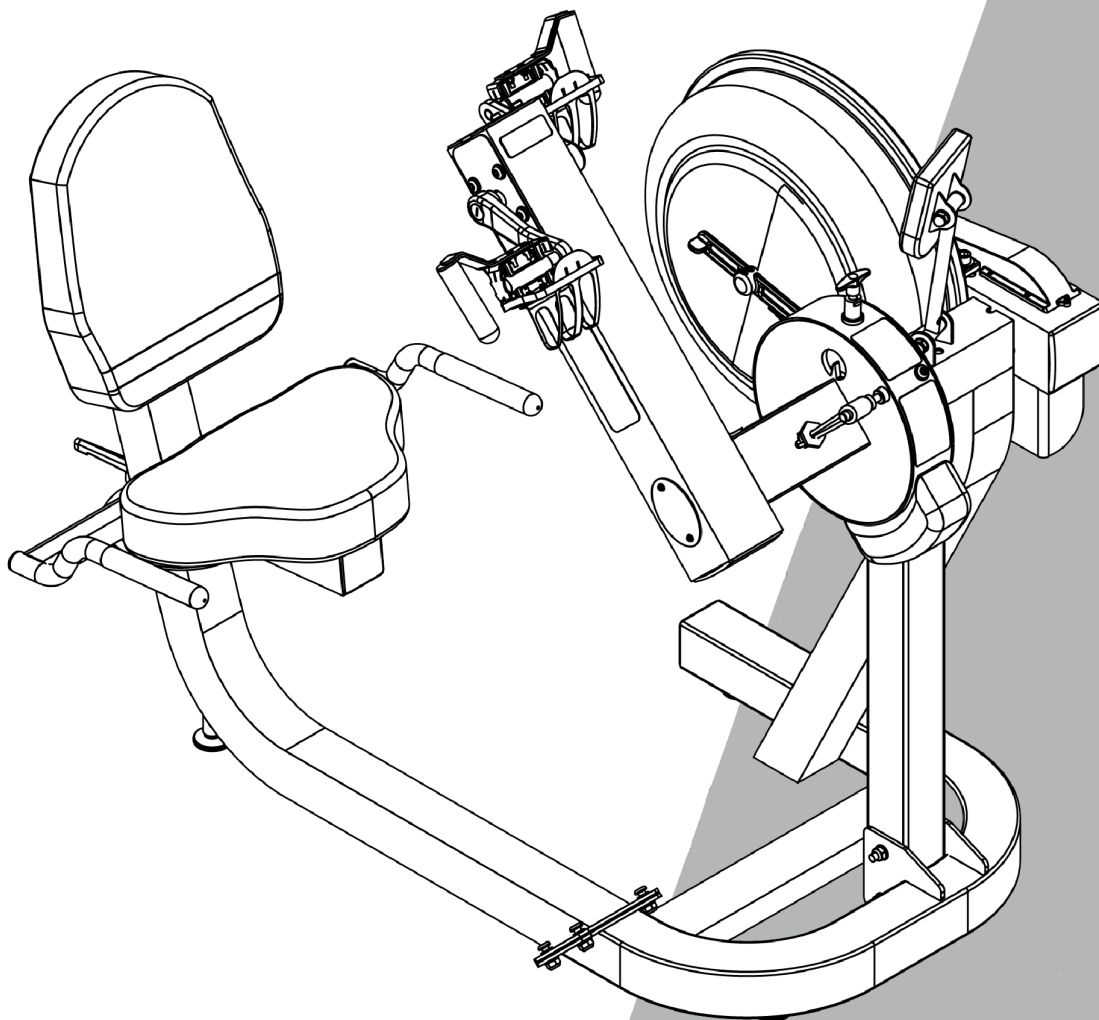


FIRST DEGREE FITNESS
Fluid INNOVATION



» USER GUIDE

XT - E720



» Introduction

» Training with the E720

Congratulations on your purchase of E720.

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

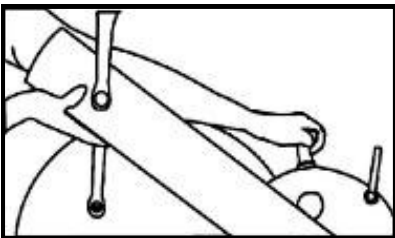
As with any piece of fitness equipment, consult a physician before beginning your E720 exercise program.

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.

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.

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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.
- Do not allow children unattended access to the machine.
- 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 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.
- 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 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!

