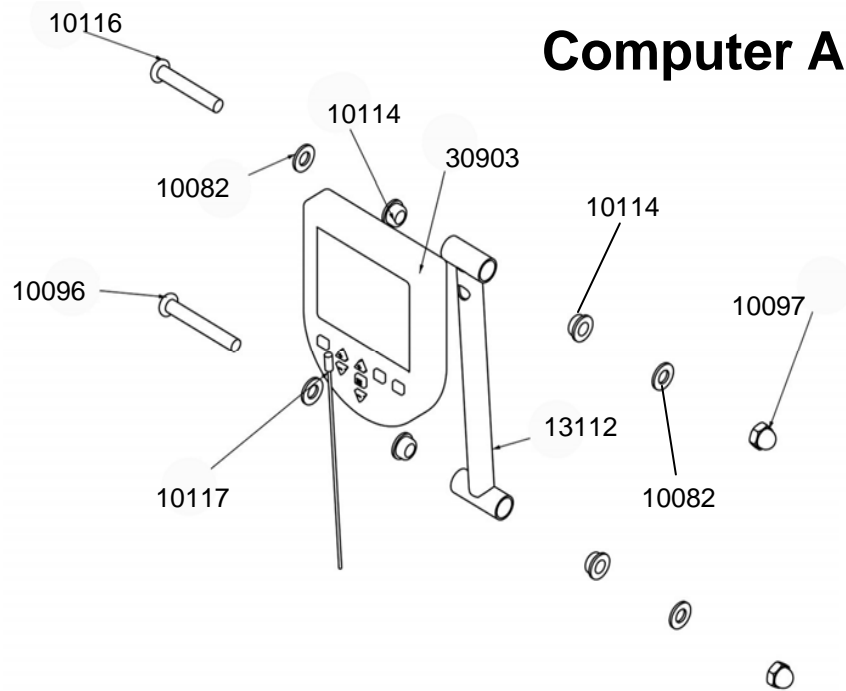
P/N	QTY	Description
30012	1	DID-25 Chain 178
10066	1	End Cap 100mm
10170	2	Washer M4
10070	2	Screw M4x10
20163	2	Semi Circle Cover
20850	1	Tension Adjustment

Seat Frame Assembly:



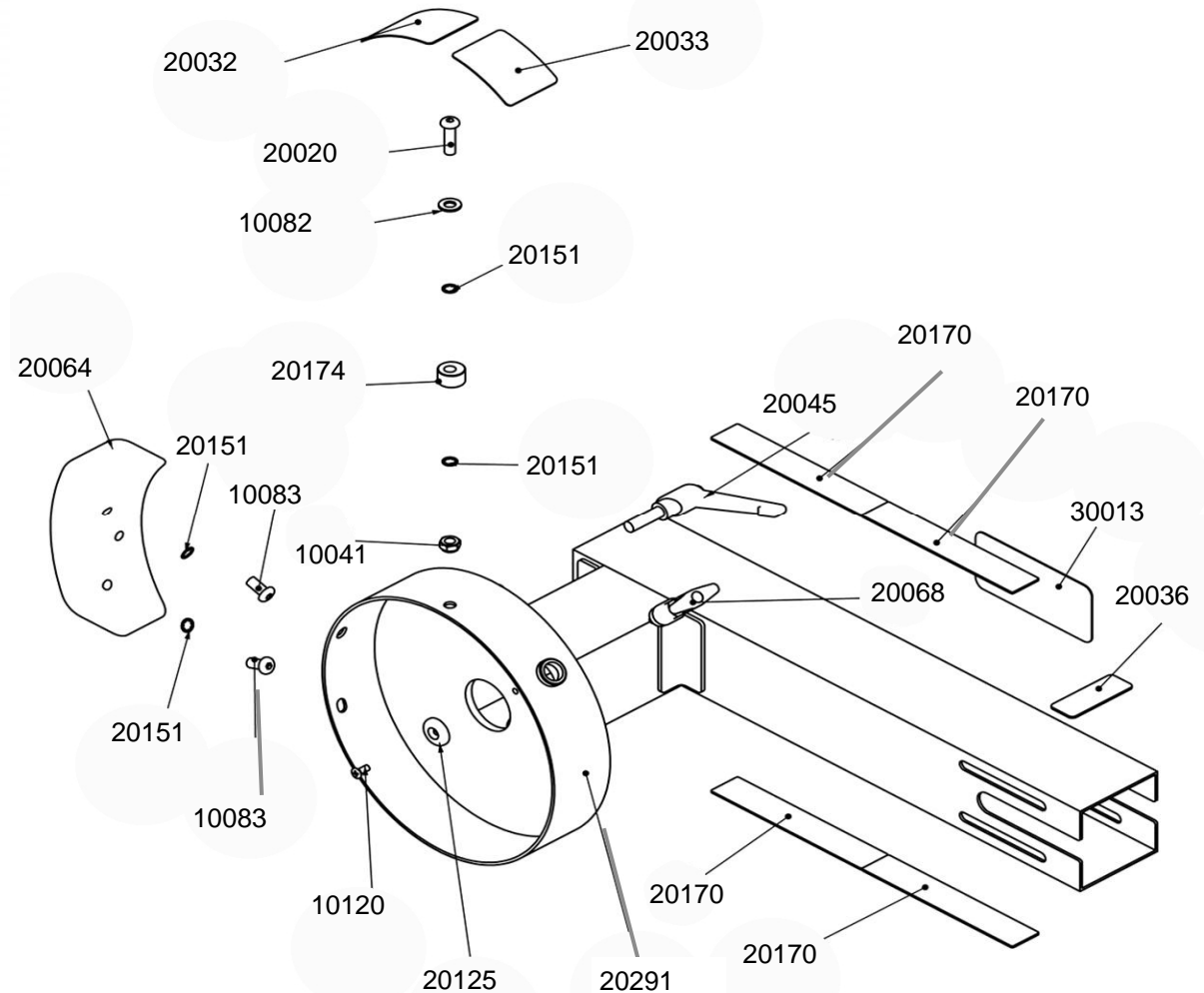
P/N	QTY	Description
20115	1	Seat LS-622
20117	1	Seat Back LS-622
10080	8	Bolt M6x20
10081	8	Washer M6
20008	1	End Cap 75x75 PVC
30014	2	End Cap
30002	2	Handle Grip
33910	1	Rotating Seat Frame Upper
73016	1	Foot Levelers M8x30 PVC
33902	1	Seat Lower Frame

