

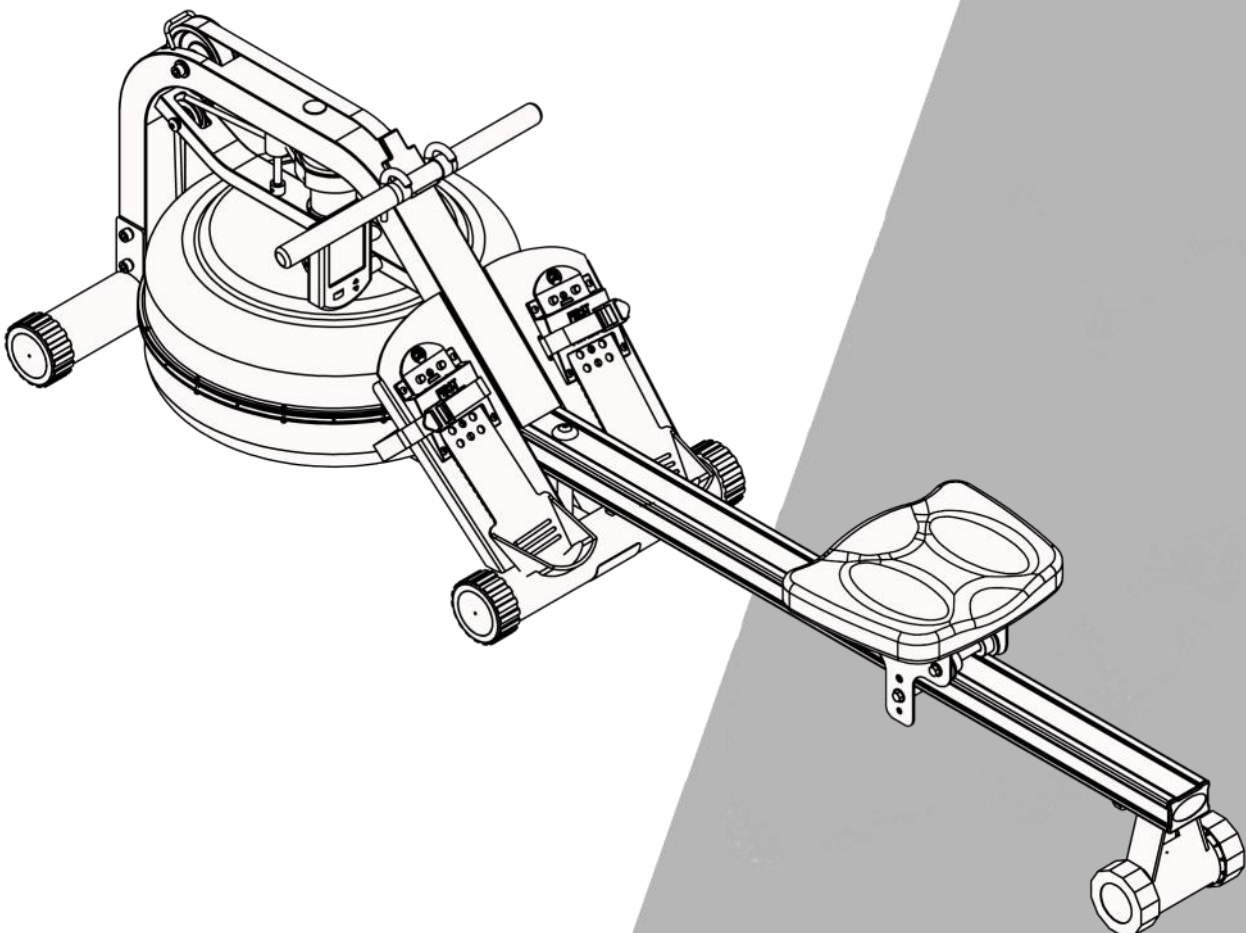
FIRST DEGREE FITNESS  
*Fluid* INNOVATION



# » USER GUIDE

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PACIFIC AR  
NEWPORT AR  
DAYTONA AR



REGISTER YOUR PRODUCT AT [WWW.FIRSTDEGREEFITNESS.COM/SUPPORT](http://WWW.FIRSTDEGREEFITNESS.COM/SUPPORT)

# » Introduction

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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](http://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

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](http://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.

# » Contents

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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.





## 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](http://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: 27.6kg (63.05lbs)

Product Gross Weight: 34kg (74.96lbs)

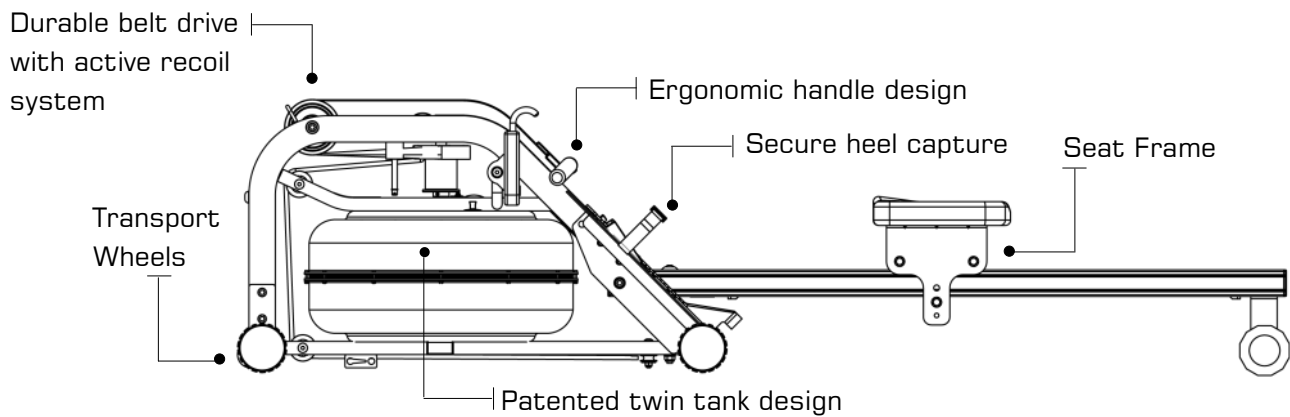
Minimum Safe Operating Surface Area: 319cm (125.59") x 172cm (67.71")

Dimensions: 1990mm (78.35") Length x 520mm (20.47") Width x 560mm (22.04") Height

Maximum User Weight: 150kg (330lbs)

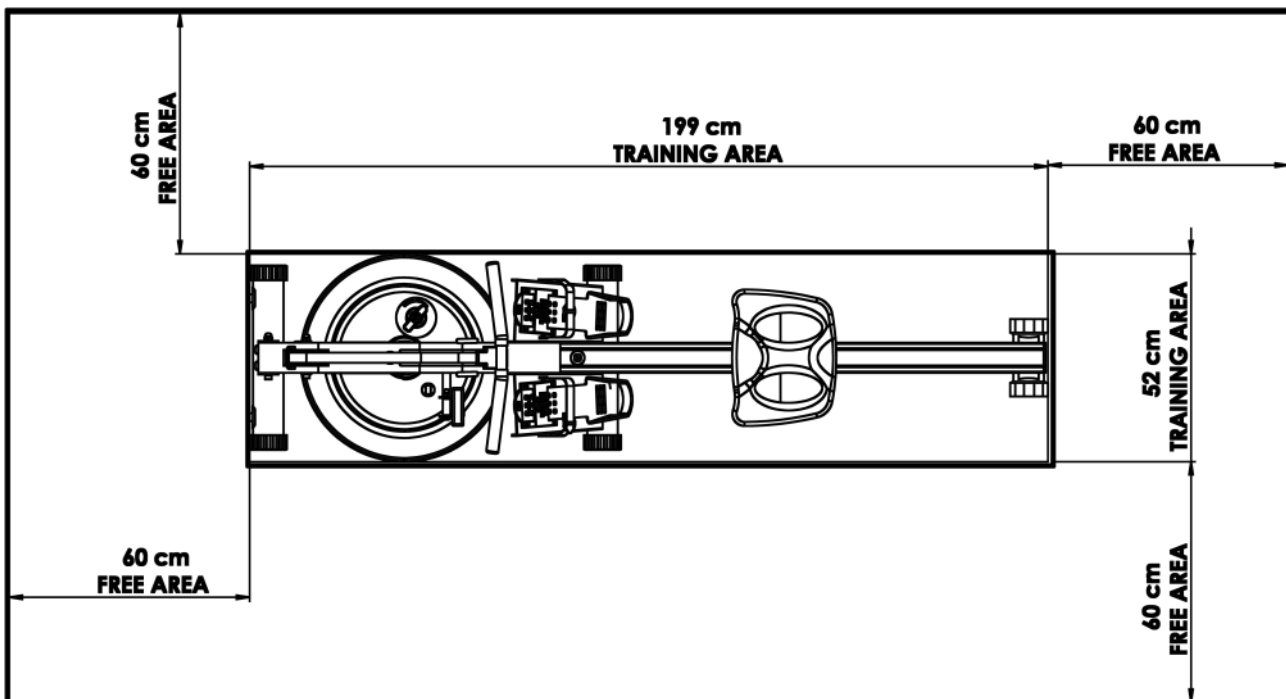
Compact Footprint: 1990mm x 520mm or upright 520mm x 560mm

## Product Highlights



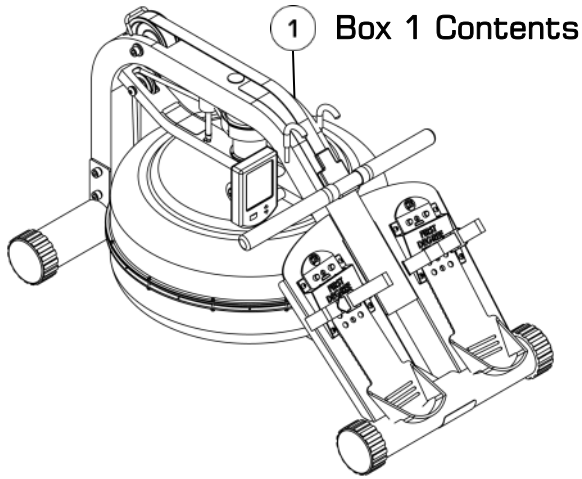
The live area shall be not less than 23.62"(60cm) greater than the training area in the directions from which the equipment is accessed. The live area must also include the area for emergency dismount.

