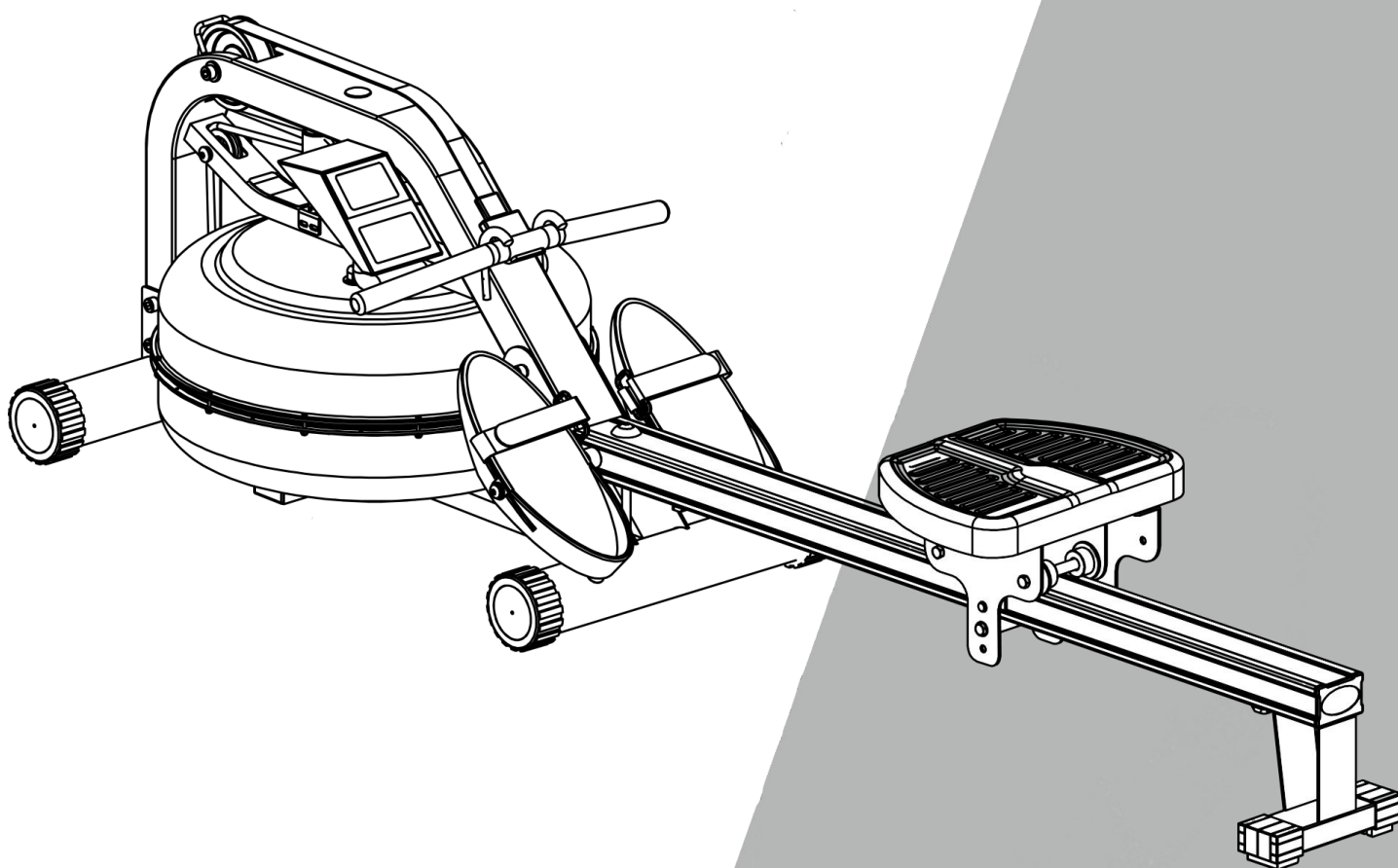


FIRST DEGREE FITNESS
Fluid INNOVATION



» USER GUIDE



REGISTER YOUR PRODUCT AT WWW.FIRSTDEGREEFITNESS.COM/SUPPORT

» 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.

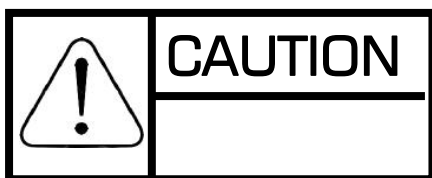
Follow all instructions carefully for correct assembly, tank filling, water treatment, service and safety.

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

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

Training with the Rower

1. 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 regime, 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 Main Frame 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.





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!

» Assembly

Product Specifications

Product Class: HC

Braking System: Speed Independent

Product Net Weight: 25.1kg (55.34lbs)

Product Gross Weight: 31.5kg (69.45lbs)

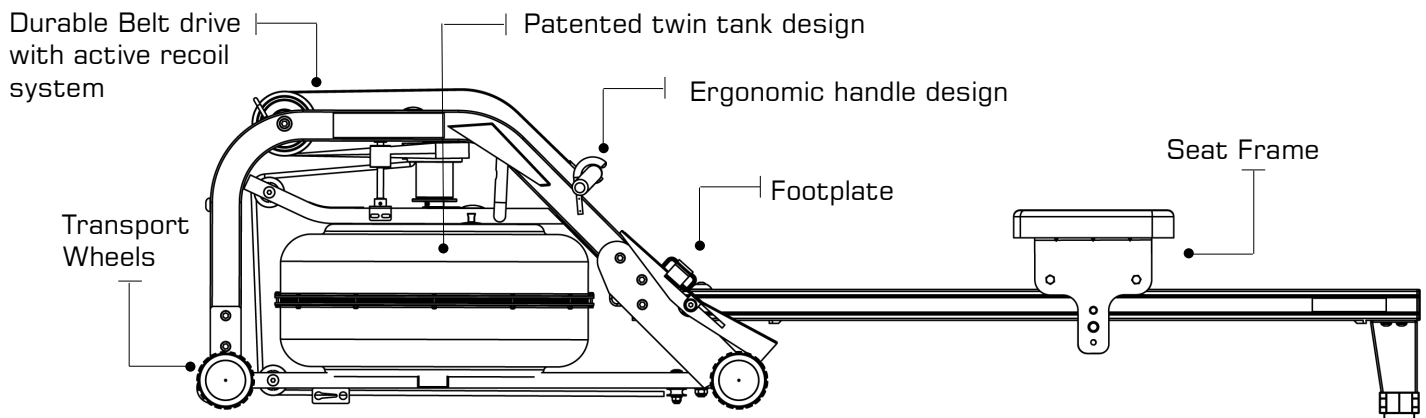
Minimum Safe Operating Surface Area: 319cm (125.59") x 172cm (67.71")

Dimensions: 1990mm (78.35") Length x 520mm (20.47") Width x 520mm (20.47") Height

Maximum User Weight: 150kg (330lbs)

