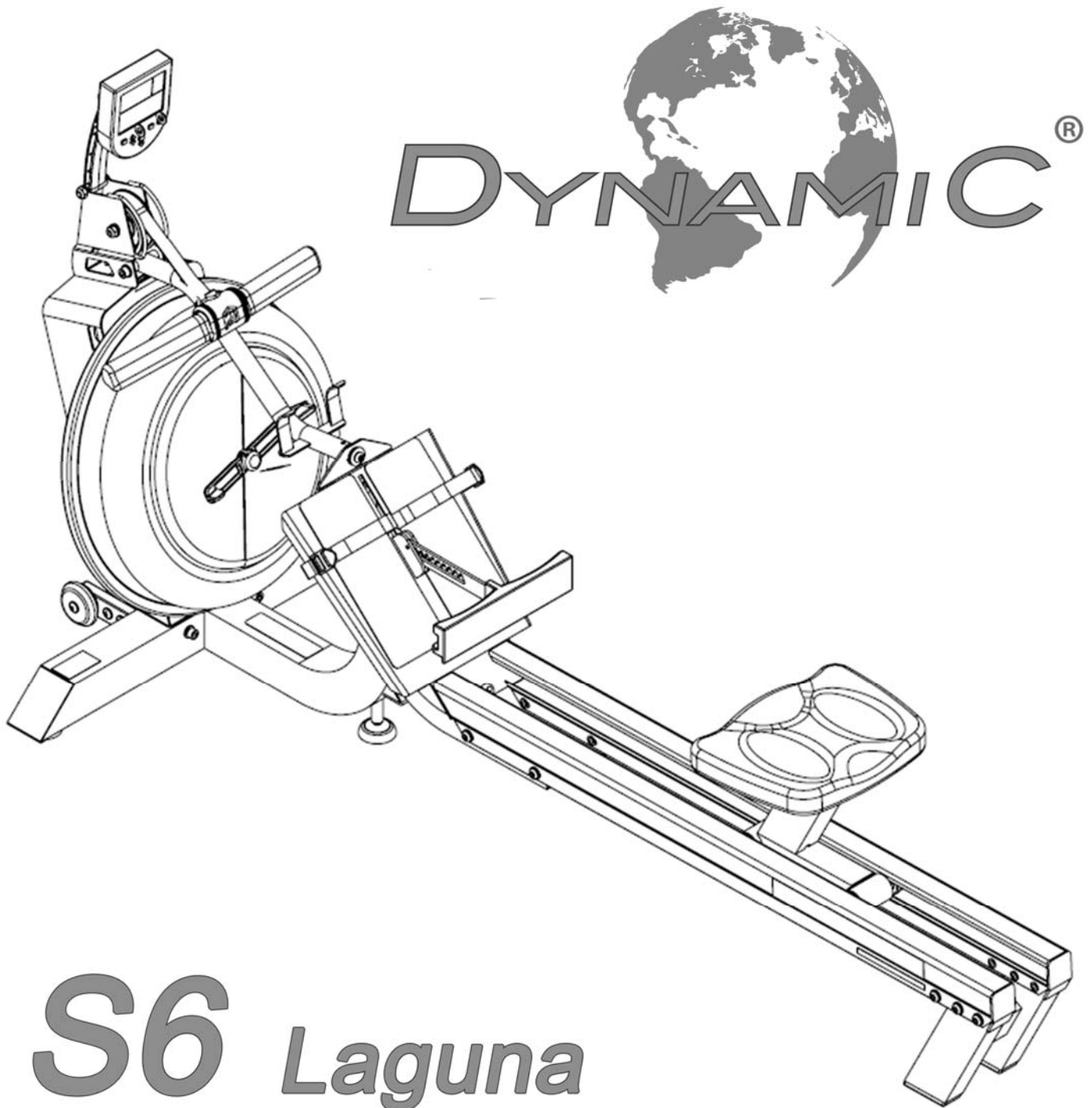


# Owners Manual



**S6** *Laguna*



**FIRST DEGREE FITNESS**  
FLUID INNOVATION

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

## Training with the S6 Laguna

1. As with any piece of fitness equipment, consult a physician before beginning your S6 Laguna exercise program.
2. Follow instructions provided in this manual for correct foot position and basic rowing techniques.
3. For further details regarding rowing technique, please visit our international website at [www.firstdegreefitness.com](http://www.firstdegreefitness.com)

### CAUTION

1. The S6 Laguna can stand vertically for storage. When doing so, please follow the instructions given in the basic operation section of this manual.

