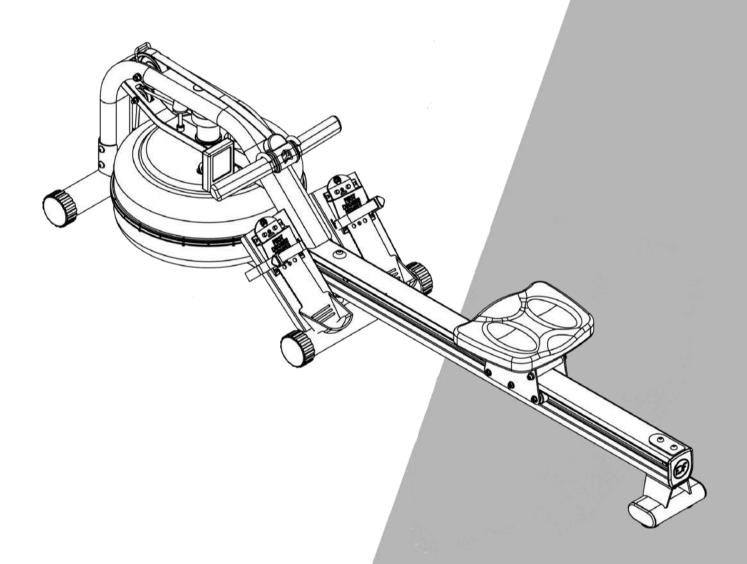




>> USER GUIDE

TRIDENT PRO II



Introduction

Congratulations on your purchase of Rower.

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

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

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

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

Training with the Rower

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



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

Note: If the storage area is not level, an additional fixture is required (sold separately) to keep the Rower stable with vertical storage position.

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Safety Information

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

Installation

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

Safety

Proper Usage

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

Inspection

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

Operating Warnings

- Keep children away from the equipment. Parents or others supervising children must provide close supervision of children if the equipment is used in the presence of children.
- Do not allow users to wear loose fitting clothing or jewelry while using equipment. It is also recommended to have users secure long hair back and up to avoid contact with moving parts.
- All bystanders must stay clear of all users, moving parts and attached accessories and components while machine is in operation.
- / WARNING Do not insert fingers into tank!
- CAUTION After rowing exercise, please allow the unit to sit for 5 minutes before standing it up for storage.
- 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!



Product Specifications

Product Class: HC

Braking System: Speed Independent Product Net Weight: 26.2kg (57.76lbs) Product Gross Weight: 34.5kg (76.06lbs)

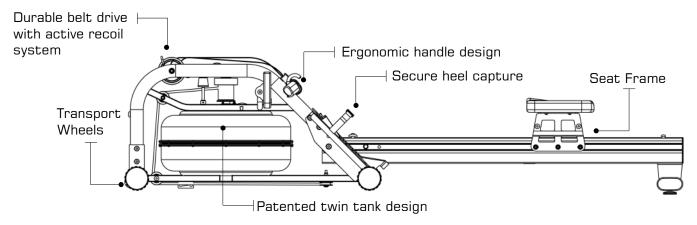
Minimum Safe Operating Surface Area: 338cm (133.07") x 172cm (67.71")

Dimensions: 2180mm (85.83") Length x 520mm (20.47") Width x 520mm (20.47") Height

Maximum User Weight: 150kg (330lbs)

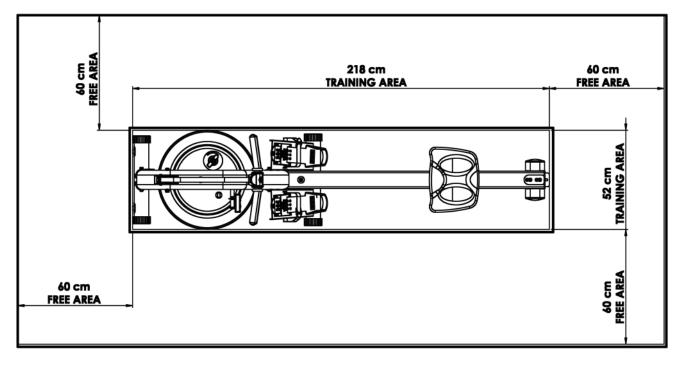
Compact Footprint: 2180mm x 520mm or upright 520mm x 560mm