Computer Assembly



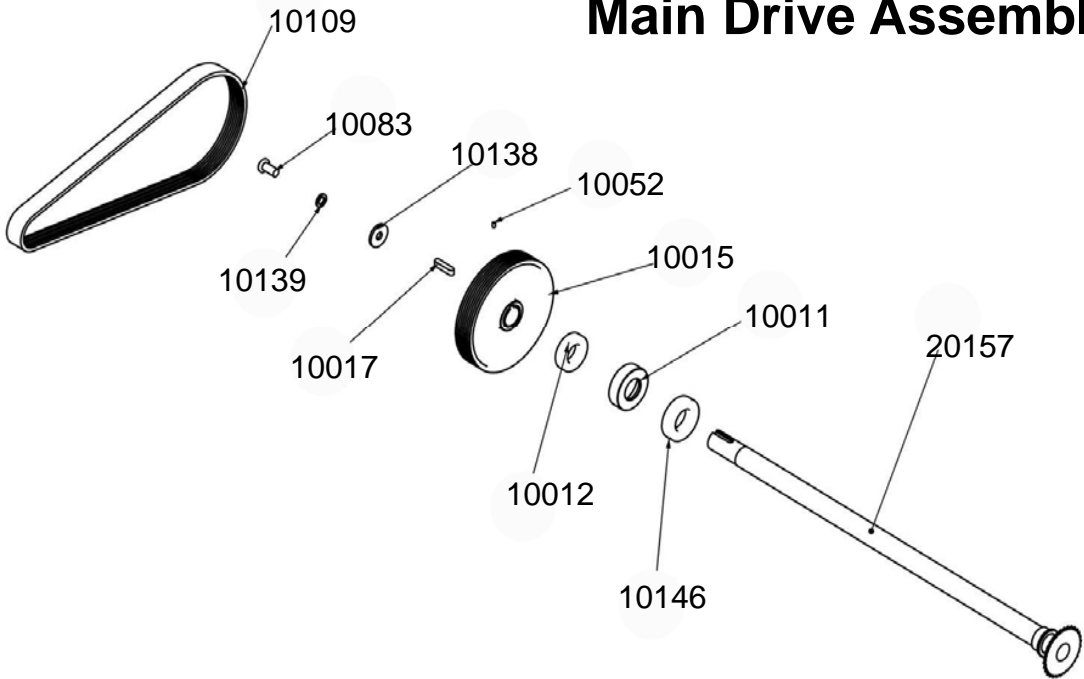
P/N	QTY	Description
13112	1	Computer Mounting Arm
10114	4	Bushing 20x16x13x10
10082	4	Washer M10
10116	1	Bolt M10x60
10097	2	Nut Dome Head M10
10117	1	Computer Wiring 1200
10096	1	Bolt M10x70 for Aluminum Rail
30903	1	Computer

P/N	QTY	Description
20291	1	Rotating Arm
20064	1	Weight Block
10083	2	Bolt M10x20
20151	4	Washer M10
20020	1	Bolt M10x35
10082	1	Washer M10
20174	1	Eccentric Bushing
10041	1	Nut M10 Nylock
10120	1	Screw M6x15
20125	1	Plastic Washer 30*6*6
20068	1	T-Pin
20045	1	L-Pin M12x40
20170	4	Chain Protection Decal
30013	1	CXT Decal
20032	1	Warning Decal
20033	1	Arm Moving Decal
20036	1	Small Warning Decal