## Live area and Training area

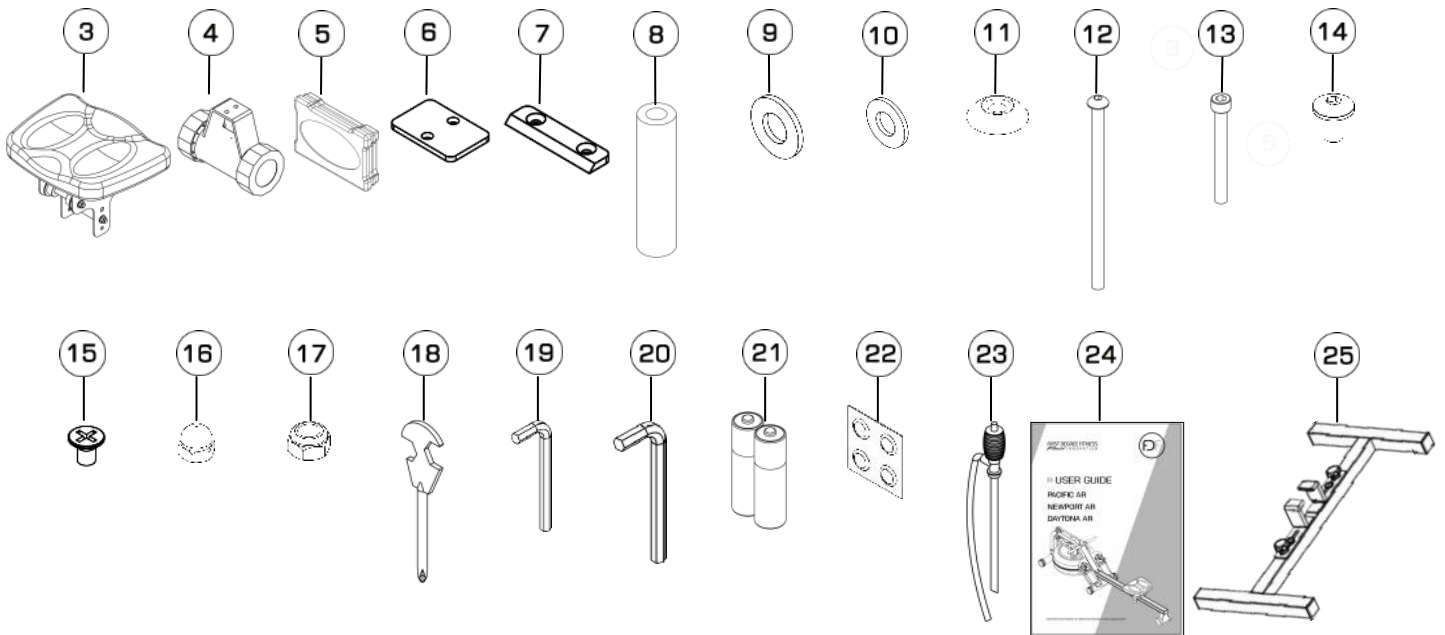
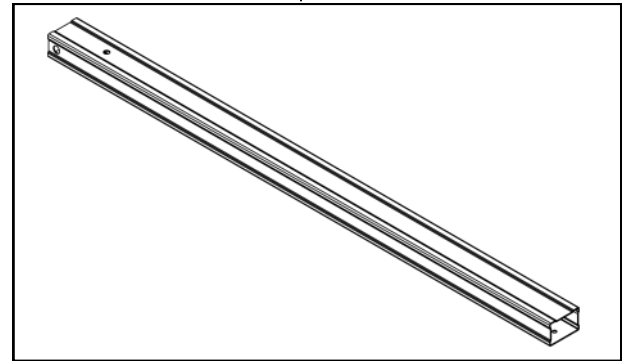


Note: Rower is not suitable for therapeutic purposes.

# » Fluid Rower Box Contents



2 Box 2 Contents



Item	Qty.	Description	Item	Qty.	Description
1	1	Main Frame	14	2	M8 x 15mm Rear Leg Bolts
2	1	Seat Rail (Boxed Separately)	15	2	M6 x 10 Countersink Bolts
3	1	Fluid Rower Seat	16	1	M10 Dome Nut
4	1	Rear Leg	17	1	M10 Nylock Nut
5	1	Rubber End Cap	18	1	Multi-Tool
6	1	Internal Mounting Plate	19	1	6mm Allen Key
7	1	Rear Rubber Bumpstop	20	1	8mm Allen key
8	1	Vertical Seat Rail Bolt Dampener	21	2	AA Duracell Battery
9	3	M10 Washer	22	4	Water Treatment Tablet
10	2	M8 Washer	23	1	Siphon
11	1	Plastic Dome cap	24	1	User Guide
12	1	M10 x 180mm Bolt	<b>Optional Equipment (Not Included)</b>		
13	1	M10 x 95mm Bolt	25	1	Optional Stand (not included)

# » Assembly Instructions

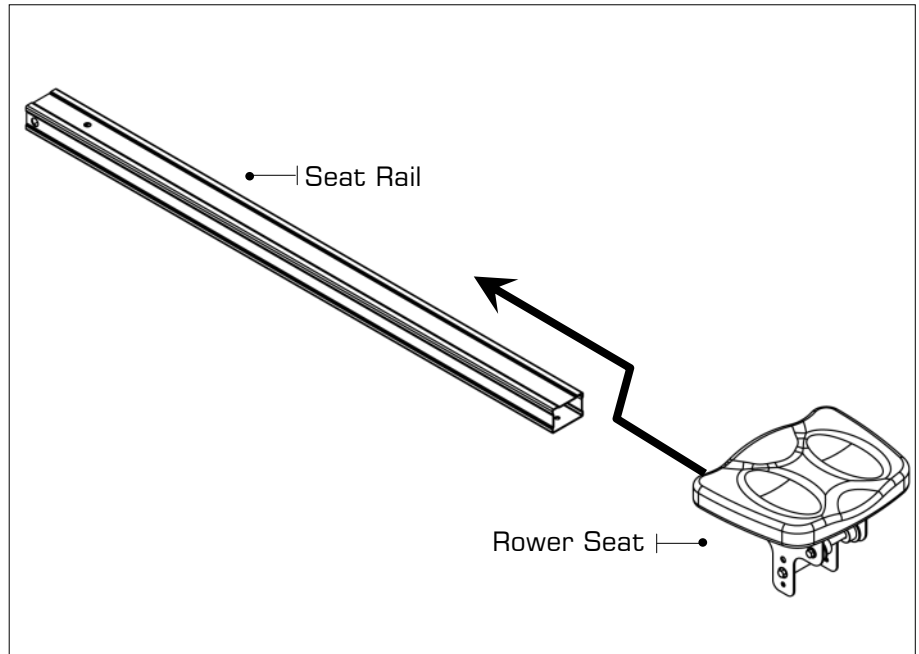
## STEP 1 Installing the Seat and Rear Leg to Seat Rail

### REQUIRED

Seat Rail (2)

Rower Seat (3)

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



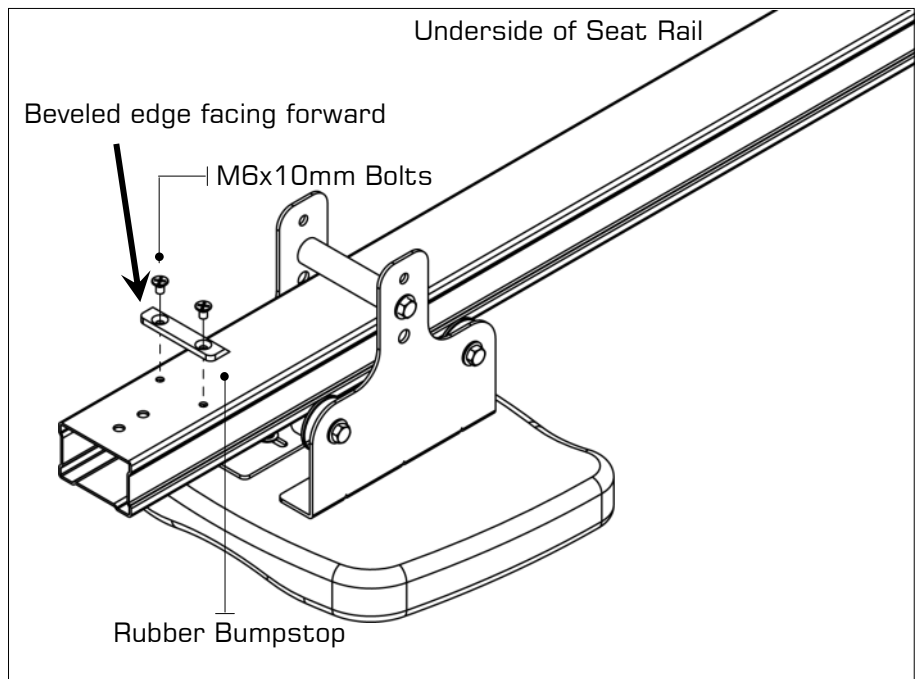
## STEP 2

### REQUIRED

Rubber Bumpstop (7)

2 x M6 x 10mm Bolts (15)

Next, install **Rear Bumpstop**[7] on underside of the Seat Rail using **2x M6 x 10mm Bolts**[15]. Beveled edge must face forward.