Product Highlights



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

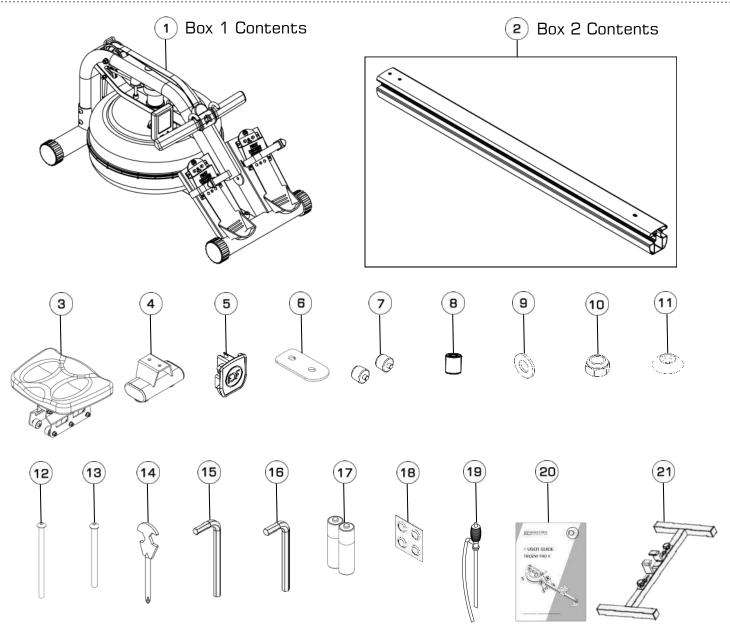
Live area and Training area



Note: Rower is not suitable for therapeutic purposes.



Trident PRO II Box 1 & 2 Contents



Item	Qty.	Description		Qty.	Description
1	1	Main frame	12	3	M10x120mm Bolt
2	1	Seat Rail	13	1	M10x150mm Bolt
3	1	Fluid Rower Seat	14	1	Multi-Tool
4	1	Rear Leg	15	1	8mm Allen Key
5	1	Rubber End Cap	16	1	6mm Allen Key
6	1	Seat Rail Bracket	17	2	AA Duracell Battery
7	2	Rear Rubber Bumpstop	18	4	Water Treatment Tablet
8	1	Vertical Seat Rail Bolt Dampener	19	1	Siphon
9	4	M10 Washer	20	1	Owners Manual
10	1	M10 Nyloc Nut Optional Eq		Equipment (Not Included)	
11	1	Plastic Dome Cap		1	Optional Stand (not included)



Assembly Instructions

STEP 1

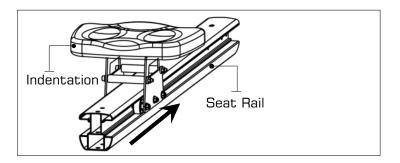
Installing the Seat and Rear Leg to Seat Rail

REQUIRED

Seat Rail [2]

Rower Seat [3]

Install the Rower Seat[3] onto the Seat Rail[2] as shown, with seat indentation facing rearward.



STEP 2

REQUIRED

Rear Leg [4]

Internal Seat Rail Bolt Bracket [6]

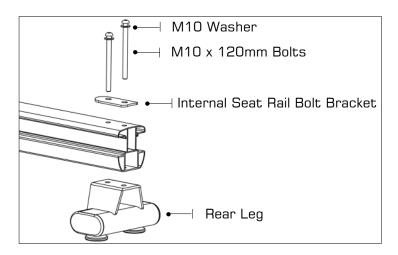
2x M10 Washers [9]

2x M10x120mm Bolts [12]



Do not tighten.

First insert the Internal Seat Rail bolt Bracket[6] into the rear of the Seat Rail and align it to the second hole from the rear of the rail. Then use 2x M10x120mm Dome Head Bolts[12] and 2x M10 Washers[9] install the Rear Leg[4] to the Seat Rail.



STEP 3

REQUIRED

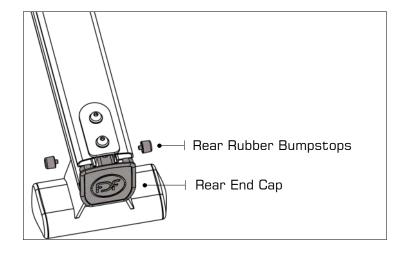
Rear End Cap [5]

Rear Rubber Bumpstops [7]

/!\WARNING

Use care when tightening bolts to avoid scratches.

Install **Rubber End Cap[5]** and Hold the End Cap in place, thread the **Rear Rubber Bumpstops[7]** onto the end. Then Tighten both bolts to complete Rear Leg assembly.



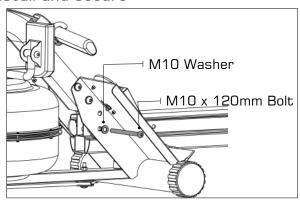


Assembly Instructions

STEP 4

REQUIRED

2x M10 Washers [9] M10 Nyloc Nut [10] M10 x120mm Bolt [12 Insert the Seat Rail until it just slightly protrudes behind the Footplate. Shown here is the installation/alignment point for the M10x120mm Horizontal Seat Rail Bolt[12], 2x M10 Washers[9] and Nyloc Nut[10]. Install and secure



STEP 5

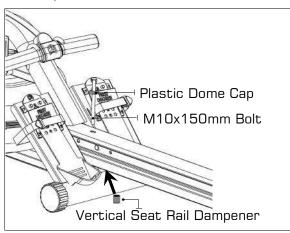
REQUIRED

Vertical Seat Rail Dampener [8]
Plastic Dome Cap [11]
M10 x150mm Bolt [13]

(I) CAUTION

Install the Vertical Seat Rail Tensioning Bolt through the Seat Rail as shown, then fit the Vertical Seat Rail Bolt Dampener onto the bolt between the bottom of the Seat Rail and the lower frame (not shown) before securing bolt into lower frame. Do not tighten. See following page for correct height adjustment.

