

# **FDF Ergometer**



**USB Connectivity for  
FDF Consoles**

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## USB CONNECTIVITY

### *Setting up USB Connectivity*

1. Download and Install the USB Device Driver (CDM2xxxx\_Setup.exe for 32 and 64 bit Windows 10/8.1/7/Vista/XP) from the FDF Website
2. Download and install Fluid Coach from the FDF Website
3. 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 Console, 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, newer IPM Consoles provide an enclosed USB connector at the rear of the console



*USB with Sensor and HR Connectors*



*Console Connected using Standard USB Cable*



*Console Connected to Laptop USB Port*

## NETATHLON 2 XF FOR ROWERS QUICK START

1. Install the USB Serial Device Driver (CDM2xxxx\_Setup.exe).
2. Install NetAthlon 2 XF for Rowers.
3. Ensure your Console is turned on.
4. Connect your Console to your PC or Laptop via the USB port.



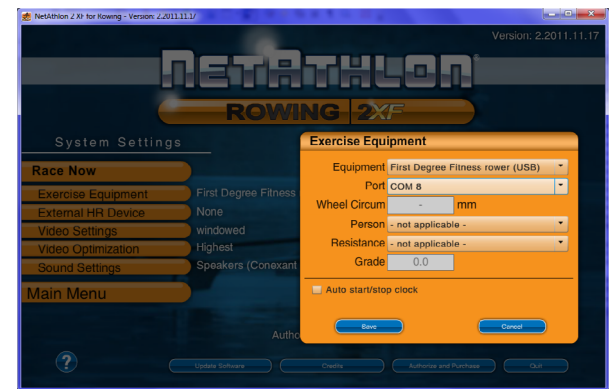
5. Run NetAthlon XF for Rowing.
6. Press any key to continue.



7. Click *System Settings*.



8. Click *Exercise Equipment*.



9. Select *First Degree Fitness Rower (USB)*.
10. Select *Port (COMx)*.
11. Click *Save*.

\*You may need to repeat this procedure...



12. Click *Race Now*.



13. Start Rowing!

**Please be noted that FDF do not directly support this Third Party Software. See NetAthlon 2 XF documentation at <http://www.webracinginc.com/> for further information and support**