» Assembly - XT-E720

Product Specifications

Product Class: SC

Braking System: Speed Independent

Product Net Weight: 101.4kg (223.5lb)

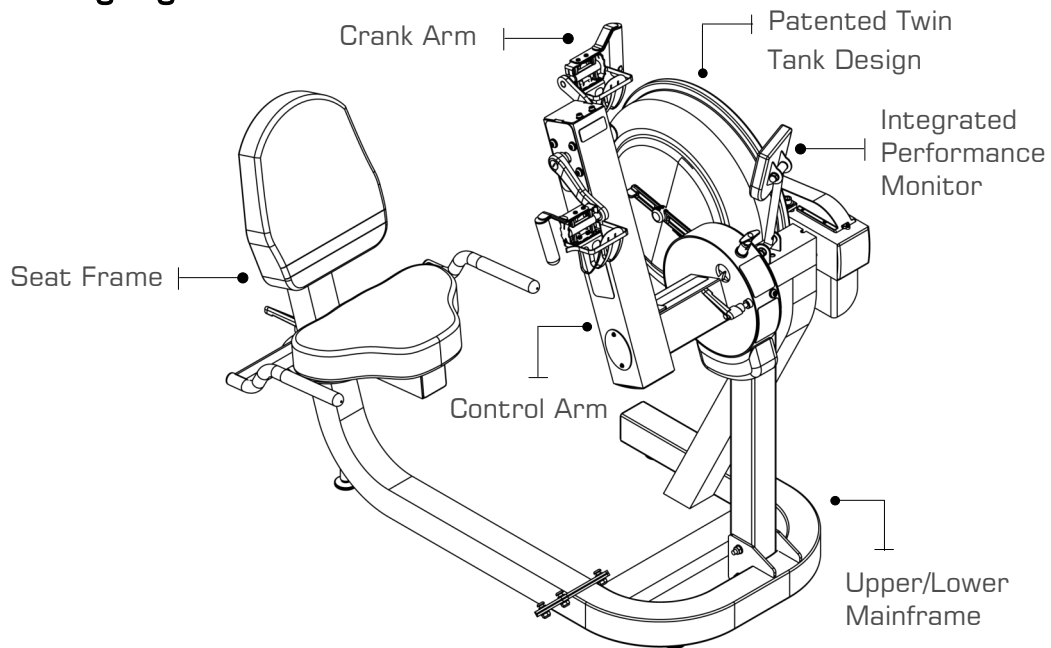
Product Gross Weight: 120.8kg (266.3lb)

Maximum Safe Operating Surface Area: 253cm (99.61") Length x 217cm (85.43") Width

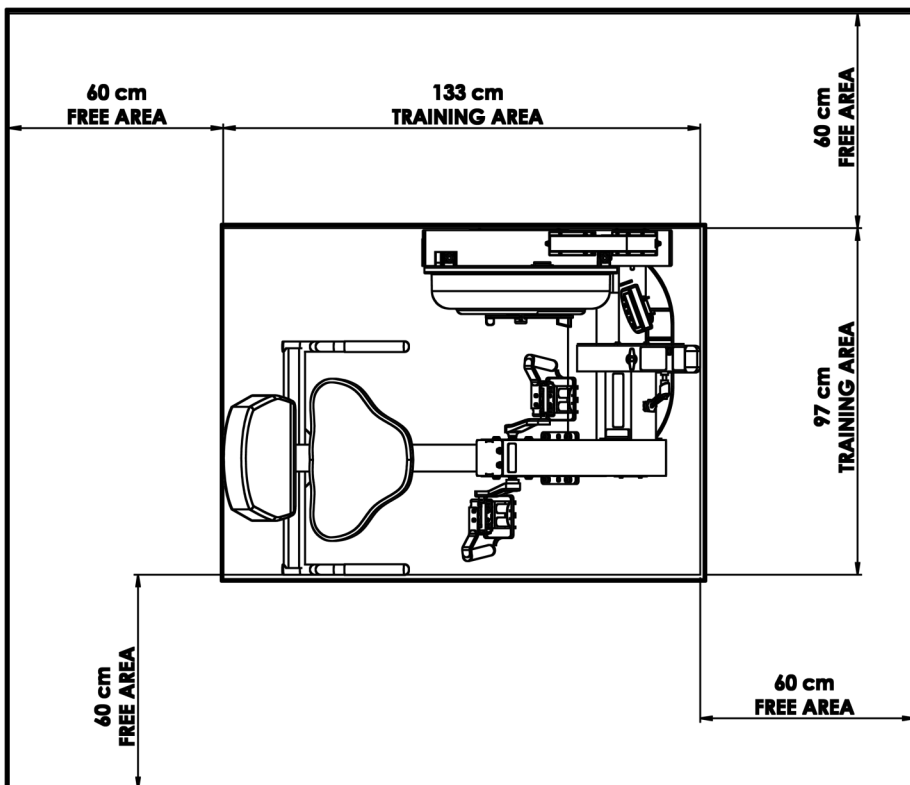
Dimensions: 1330mm (52.36") Length x 970mm (38.19") Width x 152mm (59.84") Height

