FDF Ergometer

User Guide

Evolution Series Rowers, Cycle XT and UBE's

Table of Contents

INTRODUCTION

Features

- Support for Cycle XT, UBE, UBE Rehab, plus 16 and 20 Level Evolution Series Rowers.
- Auto-Power Down after 5 minutes of inactivity with wake up on Button Press, exercise or USB activity
- All Settings Automatically Saved.
- Metric/Imperial Units (Cycle XT/UBE Only).
- Odometer and Version Information Display.
- Optional USB Function for use with NetAthlon 2FX for Rowing or FDF's sample USB applications.

Interactive Performance Monitor (IPM) Layout

Display

1. Battery Level Indicator
2. Program Indicator
3. Units for Main Readout
4. Main Readout
5. Pacer and Gauge
6. Workouts and Intervals
7. Session Time
8. Session Distance
9. Heart Rate with HR Symbol
10. Power (Watts)
11. Level
12. Speed
13. Cadence (Rate in SPM or RPM)
14. Calories (per hour and session total)

Buttons

1. Units
2. Level Change
3. Set Functions
4. Program Select
5. Reset

Programs

| Quick Start	Just power on and exercise with optional session set time or set distance.
Pacer	Exercise against a set pace with optional session set time or set distance.
Interval	Simple two interval paced training with optional session set time or set distance.
Workout	6 user defined preset two interval paced training with optional set session time or distance.

Button Functions

UNITS	Change what is displayed in the *Main Readout or s*elect *Pacer Units*
LEVEL +/-	Change *Resistance Level.*
SET	Pressing the SET button will enter Set Mode and allow you to change your session parameters for the current *Program.*
SET +/-	In Set Mode, a single short press will increment/decrement by a small step, a long press will increment/decrement by a large step, while press and hold will repeatedly increment/decrement by a large step.
PROGRAM	Switch between the different IPM *programs.*
RESET	Clear current session data, or exit Set Mode.

STARTING AN EXERCISE SESSION

1. Select desired Program by pressing the PROGRAM Button.

2. Ensure Tank *Resistance Level* and IPM Level are the same by using the Level + and Level – buttons.

3. Modify Program Settings for your Session – See Program Sections (Quick Start, Pacer, Interval or Workout).

4. Start Exercising. Time and distance will start.

5. If Session Distance or Session Time have been set then a double beep will sound when your session is complete. Distance and time will stop.

6. If Interval or Workout Programs are selected then a single beep will sound to indicate the end of one interval and the beginning of the next.

CHANGING UNITS *(CYCLE XT, UBE AND UBE REHAB ONLY)*

1. Press RESET to clear any session data.

2. Use the PROGRAM button to select Quick Start.

3. Press and Hold UNITS for 3 seconds.

4. Use + or – buttons to select KM/KPM or MLS/MPH.

5. Press SET to accept change or RESET to cancel.
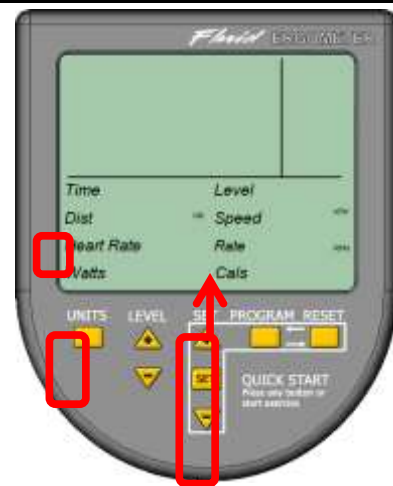
VIEWING ODOMETER AND VERSION INFORMATION

1. Press RESET to clear any session data.

2. Use the PROGRAM button to select Quick Start.

3. Press & Hold UNITS & PROGRAM buttons for 5 seconds.

4. The Odometer and version information will be displayed.

5. Press any button to return.

Time is shown as total session hours and distance is shown as total kilometers.

