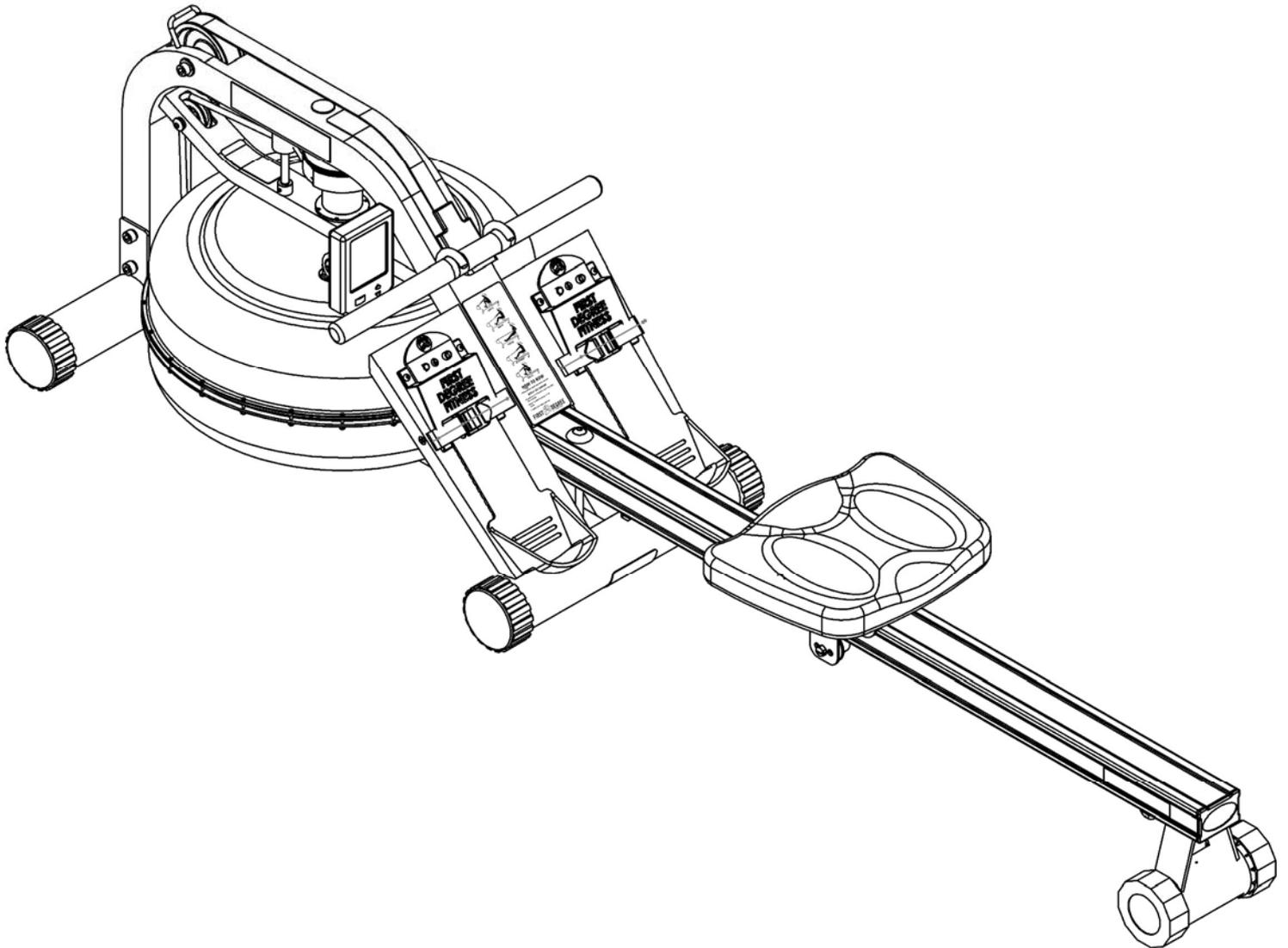


Owners Manual



PACIFIC Challenge AR
NEWPORT Challenge AR
DAYTONA Challenge AR



FIRST DEGREE FITNESS
FLUID INNOVATION

www.firstdegreefitness.com

Training with the Fluid Rower

1. As with any piece of fitness equipment, consult a physician before beginning your Fluid Rower Exercise Program.
2. Follow instructions provided in this manual for correct foot position and basic rowing techniques.
3. For detailed rowing techniques refer to our international website at www.firstdegreefitness.com

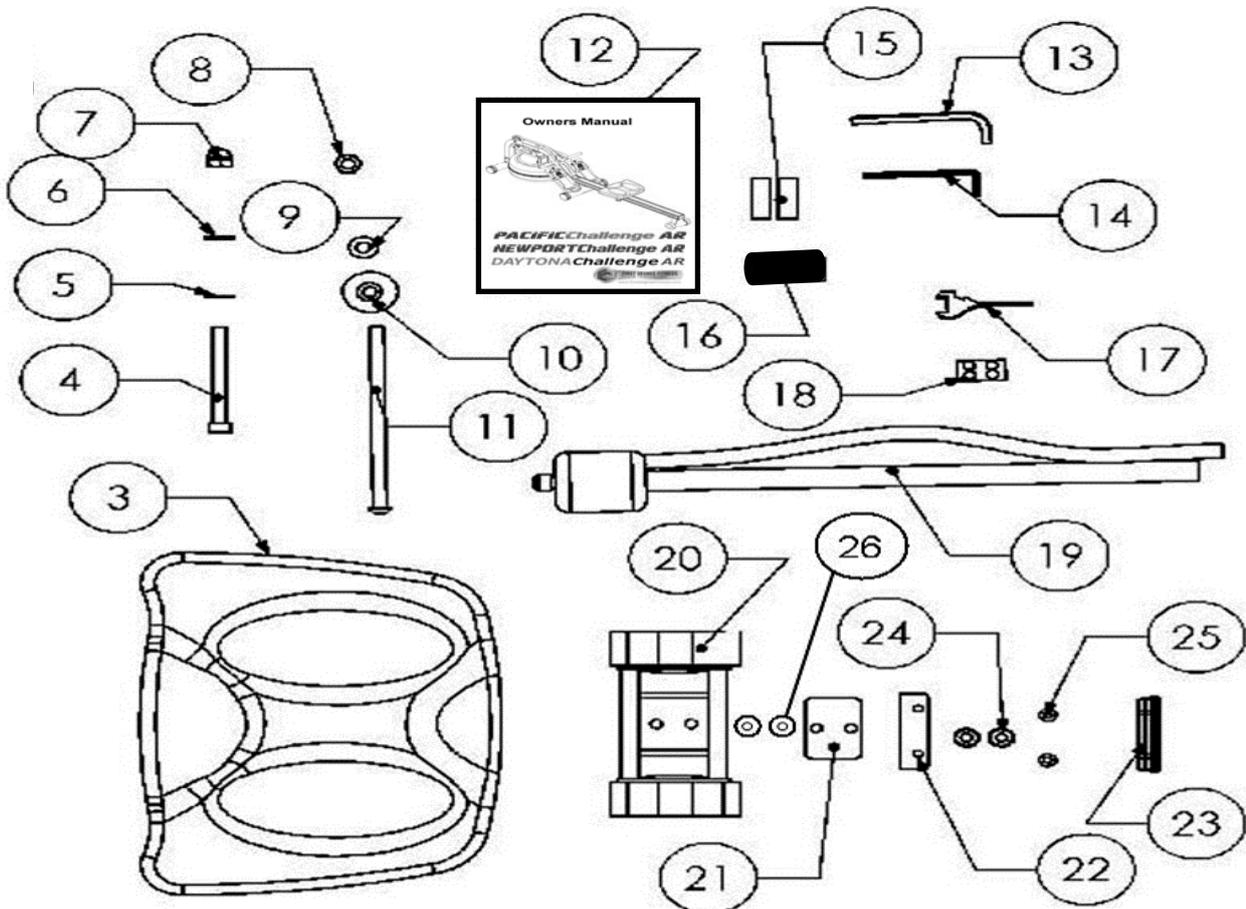
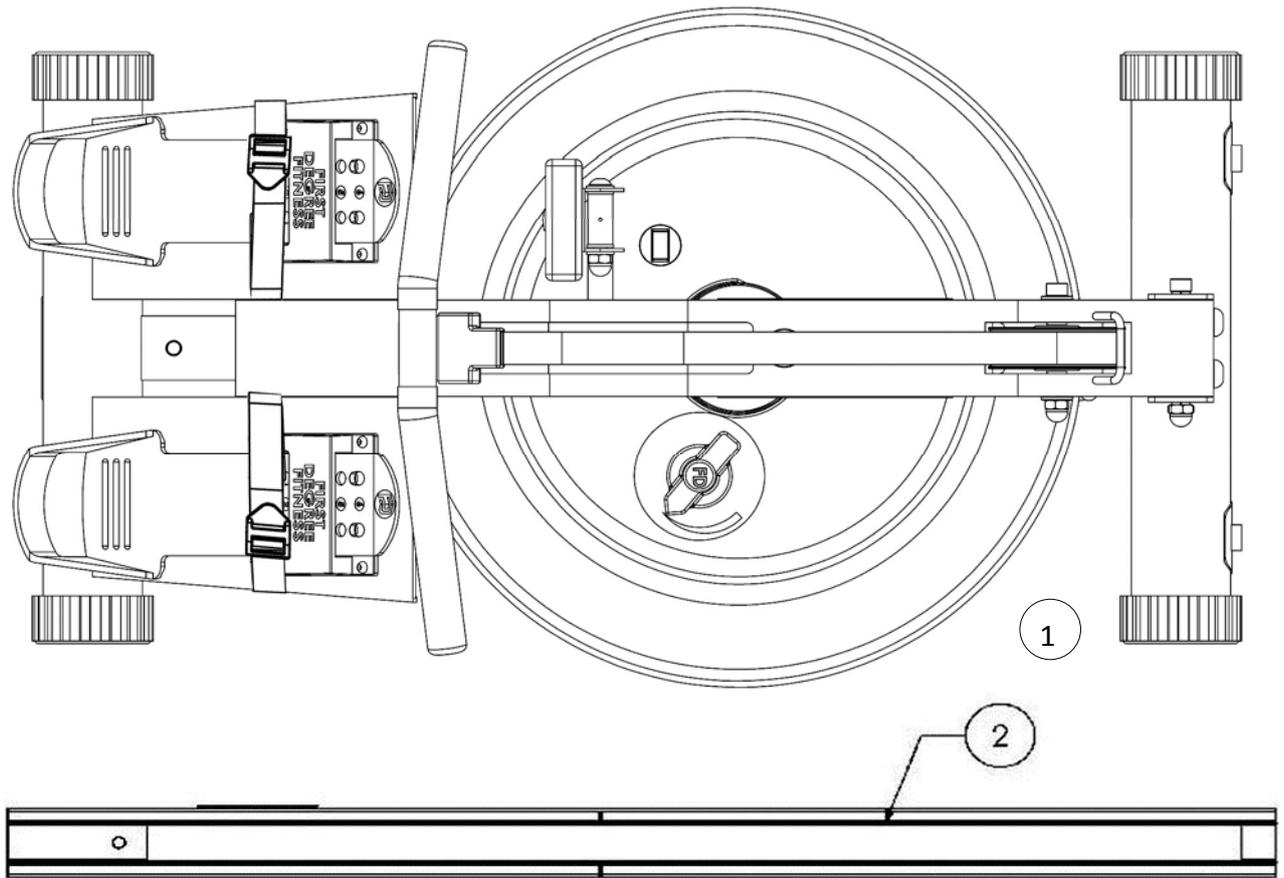