### CAUTION

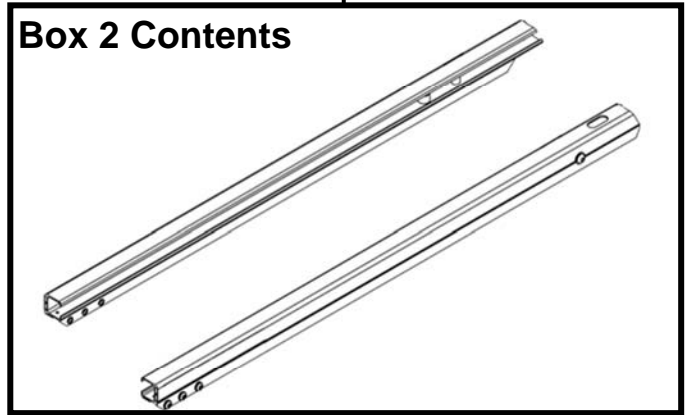
2. Keep hands away from moving parts, as indicated by the warning sticker on the mainframe of your machine and on the rear of the fluid tank.

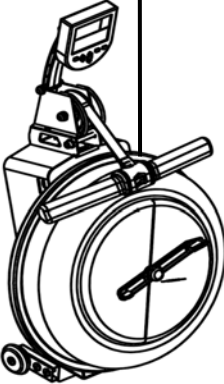
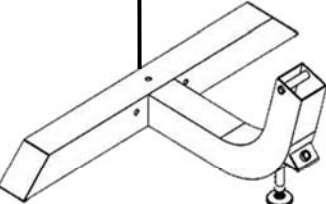
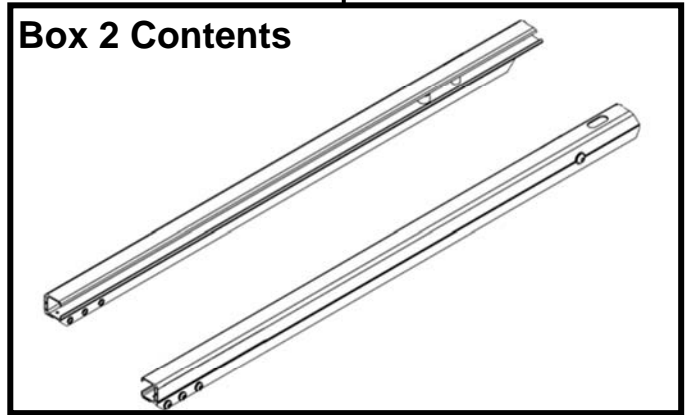
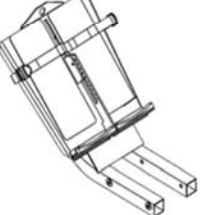
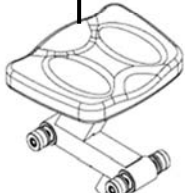


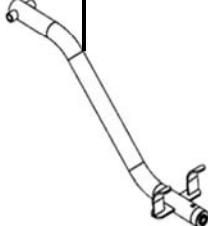













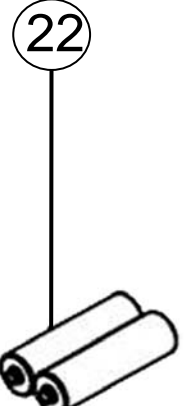
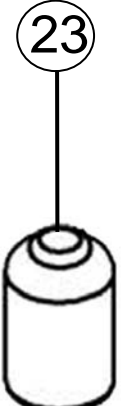