Version Information for Cycle XT Configuration

Version Information for 20 Level Rower

BATTERY LEVEL

- The Battery Indicator will flash when battery level is low
- ***Ensure USB is disconnected when changing the batteries***

QUICK START

Quick Start allows you to quickly begin your exercise session. This is the default *program* after power on.

Use the PROGRAM button to select *Quick Start* in the *Program Indicator*

	Start	Using SET	Exercising
Rower			
Cycle XT/UBE			
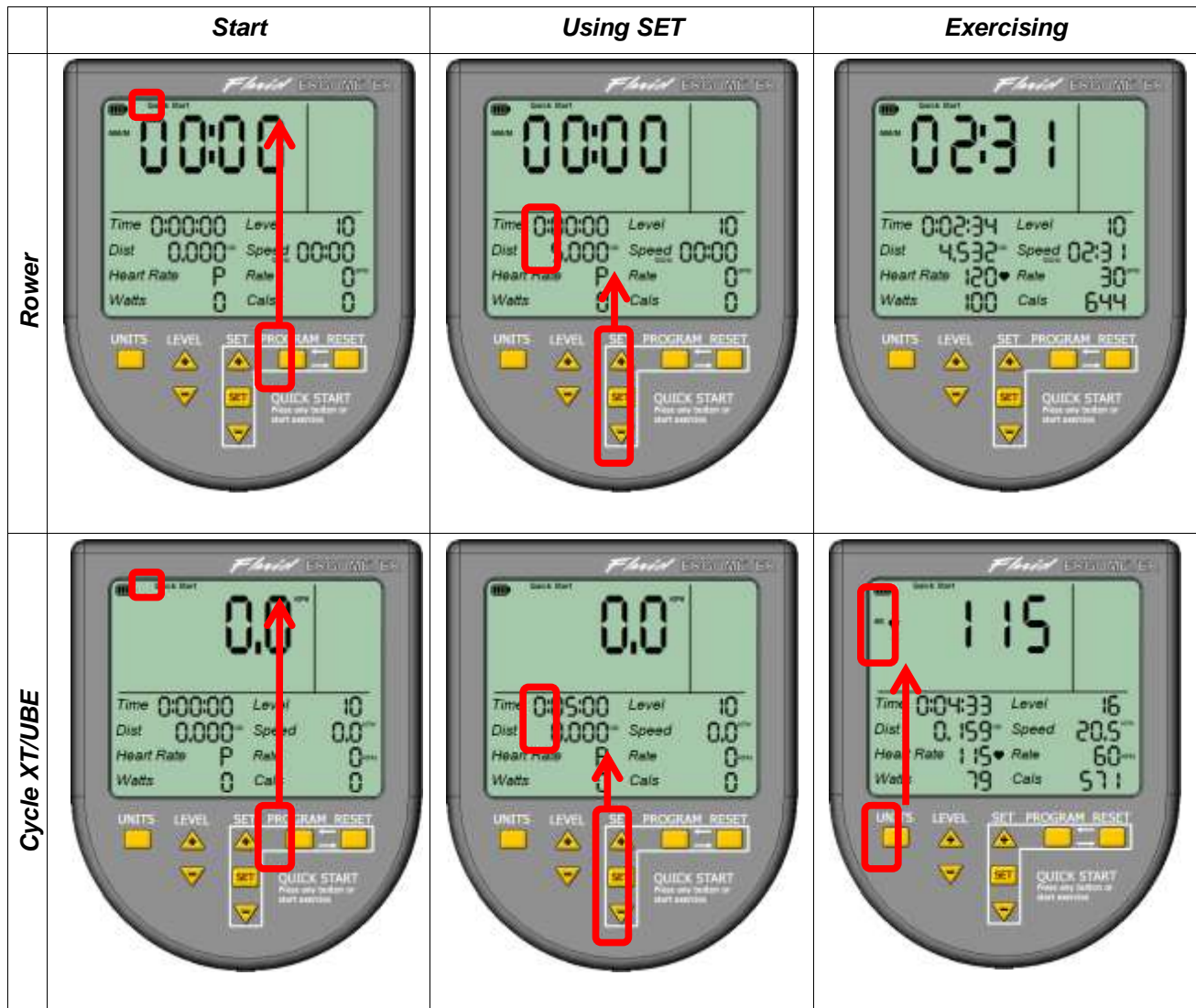
Button Functions

| UNITS	Pressing UNITS changes what is displayed in the Main Readout. This will start with *Speed* then *Heart Rate, Watts, Cadence.*
RESET	Clear current session data.
SET/+/-	Use these buttons to set either the duration or distance of your session.