1. The Fluid Rower can stand vertically for storage. Make sure a secure location is chosen, such as in the corner of a room.
2. Keep hands and fingers away from moving parts, as indicated by the warning sticker on the mainframe of your machine.

Contents

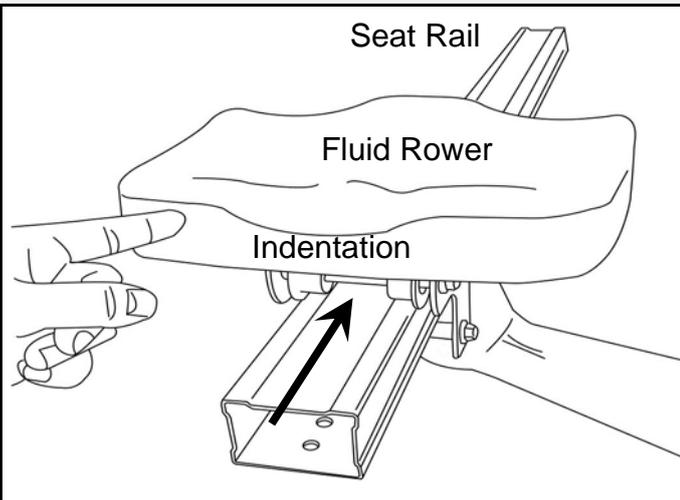
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Fluid Rower Box Contents

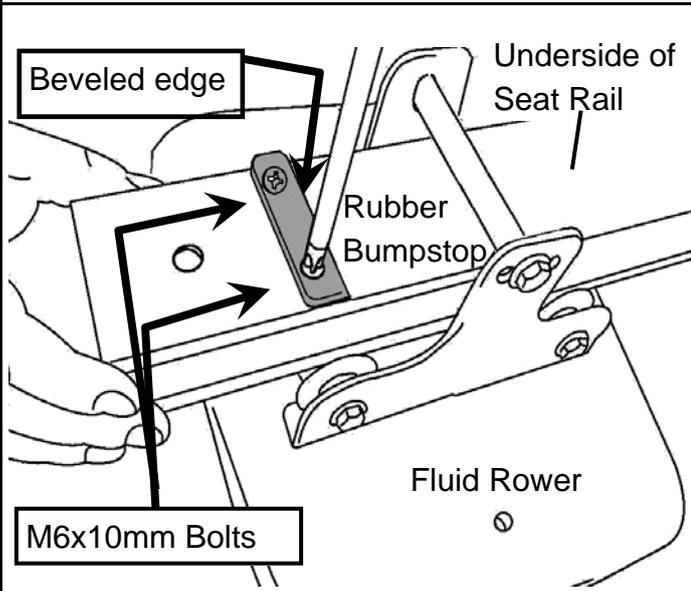


Item	Description	Item	Description
1	Main Frame	14	6mm Allen key
2	Seat Rail (boxed separately)	15	AA batteries (x2)
3	Fluid Rower Seat	16	Vertical Seat Rail Bolt Dampener
4	M10x95mm Bolt	17	Multi-tool
5	M10 Washer	18	Water Treatment Tablet (4x tablets)
6	M10 Washer	19	Siphon
7	M10 Dome Nut	20	Rear Leg
8	M10 Nylock Nut	21	Internal Seat Rail Bracket
9	M10 Washer	22	Rear Rubber Bumpstop
10	Plastic Dome cap	23	Rubber End Cap
11	M10x180mm Seat Rail Bolt	24	M8x15mm Rear Leg Bolts (x2)
12	Owners Manual	25	M6x10 Countersink Bolts (x2)
13	8mm Allen Key	26	M8 Washer (x2)

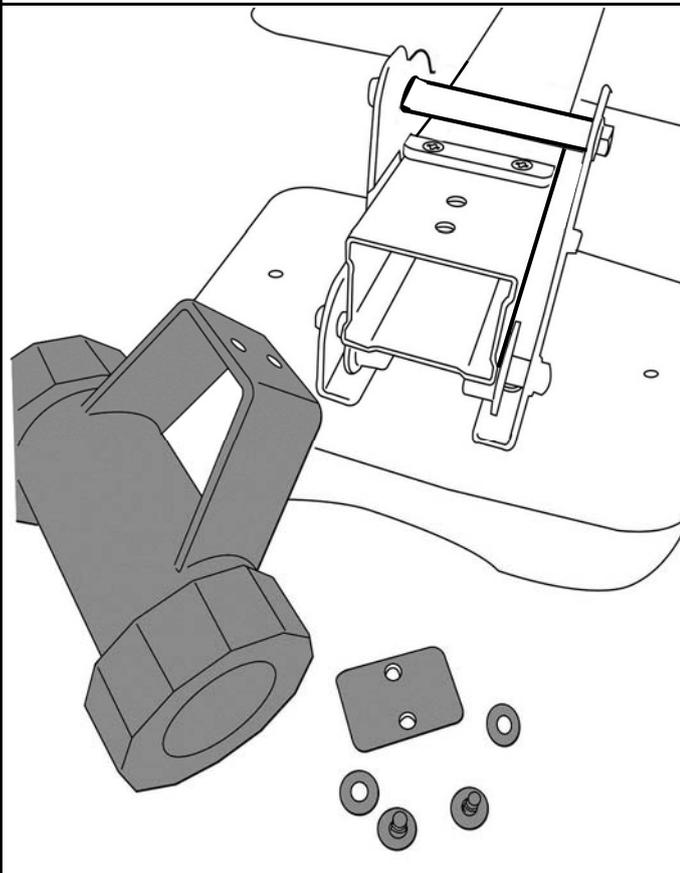
Installing the Seat and Rear Leg to Seat Rail



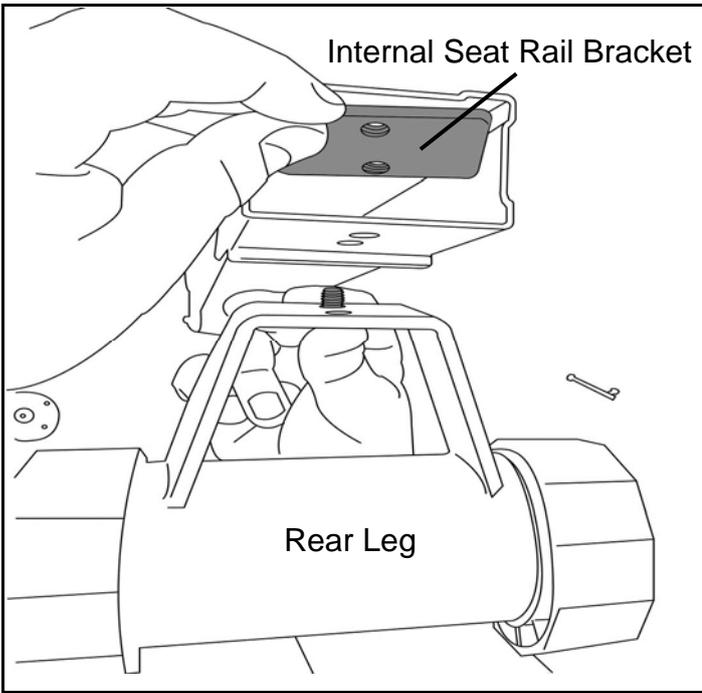
Install the **Fluid Rower Seat[3]** onto the **Seat Rail[2]** as shown, with seat indentation facing rearward.