## **Contents**

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# S6 Laguna Box Contents

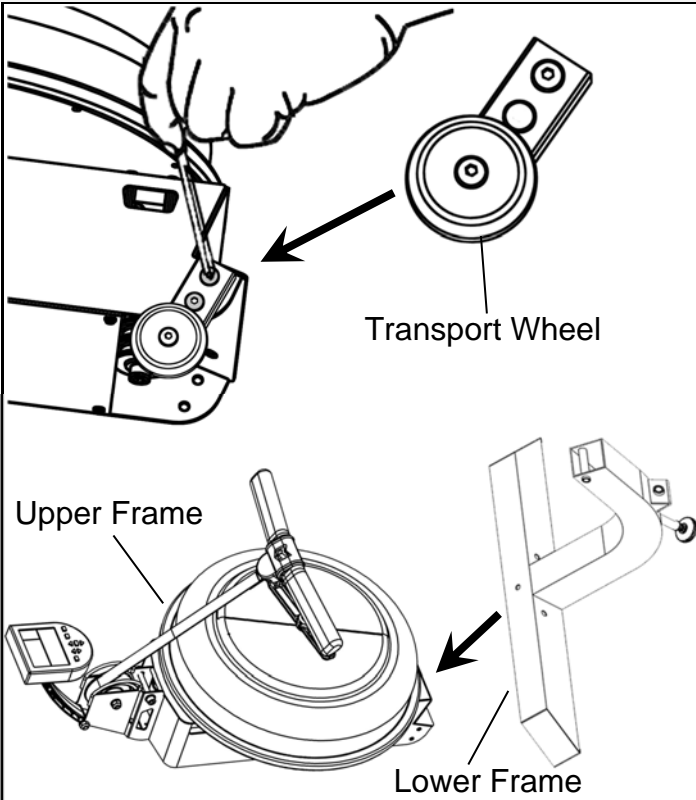
## Box 1 Contents



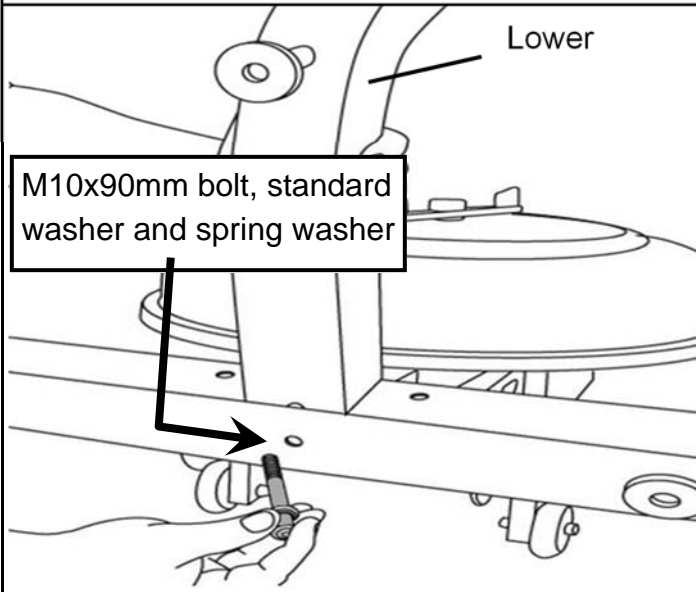
- 1 
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Item	Qty	Description	Item	Qty	Description
1	1	Upper Frame and Tank	14	8	Washers M6
2	1	Lower Mainframe	15	3	Spring Washers M10
3	2	Left/Right Seat Rail	16	15	Washers M10
4	1	Footplate	17	2	Nylock Nut M10
5	1	Rower Seat	18	1	4mm Allen key
6	1	Rear Leg	19	1	6mm Allen key
7	2	Transport Wheel Assembly	20	1	8mm Allen key
8	1	S-Bend	21	1	Multi-tool
9	8	Bolt M6x20mm	22	2	AA Batteries
10	8	Bolt M10x47.5mm	23	1	Touch up paint
11	1	Bolt M10x80mm	24	1	Water Treatment Tablet
12	3	Bolt M10x90mm	25	1	Siphon
13	1	Bolt M10x180mm	26	1	Owners Manual

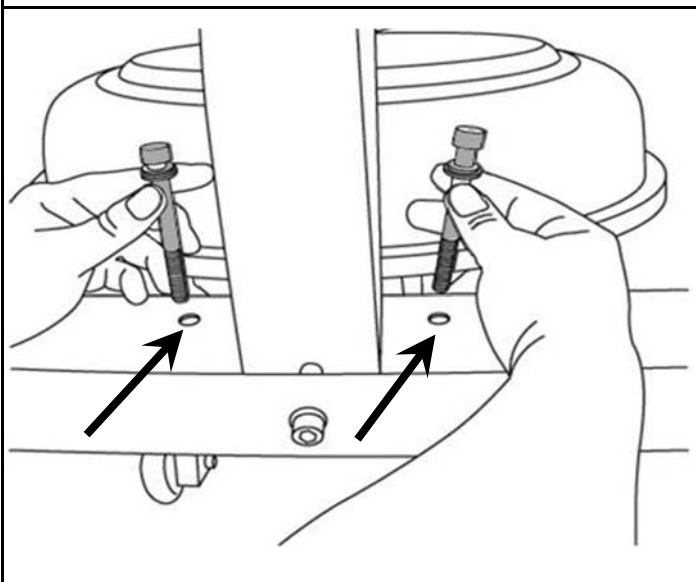
## Attaching Upper/Lower Frame



Remove contents from box, and lay Upper Frame (tank assembly) on its back. Tilt slightly to one side and allow transport wheels to drop into position. Secure with **M8x35mm Bolt**. Repeat on opposite side.



Attach Lower Frame to Upper Frame with center bolt (**M10x90mm bolt[12]**, **standard washer[16]** and **spring washer[15]**) but **do not tighten**.



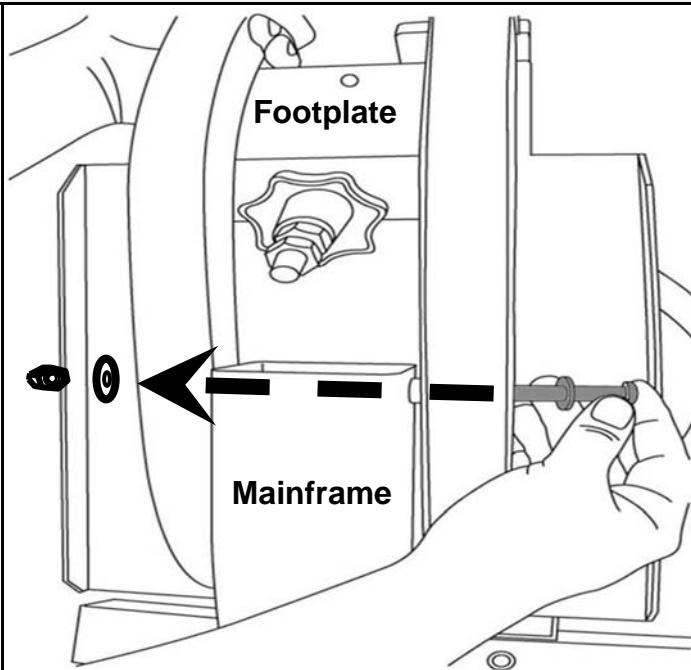
Install left and right side bolts (**M10x90mm bolt[12]**, **standard washer [16]** and **spring washer[15]**). Tighten all three.