Setting Session Time and Distance

1. Use RESET to clear any previous session data.
2. Press SET, Time will flash, then use + and – buttons to set required session time.
3. Press SET again to either accept or skip setting session time - range 0:00:00 to 9:59:59 and is modified in 1minute or 15minute steps.
4. Distance will flash, use + and – buttons to set session distance - range 0 to 99.999 in steps of 0.1 or 1.0
5. Press SET again to either accept or skip setting session distance.

PACERS

The *Pacer Program* provides you with the ability to perform a simple exercise session against a set pace; *Speed, Heart Rate, Cadence or Power.*

Use the PROGRAM button to select *Pacer* in the *Program Indicator*

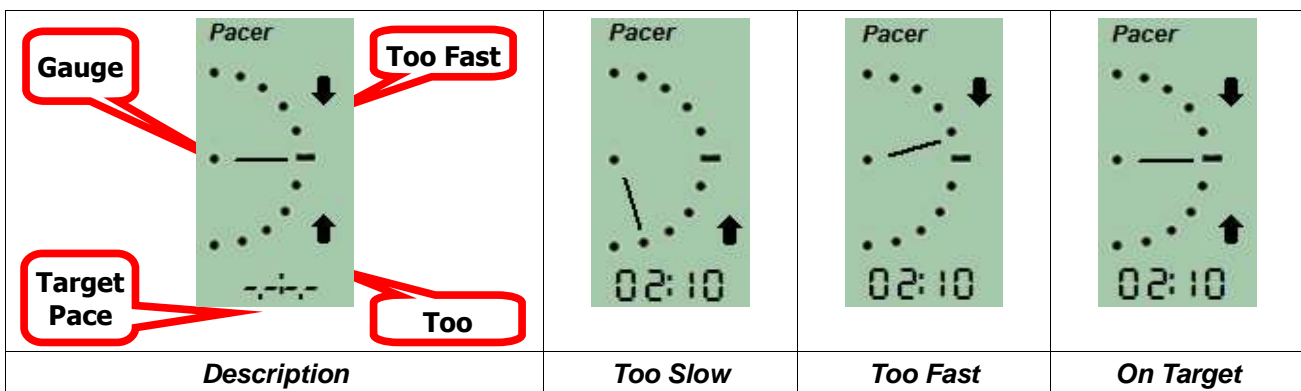|	*Start*	*Using SET*	*Exercising*
Rower			
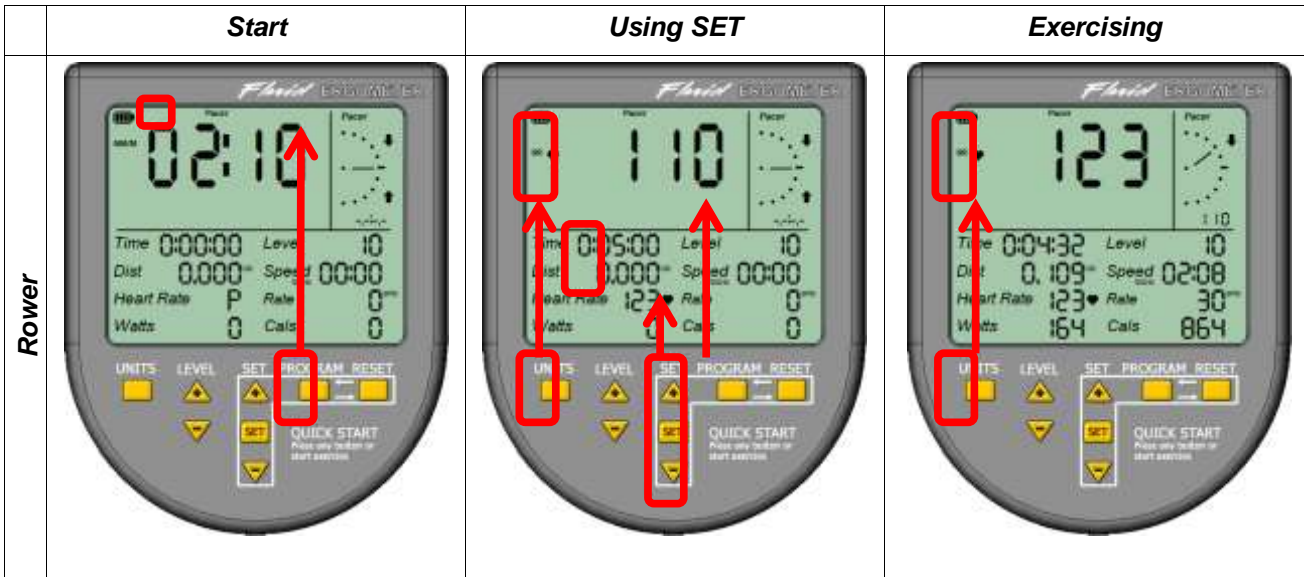
Setting Pacers