Next, install **Rear Bumpstop[22]** on underside of Seat Rail using **2x M6x10mm bolts[25]**. Beveled edge must face forward.

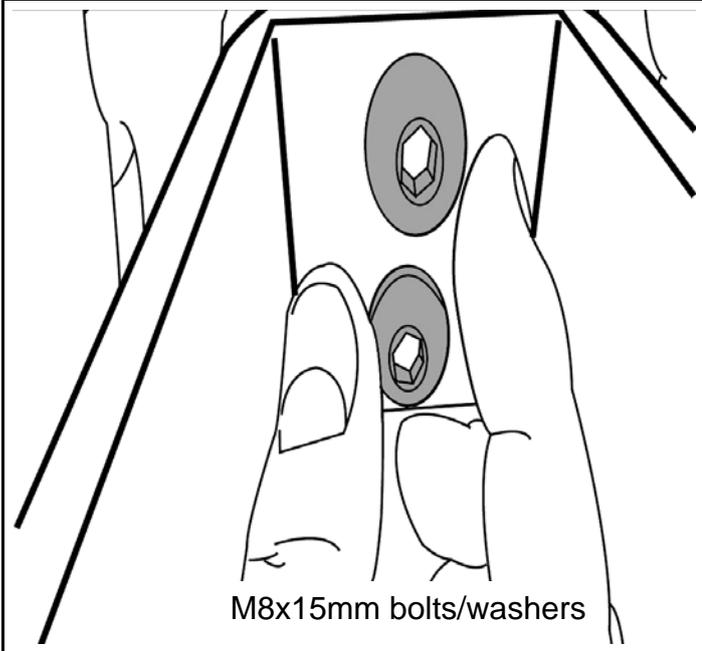


Rear Leg Assembly:
Rear Leg[20]
Internal Seat Rail Bracket[21]
M8x15mm Bolt[24]
M8 Washer[26]

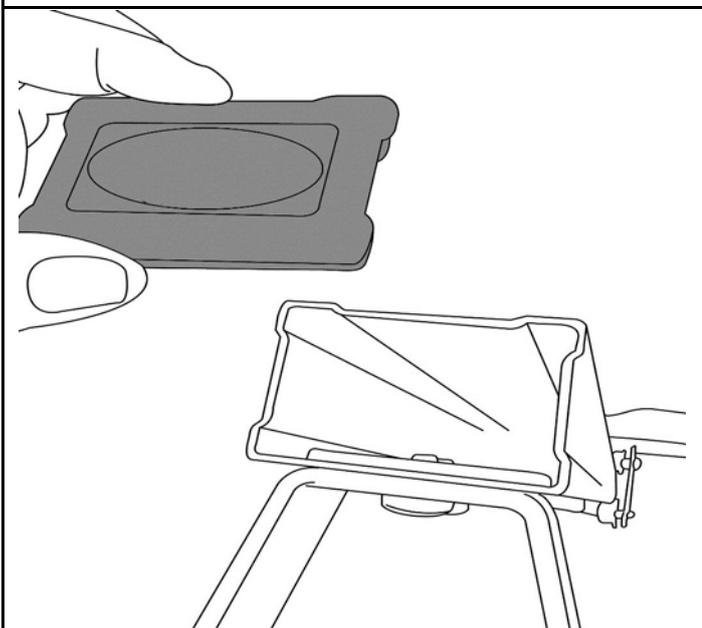


Tip:

Install front **M8x15mm bolt[24]** and **M8 washer[26]** first.

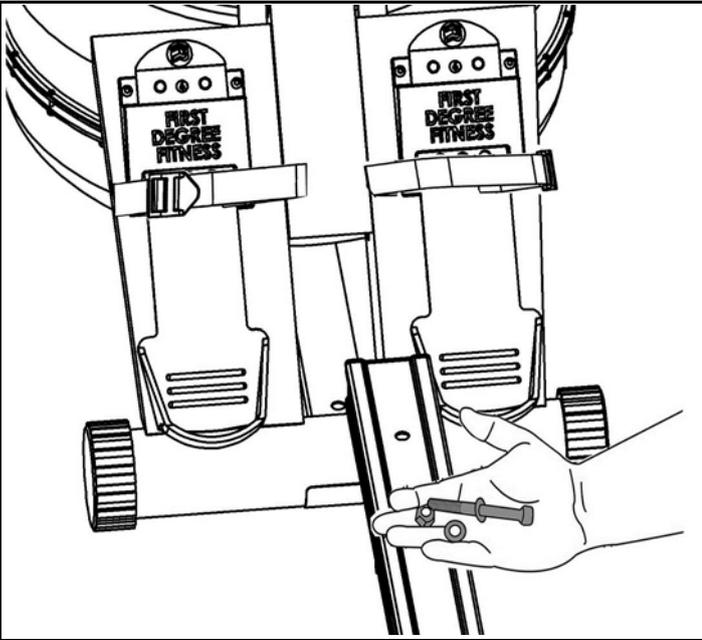


Mount Rear Leg as shown, aligning the **M8x15mm bolts[24]** and **M8 washers [26]** up through the Rear Leg, the bottom of the Seat Rail and threading into the Internal Seat Rail Bracket as illustrated.

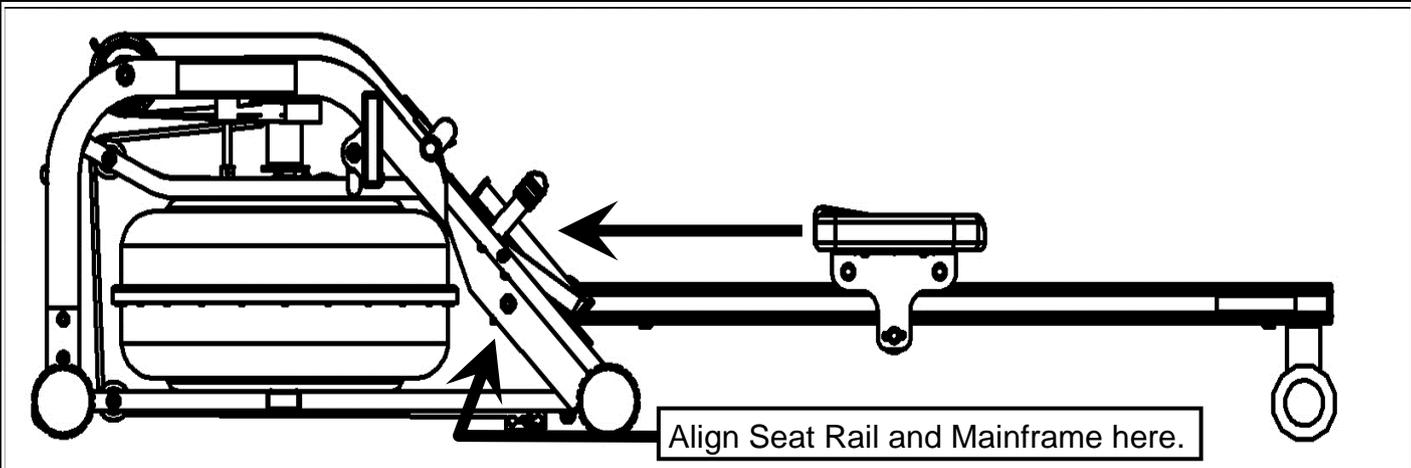


Install **Rubber End Cap[23]** once Rear Leg assembly is completed.

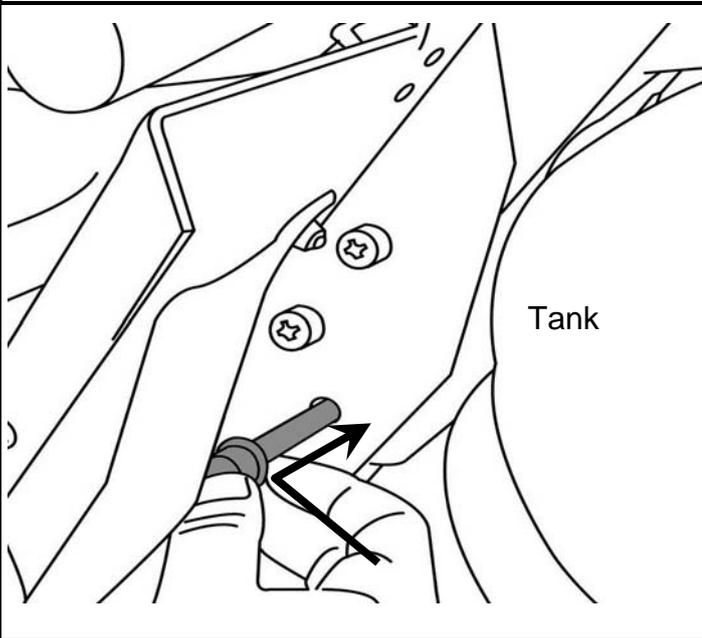
Installing the Seat Rail to Mainframe



M10x95mm Bolt[4], M10 Washer[9] and Dome Nut[7].