### **WARNING**

**Do not attempt to stand rower until footplate is attached.**

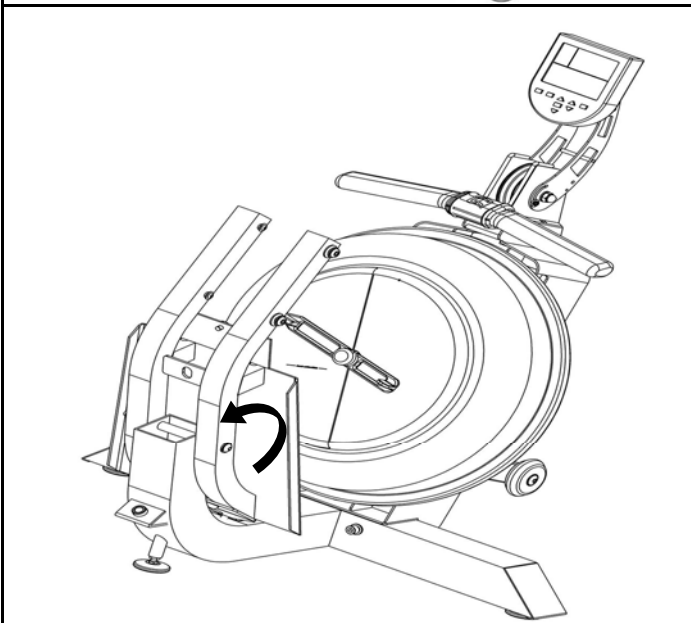
**See following page for details**

## Attaching Footplate and Seat Rails to Mainframe

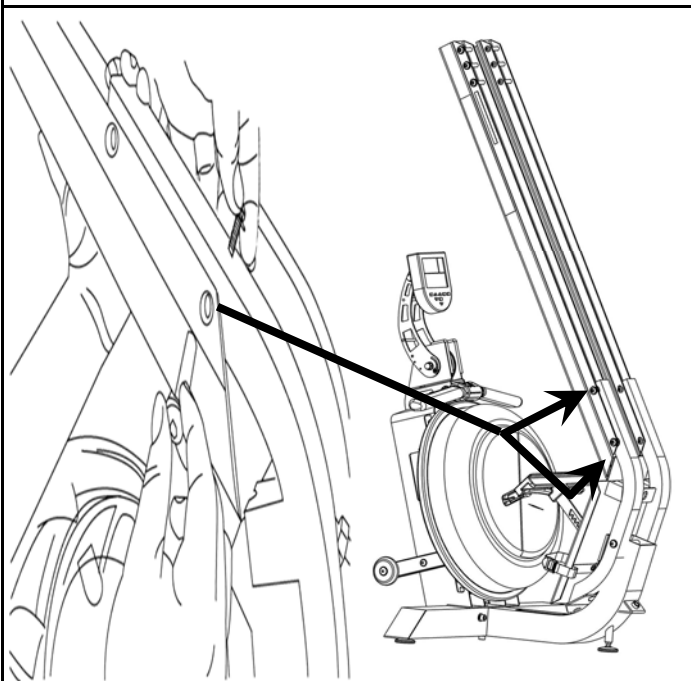


Attach the Footplate to the Mainframe (M10x180mm bolt[13], M10 Nylock nut [17] and 2 washers[16]).

**Caution:** The Footplate is heavy, FDF recommends two people for this section of assembly.



**Note:** Once Footplate is secured, the assembly can be continued from this position for added stability.



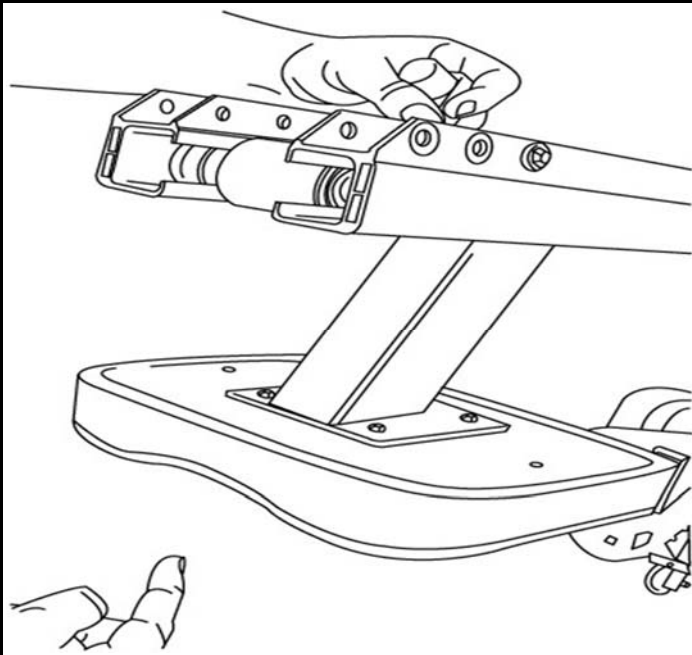
Attach the **Seat Rails**[3] to the **Footplate** [4] using **M10x47.5 bolts**[10], **M6x20 bolts**[9], **screws** and **4x10mm** [16]/**4x6mm**[14] washers.