1. Press RESET to clear any previous session data.
2. Press SET, the Main Readout will flash.
3. Use UNITS to select which *Pacer you want then use + and – buttons to set required pace.
4. Press SET again to either accept or skip setting the *Pacer*.
5. Time will flash, use + and – to set session time.
6. Press SET again to either accept or skip setting session time.
7. Distance will flash, use + and – buttons to set session distance.
8. Press SET again to either accept or skip setting session distance.

* It is possible to configure multiple Pacers which can be selected using the UNITS button while exercising
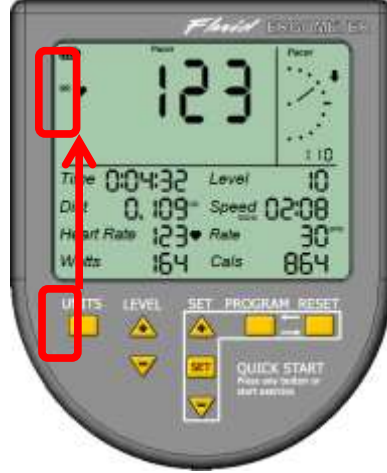
How to Read the Pacer Gauge

Description	*Too Slow*	*Too Fast*	*On Target*

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INTERVALS

The *Interval Program* is a simple two time interval session against with a different set pace for each interval; *Speed, Heart Rate, Cadence or Power.*

Use the PROGRAM button to select *Interval* in the *Program Indicator*

	Start	Using SET	Exercising
Rower			

Setting Intervals

1. Press RESET to clear any previous session data.
2. Press Set, the *first Interval Time* will flash, then use + and – to set.
3. Press SET to either accept or skip setting the *first Interval*.
4. The Main Readout will flash.
5. Use UNITS to select which pacer you want then use + and – buttons to set required pace for the *first Interval.*
6. Press SET again to either accept or skip setting the *first Interval Pacer.*
7. The *second Interval Time* will flash, use + and - to set.
8. Press SET to either accept or skip setting the *second Interval*.
9. The Main Readout will flash.
10. Use UNITS to select which pacer you want then use + and – buttons to set required pace for the *second Interval.*
11. Press SET again to either accept or skip setting the first Interval Pacer.
12. Time will flash, use + and – to set session time.
13. Press SET again to either accept or skip setting session time.
14. Distance will flash, use + and – buttons to set session distance.
15. Press SET again to either accept or skip setting session distance.

How to Read Intervals - *(See Pacers Section for reading Pacers)*

First Time Interval Active (Single Beep when complete)	*Second Time Interval Active (Single Beep when complete)*

WORKOUTS

The *Workout Program* provides 6 user defined Interval Workouts which can be readily selected, and modified, ready for a quick workout session.