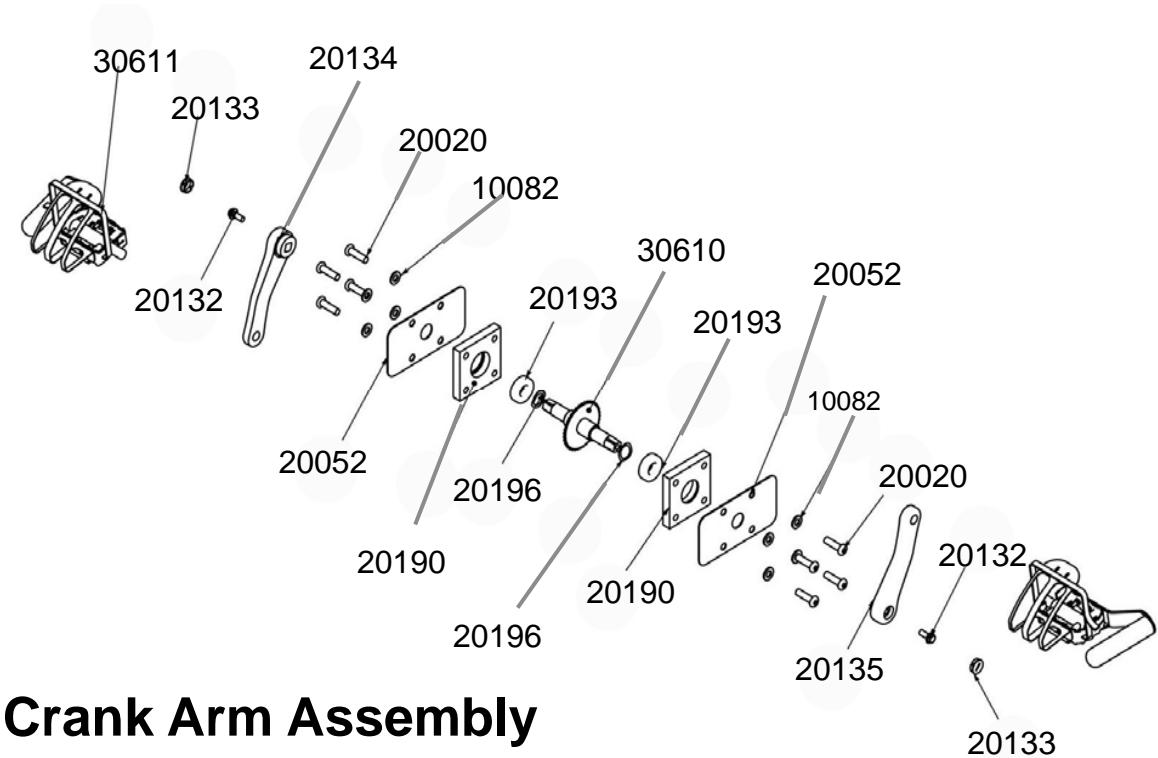
Control Arm Assembly

Main Drive Assembly



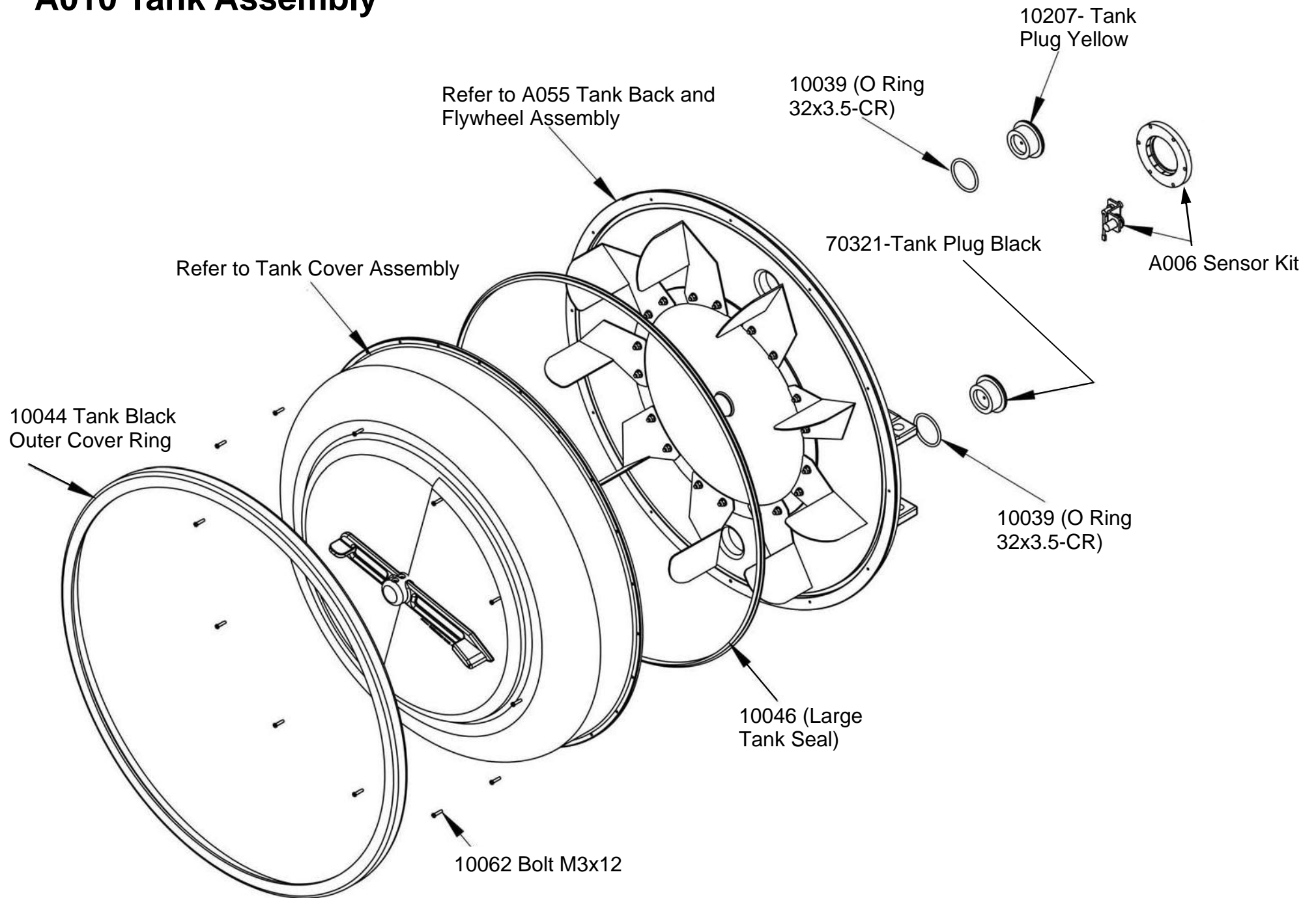
P/N	QTY	Description
20157	1	Shaft+Sprocket
10146	1	Ball Bearing NSK6006ZZ
10011	1	Bearing Housing
10012	1	NSK 6005ZZ Bearing
10015	1	Large PK Transmission Pulley 150mm
10017	1	Key way 7x7x32
10052	1	Grub Screw M4x6
10138	1	Shaft Washer 30x10.2x3t for Fly-wheel, Stainless
10139	1	Spring Washer M10 for Impeller
10109	1	Belt 7PK 926mm HUTCHINSON
10083	1	Bolt M10x20

P/N	QTY	Description
30611	1	Right Pedal Assembly
30610	1	Cycle Axle + Cog
20052	2	Side Bearing Cover
10082	8	Washer M10
20020	8	Bolt M10x35
20134	1	Crank-Left
20135	1	Crank-Right
20132	2	France Screw M8x20xP1.0
20133	2	Crank End Cap
20190	2	Aluminum Block Bearing Housing
20193	2	NSK 6004ZZ Aluminum Block Housing Bearing
20196	2	Wave Washer 20mm