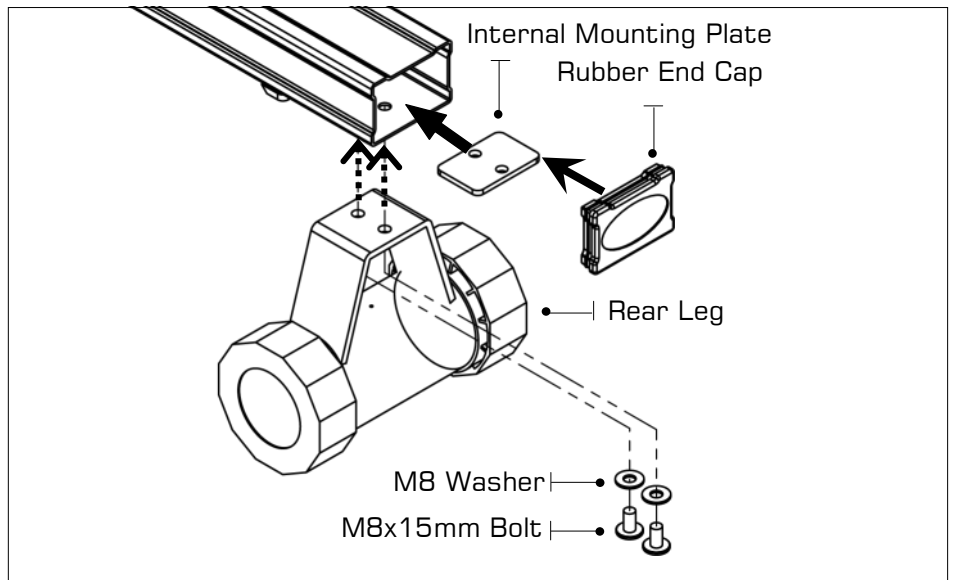
# Assembly Instructions

## STEP 3 Installing the Rear Leg

### REQUIRED

- Rear Leg (4)
- Rubber End Cap (5)
- Internal Mounting Plate (6)
- 2 x M8 Washers (10)
- 2 x M8x15mm Bolts (14)

Using the 2x M8x15mm Bolts[14], 2x M8 Washers[10], Internal Mounting Plate[6] and Rear Leg[4], install as shown. Once Rear Leg is tightened, install the Rear Rubber End Cap[5].

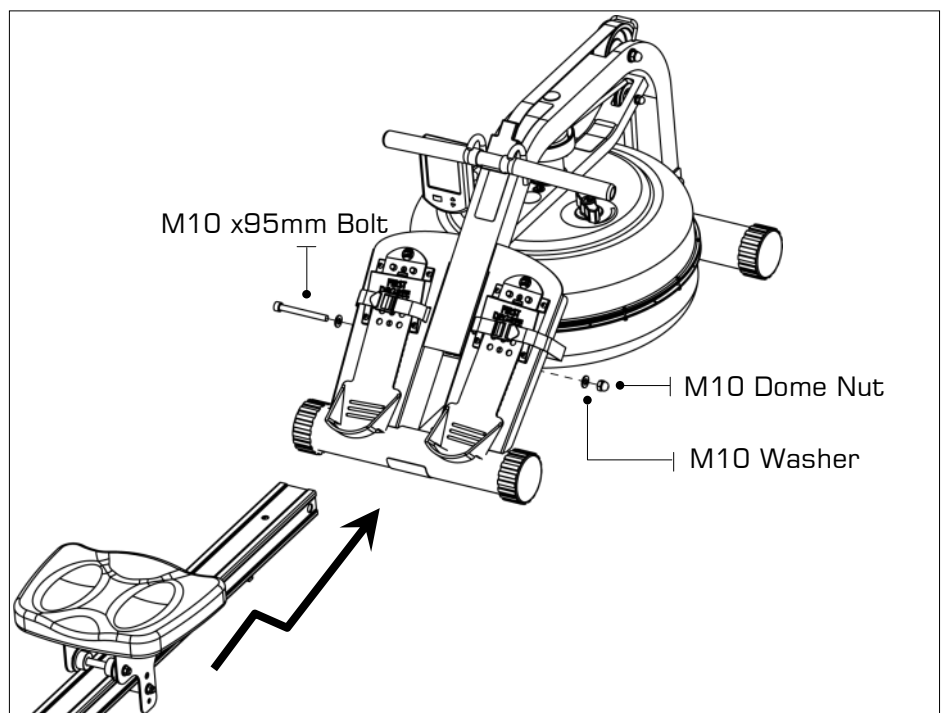


## STEP 4 Installing the Seat Rail to Mainframe

### REQUIRED

- 2 x M10 Washers (9)
- M10 x 95mm Bolt (13)
- M10 Dome Nut (16)

Install the Seat Rail onto the Mainframe. Then align the front Seat Rail holes with Mainframe and install using M10x95mm Bolt[13], 2x M10 Washers[9] and M10 Dome Nut[16].



# Assembly Instructions

## STEP 5 Installing the Seat Rail to Mainframe

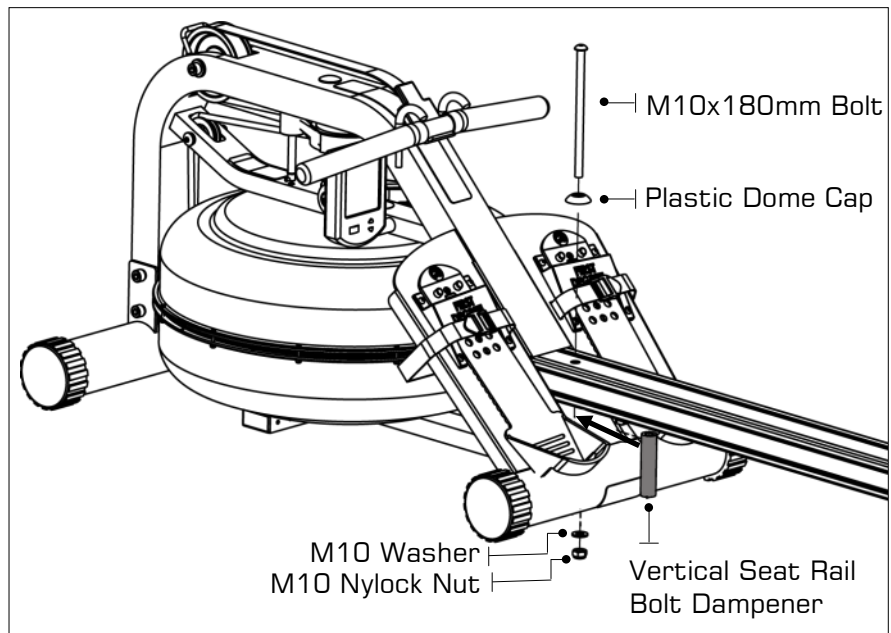
### REQUIRED

- Vertical Seat Rail Bolt Dampener (8)
- M10 Washer (9)
- Plastic Dome Cap (11)
- M10 x180mm Bolt (12)
- M10 Nylock Nut (17)

### WARNING

Do not tighten the Vertical Frame Tensioning Bolt. See the step 6 for details once assembly is complete

Install the **M10x180mm Vertical Seat Rail Tensioning Bolt**[12] with the **Plastic Dome Cap**[11] through the Seat Rail as shown, then fit the **Vertical Seat Rail bolt Dampener**[8] onto the bolt between the bottom of the Seat Rail and the Lower Frame (not shown) before securing the bolt with **M10 Nylock Nut**[17] and **M10 Washer**[9].