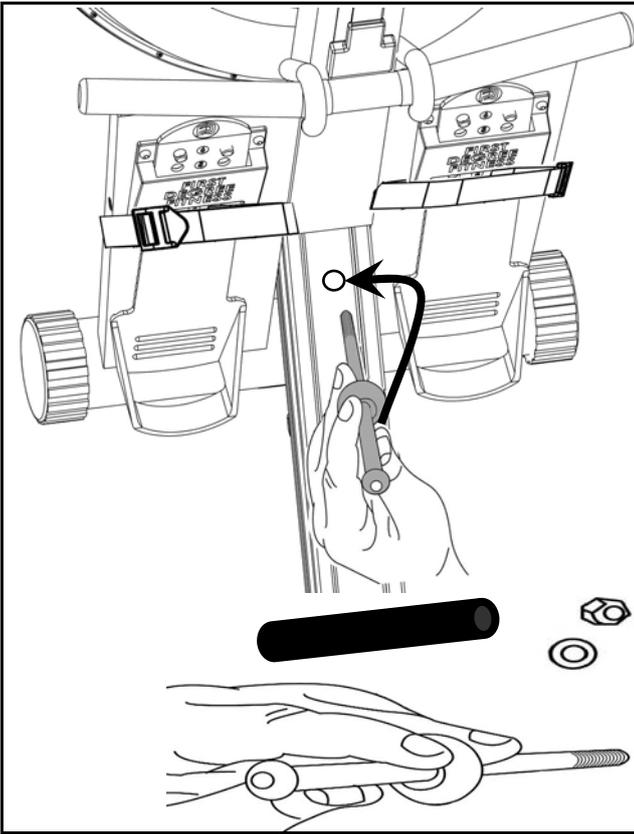


Insert the Seat Rail until it just slightly protrudes behind the Footplate. Shown here is the installation/alignment point for the M10x95mm Horizontal Seat Rail Bolt, M10 Washer and Dome Nut. Install and secure.



M10x95mm bolt[4] and 2xM10 washer [5][6]

Installing the Vertical Seat Rail Tensioning Bolt



Install the Vertical Seat Rail Tensioning Bolt through the Seat Rail as shown, then fit the Vertical Seat Rail bolt Dampener onto the bolt between the bottom of the Seat Rail and the lower frame (**not shown**) before securing bolt with M10 Nylock Nut and Washer

Do not tighten. See following page for correct height adjustment.

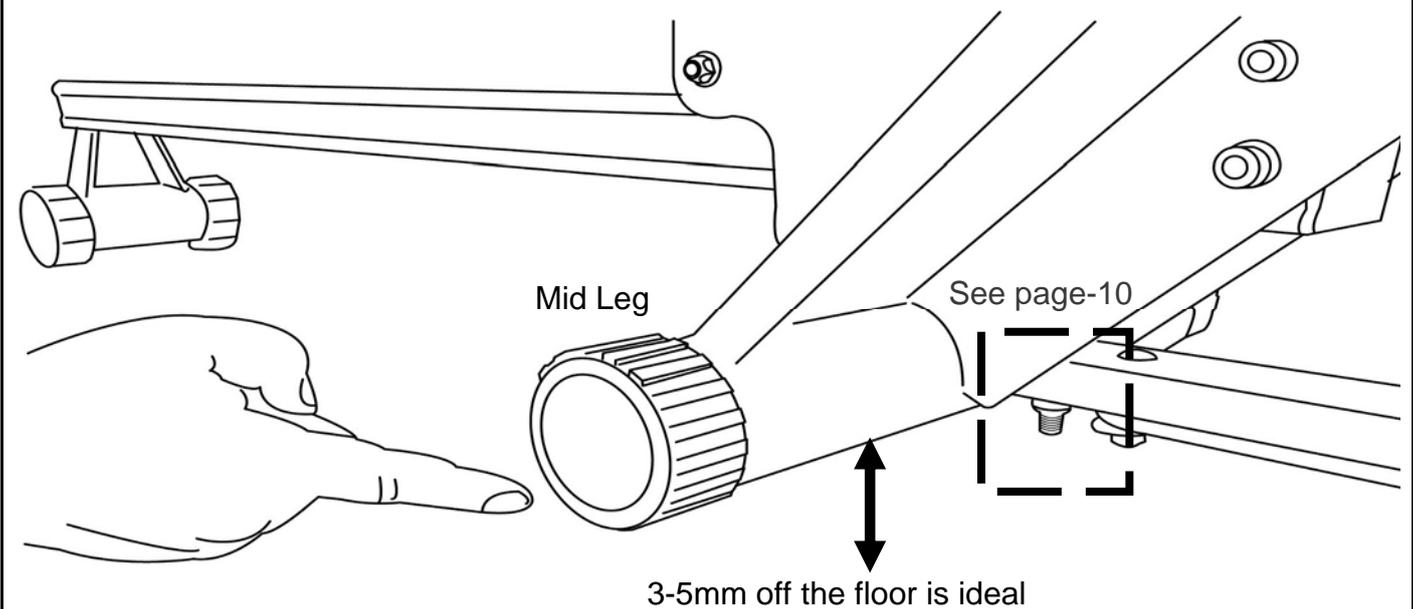
180mm Vertical Seat Rail Tensioning Bolt[11], Plastic Dome Cap[10], Vertical seat rail bolt dampener[16], M10 Nylock[8] and M10 Washer[9].

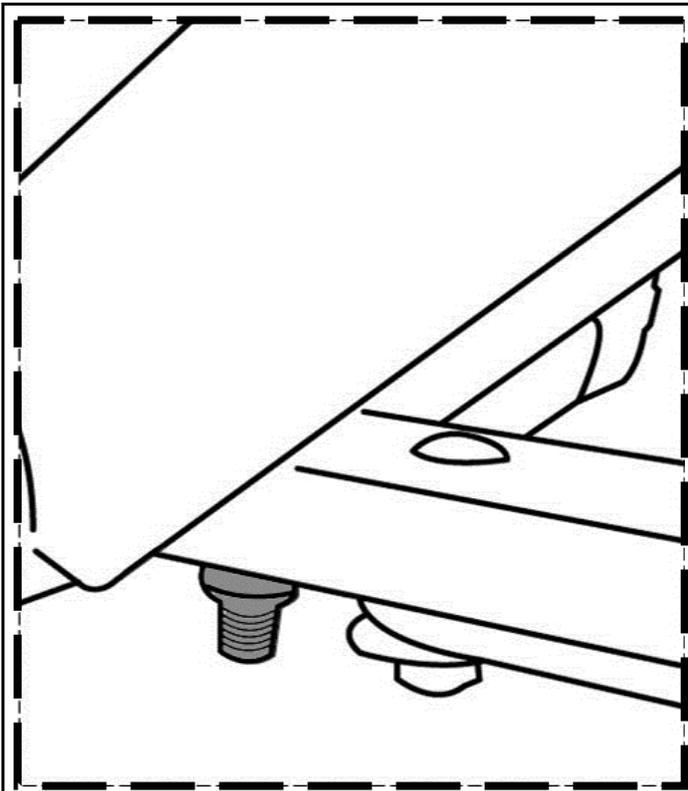
Fine Tuning the Fluid Rower:

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

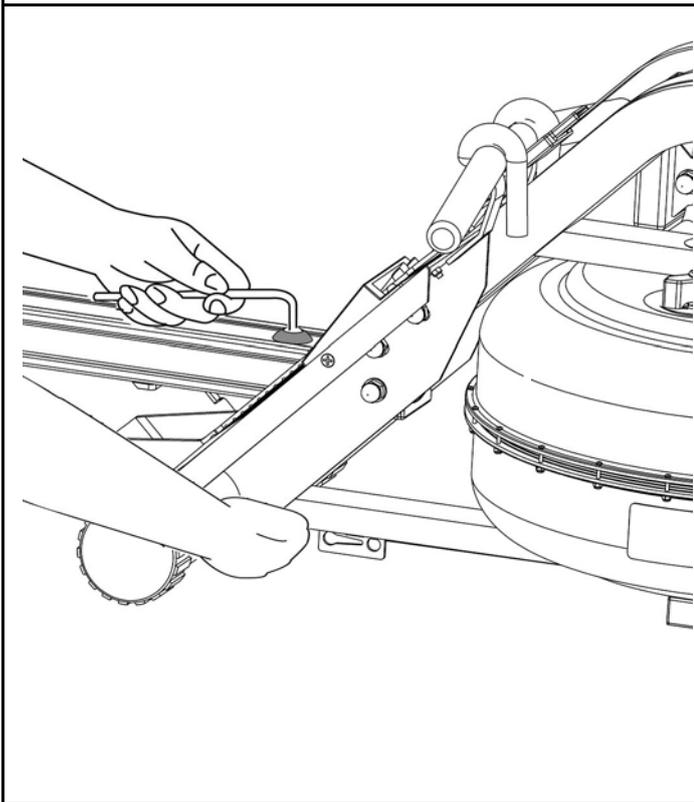
Tighten the assembly until the Mid Leg begins to lift off of the ground as shown below.

If excessive head shaking/hopping occurs during rowing, the likely cause is the Vertical Seat Rail Tensioning Bolt being out of adjustment.