Maximum User Weight: 150kg (330lb)

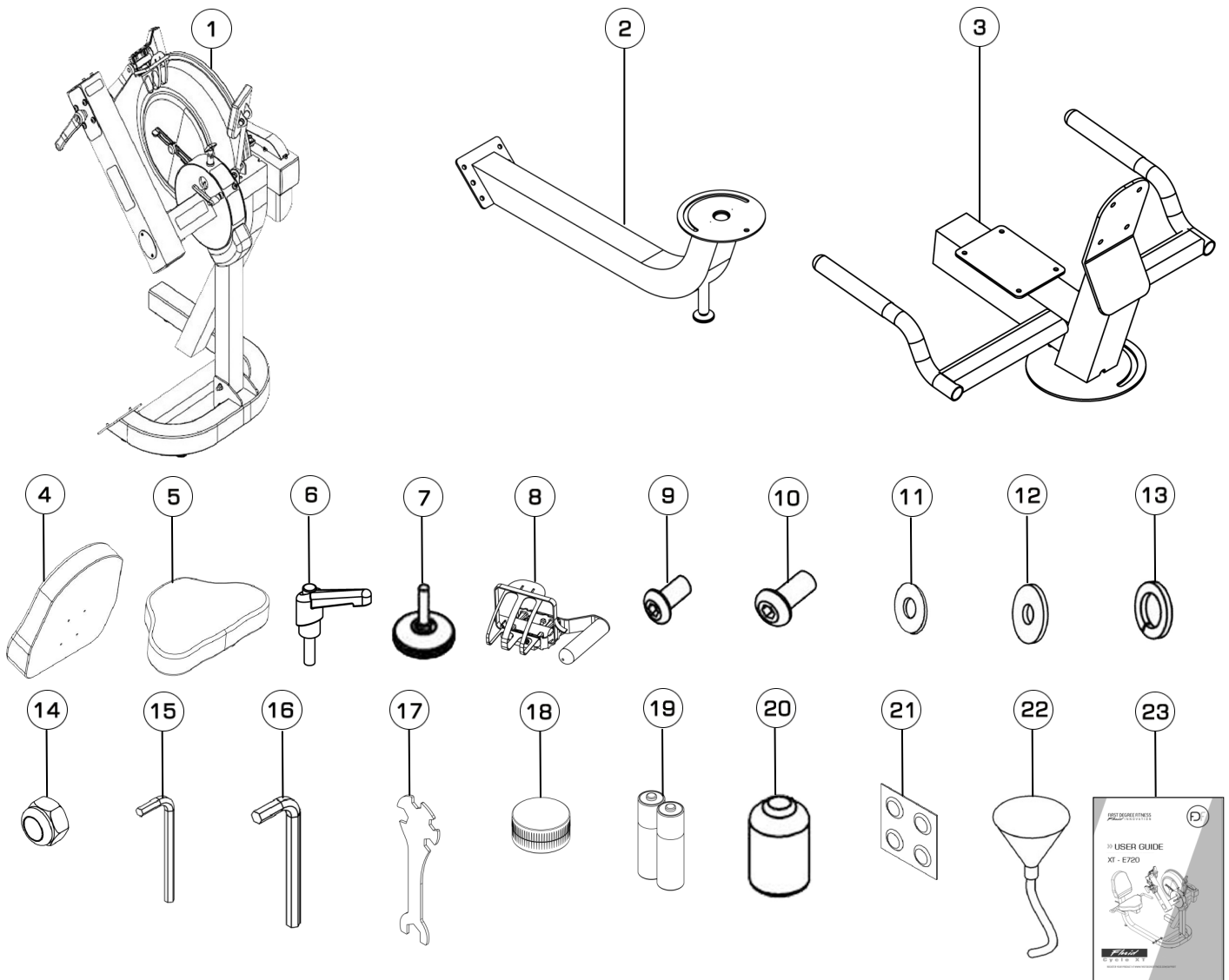
Product Highlights



Live area and Training area



XT-E720 Box 1 & 2 Contents



Item	Qty	Description	Item	Qty	Description
1	1	Mainframe	13	1	M10 Plastic Washer
2	1	Lower Seat Frame	14	5	Nylock Nut
3	1	Upper Seat Frame	15	1	4mm Allen Key
4	1	Seat Back	16	1	6mm Allen Key
5	1	Lower Seat	17	1	Multi-Tool
6	1	L-pin	18	1	Seat Frame lubricating grease
7	3	Leveler	19	2	AA Duracell Battery
8	1	Right Crank Pedal	20	1	Touch Up Paint
9	8	M6x20mm Bolt	21	4	Water Treatment Tablet