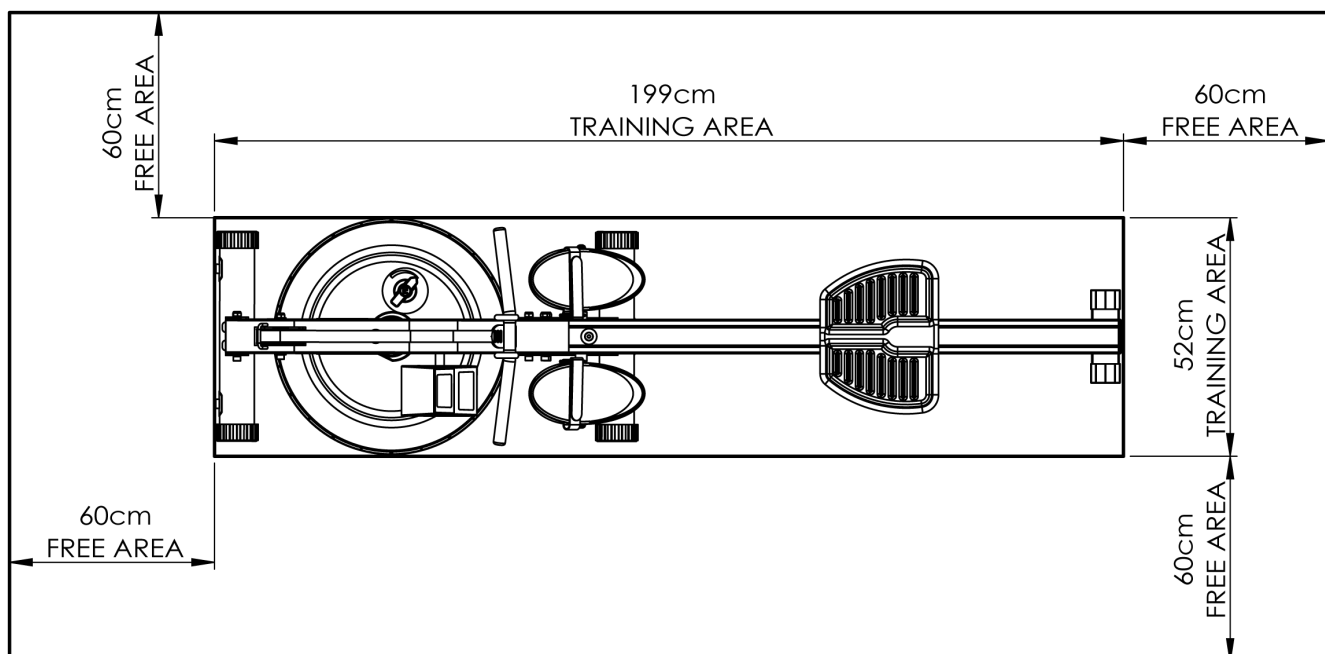
Compact Footprint: 2590mm x 1120mm or upright 520mm x 520mm

Product Highlights



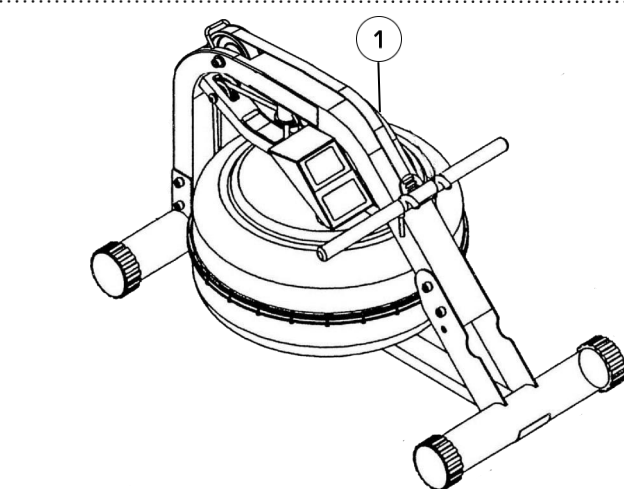
The live area shall be not less than 23.62" (60cm) greater than the training area in the directions from which the equipment is accessed. The live area must also include the area for emergency dismount.

Live area and Training area

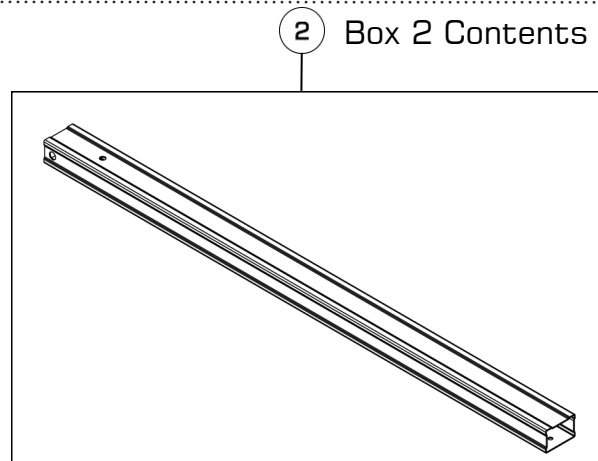


Note: Rower is not suitable for therapeutic purposes.

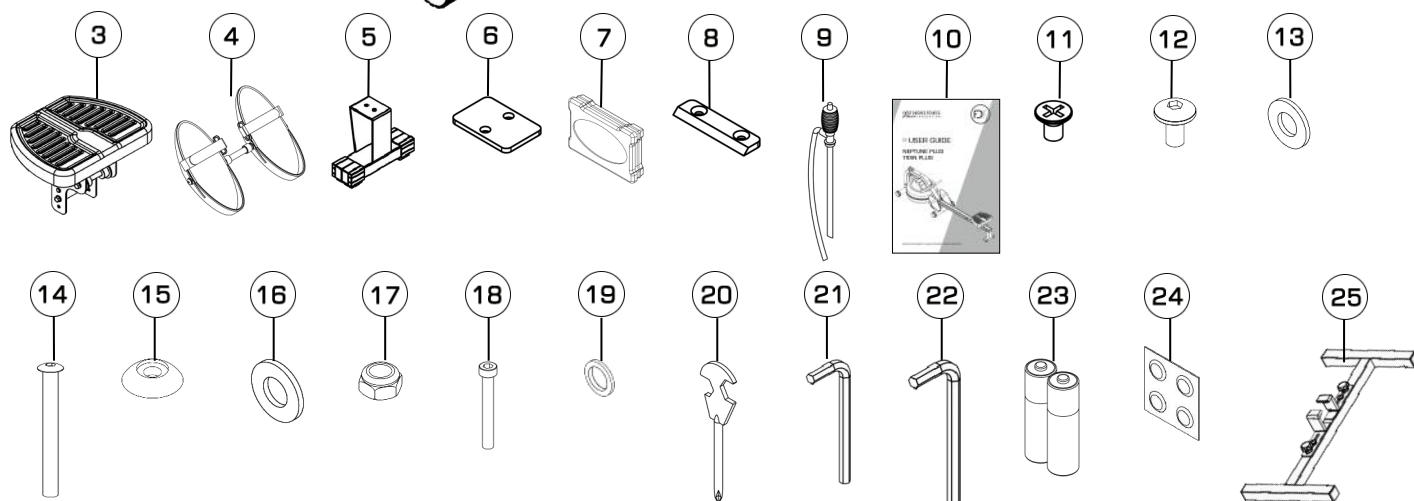
Rower Box 1 & 2 Contents



Box 1



Box 2 Contents



Item	Qty.	Description	Item	Qty.	Description
1	1	Main Frame	6	1	Internal Mounting Plate
2	1	Seat Rail (boxed separately)	7	1	75x50 Rubber End Cap
3	1	Rower Seat	8	1	Rubber BumpStop - Seat Rail
4	1	Footplate Assembly	9	1	Siphon
5	1	Rear Leg	10	1	User Guide
Hardware KIT					
11	2	M6x10mm Bolt	18	1	M10x95mm Bolt
12	2	M8x15mm Bolt	19	2	M10 Springs Washer
13	2	M8 Washer	20	1	Multi-Tool
14	1	M10x180mm Bolt	21	2	6mm Allen Key
15	1	M10 Plastic Dome Washer	22	1	8mm Allen Key
16	1	M10 Washer	23	2	AA Battery
17	2	M10 Nyloc Nut	24	4	Water Treatment Tablet
Optional Equipment (Not Included)					
25	1	Optional Stand (not included)			

» Assembly Instructions

STEP 1 Installing the Seat and Rear Leg to Seat Rail

REQUIRED

Seat Rail [2]

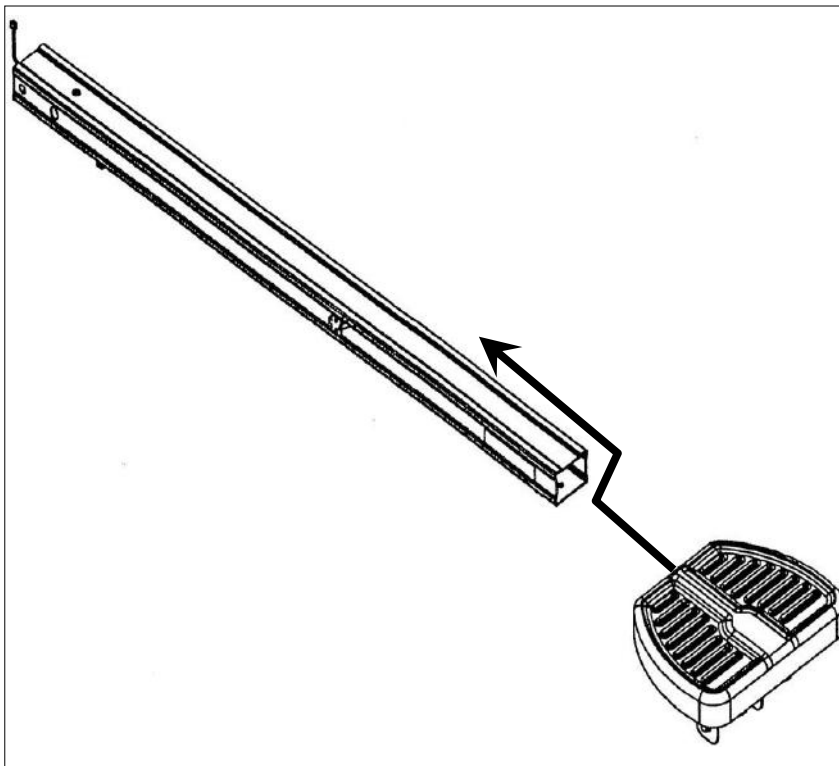
Rower Seat [3]



WARNING

Installing the Seat incorrectly will result in lack of data pickup during rowing.