**WARNING**

Keep hands clear of pivoting parts during assembly.

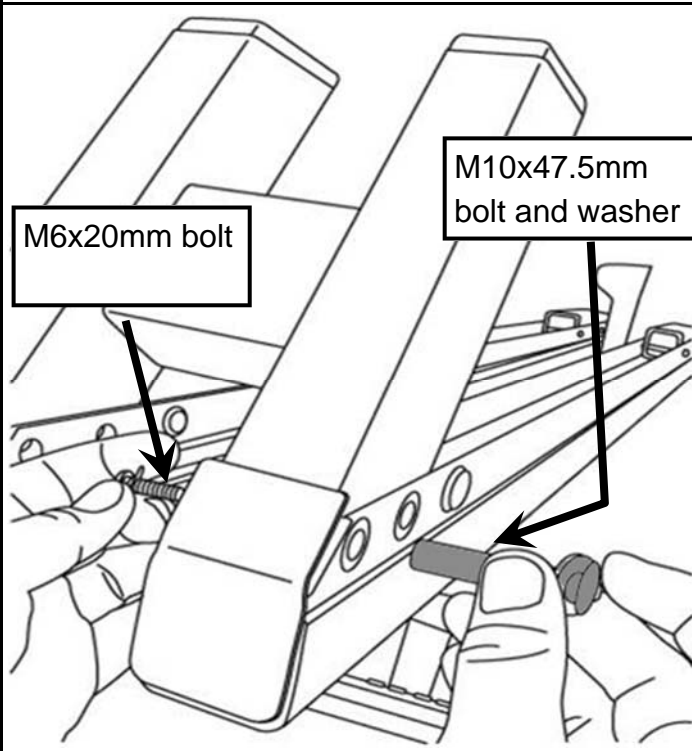
## Installing the Rower Seat and Rear Leg



Install the **Rower Seat**[5] with seat indentation facing rearward.