10	5	M10x25mm Bolt	22	1	Funnel and Hose
11	8	M6 Washer	23	1	Owners Manual
12	10	M10 Washer			

Assembly Instructions

STEP 1 Assembly Seat Back and Lower Seat

REQUIRED

Upper Seat Frame [3]

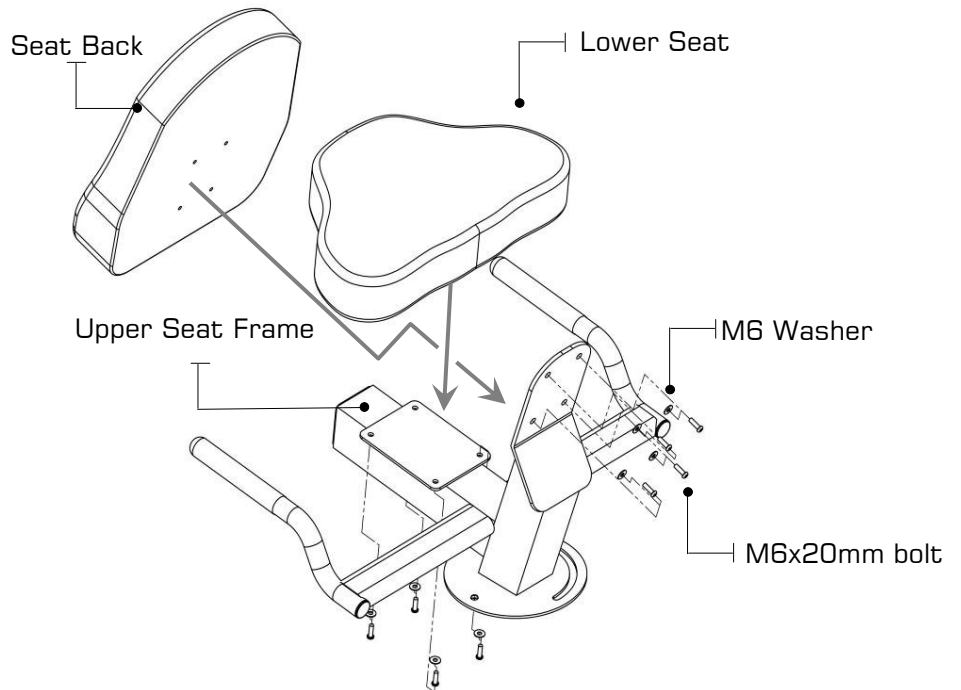
Seat Back [4]

Lower Seat [5]

8 x M6 x 20mm Bolts [9]

8 x M6 Washers [11]

- Seat Back[4] to Upper Seat Frame[3] using 4x M6x20mm Bolts[9] and 4x M6 Washers[11].
- Lower Seat[5] to Upper Seat Frame[3] using 4x M6x20mm Bolts[9] and 4x M6 Washers[11].



STEP 2 Assembly Mainframe and Lower Seat Frame

REQUIRED

Mainframe [1]

Lower Seat Frame [2]