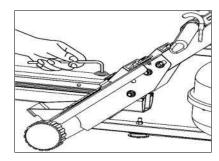
Insert the M10x150mm Vertical Seat Rail Tensioning Bolt [13] and Vertical Seat Rail Dampener[8] with the Plastic Dome Cap[11] .



Note: The Vertical Seat Rail Dampener is designed to take up the slack between the seat rail and mainframe when standing in the vertical position

STEP 6

Fine Tuning the Fluid Rower



Tension the Vertical Seat Rail Bolt as shown here until mid-leg rises off the floor approx. **3-5mm**.

The Vertical Seat Rail Tensioning Bolt is designed to hold the mid leg **3-5mm** off the ground when the Fluid Rower is unweighted, and just slightly touch the ground during a rowing stroke.

Tighten the assembly until the Mid Leg begins to lift off of the ground as shown below.

Note: If excessive head shaking/hopping of the tank occurs during rowing, this indicates the Vertical Seat Rail Tensioning Bolt being out of adjustment.



Operation Instructions



Adjustable Resistance (AR) Tank

The Adjustable Resistance (AR) Tank, developed and patented by FIRST DEGREE FITNESS. offers a true multi-level experience. Water is moved between the "storage" and "active" chambers of the AR Tank. Your new Rowing Ergometer can adapt - at the turn of a dial - to the resistance preferred by each user in the home environment.

Getting Started

To achieve minimum resistance, select "MIN" on the tank adjuster. It takes 10 strokes to fill the central (storage) tank, leaving a minimal amount of water in the outer (active) tank. This process is always required if minimum resistance is desired. Row hard at a steady pace (20 to 25 strokes per minute [SPM]) and put some effort into the stroke, ensuring that good form is maintained. You can make adjustments to the resistance level while you row. Your Rowing Ergometer will adapt almost instantly to increases in resistance but will take up to 10 strokes to reduce the effort required, as the central (storage) tank fills up.

Developing Your Routine

Once you have found a level that gives you the exercise required, changes can be made to SPM and to stroke intensity to further vary your energy input. Interval training is used by most Rowers, where a period of low intensity is combined with short intervals of high intensity. Your FDF Rowing Ergometer allows for changes 'on the fly', to achieve multi-level resistance profiles during a single workout. For more information on exercise routines, please visit our website at www.firstdegreefitness.com

Tank Filling and Water Treatment Procedures

REQUIRED Siphon [19]

/ CAUTION

Resistance adjuster must be set to 'Max' to allow for accurate filling capacity.

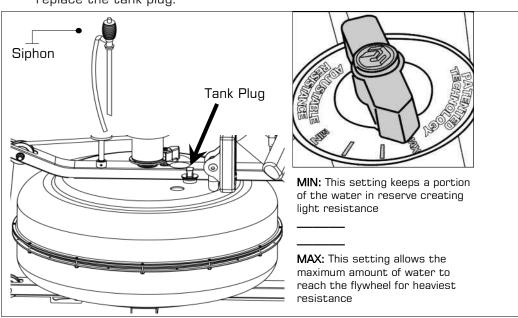
/ WARNING

Do not overfill the tank beyond the maximum indicated level of 17 liters. Refer to the tank level decal on the lower side of the tank.

- a) Remove rubber fill plug from the top of the tank.
- b) Place a large bucket of water next to the rower. Position the **Siphon[19]** with rigid hose in the bucket, and flexible hose in the tank.

Note: Make sure small breather valve on siphon is closed before filling.

- c) Squeeze siphon to begin filling. Important: Do not overfill tank
- d) When full, open the valve on the top of the siphon to allow excess water to escape.
- Once filling is completed follow the water treatment schedule below, then replace the tank plug.



INITIAL WATER TREATMENT

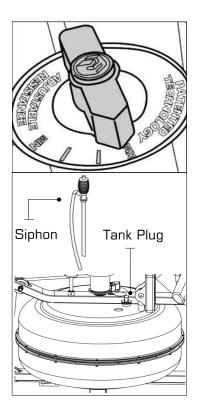
Add 1 x Water Treatment Tablet per full tank. DO NOT, UNDER ANY CIRCUMSTANCE, USE A WATER TREATMENT TABLET OTHER THAN THOSE SUPPLIED WITH YOUR UNIT. Your unit purchase includes 4 x Water Treatment Tablets, which is sufficient for several years of use. To purchase additional chlorine tabs, please consult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

10

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Operation Instructions

Removing/Changing Tank Water



Row a minimum of ten complete strokes before commencing tank draining. Remove tank plug, insert rigid end of siphon into tank and begin draining.

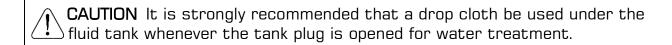
- a) Set Adjuster handle to "MIN"
- b) Row at least ten strokes to fill the storage reservoir as completely as possible.
- c) Remove Tank Plug.
- d) Insert rigid end of siphon into the tank, and flexible hose into a large bucket.
- e) Drain tank (approx. 40% of water will remain) and then refill following directions for Tank filling as described in the Tank Filling section of this manual.