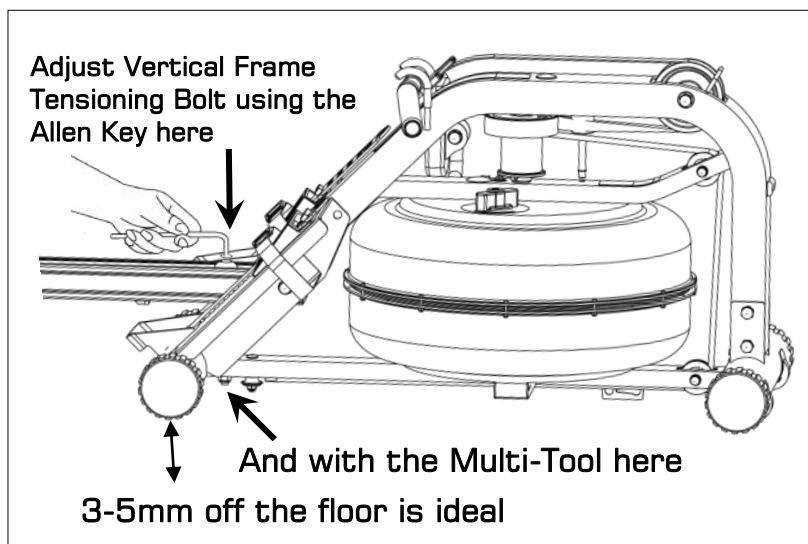


## STEP 6 Fine Tuning the Rower

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 in the

### 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

### 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

## »» Tank Filling and Water Treatment Procedures

### REQUIRED

Siphon 17

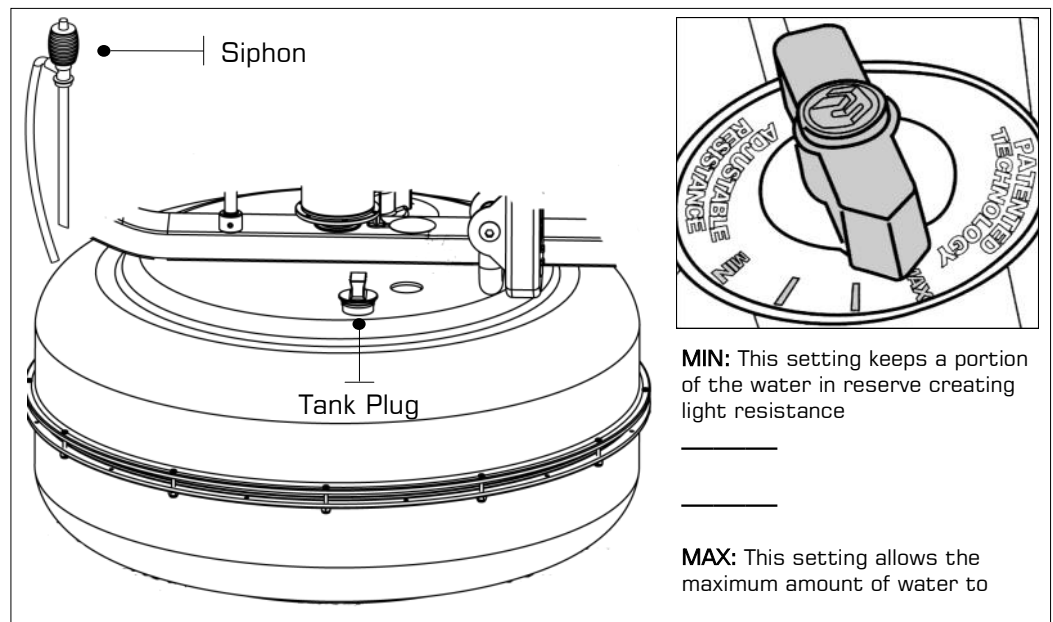
#### ! CAUTION

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

- Remove rubber fill plug from the top of the tank.
  - Place a large bucket of water next to the rower. Position the Siphon[17] 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.

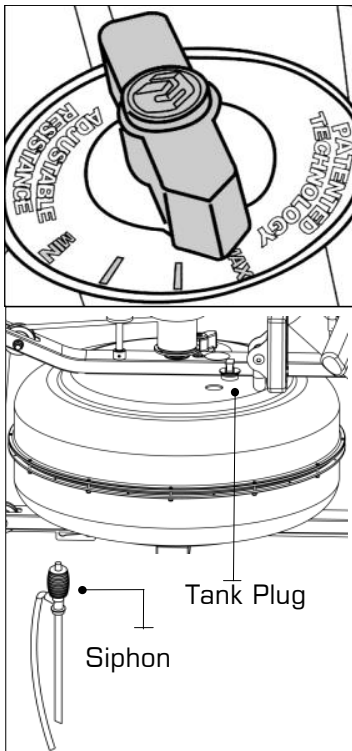


### INITIAL WATER TREATMENT

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](http://www.firstdegreefitness.com)

## »» 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.

- Set Adjuster handle to "MIN"
- 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.

### »» 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.

**!** CAUTION

It is strongly recommended that a drop cloth be used under the fluid tank whenever the tank plug is opened for water treatment.

# »» Operation Instructions

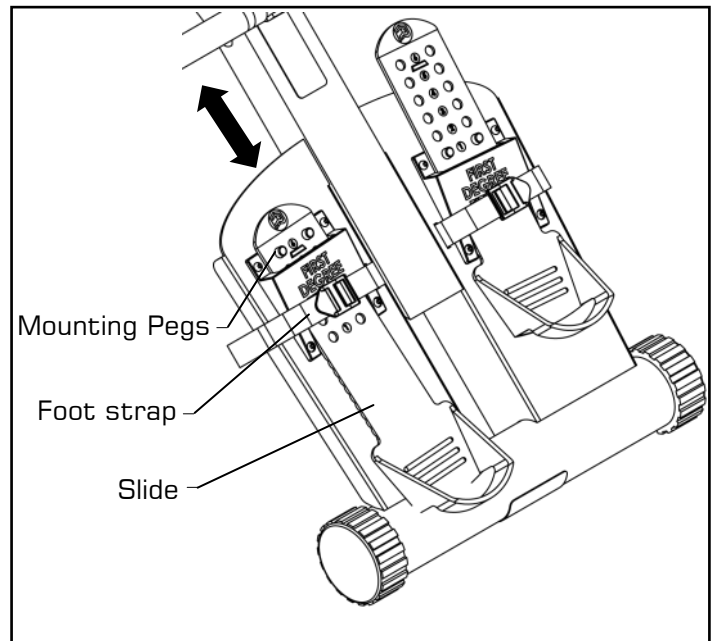
## »» Adjust Footplates

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.

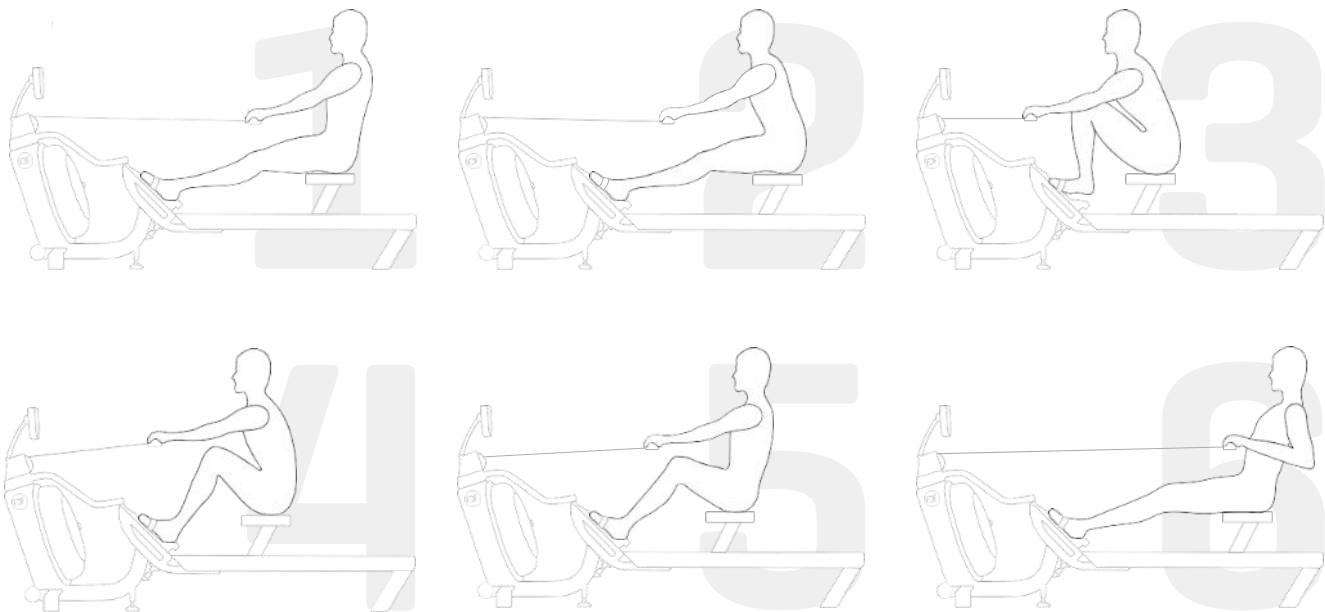


**WARNING:** Never operate this Rower without feet properly secured in Footstraps, or without the sliding portion of the Slider Footplate locked into position!

# »» 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](http://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.

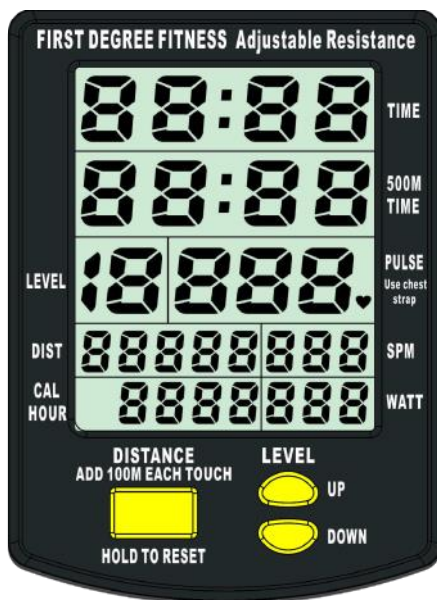
**Distance:** Each single press of RESET adds 100m distance, up to 1000m then adds 500m.