**Caution:** The Rower Seat is heavy. Grasp firmly and use both hands to guide the Rower Seat down the Seat Rail.



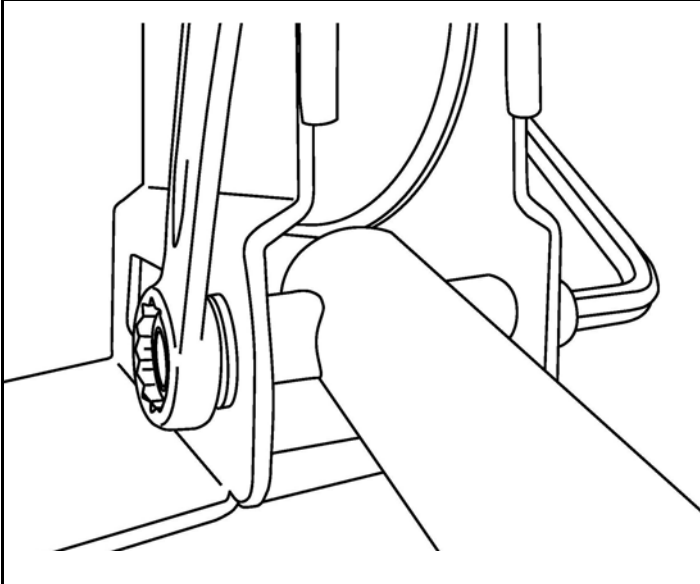
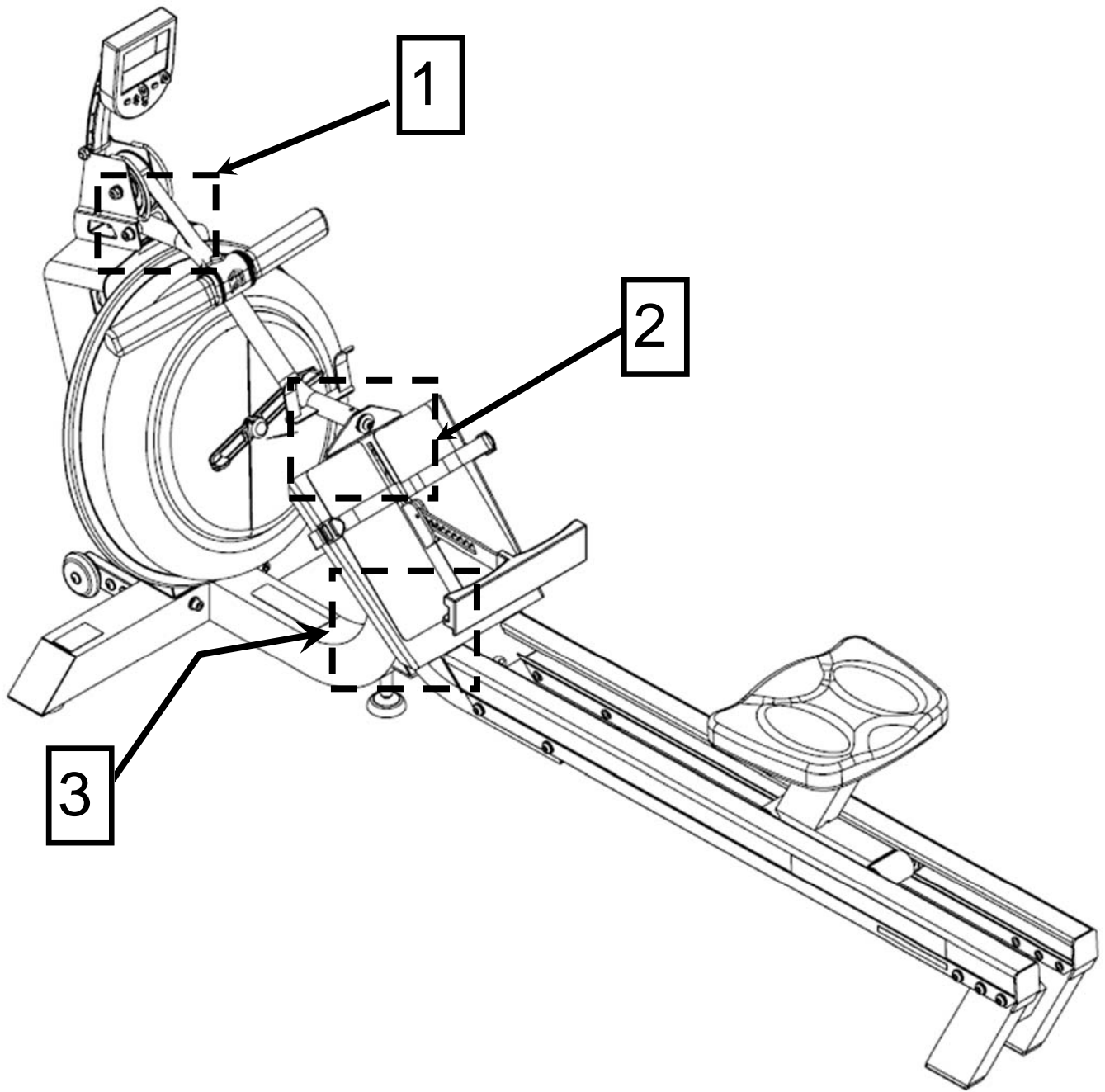
M6x20mm bolt

M10x47.5mm  
bolt and washer

Install the **Rear Leg**[6] Assembly to the Seat Rails using **M10x47.5 bolts**[10], **M6x20 Allen key screws**[9] and **4x10mm**[16]/**4x6mm**[14] washers.



# Installing the S-Bend and Frame Tensioning Bolt



**1**

Carefully lower the rower to its normal operating position to complete assembly with S-Bend installation and frame tensioning bolt.

Install rear of **S-Bend**[8] onto the Upper Frame using **M10x80mm bolt**[11], **M10 Nylock Nut**[17] and **2x M10 washers** [16].



**2**

Tilt Upper Frame slightly forward and secure front of S-Bend to Footplate using M10x15mm bolt and washer.

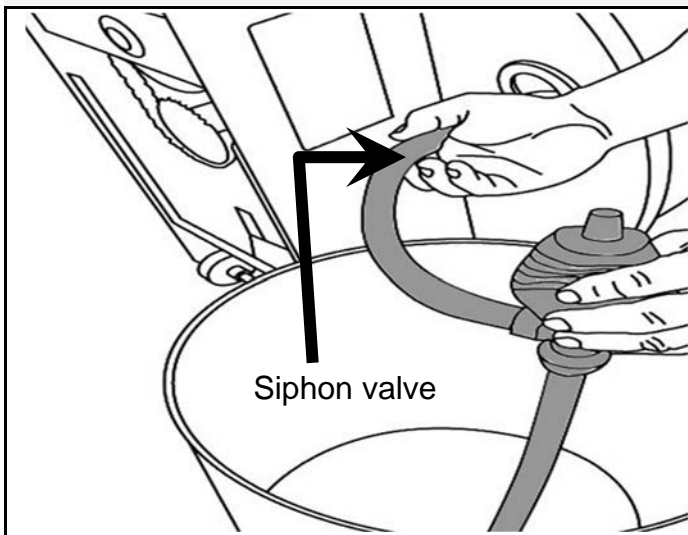
**(Note: M10x15mm bolt and washer are pre-installed on the S-Bend for your convenience)**



**3**

Install the Frame Tensioning Bolt and tighten as far as it can go. This will pretension the frame to the proper position and complete the assembly.