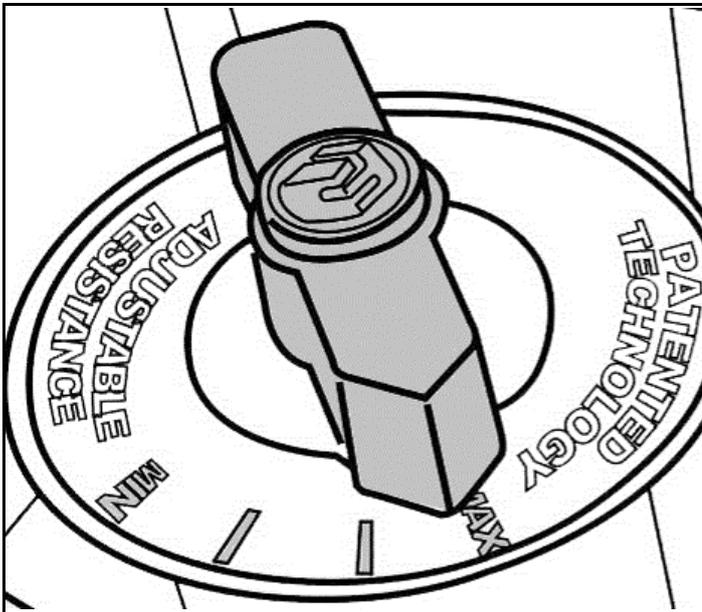
Close up view of the Vertical Seat Rail Tensioning Bolt M10 Nylock location.



Tension the Vertical Seat Rail Tensioning Bolt as shown here.

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 home environment.



MAX: This setting allows the maximum amount of water to reach the fly-wheel for heaviest resistance

MIN: Keeps a portion of the water in reserve creating light resistance.

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 resistance but will take up to 10 strokes to reduce the effort required, as the central (storage) tank fills up.

Developing Your Routine

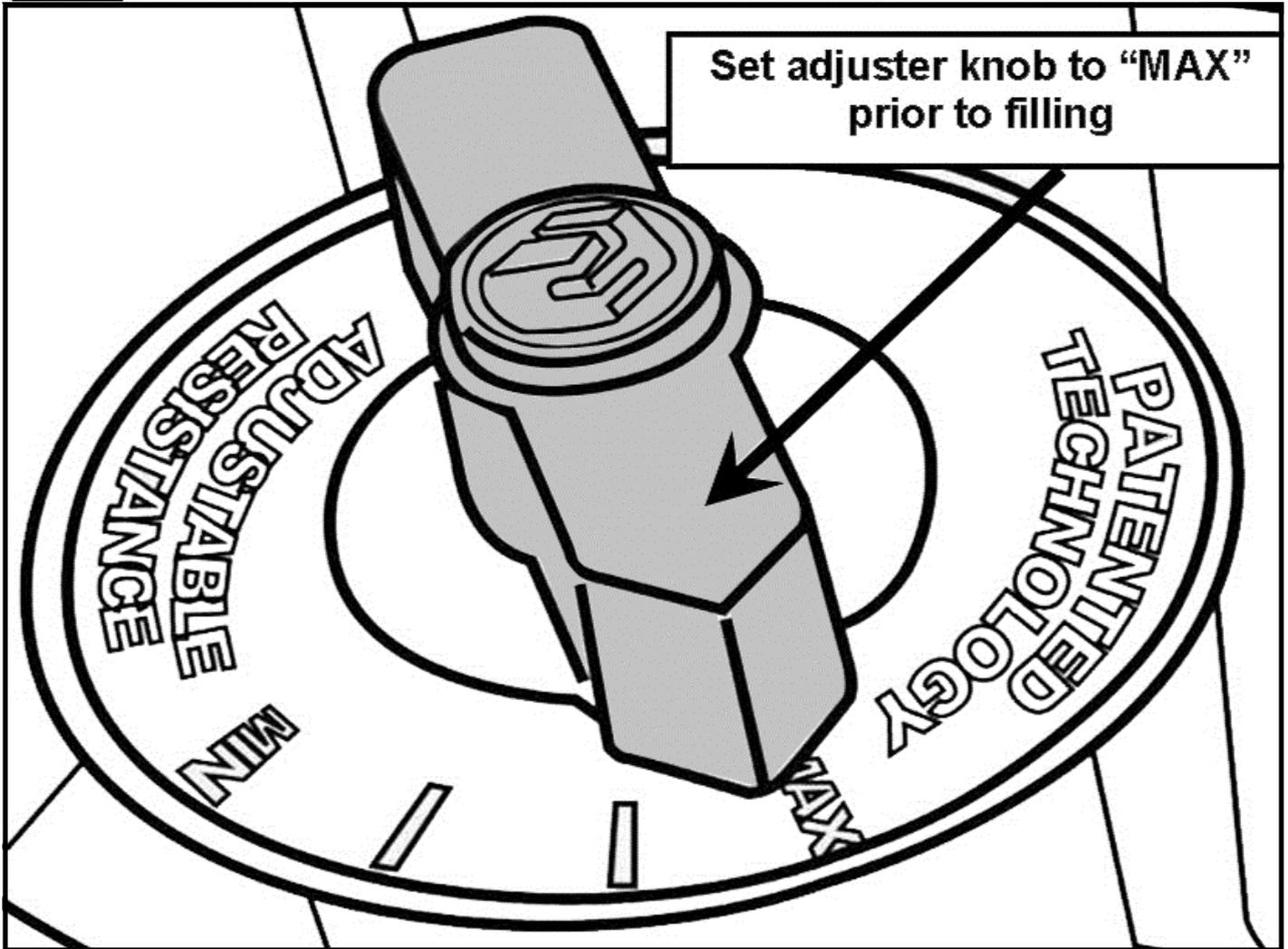
Once you have found a level that gives you the exercise required, changes can be made to SPM and to stroke intensity to further vary your energy input. Interval training is used by most Fluid Rowers, where a period of low intensity is combined with short intervals of high intensity. Your FDF Rowing Ergometer 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

Note on Filling the AR Tank



Important: Please Read Before Filling Tank:



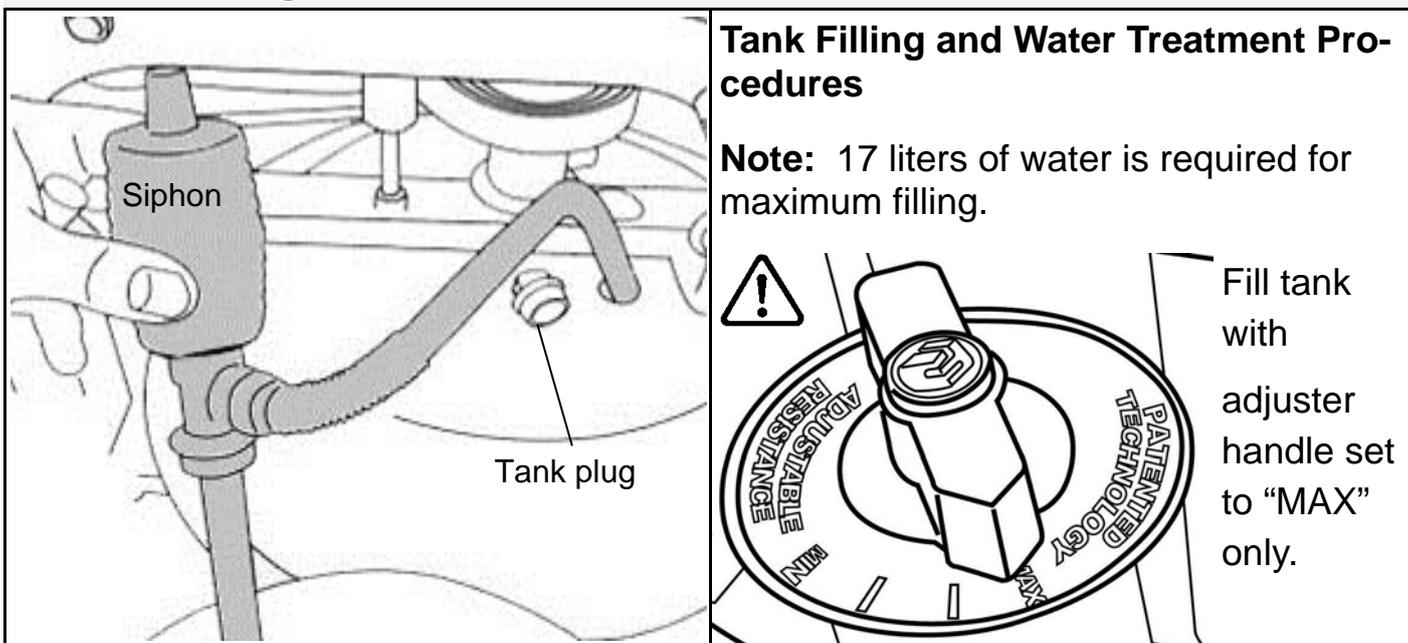
Caution:

When filling the AR tank, the **adjuster handle must be set to the "MAX" position as shown to allow accurate fill levels.**

Using any other setting other than "MAX" will result in inaccurate fill levels and in extreme cases could cause leakage to occur during use or when stored in the standing position.

DO NOT overfill the tank beyond the maximum indicated level of 17 litres. Refer to the Tank Level Decal on the lower side of the tank.

Tank Filling and Water Treatment



1. Remove Rubber Fill Plug from the top of the tank.
2. Place a large bucket of water next to the Fluid Rower and position siphon with the rigid hose in the bucket and the flexible hose into the tank as shown. Note: Make sure small breather valve on the top of the siphon is closed before filling.

Note: Where water quality is known to be poor, FDF recommends the use of distilled water.

3. Begin filling tank by squeezing siphon. Use Level Gauge Decal on side of tank to measure volume of water in tank. Important: Do not overfill tank!
4. After filling tank to the desired water level, open the valve on the top of the siphon to allow excess water to escape.
5. Ensure that Tank Plug is replaced once filling and water treatment procedures are complete.

Tips on Siphon use: Putting the fill bucket higher than the tank will allow the siphon to "self-pump" when adding water to the tank.