Install **Rower Seat[3]** onto **Seat Rail[2]**, with widest part of seat rearward.



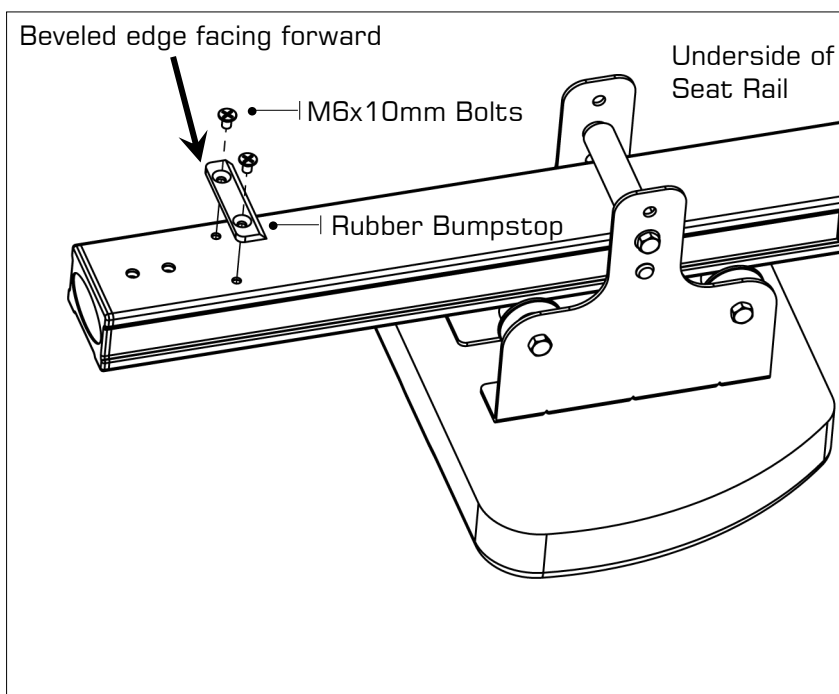
STEP 2

REQUIRED

Rubber Bumpstop [8]

2 x M6x10mm Bolts [11]

Turn Seat Rail over, and install the Rear **Rubber Bumpstop[8]** using **2x M6x10mm Bolts[11]** with beveled edge facing forward.



» Assembly Instructions

STEP 3 Installing the Rear Leg

REQUIRED

Rear Leg [5]

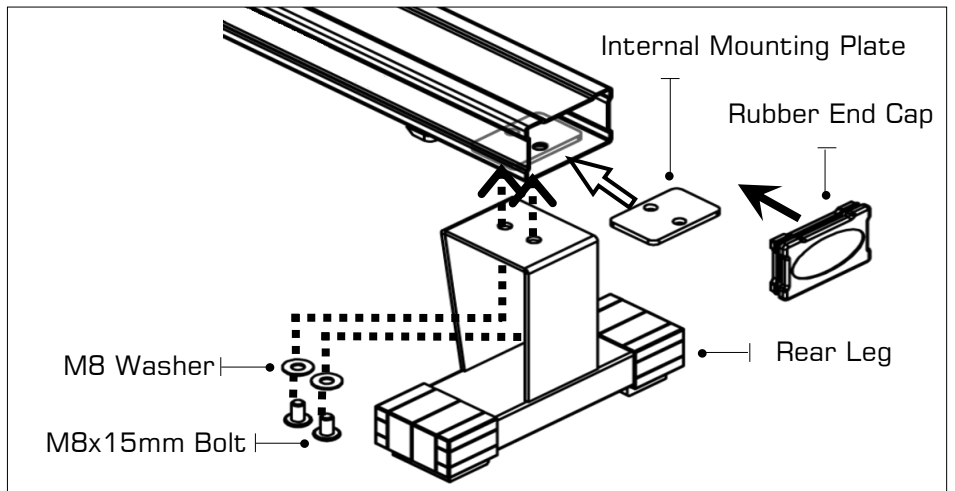
Internal Mounting Plate [6]

Rubber End Cap [7]

2 x M8x15mm Bolts [12]

2 x M8 Washers [13]

Using the 2x M8x15mm Bolts[12], 2x M8 Washers[13] , Internal Mounting Plate[6] and Rear Leg[5], install as shown. Once Rear Leg is tightened, install the Rear Rubber End Cap[7].



STEP 4 Installing the Seat Rail to Main Frame

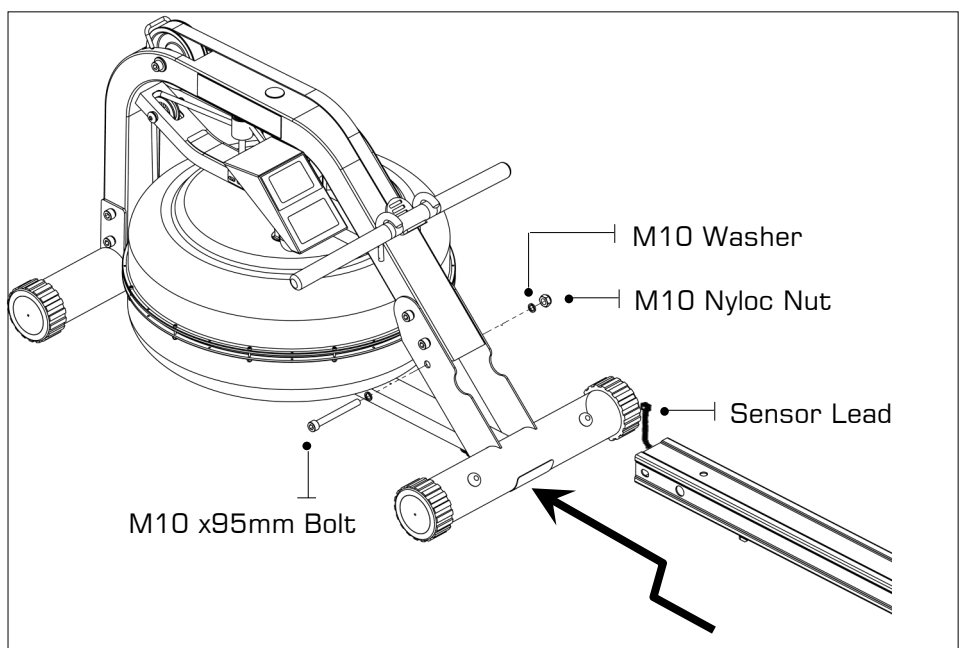
REQUIRED

2 x M10 Washer [16]

M10 Nyloc Nut [17]

M10x95mm Bolt [18]

Install the Seat Rail onto the Main Frame. Attach Sensor Lead from Seat Rail to the Main Frame, then align the front Seat Rail holes with Main Frame and install, using M10x95mm Bolt[18], 2x M10 Washer[16] and M10 Nyloc Nut[17].