Note:

- The valve on top of the siphon must be closed to allow proper drainage.
- Water treatment will preclude the need to change tank water if the treatment schedule is maintained. Additional Water Treatment Tablet is required only when discoloration appears in the water.
- Exposure to full sunlight reduces the life of the Water Treatment Tablets. Storing the rower away from direct sunlight will extend the time between water treatments.
- Approximately 40% of tank water will remain. It is not possible to completely drain the A/R tank without disassembly.

>> Long Term Water Treatment and Basic Operation

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.





Operation Instructions

>>

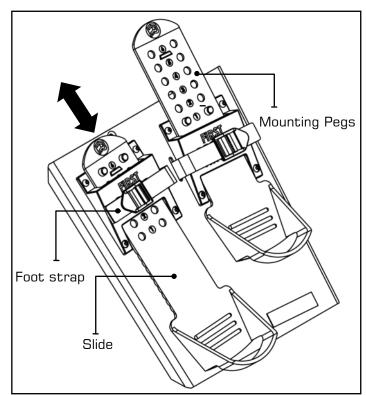
Adjust Footplates

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.





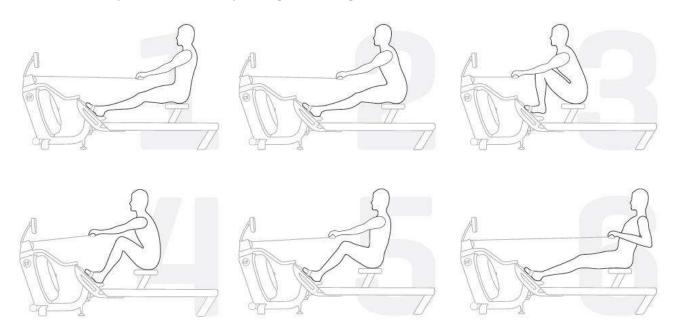
WARNING: Never operate this Rower without feet properly secured in Footstraps, or without the sliding portion of the Slider Footplate locked into position!



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



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



Computer Operation

Functions

Auto Start: Commence rowing to activate.

Reset all values: Press and hold RESET button for 3 seconds.

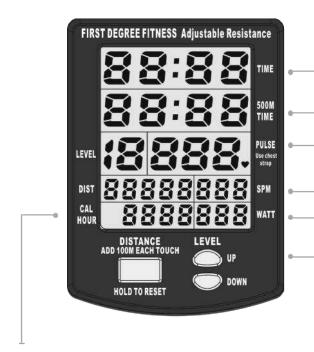
Distance: Each single press of RESET adds 100m distance, up to 1000m then adds 500m.

Auto-Pause: A temporary halt in exercise will result in the following:

For over 5 seconds and under 5 minutes:

- a) SPM/500METER/WATT to zero.
- b) Distance/TIME values are saved.
- c) CAL per hour defaults to Total CAL.
- d) A Resumption in exercise in less than 5 minutes will resume Distance/TIME from saved values automatically.

Auto Power Down: Over 5 minutes. All values revert to zero after restart.



CAL HOUR: Calories burned per hour at the current Watts. Shows total calories burned when exercise is stopped.

Computer Instructions:

TIME: Auto start elapsed time.

500M TIME: Time to row 500 meters, updated

at the completion of each stroke.

PULSE: Requires optional receiver and chest strap (sold separately).

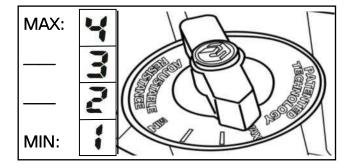
SPM: Strokes per minute updated each stroke.

WATT: Unit of power updated per rowing stroke.



Use the LEVEL UP/ DOWN buttons to align the level with the same level selected on the Fluid Tank Resistance Adjuster handle for accurate Distance/ CAL/WATTS.

*ALL READINGS UPDATED EVERY 2 SECONDS



NOTE: Heart Rate Kit and Chest Strap is sold separately.



Heart rate monitoring systems may be inaccurate, Over exercising may result in serious injury or death. If you feel faint stop exercising immediately!

>>

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.

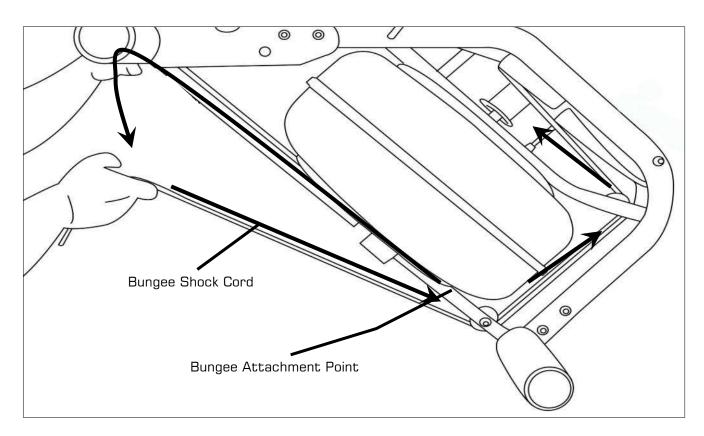
http://www.webracing.org/downloads.htm

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

Detaching the Rower Belt



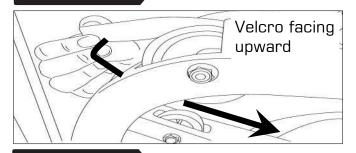
1.To detach belt, simply pull beyond the range of the normal rowing stroke until the belt detaches from the Belt Bungee Pulley.