Water Treatment Procedures:

Add Chlorine tablet

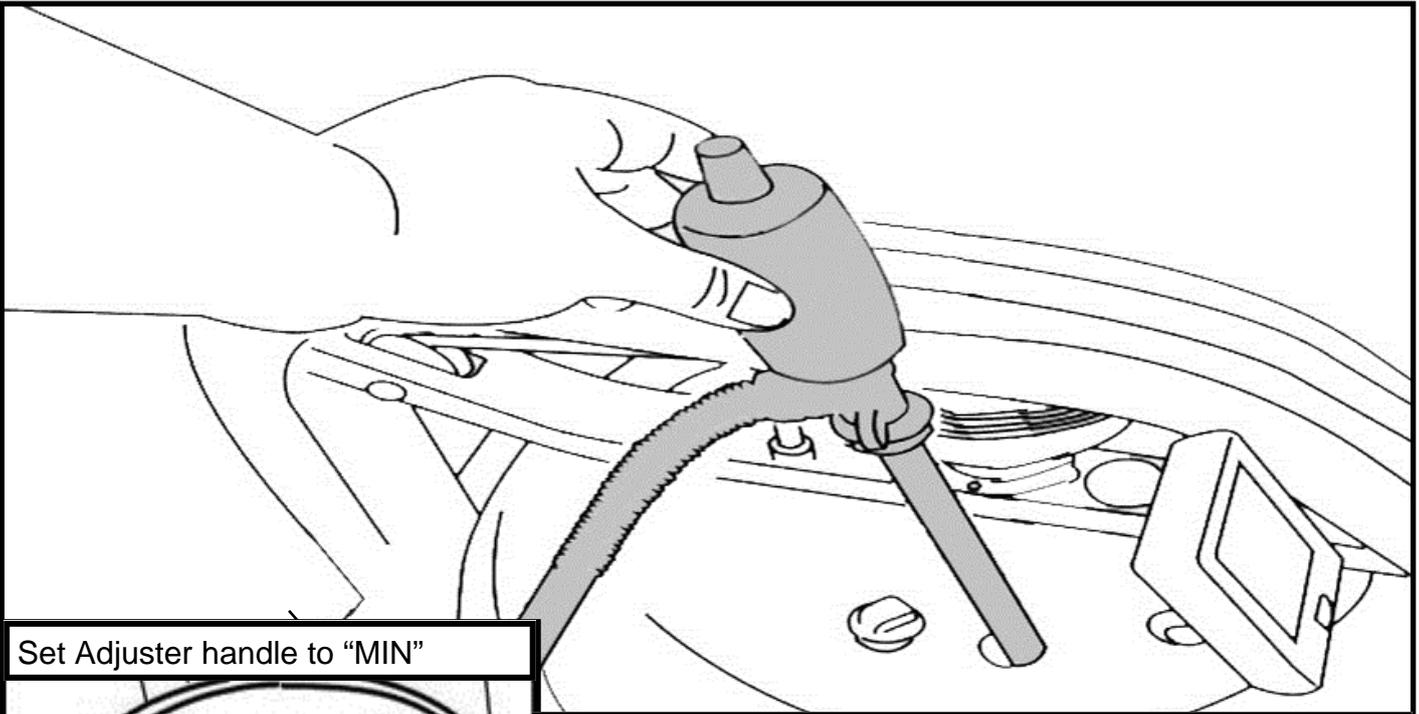
Note: The amount of water treatment can vary widely depending on the Fluid Rower's location and exposure to sunlight. DO NOT, UNDER ANY CIRCUMSTANCES USE ANY TREATMENT TABLETS OTHER THAN THOSE SUPPLIED WITH YOUR ROWER. Your Fluid Rower box contents include 4x water treatment tablets, which is sufficient for several years of water treatment. Treat when water becomes discolored or shows signs of Algae/Bacterial growth. To purchase additional chlorine tabs, please consult your nearest regional dealer/distributor or check our website at www.firstdegreefitness.com



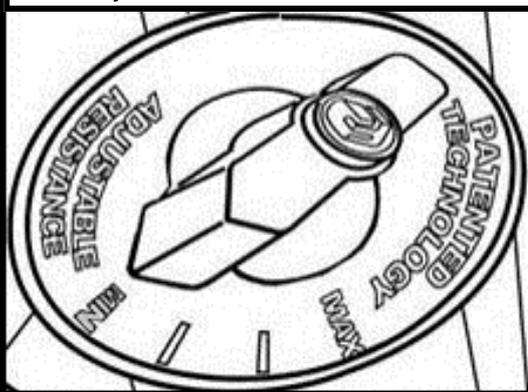
Caution:

Use a drop cloth under the tank both when filling the tank to avoid staining floor or carpet.

Removing/Changing Tank Water:



Set Adjuster handle to "MIN"



Row a minimum of ten complete strokes before commencing tank draining. Remove tank plug, insert rigid end of siphon into tank and begin draining.

NOTE: Approximately 40% of tank water will remain. It is not possible to completely drain the A/R tank without disassembly.

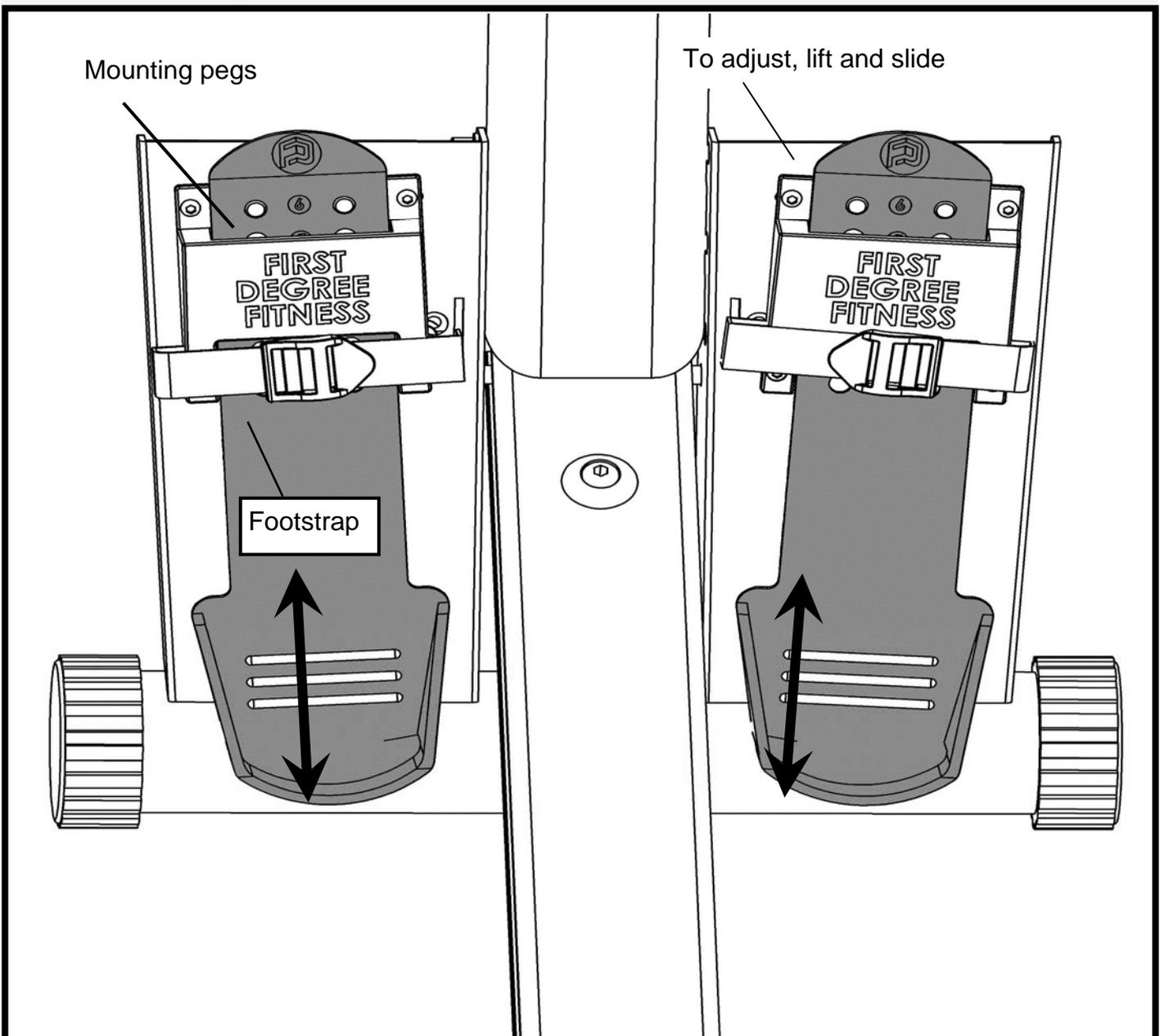
1. Set Adjuster handle to "MIN"
2. Row at least ten strokes to fill the storage reservoir as completely as possible.
3. Remove Tank Plug.
4. Insert rigid end of siphon into the tank, and flexible hose into a large bucket.
5. Drain tank (approx. 40% of water will remain) and then refill following directions 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 drain age.

Note: Water treatment will preclude the need to change tank water if the treatment schedule is maintained. Additional chlorine is required only when discoloration appears in the water.

Note: Exposure to sunlight affects the water. Moving the Fluid Rower away from direct sunlight.

Slider Footplate



The Slider Footplate is designed to fit a wide range of foot sizes, and is very simple to use.