» Assembly Instructions

STEP 5 Installing the Seat Rail to Main Frame

REQUIRED

M10 x180mm Bolt [14]

Plastic Dome Cap [15]

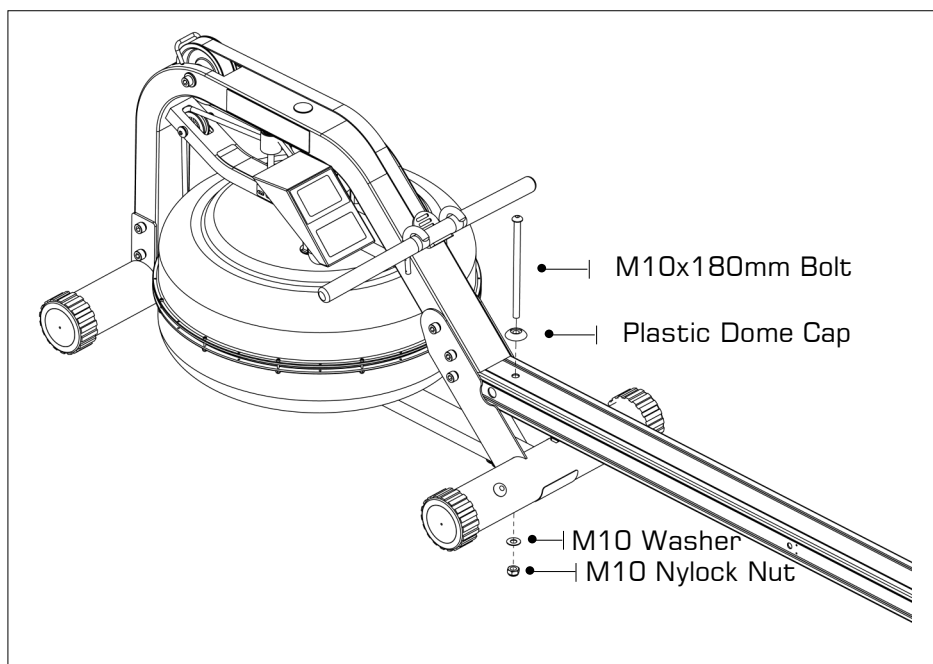
M10 Washer [16]

M10 Nyloc Nut [17]

! WARNING

Do not tighten the Vertical Frame Tensioning Bolt. See the "Fine Tuning Your Rower" page for details once assembly is complete

Install the **M10x180mm Bolt[14]** with the **Plastic Dome Cap[15]** through the top of the Seat Rail and secure from underneath with **M10 Washer[16]** and **Nyloc Nut[17]**.



STEP 6 Installing the Footplate

REQUIRED

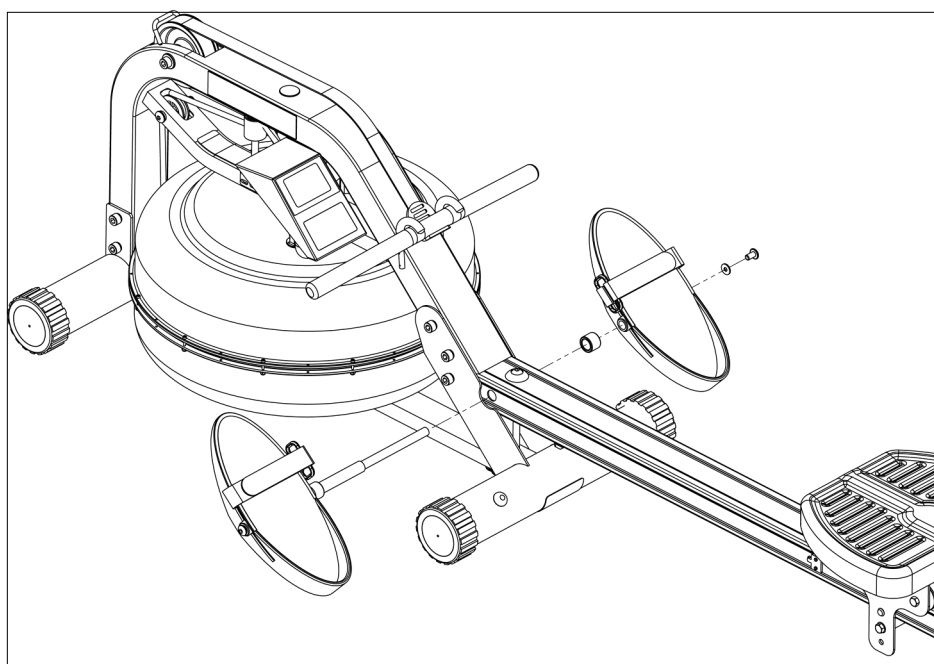
Footplate [4]

! CAUTION

Tip: When mounting the Footplate assembly onto the Rower, it is only necessary to remove one side, and leave the other intact as shown here.

Note: 2 Allen keys of the same size are provided for this portion of the assembly.

Install the **Footplate[4]** onto the Rower. Footplate assembly left side. For ease of assembly, leave the left side of the Footplate and Seat Rail Spacer in place as shown.



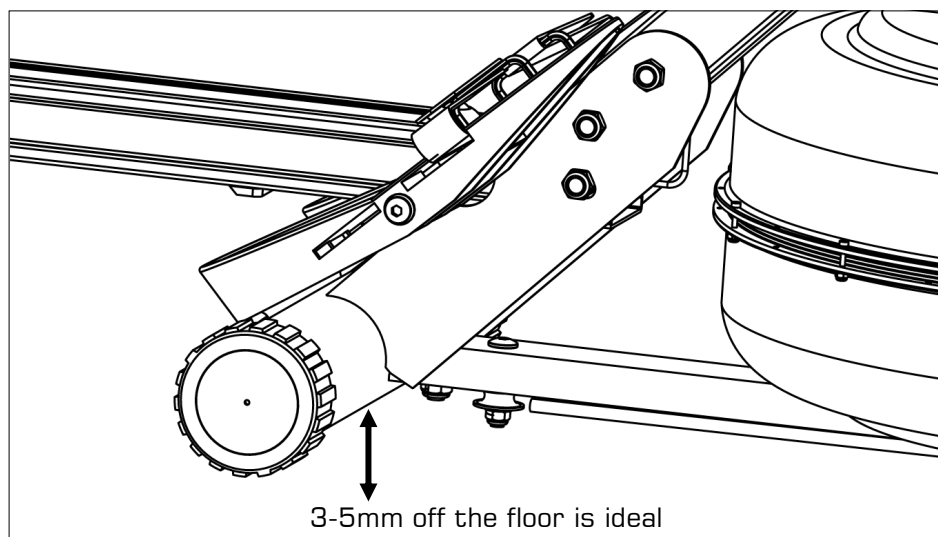
» Assembly Instructions

STEP 7 Fine Tuning the Rower

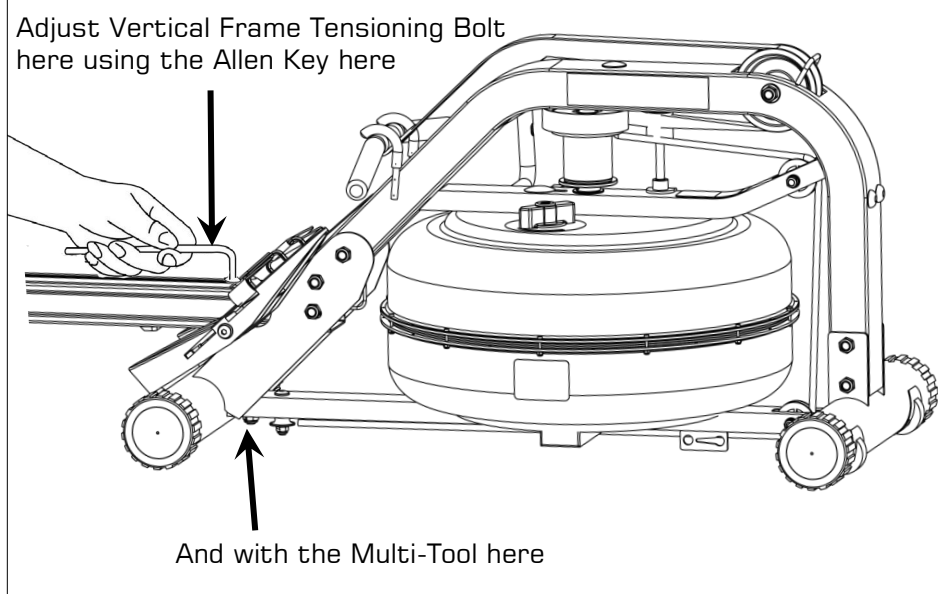
The Vertical Seat Rail Tensioning Bolt is designed to hold the mid leg 3-5mm off the ground when the Fluid Rower is unweighted, and just slightly touch the ground during a rowing stroke.