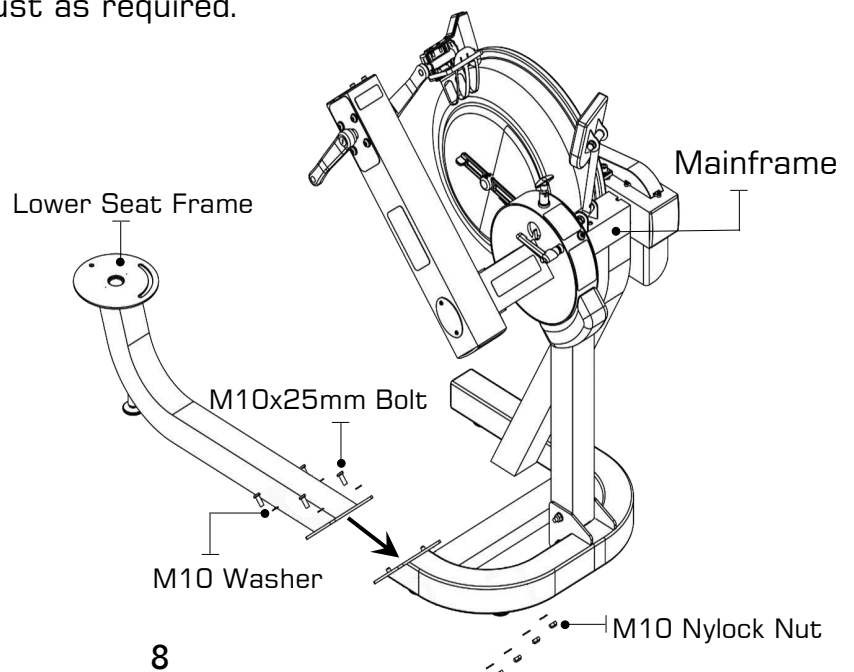
3 x Foot Levelers [7]

4 x M10 x 25mm Bolts [10]

8 x M10 Washers [12]

4 x M10 Nyloc Nuts [14]

- Attach Lower Seat Frame[2] to Mainframe[1] using 4x M10x25mm Bolts[10], 4x M10 Nyloc Nuts[14] and 8x M10 Washers[12].
- Thread the 3x Foot levelers[7] into underside of base. Adjust as required.



» Assembly Instructions

STEP 3 Assembly Upper Seat Frame and Lower Seat Frame

REQUIRED

Mainframe [1]

Upper Seat Frame [3]

L- Pin [6]

M10 x 25mm Bolts [10]

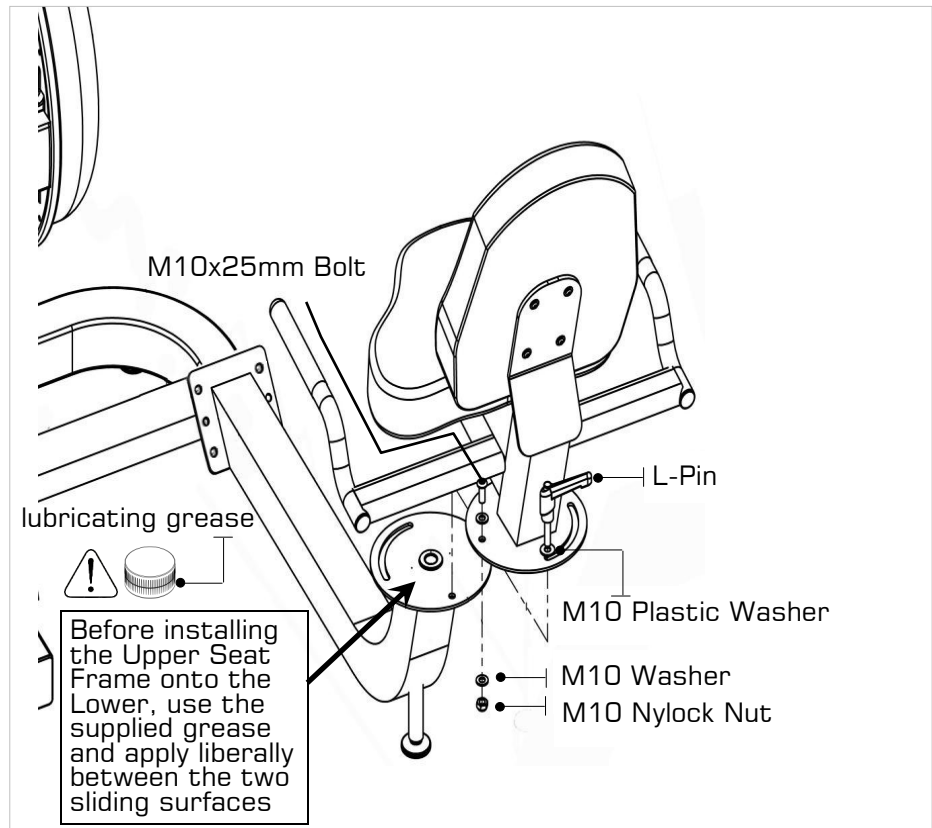
2 x M10 Washers [12]

M10 Plastic Washers [13]

M10 Nyloc Nuts [14]

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.