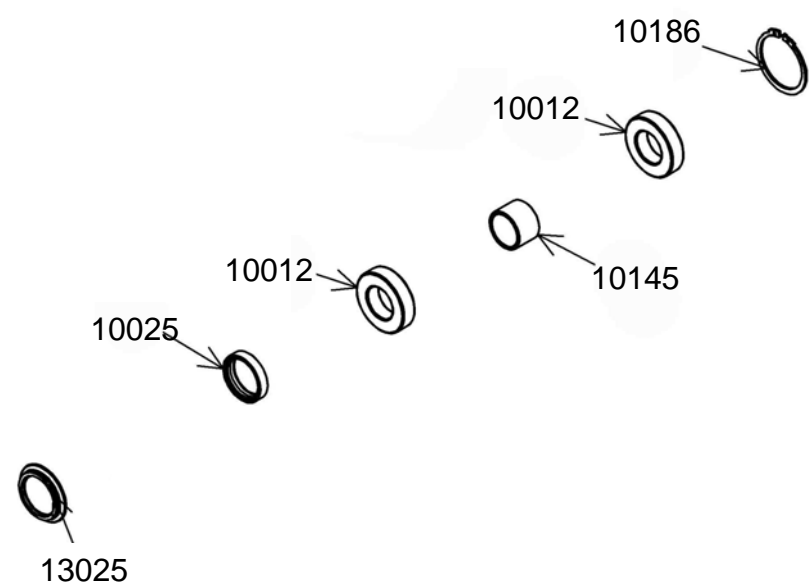


Crank Arm Assembly

A010 Tank Assembly

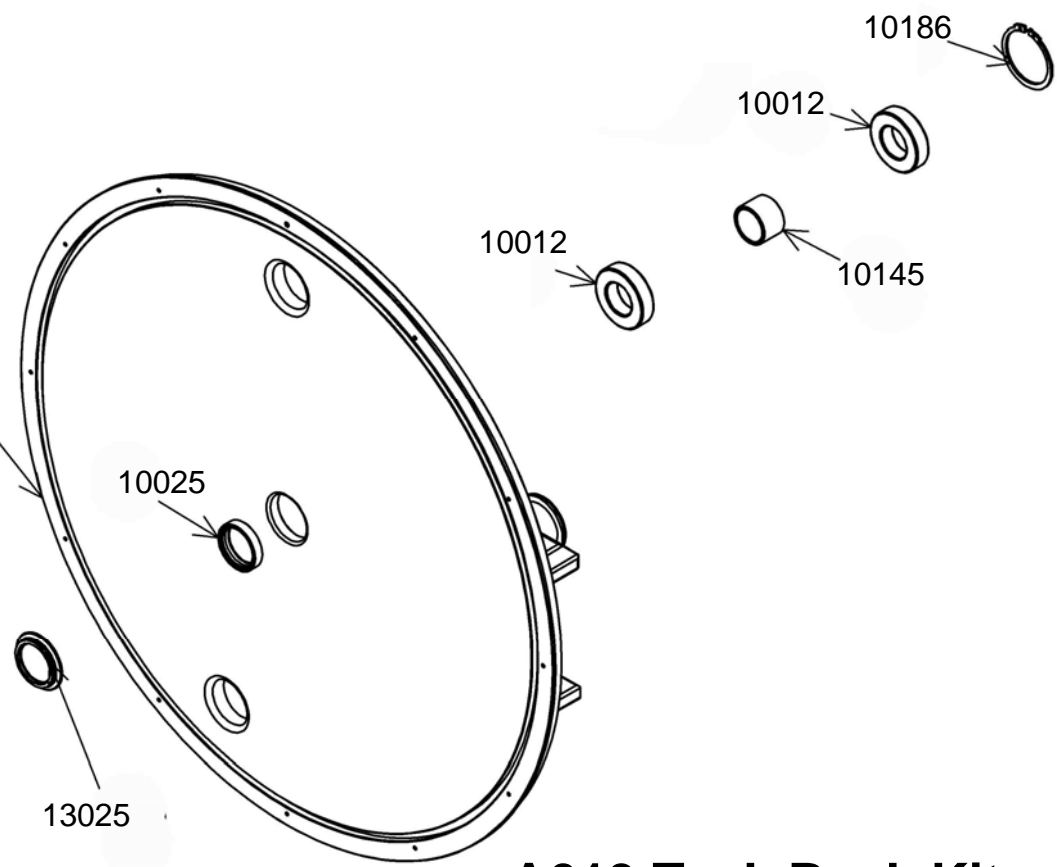


A012 Tank Bearing & Seal Kit



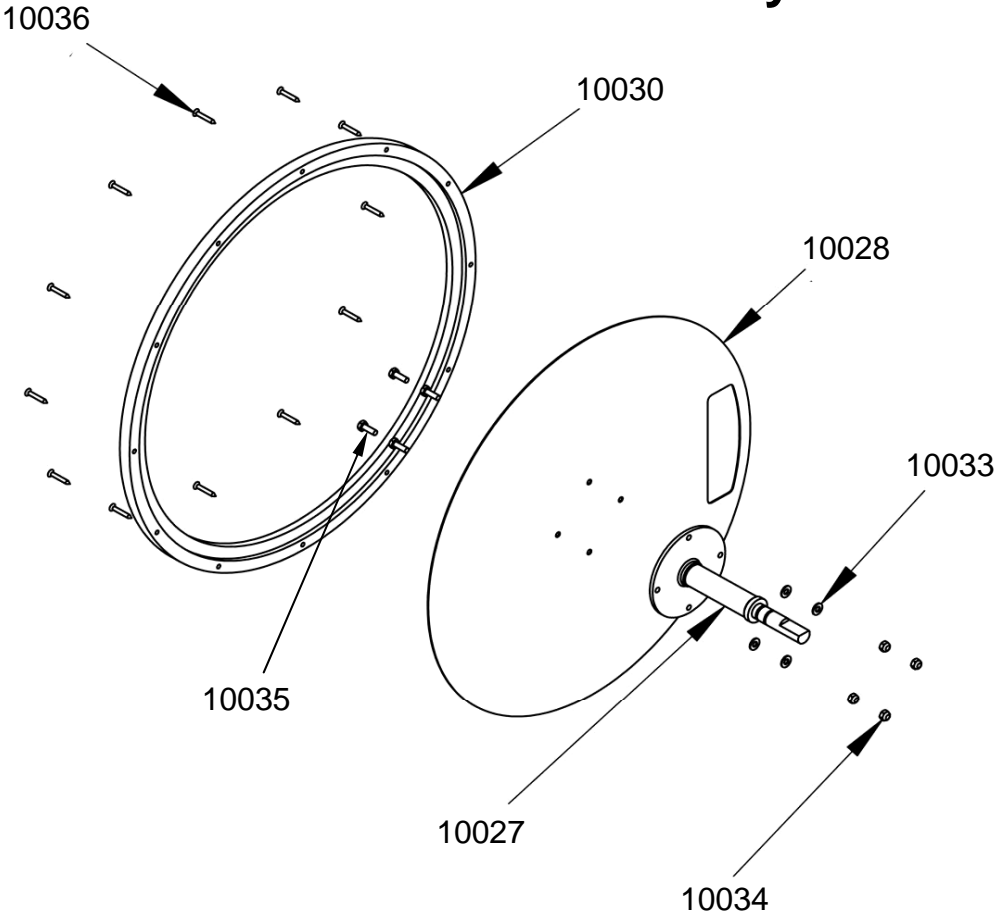
P/N	Description	QTY
10012	Bearing NSK 6005ZZ	2
10025	Seal NBR 37x30x8t for Flywheel Shaft	1
10145	Bearing Spacer 30x25.1x20.5mm	1
10186	C Clip RTW-48	1
13025	Cup Seal	1

P/N	Description	QTY
10012	Bearing NSK 6005ZZ	2
10025	Seal NBR 37x30x8t for Flywheel Shaft	1
10145	Bearing Spacer 30x25.1x20.5mm	1
10186	C Clip RTW-48	1
13025	Cup Seal	1
10300	SMC Blue Tank Back	1