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.



Close up view of the Vertical Seat Rail Tensioning Bolt M10 Nylock location.



Tension the Vertical Seat Rail Tensioning Bolt as shown here.

»» 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.

Getting Started

To achieve minimum resistance, select "1" 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 AR Tank 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 [9]

! CAUTION

Resistance adjuster must be set to **LEVEL 4** to allow for accurate filling capacity.

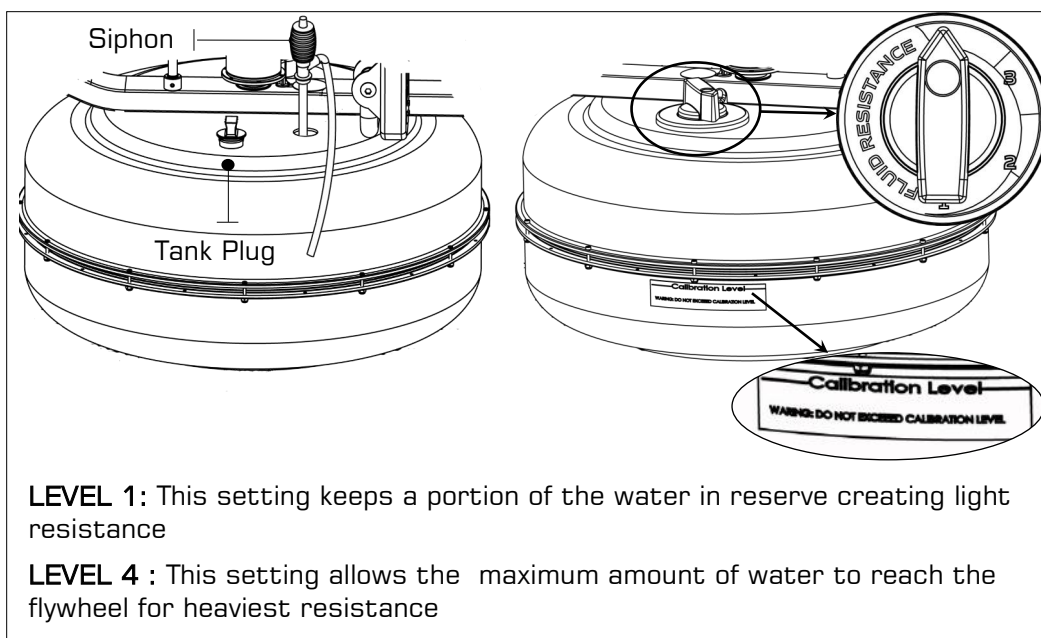
! WARNING

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.

! NOTE

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

- Remove Tank Plug from the top of the tank.
 - Place a large bucket of water next to the Rower. Position the **Siphon[9]** with rigid hose in the bucket, and flexible hose in the tank.
- Note:** Make sure small breather valve on siphon is closed before filling.
- Squeeze siphon to begin filling. **Important:** Do not overfill tank
 - 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.



LEVEL 1: This setting keeps a portion of the water in reserve creating light resistance

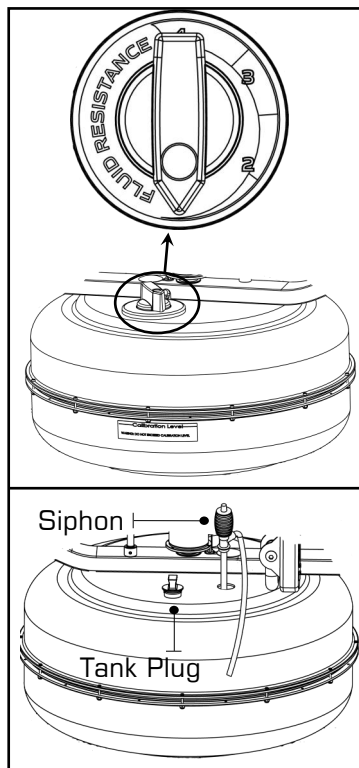
LEVEL 4 : This setting allows the maximum amount of water to reach the flywheel for heaviest resistance

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 Water Treatment Tablets, please consult your nearest regional dealer/distributor or check our website at www.firstdegreefitness.com

»» Operation Instructions

»» Removing/Changing Tank Water



- Set Adjuster Knob to "1"
- Row at least ten strokes to fill the storage reservoir as completely as possible.
- Remove Tank Plug.
- Insert rigid end of siphon into the tank, and flexible hose into a large bucket.
- 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.

NOTE: For simple, fast and efficient filling and/or drainage of the Tank, we have a battery operated pump (rechargeable via USB) available as an option. We recommend this to any commercial facility, with multiple units, that has a need to drain and refill Tanks from time to time. To purchase, contact your nearest First Degree Fitness distributor or go to our website on www.firstdegreefitness.com for details.

»» 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 ROWER will vary according to the 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.

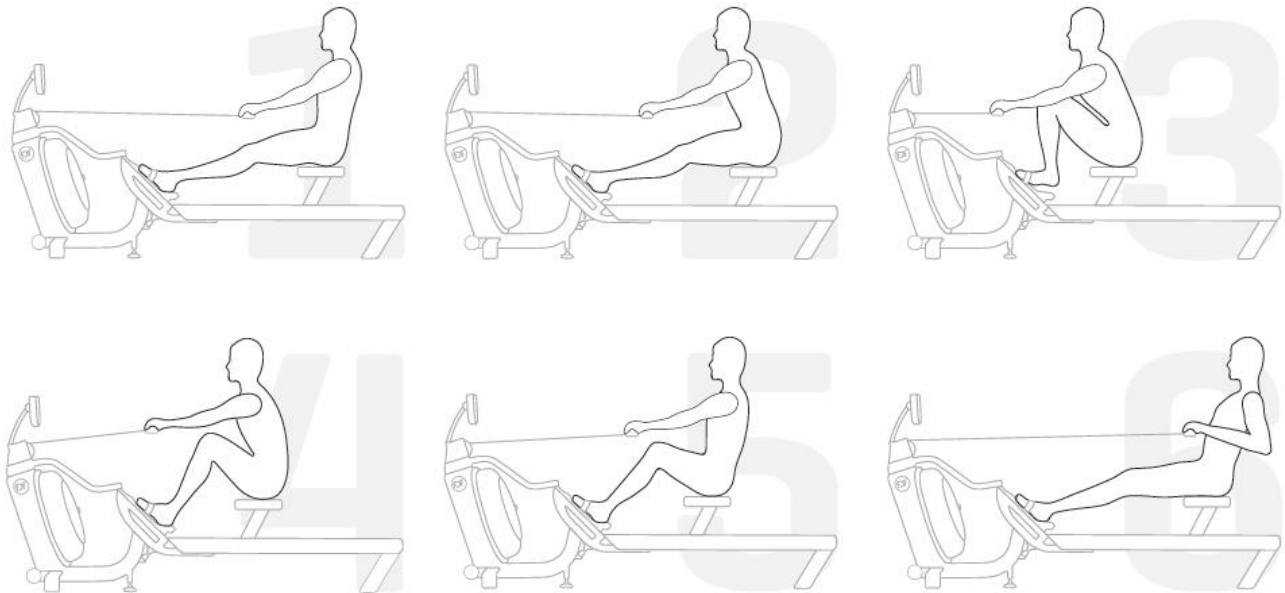
CAUTION

It is strongly recommended that a drop cloth be used under the Tank whenever the Tank Plug is opened for water treatment.

»» 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.

» Monitor Operation

Options:

Install the batteries, and the LCD panel will display with an audible buzz.

Mode: Allows access to various settings:

Set: Press when digits are flashing to set values upward. Can be applied for all settings with the exception of "Total Count" and "SPM". Once values are set, press "Enter" to move into the following mode.