- a) Upper Seat Frame[3] onto Mainframe[1] and secure using 1x M10x25mm Bolt[10], 1x M10 Nyloc Nut[14], 2xM10 Washers[12], M10 Plastic Washer[13] and L-pin[6].



STEP 4 Assembly Right Crank Pedal

REQUIRED

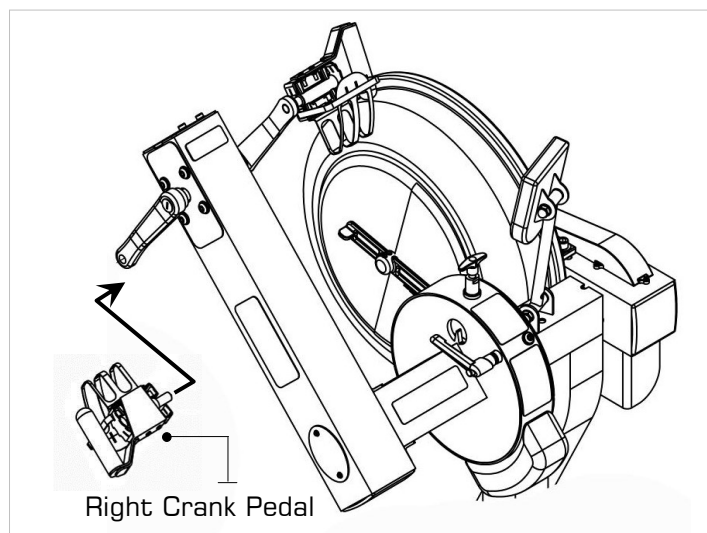
Right Crank Pedal [8]

! CAUTION

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

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.

- a) Secure Right Crank Pedal[8] 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.



» Assembly Instructions

STEP 5 Tank Filling and Water Treatment

REQUIRED

Funnel and Hose [22]

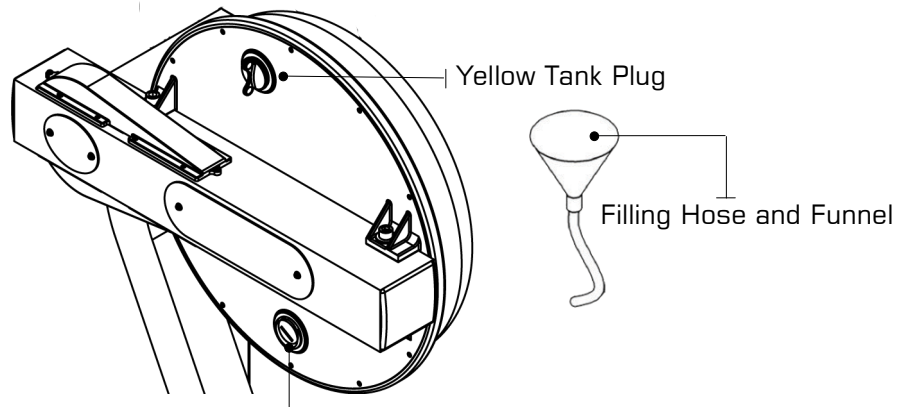
CAUTION

Use a drop cloth under the tank when filling to avoid damage floor or carpet. Do not fill past the calibration mark as indicated on the tank level sticker or water spillage may occur.

WARNING

Impeller blades are sharp! Do not Place fingers in tank to adjust impeller position. It is recommended to use the end of the hose Should the impeller require adjustment.

- Filling requires a large bucket (not Supplied) and the supplied water **Funnel and Hose [22]**. Filling will take approximately 8 liters of water.
- Open the yellow fill plug on the back of the tank and insert hose (rotating the impeller slightly may be necessary to allow the hose to pass). Note: In areas where tap water quality is known to be poor, FDF recommends the use of distilled water.
- 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.
- Once filling is complete follow the water treatment procedure below, then replace the tank plug.



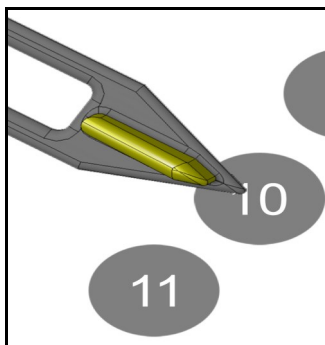
Note: The Lower Black Tank Plug is Permanently Sealed.