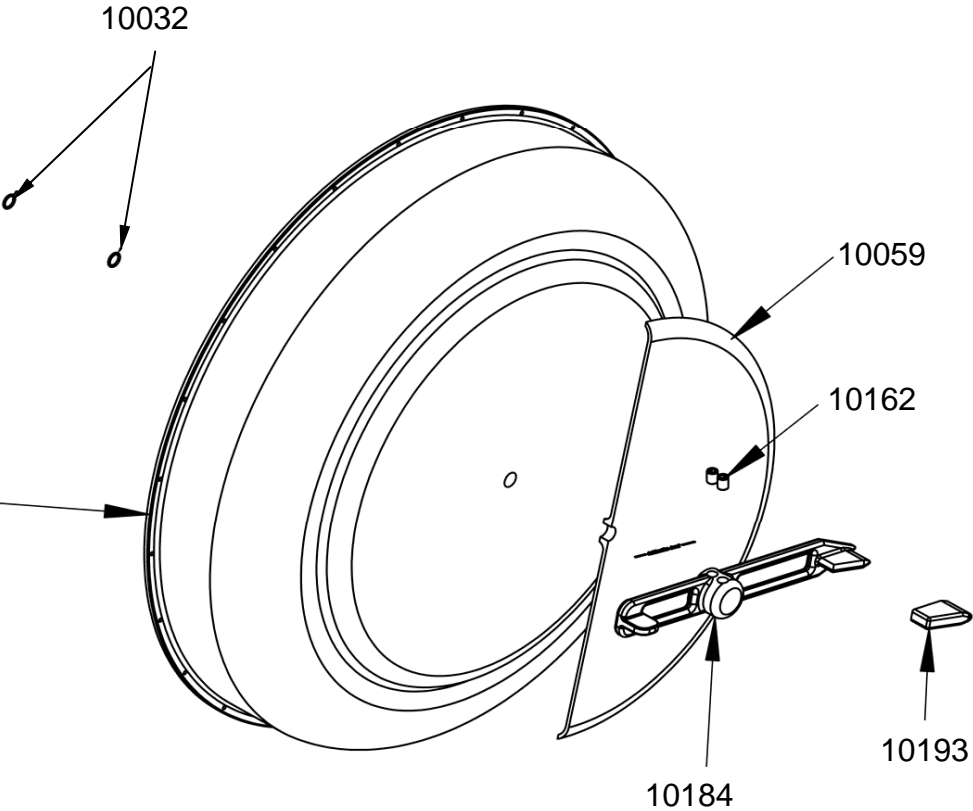


A013 Tank Back Kit

Tank Cover Assembly

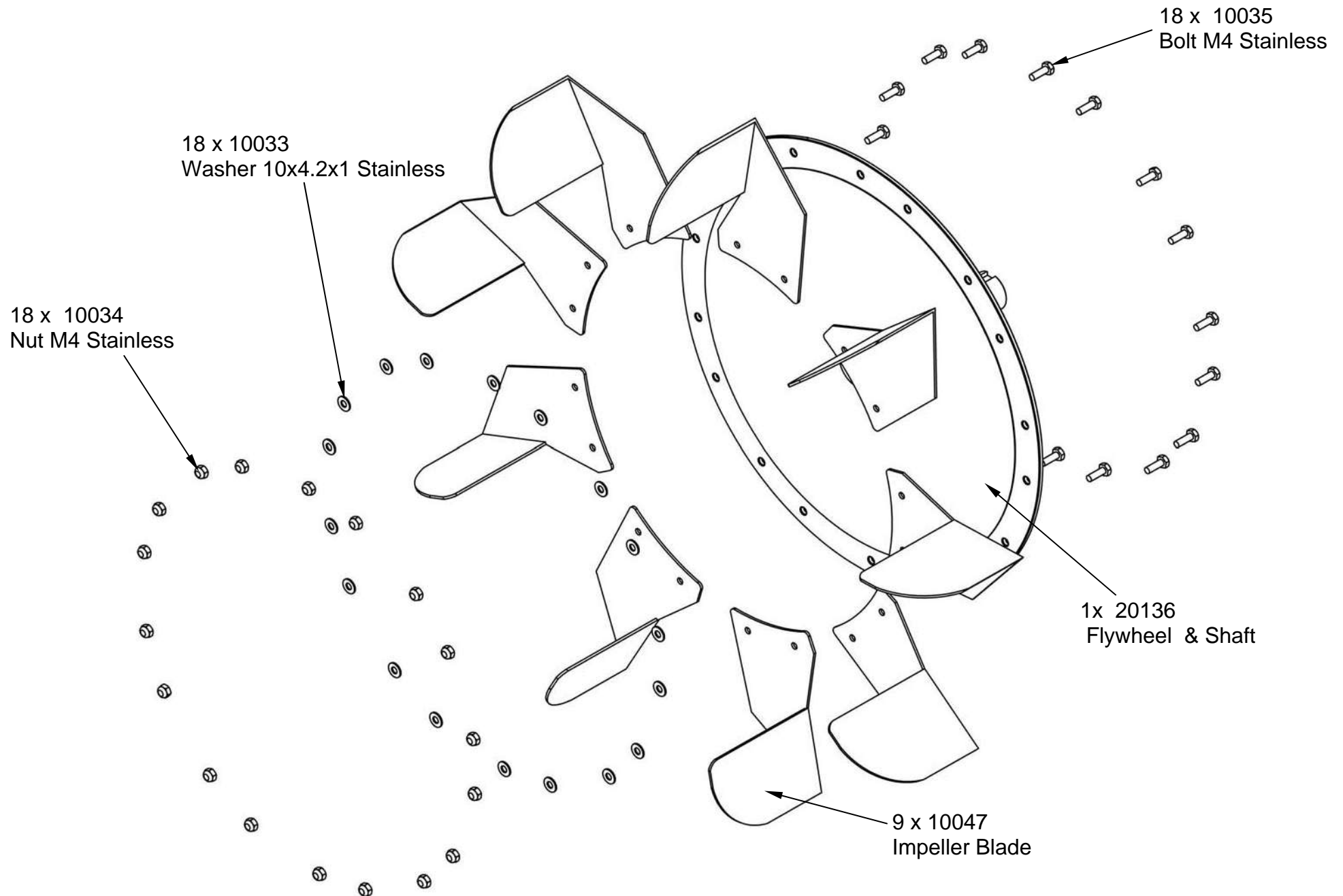


P/N	Description	QTY
10027	Adjuster Handle Shaft	1
10028	Stainless 0.8mm Backing Plate	1
10030	Blue Adjuster PP Tank Ring	1
10032	Adjuster O Ring 12x9x1.5	2
10033	Stainless Washer 10x4.2x1	4
10034	Nut M4 Stainless	4
10035	Bolt M4 Stainless	4