**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.



## Computer Instructions:

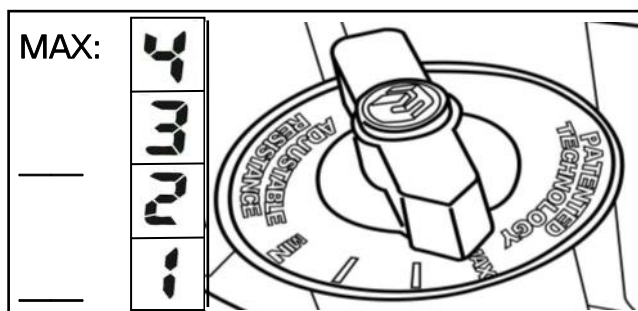
- TIME: Auto start elapsed time.
- 500M TIME: Time to row 500 meters, updated at the completion of each stroke.
- PULSE: Requires optional receiver and chest strap (sold separately).
- SPM: Strokes per minute updated each stroke.
- WATT: Unit of power updated per rowing stroke.



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

**\*ALL READINGS UPDATED EVERY 2 SECONDS**

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



 <b>WARNING:</b>	<p>Heart rate monitoring systems may be inaccurate, Over exercising may result in serious injury or death. If you feel faint stop exercising immediately!</p>
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# » 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](http://www.firstdegreefitness.com)).  
Download and Install NetAthlon 2 XF for Rowers from.  
<http://www.webracing.org/downloads.htm>

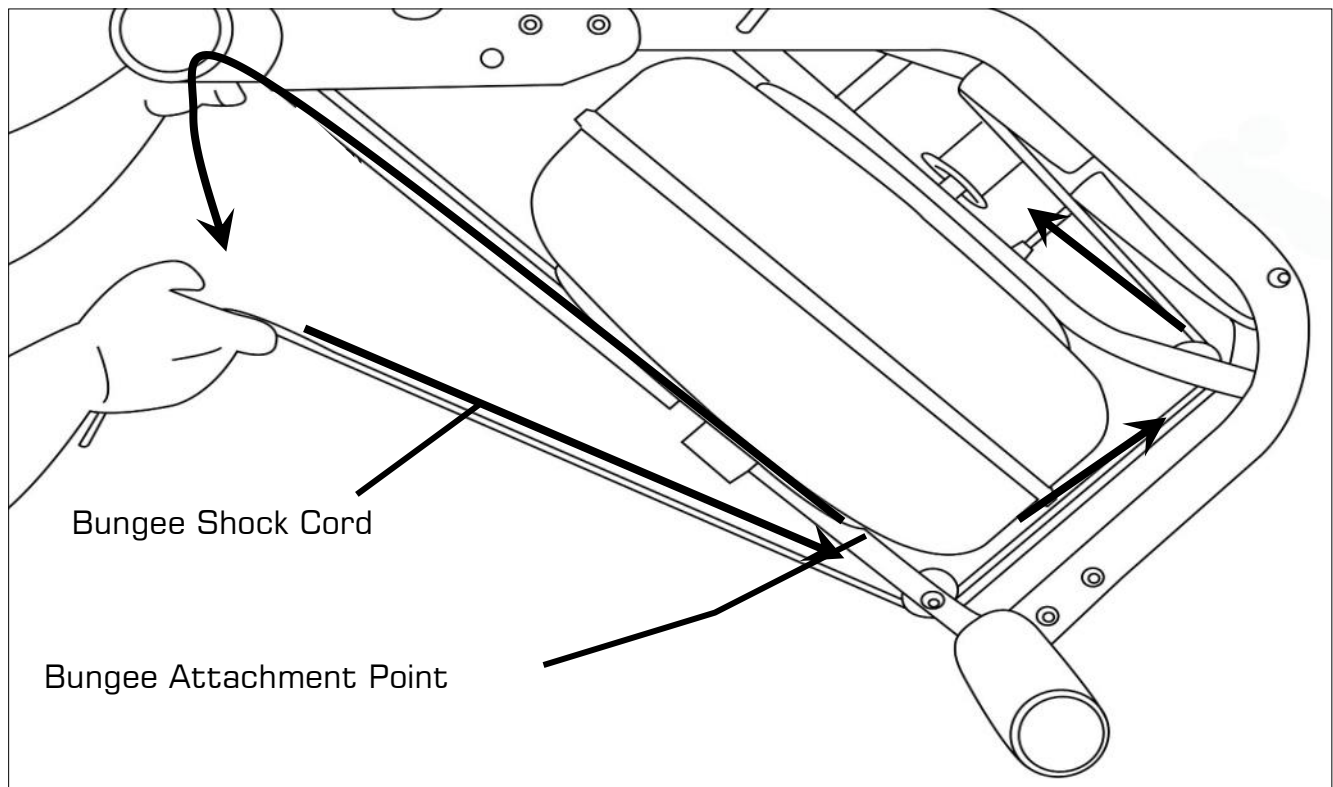
## Connecting Your Console

- 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](http://www.firstdegreefitness.com)



## » Detaching the Rower Belt



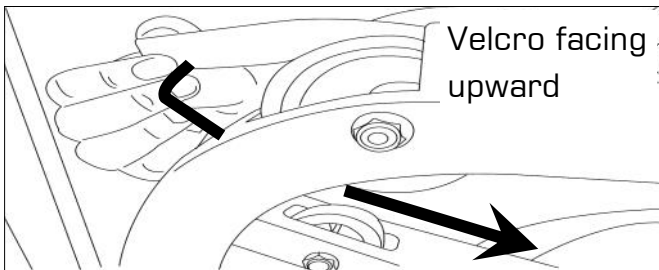
1. To detach belt, simply pull beyond the range of the normal rowing stroke until the belt detaches from the Belt Bungee Pulley.

**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.

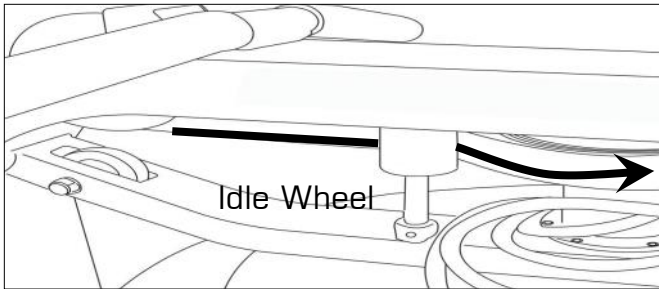
# » Reattaching the Rower Belt

## STEP 1



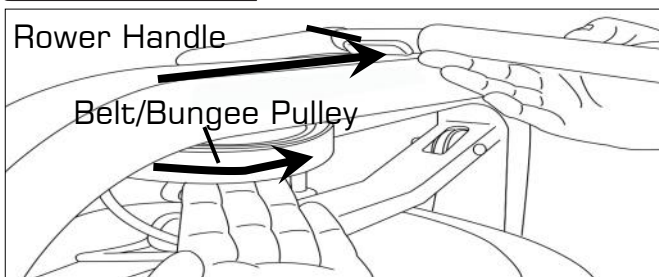
Begin reattaching the Rower Belt by threading around the Rower Belt Pulley with the Velcro side facing upward as illustrated.

## STEP 2



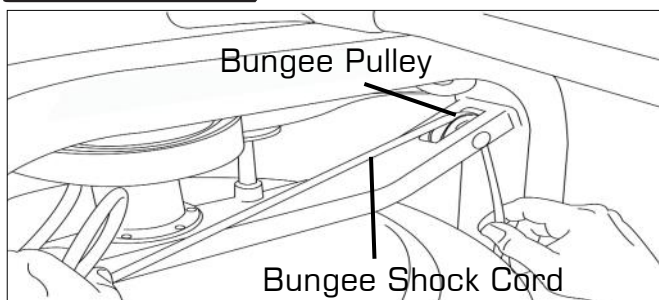
Next, thread the Belt around the Idle Wheel as shown. Once around the Idle Wheel, attach the Rower Belt to the Belt/Bungee Pulley. There is an obvious "lip" at the attachment point.

## STEP 3



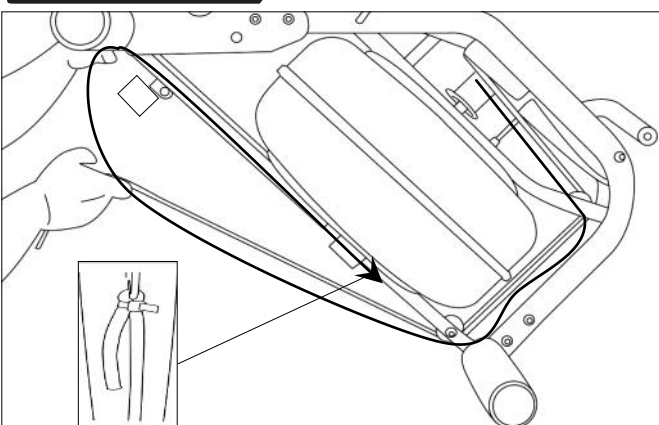
Wind the Rower Belt onto the Belt/Bungee Pulley until the Rower Handle is as it's furthest forward position.