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

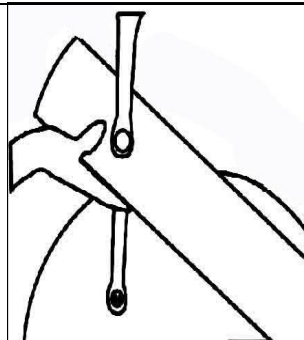
» Long Term Water Treatment and Basic Operation

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 2-4 years for a darker location. At the point of finding the water slightly green, add a Chlorine tablet.



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

Removing hands 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 workouts.

»» Operation Instructions

»» E720 Control Arm

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.

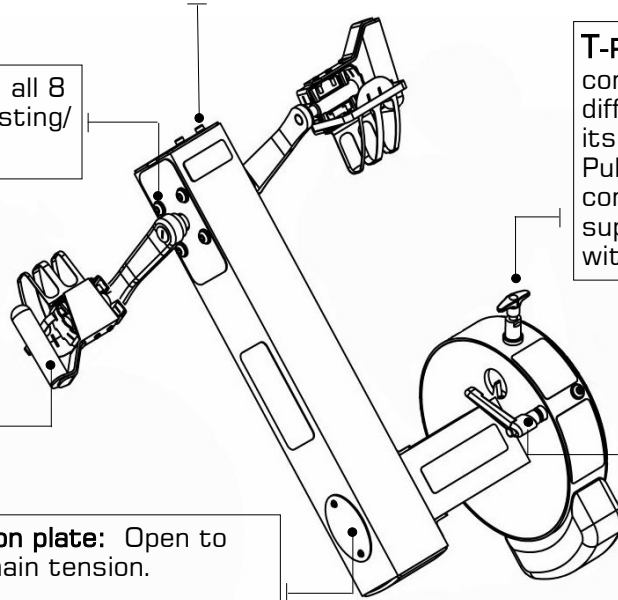
Crank Arm bolts: Loosen all 8 bolts slightly before adjusting/tightening chain.

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!



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.

»» Operation Instructions

»» Integrated Performance Monitor [IPM] Operation

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

UNITS: Displays WATTS, SPM, HR, 500/m

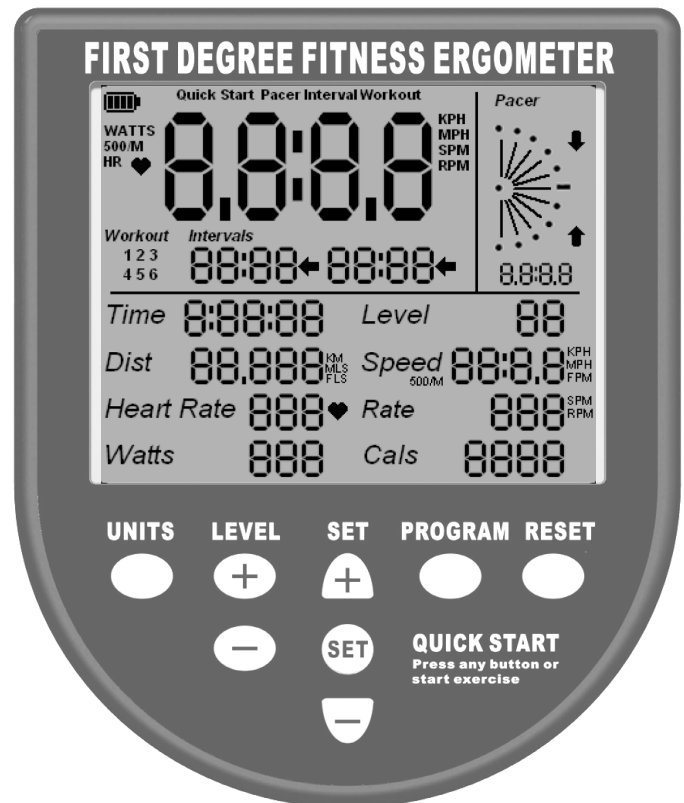
LEVEL: Adjustable from 1-20. Match LEVEL number with resistance level on the Fluid tank.

SET: Changes Time, Distance parameters

PROGRAM: Clears current exercise program

RESET: Clears data

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



»» Using the FIRST DEGREE FITNESS USB Interface

Description:

The USB connectivity now built in to all new models of FDF Console and IPM allow you to enhance your exercise experience by connecting to your home PC or Laptop. Using FDF's own sample applications you can exercise while enjoying your favorite movies. *NetAthlon 2 XF for Rowers* lets you race with other Internet connected rowers in a Virtual Reality 3D environment or train solo.