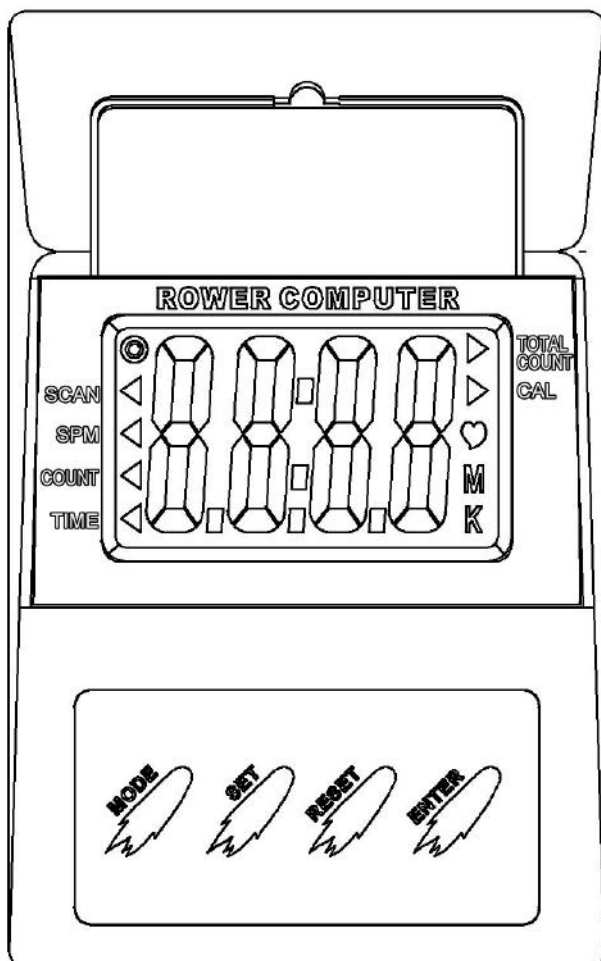
Reset: Press this key to reset values.

(Note: Total count can only be reset by taking out and reinstalling batteries.)

Enter: Press to set values. Numbers will flash. Press "Set" to fix settings.

Once values are decided, the Monitor will scroll through the various settings every six seconds. The settings can be fixed into a set value (SPM for example) by pressing the "Mode" button. Values such as time will accumulate toward zero and an audible alarm will sound once zero is reached. Press any key to stop the alarm.

The Monitor will enter sleep mode if not used for over 4minutes, 30 seconds.



Monitor Instructions:

Time: Working range from 0:00-99:59

Count: Working Range from 0-9999

SPM: 15SPM-3000.

Calories: 0-9999

Total Count: 0-9999

(Note: Monitor must be turned off and restarted to reset total count.)

SCAN: Under this mode, it automatically switch to the next value every 6 seconds.

Monitor Operation

Function:

1、TIME

WORKING RANGE : 0:00~99:59

2、COUNT

2.1、WORKING RANGE : 0~9999

2.2、RECOUNT AFTER 9999

3、SPM

3.1、WORKING RANGE: 15-3000

3.2、PRESS "STOP" KEY FOR 4 SECONDS TO RETURN 0

4、CALORIES

4.1、WORKING RANGE : 0.0-9999

4.2、RECOUNT FROM 0 AFTER 9999

5、TOTAL COUNT

5.1、WORKING RANGE : 0~9999

5.2、RECOUNT AFTER 9999

5.3、NO KEY CAN SET THE VALUE OF "TOTAL COUNT" TO BE 0. ONLY REPOWER
ONMAY CLEAN OUT ALL VALUE TO BE 0.

6、TEMPO

6.1、START FROM 0, MAXIMUM:180, MINIMUM:0, ADJUSTMENT VALUE:5

6.2、THE SETTING VALUE OF TEMPO MEANS THE FREQUENCY OF BEEP SOUND IN
VERY MINUTE.

EX. SET THE TEMPO TO BE 30: THE MONITOR BEEPS 30 TIMES PER MINUTE.
(ONE BEEP IN EVERY 2 SECONDS)

SET THE TEMPO TO BE 120: THE MONITOR BEEPS 120TIMES PER MINUTE. (ONE
BEEP IN EVERY 0.5 SECONDS)

7、STOP FIGURE


7.1、DISPLAY "STOP", IF NO SIGNAL ENTERED

7.2、PRESS "STOP" FOR 4 SECONDS, THEN DISPLAY "STOP"

INSTRUCTION:

1、AS SOON AS BATTERIES INSTALL WELL, THE LCD WILL START TO DISPLY, AFTER THE
BUZZER BI A LONG SOUND, LCD IS SHOWN THE CHOSEN VALUES FOR WHEEL SIZE
& CAL. AFTER 1 SECOND RETURN TO SCAN FUNCTION.

2、THE PROCESS OF SCAN FUNCTION IS AS FOLLOW (IT CIRCULARLY RUNS EACH
FUNCTION IN EVERY 6 SECONDS):


TIME → TOTAL COUNT → CAL → TEMPO → SPM → COUNT →


» Monitor Operation

3、MODE KEY :


3.1、IF PRESS THIS KEY FOR 2 SECONDS, LCD WILL FULLY DISPLAY FOR 1 SECOND, AND ALL FUNCTIONS WILL BE RETURNED TO ZERO EXCEPT THE FUNCTION OF TOTAL COUNT, AND THEN RETURN TO NORMAL DISPLAY.

3.2、UNDER NORMAL CONDITION, USERS CAN CHOOSE ANY FUNTION, THE PROCESS IS AS BELOW:

TIME → TOTAL COUNT → CAL → TEMPO → SPM → COUNT → SCAN →



4、ENTER KEY :

4.1、UNDER THE CNDITION OF NOT ENTERING ANY SIGNAL, PRESSING THIS KEY MAY RUN EVERY VALUE SET. THE PROCESSS IS AS BELOW:

TEMPO → TIME → COUNT → CALORIES


4.2、UNDER "STOP" CONDITION, PRESS THIS KEY TO SET FUNCTION IN ORDER, THEN CORESPONDING LCD FLASH ONE TIME IN EVERY SECOND FOR WAITING USERS TO ENTER VALUE. USERS MAY PRESS SET KEY TO ADJUST THE VALUE UP

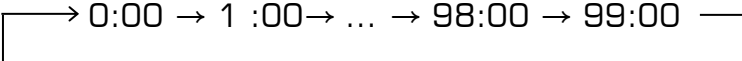
4.3、UNDER THE CONDITION OF ENTERING SIGNAL (START), PRESSES THIS KEY MAY CHOOSE THE DISPLAY OF EACH FUNTION. THE PROCESS IS AS BELOW:

TIME → TOTAL COUNT → CAL → TEMPO → SPM → COUNT → SCAN →


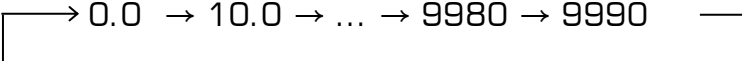
4.4、UNDER THE CONDITION OF NOT ENTERING ANY SIGNAL , PRESS "STOP" KEY FOR 2 SECONDS, LCD WILL FULLY DISPLAY FOR 1 SECONDE, AND ALL FUNCTIONS WILL RETURN TO ZERO (EXCEPT TOTAL COUNT), THEN RETURN TO NORMAL CONDITION.