## STEP 4

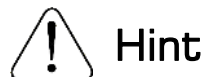


Rethread the Bungee Shock Cord (on opposite side of the Idle Wheel) back through the Bungee Pulleys and tie off at the Attachment Point.

## STEP 5



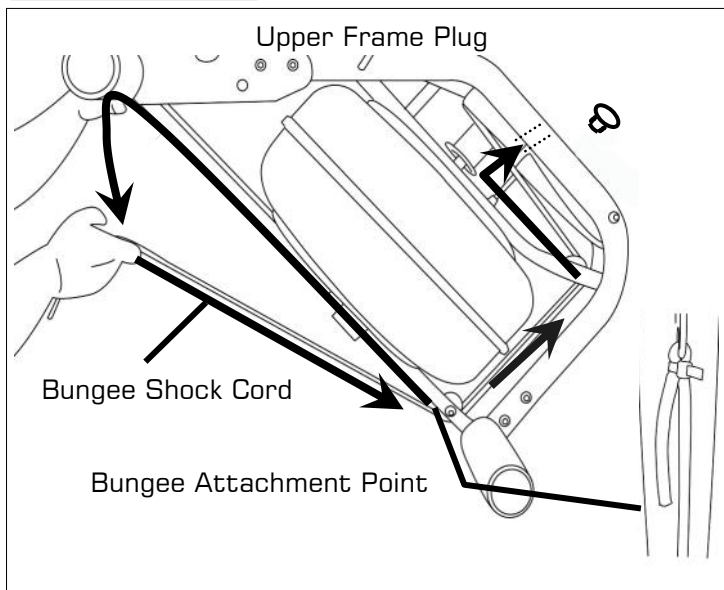
If Bungee Shock Cords previous tension seemed correct (a good way to judge is if the Rower Handle can make it to the furthest point forward on the top of the Mainframe under bungee tension alone) then simply tie off at previous position. If the return is too slack, experiment by tightening the tension 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.



### Hint

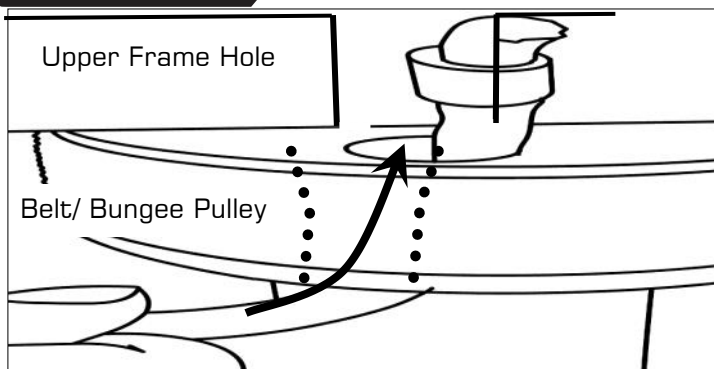
## » Removing the Bungee Shock Cord

### STEP 1



Move the Rowing Handle to its 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".

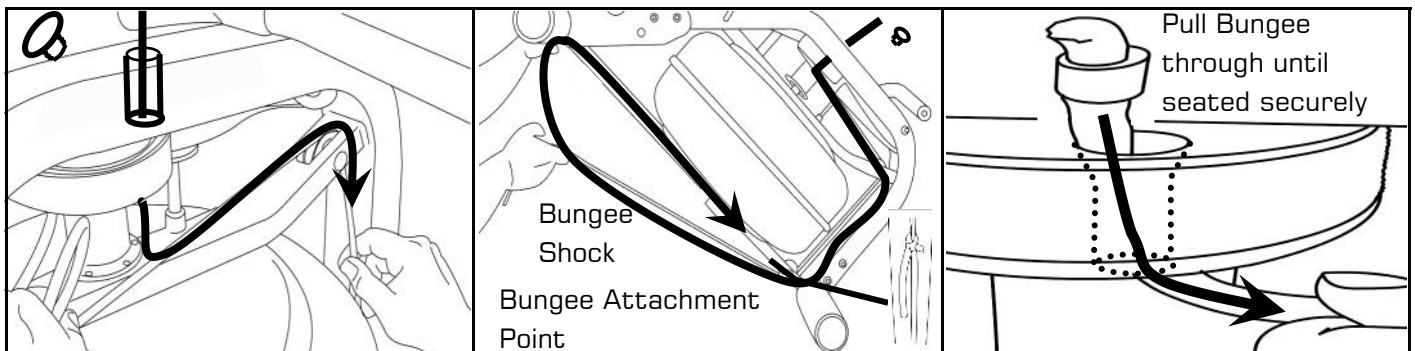
### STEP 2



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.

Item	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 <a href="http://www.firstdegreefitness.com">www.firstdegreefitness.com</a> 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 <a href="http://www.firstdegreefitness.com">www.firstdegreefitness.com</a> for further details.	

## » Troubleshooting

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.

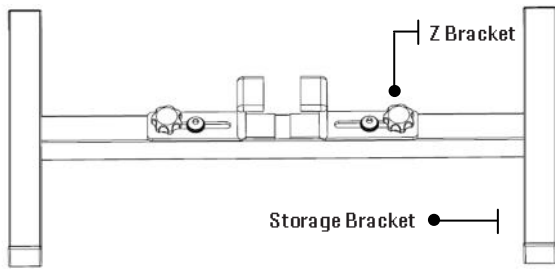
# Optional Fixture Kit Installation

A fixture kit for upright storage can be purchased separately.

## STEP 1

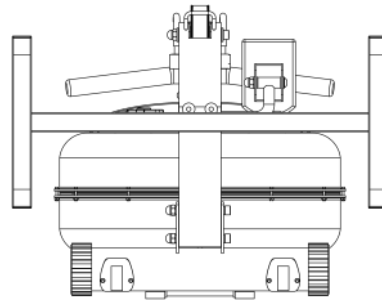
Install the Z bracket onto the Storage Base.

Note: Do not tighten the Knob and the Bolt.



## STEP 2

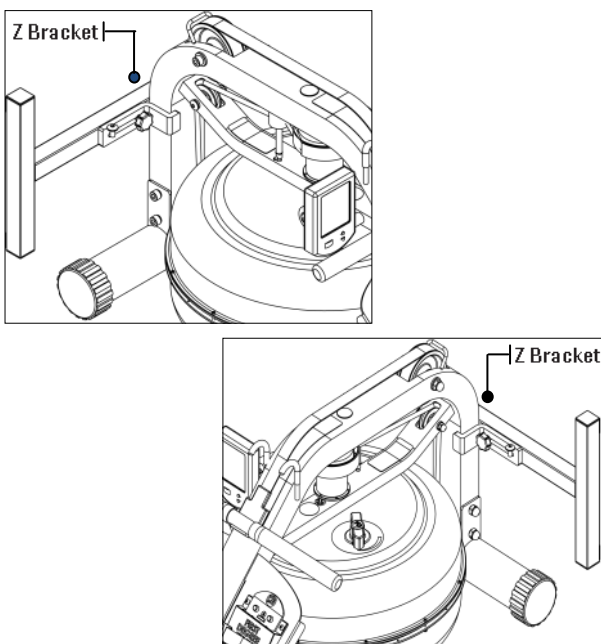
Install the bracket onto the rower as shown.



## STEP 3

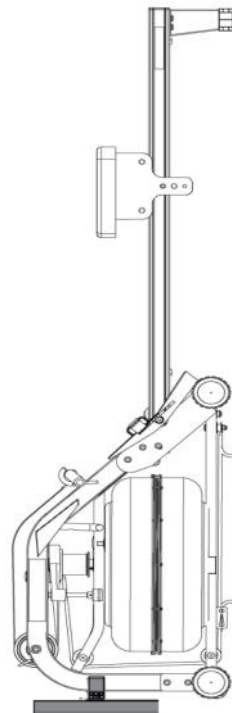
Tighten the Z Bracket knob to fix to the rower.

Note: Ensure the Z bracket is secure before tightening.