Setting Up USB connectivity

1. Download and Install the USB Device Driver (CDM2xxxx_Setup.exe for 32 and 64 bit Windows 7/Vista/XP) from the FDF Website.
2. Download and Install the Sample USB Applications from the FDF Website (www.firstdegreefitness.com).

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

» 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.

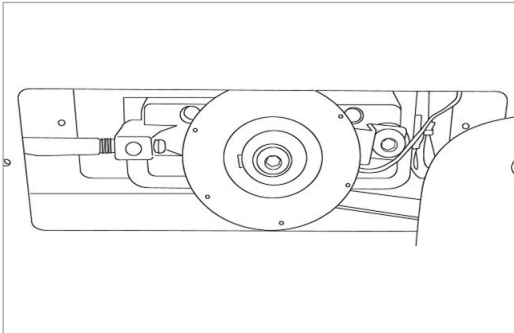
Item	Time Frame	Instructions	Notes
Seat and Frame.	Weekly.	Wipe down weekly with lint free cloth or more often with heavy club use.	
PK belt tension.	Monthly.	Check monthly for signs of slippage. Adjust/tighten as required.	
Tank and water treatment.	12 months to 2 years.	Follow instructions as specified 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

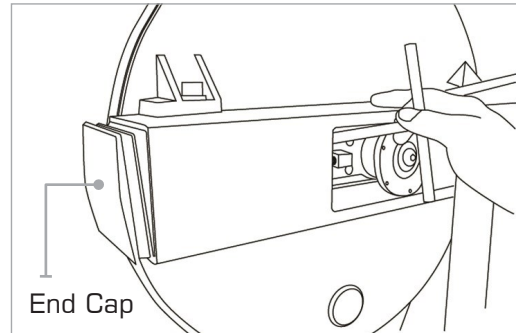
Fault	Probable Cause	Solution
Water changes color or becomes cloudy.	Rower is in direct sunlight or has not had water treatment.	Change rower location to reduce direct exposure to sunlight. Add water treatment or change tank water as directed in the water treatment section of this manual. Consider using distilled water to refill tank.
Knocking noise from inside the control arm while training, especially when changing directions.	Chain requires tightening or adjustment.	Open 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.
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.

» Tank Belt Adjustment

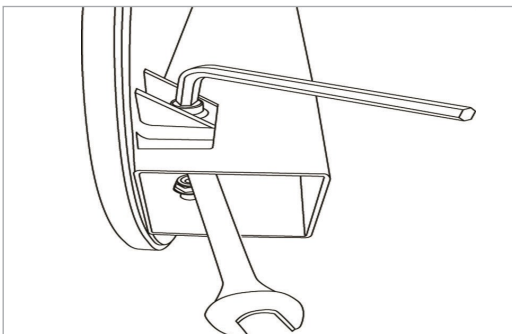
1. Remove large metal inspection plate.



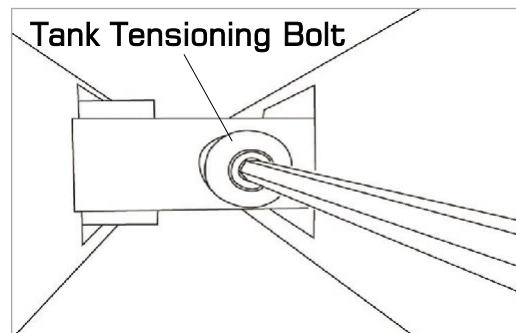
2. Using a long tool, push out the rear end cap as pictured below left. This will give you access to the tank tensioning bolt (shown lower right).



3. Loosen both the rear and front tank bolts slightly as shown. Remove front Rubber Belt Cover.



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.

Tip: Twist the Belt by hand to gauge tightness. Correct tension should be obtained when no longer able to twist more than 45 degrees

» International Warranty

FULL COMMERCIAL USE

This product is designed and constructed for use in any Health Club / Fitness Studio application

First Degree Fitness Limited warrants that the **Fluid Cycle XT (model FR-E720)**, 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.

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



FIRST DEGREE FITNESS
Fluid INNOVATION

FITNESS PRODUCTS INSPIRED BY REAL LIFE

WWW.FIRSTDEGREEFITNESS.COM

NOUS CONTACTER

Pour le soutien à la clientèle, veuillez visiter firstdegreefitness.com/support

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