To adjust, lift the top of the sliding portion of the footplate and slide up or down. The numbers 1-6 represent a guideline from which the proper length can be determined. Secure the plate onto the mounting pegs and push down firmly to lock into position.

Tighten the Footstraps securely and begin your workout.

WARNING:

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

How to Row?

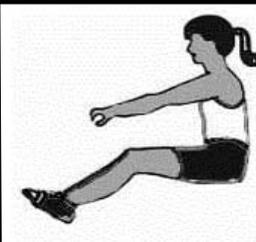
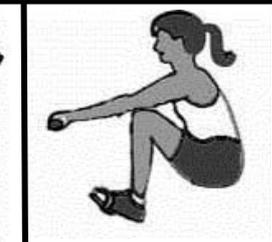
1. Begin the stroke comfortably forward and push strongly back with your legs while keeping your arms and back straight.
2. Begin to pull your arms back as they pass over your knees and continue the stroke through to completion rocking slightly back over your pelvis.
3. Return to the starting position and repeat.
4. For further details regarding rowing technique please refer to our international website at www.firstdegreefitness.com

How Often?

Begin with 5 minute training sessions once a day and aim for around 2:30 to 2:45 for 500m time. Row at a pace that keeps the water circulating continuously between strokes.

Progress a few minutes more each day until you are comfortable with 30-45 minutes training time 3 or 4 times a week.

This will provide aerobic endurance benefits, muscle toning and sufficient calorie burning to form part of a weight loss program.

				
<p>Catch</p> <p>Comfortably forward with straight back and arms.</p>	<p>Drive</p> <p>Push with the legs while arms remain straight.</p>	<p>Finish</p> <p>Pull through with arms and legs rocking slightly back on your pelvis.</p>	<p>Recovery</p> <p>Upper body tips forward over your pelvis and move forward.</p>	<p>Catch</p> <p>Catch and begin again.</p>

CAUTION

Always consult a doctor before beginning an exercise program.

Stop immediately if you feel faint or dizzy.

Fluid Rower Computer

Options:

Auto Start: Commence rowing to activate.

Reset all values: Hold button down for 3 second first to RESET.

Distance: Add 100m distance, up to 1000m then add 500m, each button push to accumulate required distance then begin rowing to initiate count-back.

Auto-Pause: A temporary halt in exercise will result in the following:

For over 5 seconds and under 5 minutes:

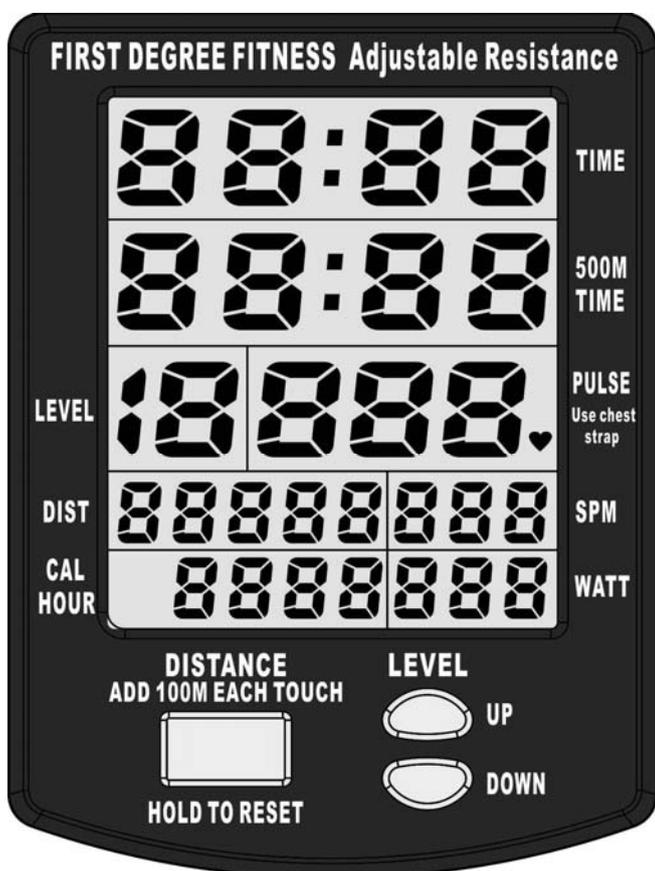
SPM/500METER/WATT to zero.

Distance/TIME values are saved.

CAL per hour defaults to Total CAL.

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: Updated each stroke.

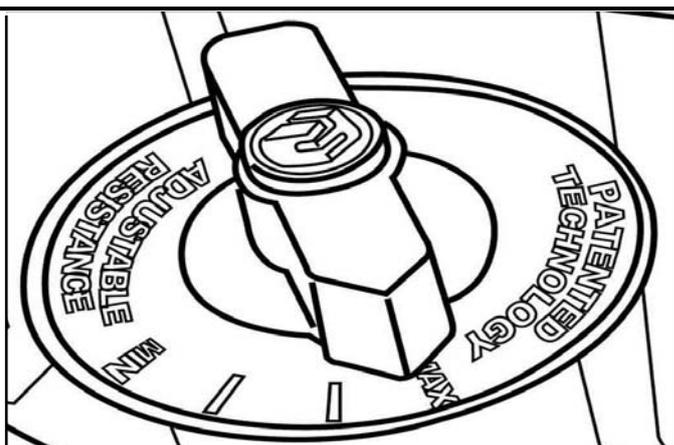
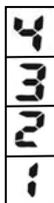
Use the **LEVEL UP/ DOWN** buttons in conjunction with the Fluid Tank Resistance Adjuster handle for accurate 500M/ Distance/CAL/WATTS.



MAX:

—

MIN:



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 Fluid Rowers* lets you race with other Internet connected Fluid 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).

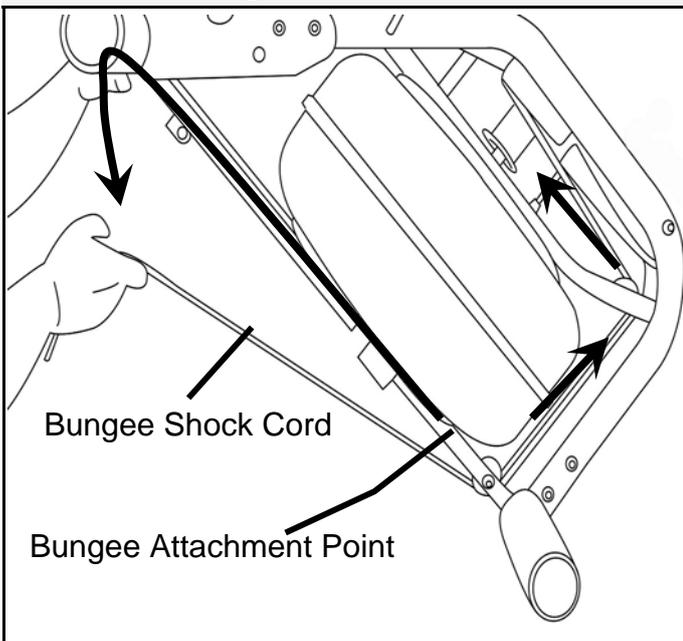
Download and Install NetAthlon 2 XF for Fluid Rowers from <http://www.webracing.org/downloads.htm>

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

Detaching the Fluid Rower Belt

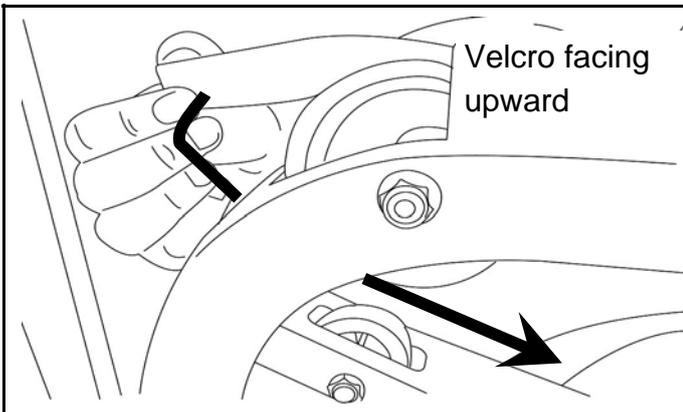


1. To detach belt, simply pull beyond the range of the normal rowing stroke until the belt detaches from the Belt Bungee Pulley.

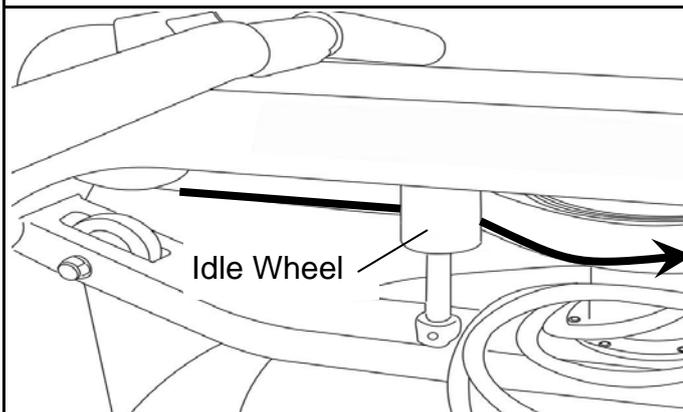
Tip: You'll hear the Velcro separating just before the belt detaches.

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.