Tip: You'll hear the Velcro separating just before the belt detaches.

2. Cut plastic tie holding bungee at the Bungee Attachment Point, pull the Cord through all three pulleys and leave excess on top of the tank for now.

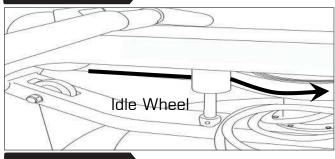
Reattaching the Rower Belt

STEP 1



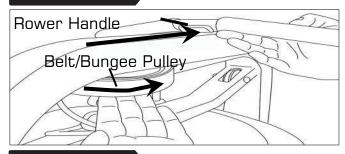
Begin reattaching the Rower Belt by threading around the Rower Belt Pulley with the Velcro side facing upward as illustrated.

STEP 2



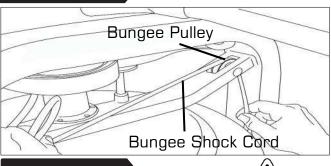
Next, thread the Belt around the Idle Wheel as shown. Once around the Idle Wheel, attach the Rower Belt to the Belt/Bungee Pulley. There is an obvious "lip" at the attachment point.

STEP 3



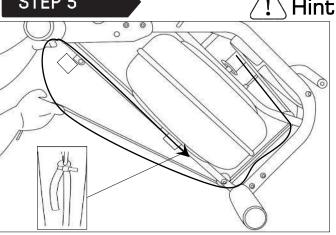
Wind the Rower Belt onto the Belt/Bungee Pulley until the Rower Handle is as it's furthest forward position.

STEP 4



Rethread the Bungee Shock Cord (on opposite side of the Idle Wheel) back through the Bungee Pulleys and tie off at the Attachment Point.

STEP 5

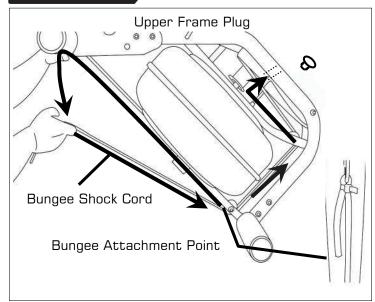


Hint If Bungee Shock Cords previous tension seemed correct (a good way to judge is if the Rower Handle can make it to the furthest point forward on the top of the Mainframe under bungee tension alone) then simply tie off at previous position. If the return is too slack, experiment by tightening the tension in small increments and testing until the correct tension is achieved. If the Rower Handle cannot reach the end of the seat rail during a rowing stroke, then the Bungee Shock Cord is over-tensioned.



Removing the Bungee Shock Cord

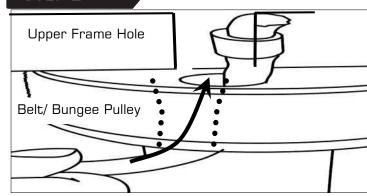
STEP 1



Move the Rowing Handle to it's farthest forward point on the Mainframe, then cut the plastic end tie and follow the drawing above for bungee removal.

Next, remove the Upper Frame Plug to allow the Bungee Shock Cord to be threaded through the top of the frame. Note: You will need to rotate the Belt/Bungee Pulley to align the holes properly. Should the belt drop off of during the bungee change, please refer to the previous pages for "Attaching/Reattaching the Rower Belt".

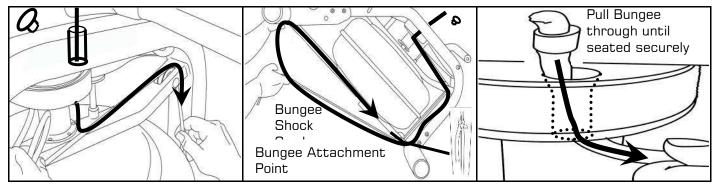
STEP 2



Once Bungee Cord and Upper Frame Hole are aligned, push the Bungee Cord up and through the frame as shown

Replacing the Bungee Shock Cord

Reinstall the Shock Cord through the Upper Frame, along the opposite side of Idle Wheel, through the Mid Frame and Lower Bungee Pulleys and then tie off with plastic tie wrap to correct tension. Replace Frame Plug.





Tip: Correct bungee tension is achieved when enough recoil is present for the Rowing Handle to easily reach the front of the Fluid Rower Pulley Belt Bracket at the far front of the frame. If the Rowing Handle will not reach rearward to the end of the Seat Rail, the Bungee Cord is over-tightened and will require adjustment.