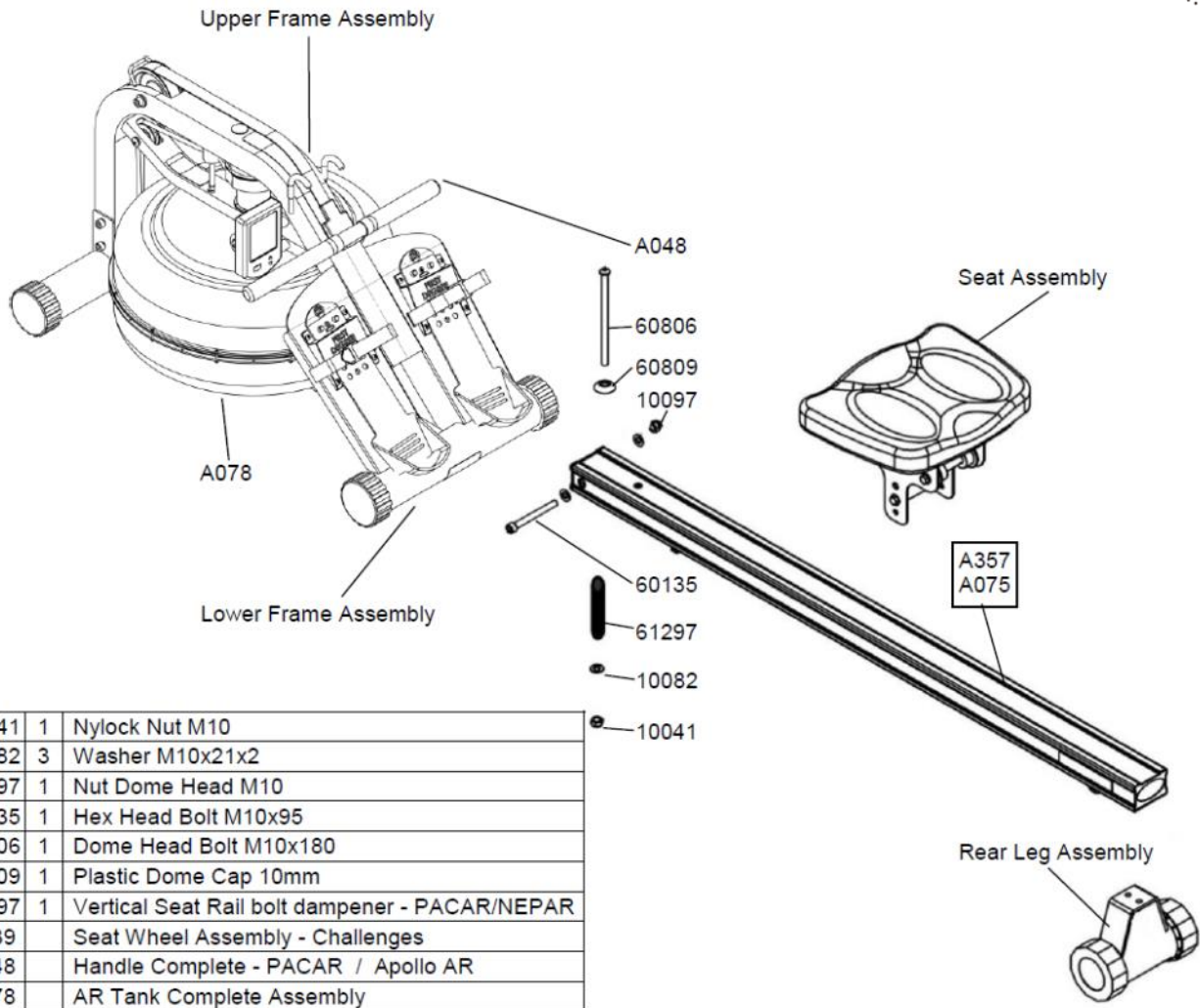


## STEP 4

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

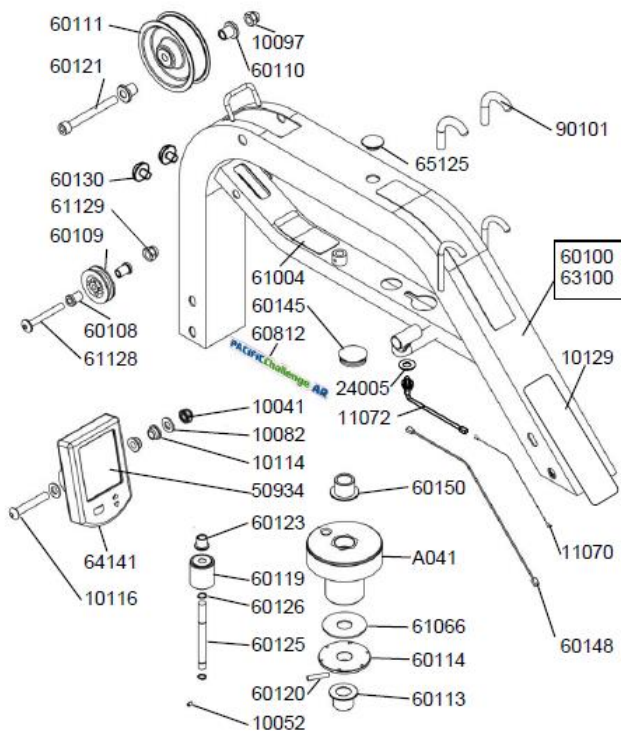


# Product Exploded Diagram



10041	1	Nylock Nut M10
10082	3	Washer M10x21x2
10097	1	Nut Dome Head M10
60135	1	Hex Head Bolt M10x95
60806	1	Dome Head Bolt M10x180
60809	1	Plastic Dome Cap 10mm
61297	1	Vertical Seat Rail bolt dampener - PACAR/NEPAR
A039		Seat Wheel Assembly - Challenges
A048		Handle Complete - PACAR / Apollo AR
A078		AR Tank Complete Assembly

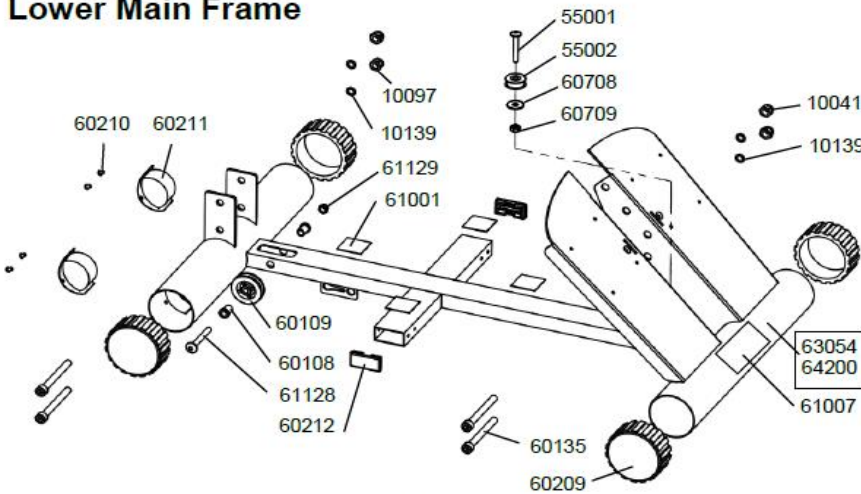
## Upper Main Frame Assembly



10041	1	Nylock Nut M10
10052	1	Socket Set Screws M4x6 - B
10082	2	Washer M10x21x2
10097	1	Nut Dome Head M10
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
60100	1	Upper Main Frame - Pacific
60108	2	Bungee Pulley Spacer 8mm
60109	1	Bungee Pulley 50mm
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
60119	1	Idle wheel & 2x Bearing #60112
60120	1	Roll Pin M6x30
60121	1	Hex Head Bolt M10x90
60123	1	Idle Shaft Upper Frame Mount 10mm
60125	1	Idler Pulley Shaft
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
60812	1	Decal - PACIFIC CHALLENGE AR
61004	1	Main Frame Upper Warning Decal - Orange
61066	1	Plastic Washer M5920.1x2T
61128	1	Dome Head Bolt M8x65
61129	1	Nut Dome Head M8
63100	1	Upper Main Frame - NPTAR
64141	1	Computer with USB - L4
65125	1	Rubber End Cap - Main Frame
90101	2	Rubber Hook Cover
A041	1	Belt Bungee Pulley Complete Kit

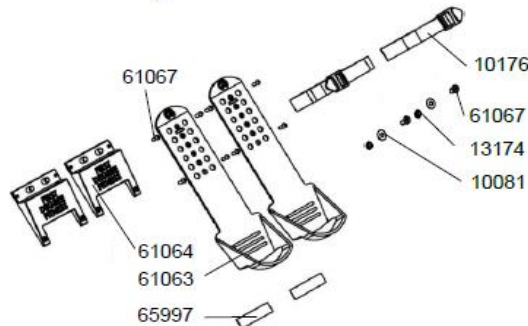
# Product Exploded Diagram

## Lower Main Frame



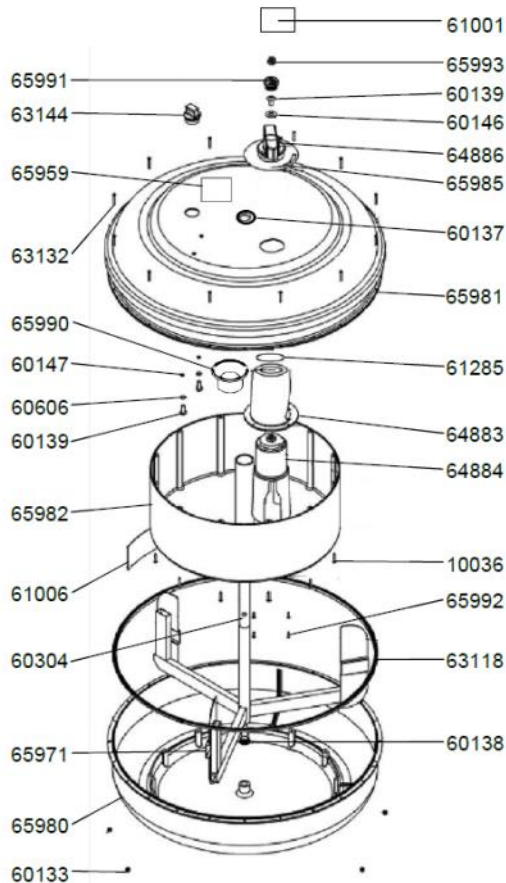
10041	2	Nylock Nut M10
10097	2	Nut Dome Head M10
10139	4	Spring Washer M10
55001	1	Dome Head Bolt M8x50
55002	1	Small pulley 8mmx31.5mm
60108	2	Bungee Pulley Spacer 8mm
60109	1	Bungee Pulley 50mm
60135	4	Hex Head Bolt M10x95
60209	4	End Cap 76.2mm Round
60210	4	Transport Wheel Fastener
60211	2	Transport Wheel 76.2
60212	2	End Cap 25x50mm
60708	1	Washer M8x19x1.6
60709	1	Nylock Nut M8
61001	4	Tank Bonding Strip 3M-VHB
61007	1	Decal - Lower Main Frame Warning
61128	1	Dome Head Bolt M8x65
61129	1	Nut Dome Head M8
63054	1	Lower Frame - PACAR
64200	1	Lower Frame - NPTAR