Use the PROGRAM button to select *Workout* in the *Program Indicator*

	Start	*Select Workout*	*Modify Workout*
Rower			
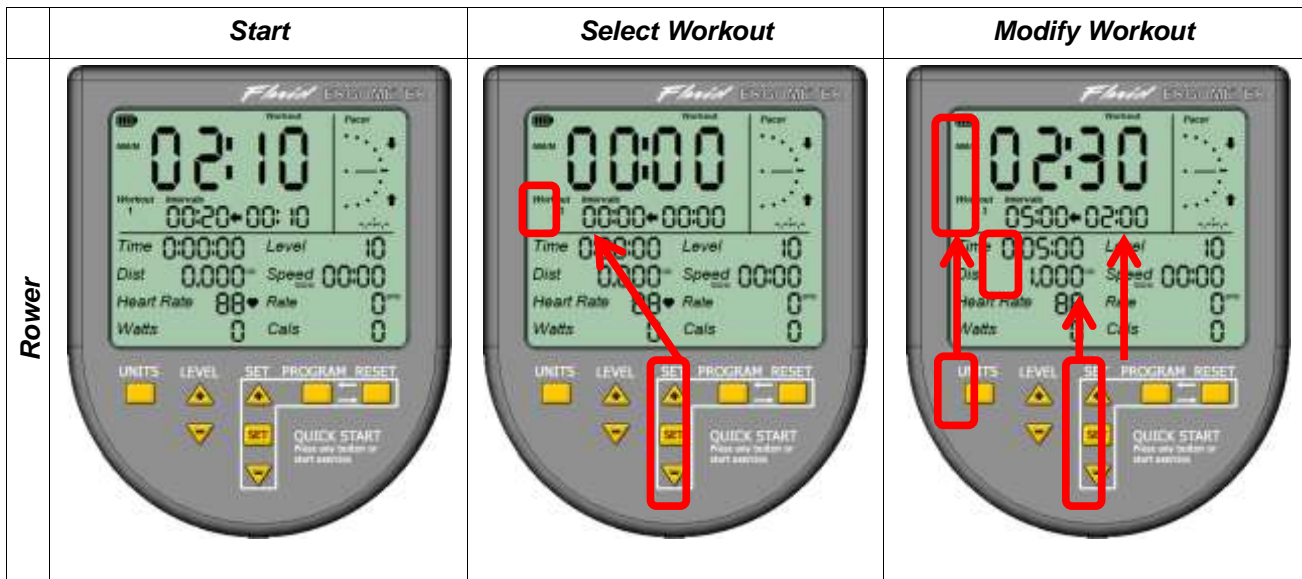
Setting Workouts

1. Press RESET to clear any previous session data.

2. Use + and – to select your workout

3. Press and Hold SET until the *first Interval Time* flashes, then use + and – to set.

4. Press SET to either accept or skip setting the *first Interval*.

5. The Main Readout will flash.

6. Use UNITS to select which pacer you want then use + and – buttons to set required pace for the *first Interval.*

7. Press SET again to either accept or skip setting the *first Interval Pacer.*

8. The *second Interval Time* will flash, use + and - to set.

9. Press SET to either accept or skip setting the *second Interval*.

10. The Main Readout will flash.

11. Use UNITS to select which pacer you want then use + and – buttons to set required pace for the *second Interval.*

12. Press SET again to either accept or skip setting the first Interval Pacer.

13. Time will flash, use + and – to set session time.

14. Press SET again to either accept or skip setting session time.

15. Distance will flash, use + and – buttons to set session distance.

16. Press SET again to either accept or skip setting session distance.

Setting Workout Session Time and Distance

- See Quick Start *Setting Session Time and Distance.*

- *See Pacers and Intervals Sections on how to read the Pacer Gauge and Interval Readouts.*