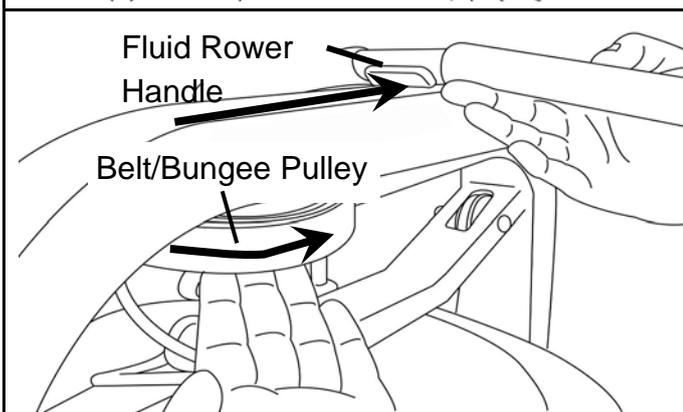
Reattaching the Fluid Rower Belt



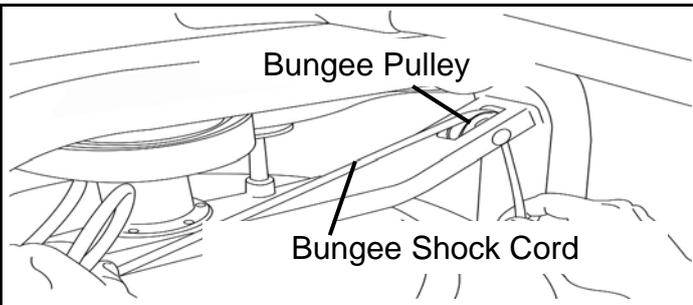
1. Begin reattaching the Fluid Rower Belt by threading around the Fluid Rower Belt Pulley with the Velcro side facing upward as illustrated.



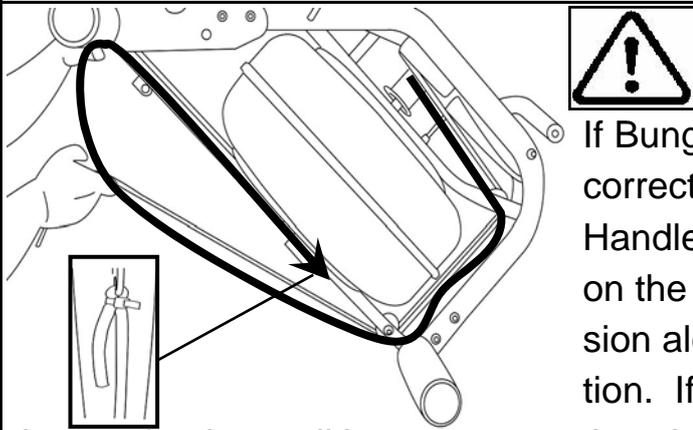
2. Next, thread the Belt around the Idle Wheel as shown. Once around the Idle Wheel, attach the Fluid Rower Belt to the Belt/Bungee Pulley. There is an obvious "lip" at the attachment point.



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



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.

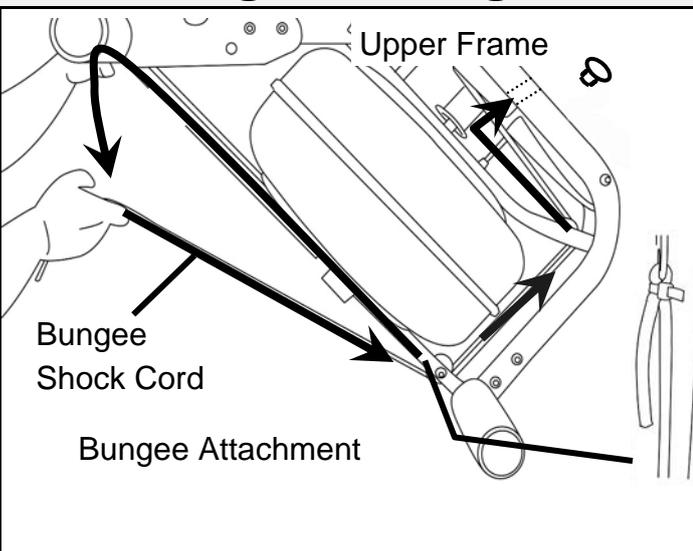


Hint

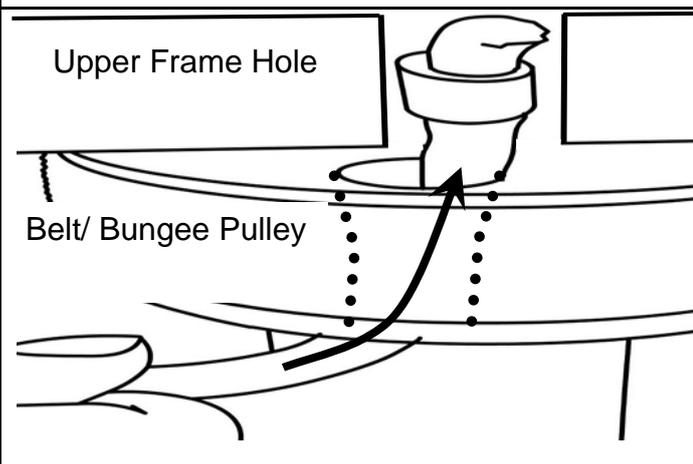
If Bungee Shock Cords previous tension seemed correct (a good way to judge is if the Fluid Rower Handle can make it to the furthest point forward on the top of the Mainframe under bungee tension alone) then simply tie off at previous position. If the return is too slack, experiment by

the tension in small increments and testing until the correct tension is achieved. If the Fluid 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



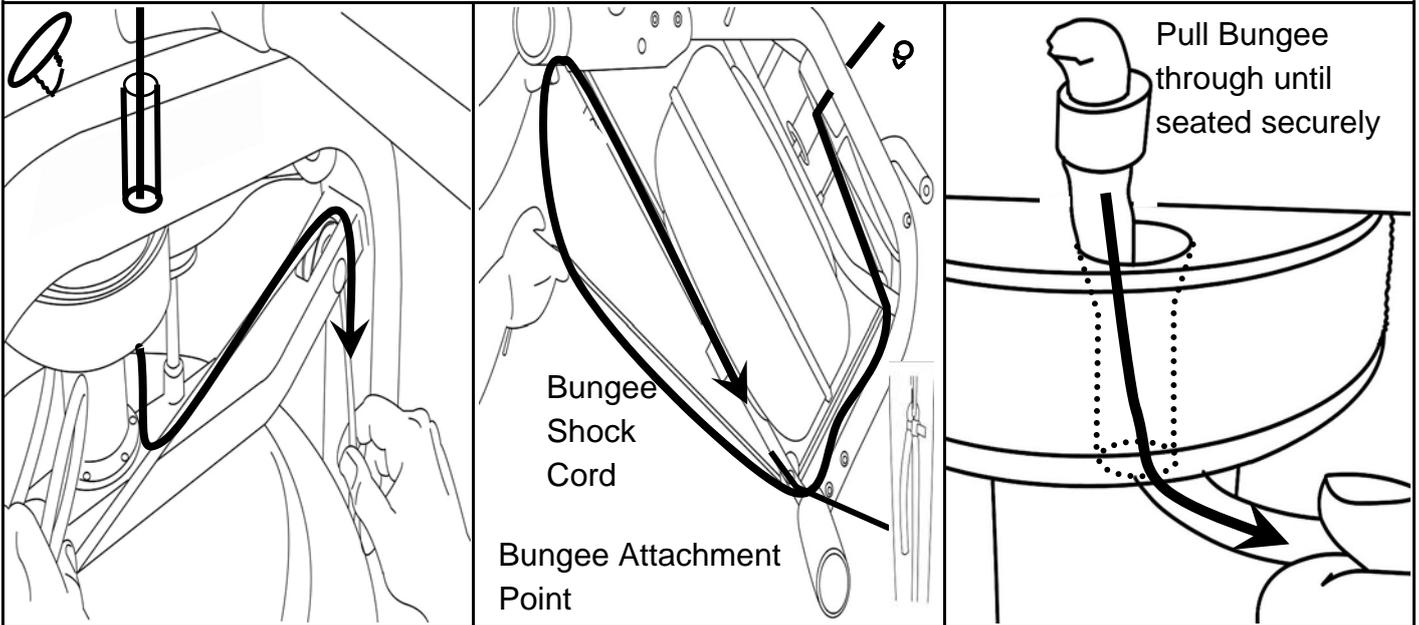
First, move the Rowing Handle to it's farthest forward point on the Mainframe, then cut the plastic end tie and follow the drawing above for bungee removal. Next, remove the Upper Frame Plug to allow the Bungee Shock Cord to be threaded through the top of the frame. Note: You will need to rotate the 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 Fluid Rower Belt".



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 Rowing 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.

Troubleshooting

Fault	Probable Cause	Solution
Water changes color or becomes cloudy.	Fluid Rower is in direct sunlight or has not had water treatment.	Change Fluid 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.
Fluid 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 Fluid 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 Fluid 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.
Fluid 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.

PACIFIC / NEWPORT / DAYTONA CHALLENGE AR FLUID ROWER

INTERNATIONAL WARRANTY – HOME USE

First Degree Fitness Limited warrants that the **Pacific Challenge AR / NEWPORT Challenge AR / DAYTONA Challenge AR Fluid Rower (model PACAR/NPTAR/DAYTONA AR)**, purchased from an authorised 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 of the Fluid Rower 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

- 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)
- All drive belts
- Aluminum seat rails
- Sliding 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