## Sliding Footplate Assembly



10081	2	Washer M6x16x1
10176	2	Foot Strap & Buckle
13174	2	Nylock Nut M5
61063	2	Footplate Slider with Velcro #65997
61064	2	Footplate Slider Base 120x111x22.8
61067	10	Dome Head Bolt M5x15
65997	2	Velcro For Sliding Footplate

## A078—AR Tank Complete Assembly

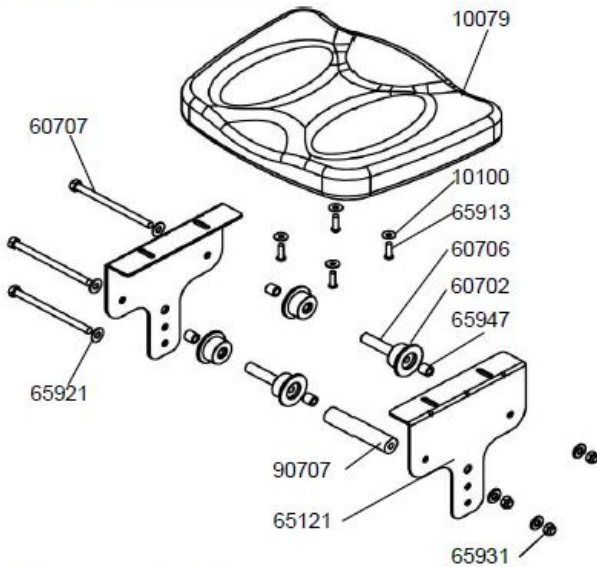


10036	12	Counter Sink Tapping Screw M3x20-SUS
60133	12	Nylock Nut M3-SUS
60137	2	Tank / Main Frame Impeller Shaft Spacer 19.9x40x1
60138	1	Impeller End Cap
60139	3	Dome Head Bolt M6x15-SUS
60146	1	Washer M6x16x1-SUS
60147	2	O-Ring 9.5x6.5x1.5
60304	1	Flywheel Upper Shaft
60606	2	Plastic Washer M6x15x2.5-B
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
64883	1	Tank Adjuster Outer Cup - 107C
64884	1	Tank Adjuster Inner Cup - 107C
64886	1	Adjuster Knob - 107C
65959	1	Decal - How to Adjust Resistance
65971	1	Impeller - AR
65980	1	Lower Tank Shell
65981	1	Upper Tank Shell & Decals & Spacer #60137 - Outer
65982	1	Inner Reserve Tank Shell
65985	1	Decal - AR Resistance
65990	1	Rubber Caldera
65991	1	End Cap - Adjust Knob
65992	4	Counter Sink Bolt M3x12-SUS
65993	1	Decal- FD Knob 18mm



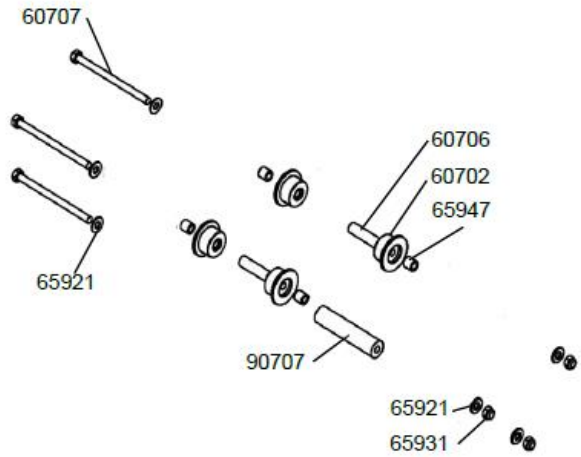
# Product Exploded Diagram

## Seat Assembly



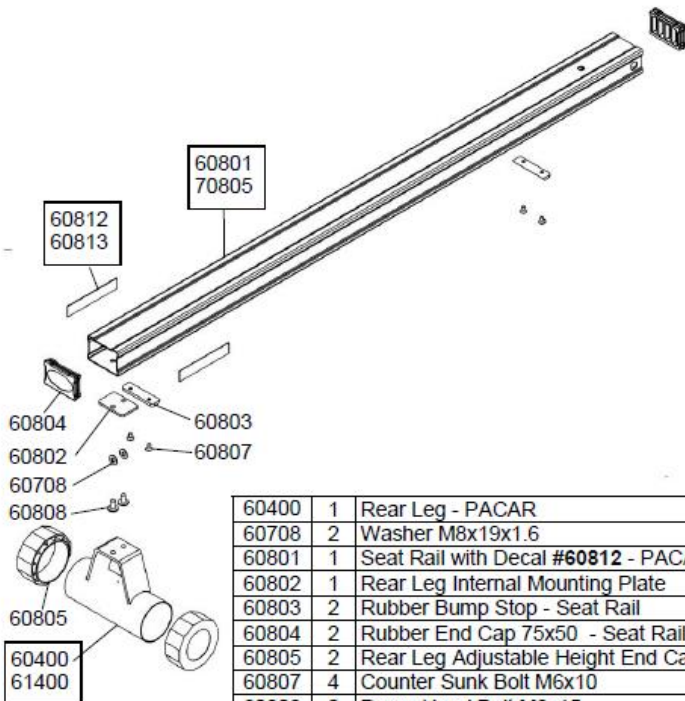
10079	1	Seat LS-E28
10100	4	Washer M6x16x1 -B
60702	4	Seat Wheel - HS
60706	2	Inner Axle Bushing Long
60707	3	Hex Bolt M8x120mm
65121	2	Seat Frame Bracket
65913	4	Dome Head Bolt M6x20 -B
65921	6	Washer M8.5x19x1.6t - B
65931	3	Nylock Nut M8 -B
65947	4	Seat Wheel Short Spacer 12.7x8.1x13 - B
90707	1	Lower Seat Wheel Axle Spacer

## A039 Seat Wheel Assembly



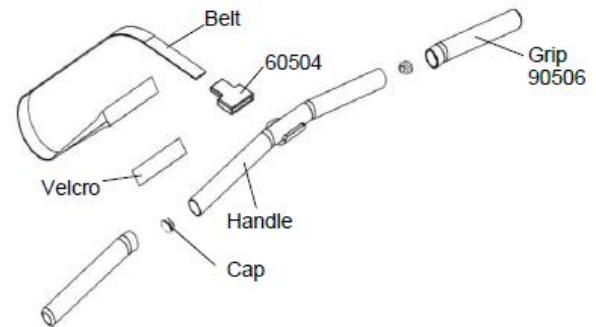
60702	4	Seat Wheel - HS
60706	2	Inner Axle Bushing Long
60707	3	Hex Bolt M8x120mm
65921	6	Washer M8.5x19x1.6t - B
65931	3	Nylock Nut M8 -B
65947	4	Seat Wheel Short Spacer 12.7x8.1x13 - B
90707	1	Lower Seat Wheel Axle Spacer

## Rail Assembly & Rear Leg Assembly



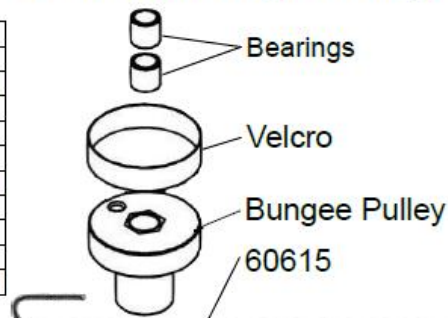
60400	1	Rear Leg - PACAR
60708	2	Washer M8x19x1.6
60801	1	Seat Rail with Decal #60812 - PACAR
60802	1	Rear Leg Internal Mounting Plate
60803	2	Rubber Bump Stop - Seat Rail
60804	2	Rubber End Cap 75x50 - Seat Rail
60805	2	Rear Leg Adjustable Height End Caps
60807	4	Counter Sunk Bolt M6x10
60808	2	Dome Head Bolt M8x15
61400	1	Rear Leg - NPTAR
70805	1	Seat Rail With Decal #60813 - NPTAR

## A048 Handle Complete



60504	1	Handle/Belt Rubber Cover
90506	2	Handle Grip

## A041 Belt Bungee Pulley Complete



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

## HOME USE

FIRST DEGREE FITNESS Limited warrants that the **PACIFIC AR / NEWPORT AR / DAYTONA AR Fluid Rower (MODEL PACAR / NPTAR / DAYTONA AR)**, 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 Fluid 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 – 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**

Bungee recoil cord, belt and pulley

Hand grips & foot straps

Polyester rowing belt

Seat

All pulleys, rollers & bearings

All rubber components

Computer & speed sensor (excluding replaceable batteries)

Footplates (pivoting & sliding)

### **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](http://WWW.FIRSTDEGREEFITNESS.COM)

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