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USB CONNECTIVITY

Setting up USB Connectivity

1. Download and Install the USB Device Driver (CDM2xxxx_Setup.exe for 32 and 64 bit Windows 7/Vista/XP) from the FDF Website
2. Download and Install the Sample USB Applications from the FDF Website
3. Download and Install NetAthlon 2 XF for Rowers from http://www.webracing.org/downloads.htm

Connecting your IPM

- 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

USB with Sensor and HR Connectors

IPM Connected using Standard USB Cable

IPM Connected to Laptop USB Port

# FLUID COACH SESSION RECORDER AND VIEWER SOFTWARE

Our Fluid Coach software provides an easy to use interface with functionality to record and view your rowing sessions. This software is available for download on our website: http://www.firstdegreefitness.com/

Session Recorder

- On screen Ergometer
- Records Session Time, 500m Time, SPM, Heart Rate, Power, Calories (per hour and final total burned)
- Choice of on screen Graphs
- Auto-save Feature

Session Viewer
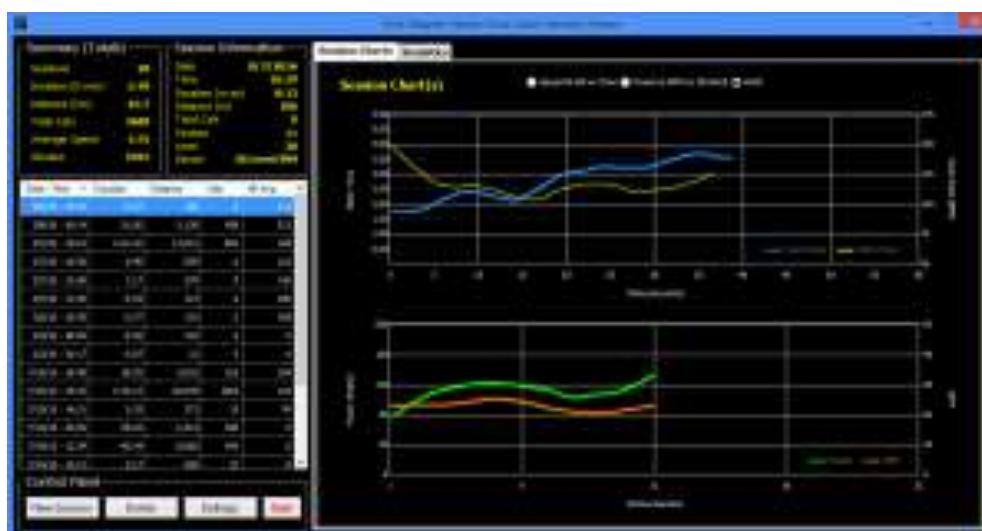
- Session Totals and selected Session Summary
- Tabular View of All Sessions
- Simple Statistics with Choice of on screen Graphs

NETATHLON 2 XF FOR ROWERS QUICK START

1. Install the USB Serial Device Driver if not done already (See download page on our website).
2. Install NetAthlon 2 XF for Rowers.
3. Ensure your IPM is turned on.
4. Connect your IPM to your PC or Laptop via the USB port.

5. Run NetAthlon XF for Rowing. 6. *Press any key to continue.*	7. Click *System Settings*.
	9. Select *First Degree Fitness Rower (USB)*. 10. Select *Port (COMx)*. 11. Click *Save.* *You may need to repeat this procedure...
8. Click *Exercise Equipment.*	
12. Click *Race Now.*	13. Start Rowing!

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

TROUBLE SHOOTING

1. IPM will not power on or display is blank.

    - Re-insert or change batteries.

2. Session will not begin with exercise

    - Check Sensor cable connection
    - Sensor gap is wrong
    - Check magnet ring is secure
    - Replace sensor if required
    - See your Technical Manual

3. IPM readings are erratic.

    - Check Sensor cable connection
    - Sensor gap is wrong
    - Check magnet ring is secure
    - Replace sensor if required
    - See your Technical Manual

4. Computer display is corrupt or frozen.

    - Disconnect USB and re-insert both batteries.

5. USB Device not detected

    - Ensure USB Diver is Installed
    - Try an alternative USB Port