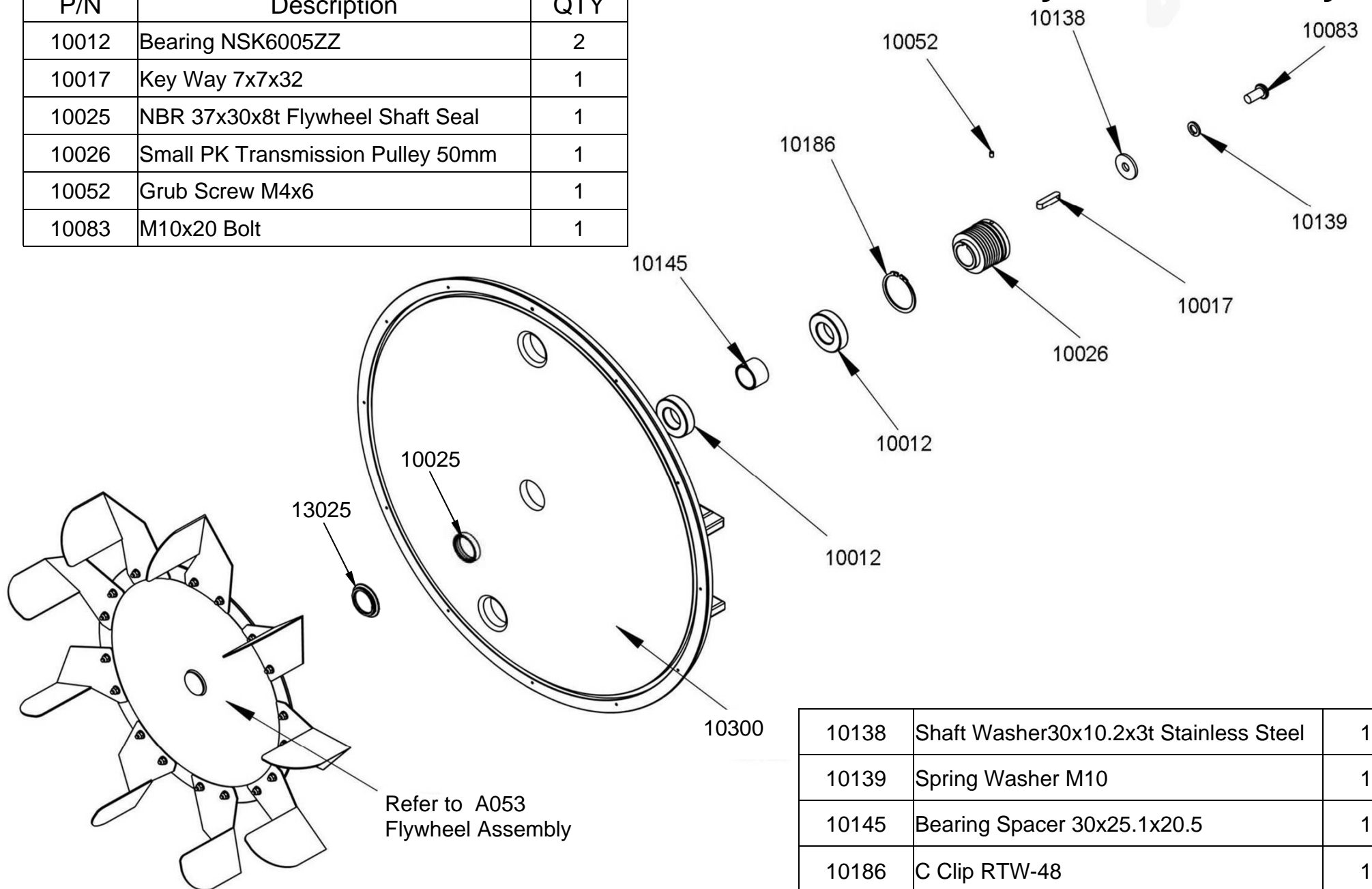
10036	Screw M3x20mm for Blue Tank Ring	12
13045	PC Tank Cover & Level Decal 20R #10059	1
10162	Grub Screw M8x10	2
10184	Tank Level Resistance Handle & PU cover #10193	1

A053 Flywheel Assembly E720/820/920



A055 Tank Back and Flywheel Assembly

P/N	Description	QTY
10012	Bearing NSK6005ZZ	2
10017	Key Way 7x7x32	1
10025	NBR 37x30x8t Flywheel Shaft Seal	1
10026	Small PK Transmission Pulley 50mm	1
10052	Grub Screw M4x6	1
10083	M10x20 Bolt	1



10138	Shaft Washer30x10.2x3t Stainless Steel	1
10139	Spring Washer M10	1
10145	Bearing Spacer 30x25.1x20.5	1
10186	C Clip RTW-48	1
10300	SMC Blue Tank Back	1
13025	Cup Seal	1

FLUID Product (model E720)
INTERNATIONAL WARRANTY – COMMERCIAL USE

First Degree Fitness Limited warrants that the **E720**, purchased from an authorized agent, is free from defects in materials and workmanship. First Degree Fitness or its agents will, at their discretion, repair or replace parts that become defective within the warranty period.

Metal Frame – 10 Year Limited Warranty

First Degree Fitness will repair or replace the metal Main Frame of the **E720** 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

- Hand grips & foot straps
- Seat
- All rubber components
- Computer & speed sensor (excluding replaceable batteries)
- All drive belts, bearings & chains
- Crank housing & Pedal assembly

General Exclusions

- Damage to the finish of any part of the machine
- Damage due to neglect, abuse or incorrect 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