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.

ltem	Time Frame	Instructions	Notes
Seat Wheels and Rail	Weekly	Wipe down Seat Wheels and Rail with lint free cloth.	
Frame	Weekly	Wipe down Frame 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 contact your local service representative or go online at www.firstdegreefitness.com for further details.	
Rowing Belt	Check every hundred hours for correct tension and for signs of wear.	The Rowing Belt should provide many years of trouble free use. If a rowing belt change is required, please contact your local service representative or go online at www.firstdegreefitness.com for further details.	

Fault	Probable Cause	Solution
Water changes color or becomes cloudy.	Fluid 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.
Rower Belt slipping off belt/ bungee pulley.	Bungee not under enough tension.	Tighten bungee cord following the instructions in "Replacing the Bungee/Shock Cord" section of this manual.
Front of the Rower lifts slightly during vigorous rowing.	M10X150mm Vertical Seat Rail Tensioning Bolt is slightly too loose.	Tighten bolt 1/2 turn and row again. Tighten as needed until problem stops. Note: Over tightening this bolt can damage the seat rail. Only tighten bolt in small increments until fault is corrected.
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 screen illuminates, but does not register when rowing.	Loose or failed connection.	Check that the computer lead is connected properly. If it is connected then contact your local service center.

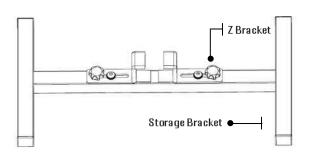


Optional Fixture Kit Installation

A fixture kit for upright storage can be purchased separately.

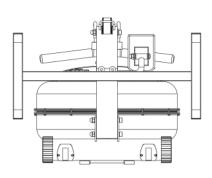
STEP 1

Install the Z bracket onto the Storage Base. Note: Do not tighten the Knob and the Bolt.



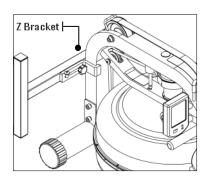
STEP 2

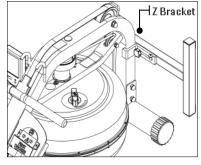
Install the bracket onto the rower as shown.



STEP 3

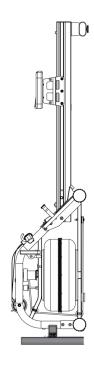
Tighten the Z Bracket knob to fix to the rower. Note: Ensure the Z bracket is secure before tightening.



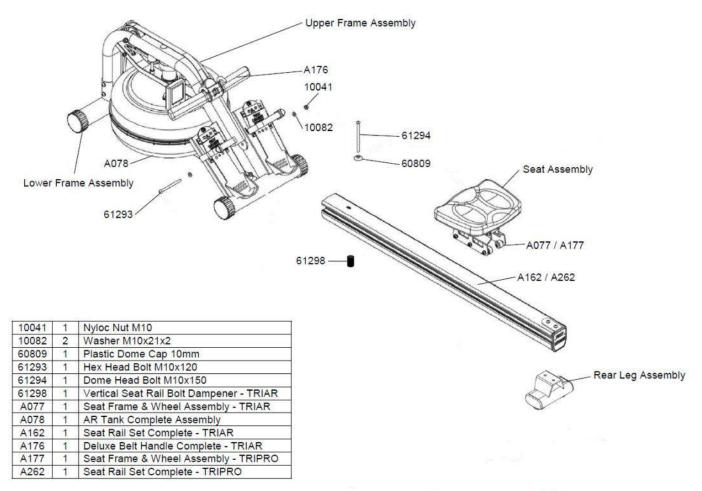


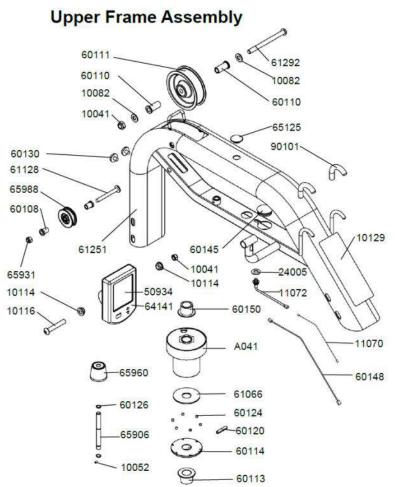
STEP 4

Stand the rower up vertically with the main frame on the floor. Using the 8mm Allen Wrench tighten the Bolts.