## Tank Filling and Water Treatment



Fill tank as shown left. Use the yellow plug only for filling.

Fill with adjuster handle at level 16 only.

Once filling is complete, use a coin or large blade screwdriver to tighten tank plug into place.



### Warning:

Do not for any reason insert fingers into the tank!

1. Filling requires a large bucket (not supplied) and the Fluid Rower siphon (included). Filling will take approximately 7.6 liters of water.

2. Unscrew the yellow tank plug on tank back and insert the flexible tube into the rear of the tank while keeping the rigid hose in the bucket. Note: The siphon tube may be impeded by one of the impeller blades. Use the siphon only to push the impeller down slightly.

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

3. Move the adjuster handle to level 16, and begin filling. **Note:** The siphon valve must be closed to allow siphoning action to occur. Tip: Placing the bucket in an elevated position will allow the siphon to continually pump water into the tank. **Do not fill past the calibration mark indicated on the tank!**

**Note: Opening the siphon valve will stop the pumping action. Use this feature to avoid water spillage when nearing filling completion.**

4. Once filling is complete (to the proper calibration level as indicated on the tank), follow water treatment schedule as shown.

**Note: the lower tank plug is permanently sealed.**

### Water Treatment Procedures:

#### Add Chlorine tablet

*Note: The amount of water treatment can vary widely depending on the Rower's location and exposure to sunlight. DO NOT, UNDER ANY CIRCUMSTANCES USE ANY TREATMENT TABLETS OTHER THAN THOSE SUPPLIED WITH YOUR ROWER. Your 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](http://www.firstdegreefitness.com)*



### Caution:

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

# Long Term Water Treatment and Basic Operation



**CAUTION: Important:** Do not fill past the calibration mark as indicated on the tank level sticker or water spillage can occur. See tank filling/water treatment page for details.

## Long Term Water Treatment:

**Do not use any water treatment other than the tablets supplied with this machine.** For replacement tablets, contact your local First Degree Fitness distributor.

Water treatment schedules for the S6 Laguna 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 Chlorine tablet.



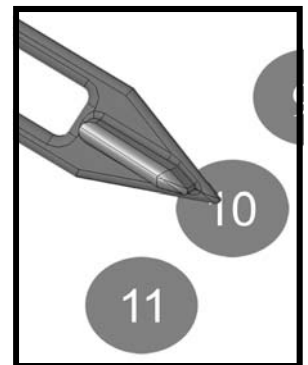
**CAUTION:** It is recommended that a drop cloth be used under the fluid tank whenever the tank is open for water treatment

## Vertical Storage:

The S6 Laguna can easily be stored in a vertical, upright position. For safety, choose a suitable location, such as a corner of a room. It is recommended that something soft (such as carpet or a small towel) be placed under the upper rear of the unit to avoid marring either the paint or Perspex cover.

## Resistance:

The level of resistance is determined by the level indicator located on the front of the tank. Level one indicates lightest resistance, level sixteen represents heaviest resistance. Allow three to four strokes after adjusting resistance handle to allow the water to move to the correct location.



## Heel Support Adjuster:

The S6 Laguna has a unique and easy to use Heel Support Adjuster. Simply slide the Adjuster up or down to the required position. This should place the ball of your foot directly under the horizontal Foot Straps. Secure Foot Straps. The Heel Support allows the user to row without shoes if desired.

## How to Row?




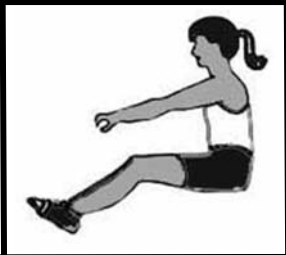

1. Begin the stroke comfortably forward and push strongly back with your legs while keeping your arms and back straight.
2. Begin to pull your arms back as they pass over your knees and continue the stroke through to completion rocking slightly back over your pelvis.
3. Return to the starting position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