5、SET KEY :

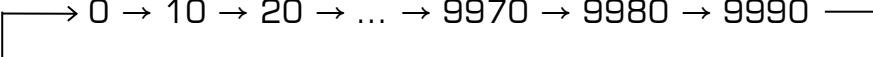
5.1、TO SET TIME: PRESS THIS KEY UP TO ADD 1 VALUE SETTING, START AT 0:00



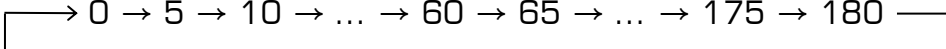
5.2、CAL : PRESS THIS KEY (+) TO ADD UP (START FROM 0.0)



5.3、COUNT: PRESS THIS KEY TO ADD 10 UP, START FROM 0

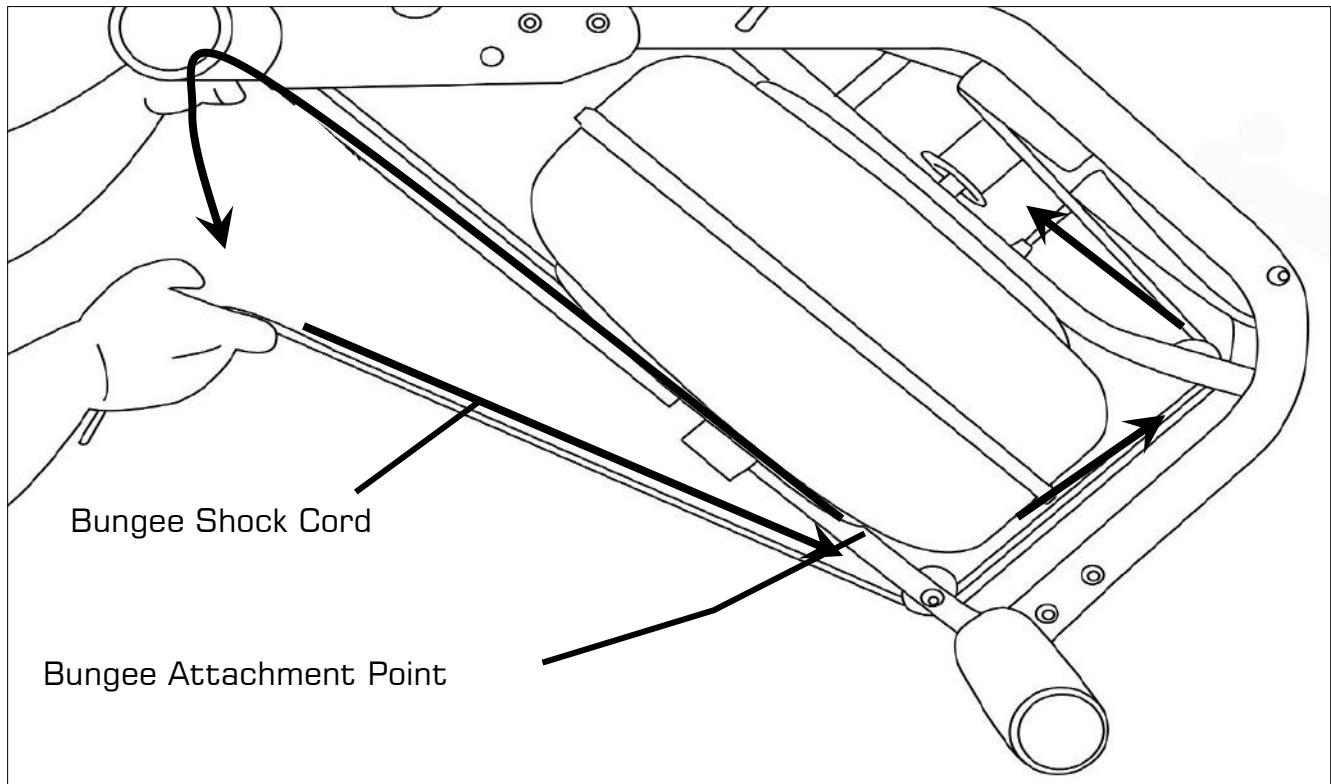


5.4 TEMPO : PRESS THIS KEY TO ADD 5 UP, START FROM 0



6、WITHOUT ENTERING ANY SIGNAL OVER 256 SECONDS. THEN GO TO SLEEP CONDITION. AS SOON AS ENTERING NEW SIGNAL THEN START AGAIN FROM SCAN FUNCTION, AND ALL VALUES OF FUCTION ARE KEPT FOR USER.

» Detaching the Rower Belt



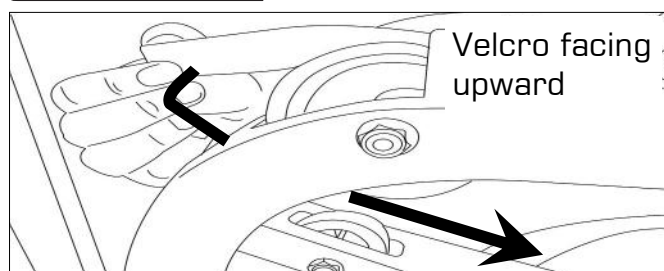
1. To detach Belt, simply pull beyond the range of the normal rowing stroke until the Belt detaches from the Belt Bungee Pulley.

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.

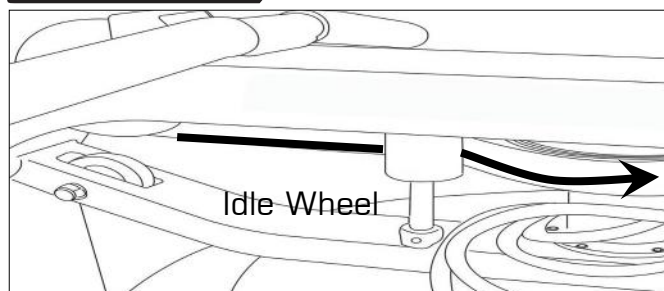
» Reattaching the Rower Belt

STEP 1



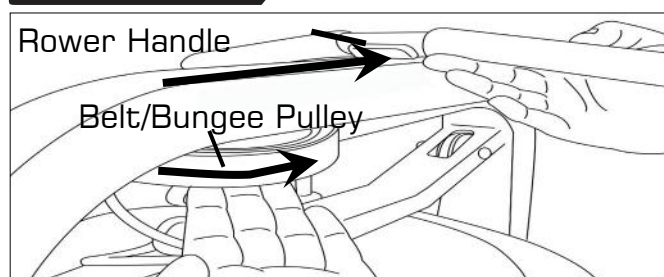
Begin reattaching the Rower Belt by threading around the Rower Belt Pulley with the Velcro side facing upward as illustrated.

STEP 2



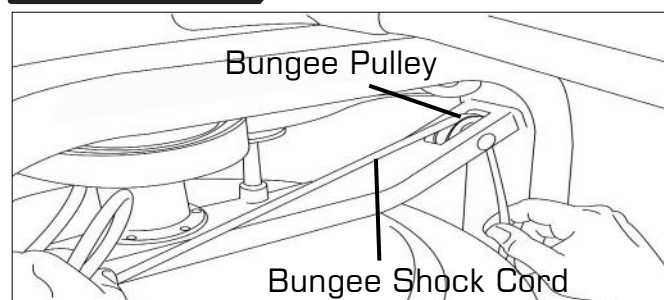
Next, thread the Belt around the Idle Wheel as shown. Once around the Idle Wheel, attach the Rower Belt to the Belt/Bungee Pulley. There is an obvious "lip" at the attachment point.

STEP 3



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

STEP 4



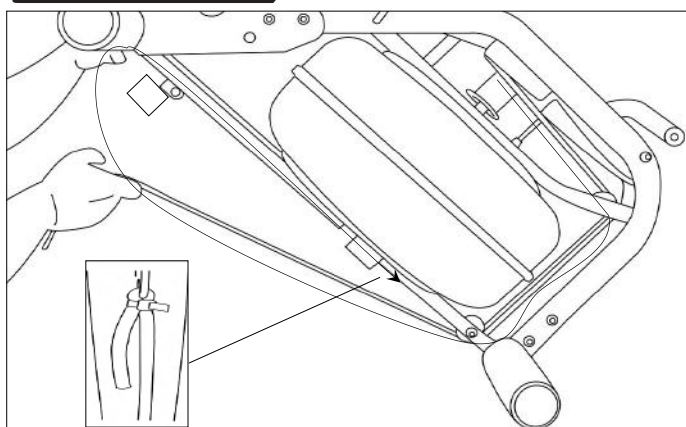
Rethread the Bungee Shock Cord (on opposite side of the Idle Wheel) back through the Bungee Pulleys and tie off at the Attachment Point.