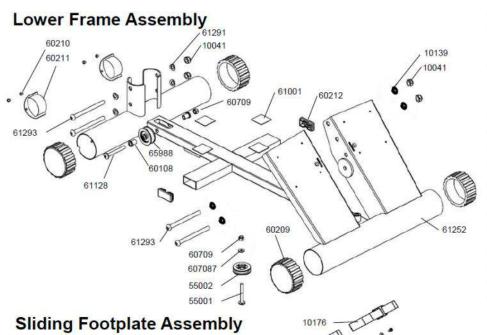




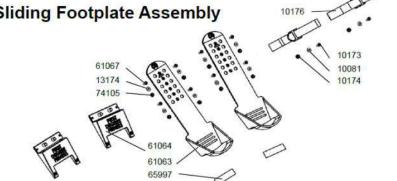




10041	2	Nyloc Nut M10
10052	1	Grub Screw M4x6 - B
10082	2	Washer M10x21x2
10114	2	Computer Mount Plastic Bushing
10116	1	Dome Head Bolt M10x60
10129	1	Decal - "How to Row "
11070	1	Sensor Connecting Cable 300mm
11072	1	Sensor 100mm
24005	1	Washer M11x22x1t SUS
50934	1	LCD for L4/L16
60108	2	Bungee Pulley Spacer 8mm
60110	2	Belt Pulley Spacer 10x24x23
60111	1	Belt Pulley 100mm & 2x Bearing #60112
60113	1	Main Shaft Oil Bushing - Lower 38x20x22
60114	1	Magnet Ring & 6 x Magnet #60124
60120	1	Roll Pin M6.3x30
60126	2	C Clip 10mm
60130	2	Frame Rubber Bumper
60145	1	Frame Plug 38.1mm
60148	1	Heart Rate Lead - 400mm
60150	1	Main Shaft Nylon Bushing - Upper
61066	1	Plastic Washer M5920.1x2T
61128	1	Dome Head Bolt M8x65
61251	1	Upper Main Frame with Decals - TRIAR
61292	1	Dome Head Bolt M10x120
64141	1	Computer with USB - L4
65125	1	Rubber End Cap - Main Frame
65906	1	Idle Wheel Shaft
65931	1	Nyloc Nut M8 - B
65960	1	Idle Wheel & Bearing 6000ZZ x 2 #60112
65988	1	Bungee Pulley & Bearing & Spacer x2
90101	2	Rubber Hook Cover
A041	1	Belt Bungee Pulley Complete Kit

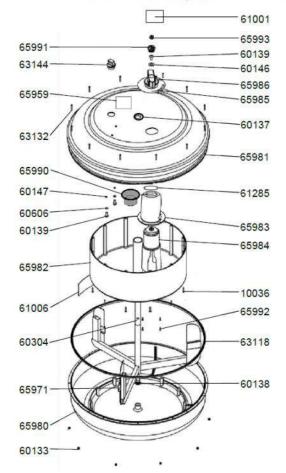


10041	4	Nyloc Nut M10
10139	4	Spring Washer M10
55001	1	Dome Head Bolt M8x50
55002	1	Small pulley 8mmx31.5mm
60108	2	Bungee Pulley Spacer 8mm
60209	4	End Cap 76.2mm Round
60210	4	Transport Wheel Fastener
60211	2	Transport Wheel 76.2
60212	2	End Cap 25x50mm
60708	1	Washer M8x19x1.6
60709	2	Nyloc Nut M8
61001	4	Tank Bonding Strip 3M-VHB
61128	1	Dome Head Bolt M8x65
61252	1	Lower Main Frame - TRIAR
61291	4	Curved Washer M10
61293	4	Hex Head Bolt M10x120
65988	1	Bungee Pulley & Bearing & Spacer x2



10081	2	Washer M6x16x1
10173	2	Counter Sunk Bolt M6x15
10174	2	Nyloc Nut M6
10176	2	Foot Strap & Buckle
13174	8	Nyloc Nut M5 - B
61063	2	Footplate Slider with Velcro #65997
61064	2	Footplate Slider Base 120x111x22.8
61067	8	Dome Head Bolt M5x15
65997	2	Velcro for Sliding Footplate
74105	8	Washer M5 SUS

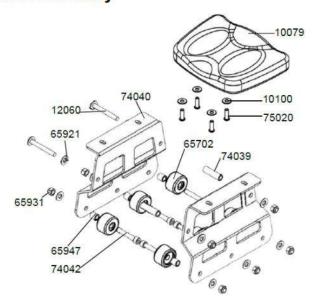
A078—AR Tank Complete Assembly



10036	12	Flat Tapping Screw M3x20 - SUS
60133	12	Nyloc Nut M3 - SUS
60137	1	Tank / Main Frame Impeller Shaft Spacer19.9x40x1
60138	1	Impeller End Cap
60139	3	Dome Head Bolt M6x15 - SUS
60146	1	Washer M6x16x1 - SUS
60147	2	O-Rring 9.5x6.5x1.5
60304	1	Flywheel Upper Shaft
60606	2	PlasticWasher M6x15x2.5 - B
61001	1	Tank Bonding Strip 3M 40x40mm
61006	1	Decal - HS Tank Level
61285	1	Rubber Spacer
63118	1	Tank Large Ring Seal - Yellow 499x5.8
63132	12	Allen Key Bolt M3x20 - SUS
63144	1	Tank Plug for HS Tank
65971	1	Impeller - AR
65979	2	Spacer
65980	1	Lower Tank Shell
65981	1	Upper Tank Shell & Decals #65959, #65985 & Spacer #60137 - Outer
65982	1	Inner Reserve Tank Shell
65983	1	Tank Adjuster Outer Cup
65984	1	Tank Adjuster Inner Cup
65986	1	Adjuster Knob
65990	1	Rubber Seal
65991	1	End Cap - Aduster Knob
65992	4	Counter Sink Bolt M3x12 - SUS
65993	1	Decal - FD Knob 18mm

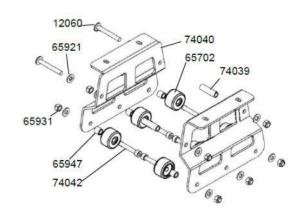


Seat Assembly



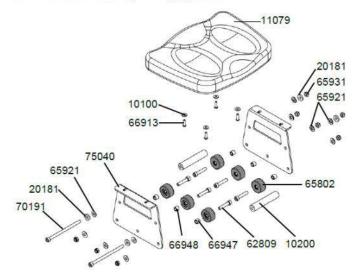
10079	1	Seat LS-E28
10100	4	Washer M6x16x1 - B
12060	2	Dome Head Bolt M8x60 - B
65702	6	Seat Wheel
65921	12	Washer M8.5x19x1.6t - B
65931	8	Nyloc Nut M8 - B
65947	6	Seat Wheel Short Spacer 12.7x8.1x13 - B
74039	2	Spacer for Seat - TRIAR
74040	2	Seat Bracket
74042	6	Hex Head Bolt M8x45
75020	4	Dome Head Bolt M6x50 - B

A077 Seat Frame and Wheel Assembly S/N Before 17 02771 05



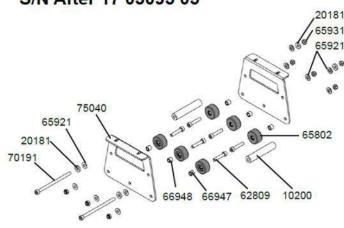
12060	2	Dome Head Bolt M8x60 - B
65702	6	Seat Wheel
65921	12	Washer M8.5x19x1.6t - B
65931	8	Nyloc Nut M8 - B
65947	6	Seat Wheel Short Spacer 12.7x8.1x13 - B
74039	2	Spacer for Seat - TRIAR
74040	2	Seat Bracket
74042	6	Hex Head Bolt M8x45

Seat Assembly - Upgrade



10150	4	Washer M6x13x1 - B
10200	2	Spacer 8x20x100 - B
11079	1	Seat LS-E28
20181	4	Plastic Washer M8.5x19x1.6 - B
62809	6	Hex Head Bolt M8x40 - B
65802	6	Seat Wheel
65921	10	Washer M8.5x19x1.6t - B
65931	8	Nyloc Nut M8 - B
66913	4	Dome Head Bolt M6x20 - B
66947	4	Seat Wheel Short Spacer 12.7x8.1x11.3 - B
66948	2	Seat Wheel Short Spacer 12.7x8.1x10.3 - B
70191	2	Hex Head Bolt M8x130 - B
75040	2	Seat Frame Charcoal

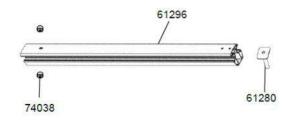
A177 Seat Frame and Wheel Assembly S/N After 17 03095 05



10200	2	Spacer 8x20x100 - B
20181	4	Plastic Washer M8.5x19x1.6 - B
62809	6	Hex Head Bolt M8x40 - B
65802	6	Seat Wheel
65921	10	Washer M8.5x19x1.6t - B
65931	8	Nyloc Nut M8 - B
66947	4	Seat Wheel Short Spacer 12.7x8.1x11.3 - B
66948	2	Seat Wheel Short Spacer 12.7x8.1x10.3 - B
70191	2	Hex Head Bolt M8x130 - B
75040	2	Seat Frame Charcoal

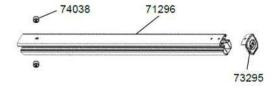


A062 Seat Rail Set CompleteSeat -TRIAR S/N Before 14 00487 05



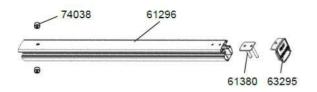
61280	1	Seat Rail Internal Support Bracket - TRIAR
61296	1	Seat Rail with Decals - TRIAR
74038	2	Rubber Bumper for Rear Leg

A262 Seat Rail Set Complete-TRIPRO S/N After 17 03095 05



71296	1	Seat Rail with Decals - TRIAR	
73295	1	End Cap - Rail TRIAR (2017)	
74038	2	Rubber Rumper	

A162 Seat Rail Set Complete-TRIAR S/N After 14 00488 05

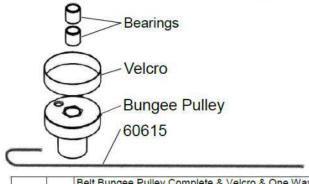


61296	1	Seat Rail with Decals - TRIAR
61380	1	Dual Internal Support Bracket - TRIAR
63295	1	End Cap - Rail TRIAR NEW
74038	2	Rubber Bumper

A176 Deluxe Belt Handle Complete



A041 Belt Bungee Pulley Complete



60900	1	Belt Bungee Pulley Complete & Velcro & One Way Bearings #90136
60615	1	Bungee Cord 8mm x 1950 & Inner Clip #65922

>> 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 **Trident PRO II Fluid Rower (model TRIPRO)**, purchased from an authorized 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.

Specific Inclusions

Aluminum Seat Rail Stainless Steel Impeller Assembly

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



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For customer support please visit
firstdegreefitness.com/support

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