STEP 5

Reattaching the Rower Belt



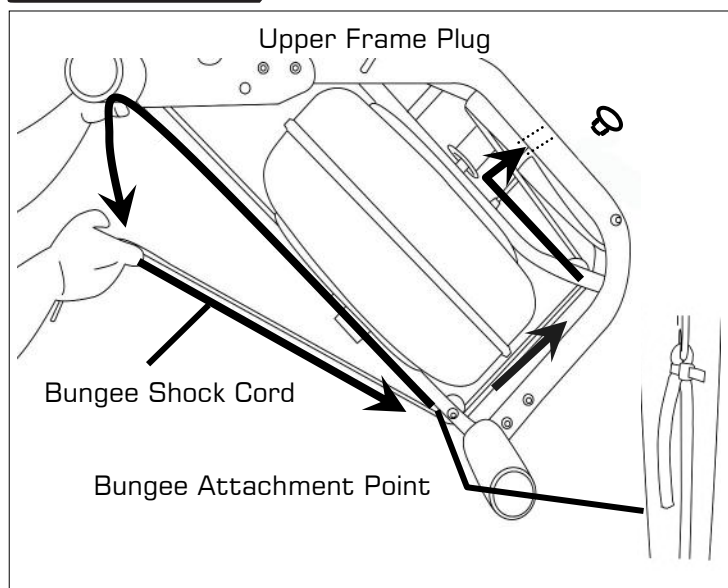
Hint



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 Main Frame 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

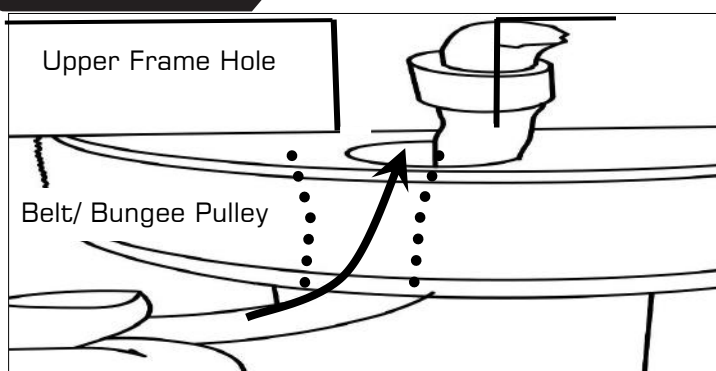
STEP 1



Move the Rowing Handle to it's farthest forward point on the Main Frame, 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".

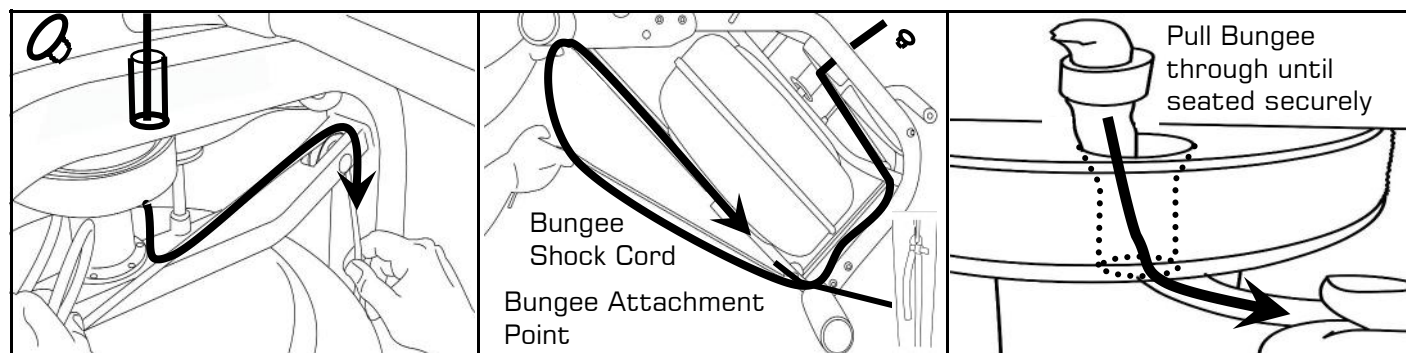
STEP 2



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. FIRST DEGREE FITNESS representatives are available to answer any questions that you may have.



CAUTION Wipe and clean the Tank, Rails, and the Seat Wheels with clean water. Do not use any chemical cleaner.

Item	Time Frame	Instructions	Notes
Seat Rails and Wheels	Weekly	Wipe down Seat Rail and Seat wheels with lint free cloth.	
Frame	Weekly	Wipe down Frame with lint free cloth.	
Tank Shell	Weekly	Only use water and a clean cloth to wipe the Tank Shell. Do NOT use any chemical cleaner to wipe the Tank Shell	
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.	

» Troubleshooting

Fault	Probable Cause	Solution
Water changes color or becomes cloudy.	The 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 Monitor 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 Monitor. If this fails, contact your local service center.
The Rower Monitor screen illuminates, but does not register when rowing.	Loose or failed connection.	Check that the Monitor lead is connected properly. If it is connected then contact your local service center.

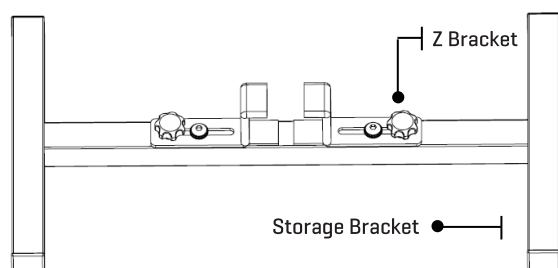
» Optional Fixture Kit Installation

A Fixture Kit for upright storage can be purchased separately.

STEP 1

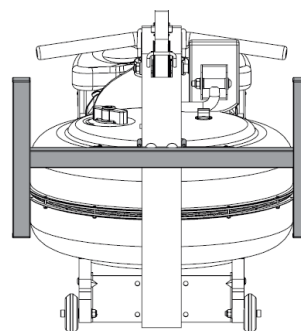
Install the Z Bracket onto the Storage Base.

Note: Do not tighten the Knob and the Bolt.



STEP 2

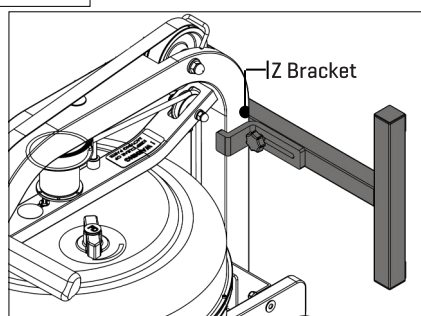
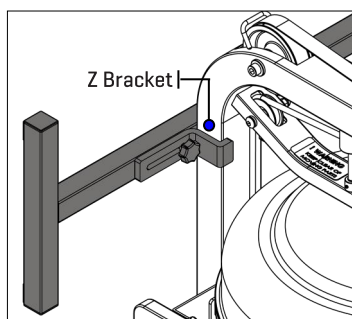
Install the Bracket onto the Rower as shown.



STEP 3

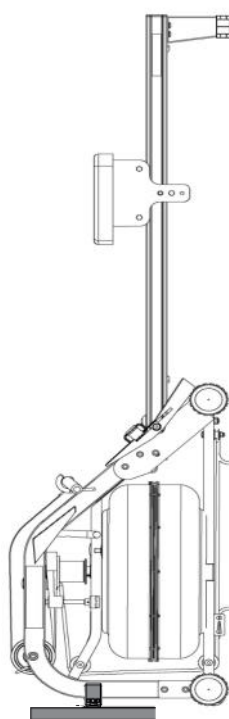
Tighten the Z Bracket Knob to fix to the Rower.

Note: Ensure the Z Bracket is Under the middle crossbar secure



STEP 4

Stand the Rower up vertically with the Main Frame on the floor. Using the 8mm Allen Wrench tighten the Bolts.



HOME USE

FIRST DEGREE FITNESS Limited warrants that the **NEPTUNE PLUS / TITAN PLUS (model NEPP / TTNP)**, 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 – 5 Year Limited Warranty

FIRST DEGREE FITNESS will repair or replace the Metal Main Frame of the Rower should it fail due to any defect in materials or workmanship within 5 years of the original purchase. Warranty does not apply to frame coating.

Polycarbonate Tank & Seals – 5 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 5 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

- Seat Frame
- Seat Rail
- Shaft and 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

- Bungee Recoil Cord
- Hand Grips & Footstraps
- Polyester Rowing Belt
- Seat
- All Pulleys, Rollers & Barings
- All rubber components
- Monitor & Speed Sensor (excluding replaceable batteries)
- Footplates

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 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



FIRST DEGREE FITNESS
Fluid INNOVATION

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WWW.FIRSTDEGREEFITNESS.COM

CONTACT US

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