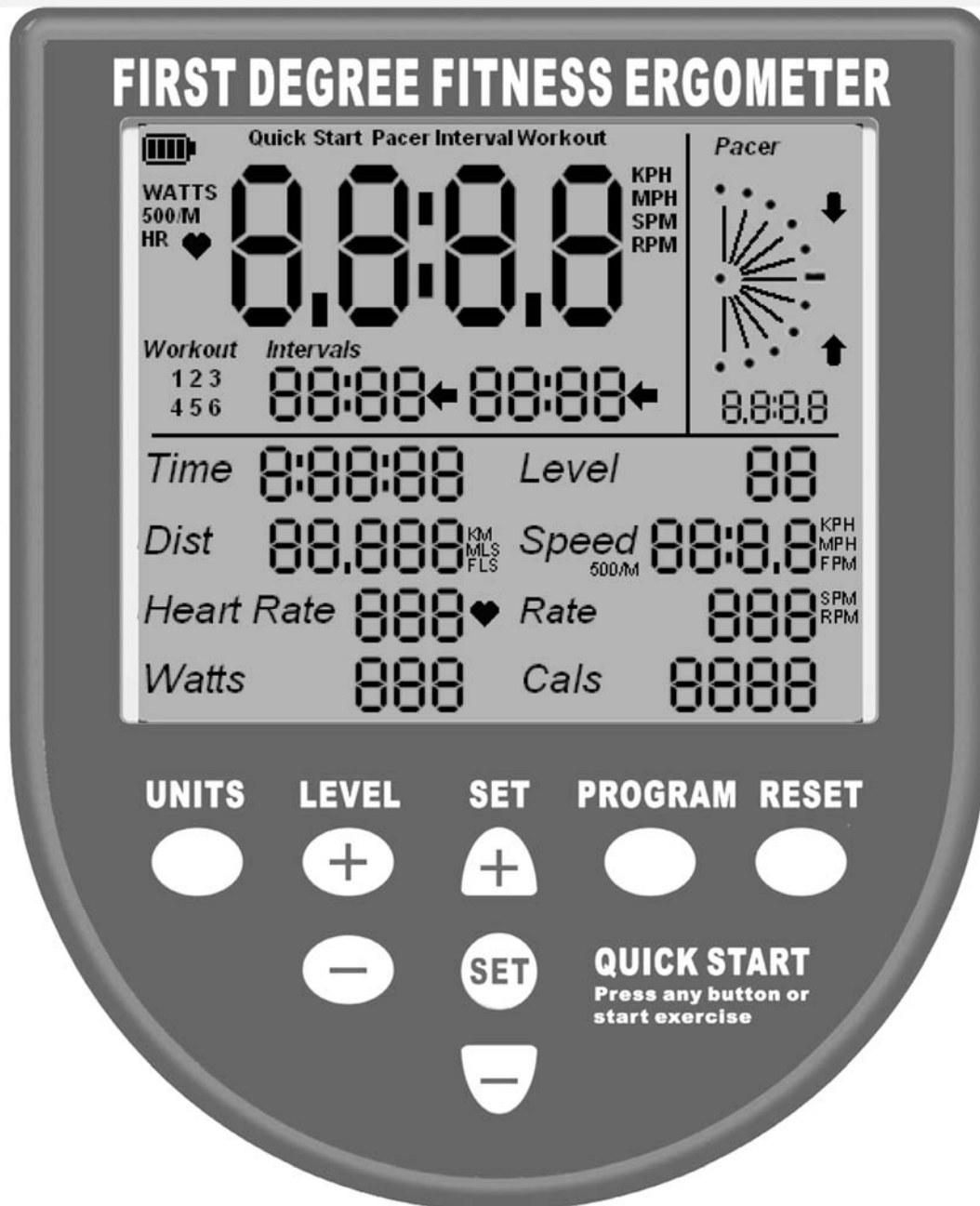
				
<p><b>Catch</b></p> <p>Comfortably forward with straight back and arms.</p>	<p><b>Drive</b></p> <p>Push with the legs while arms remain straight.</p>	<p><b>Finish</b></p> <p>Pull through with arms and legs rocking slightly back on your pelvis.</p>	<p><b>Recovery</b></p> <p>Upper body tips forward over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

## CAUTION

Always consult a doctor before beginning an exercise program.

Stop immediately if you feel faint or dizzy.

# S6 Laguna Rower Ergometer



**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 1-16. 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 S6 Laguna Series 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](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)

# Maintenance Chart

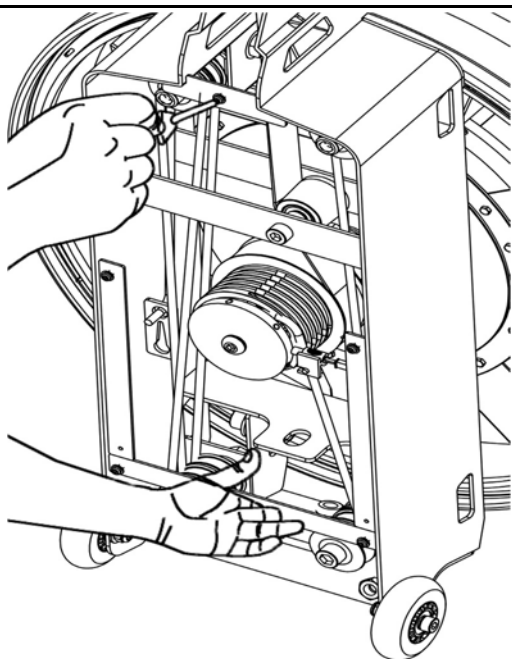
Item	Timeframe	Instructions	Notes
Seat and Seat Rails.	Weekly.	Wipe Seat Rails with lint free cloth. Spray seat rails with a light coat of silicone spray.	
Frame.	Weekly.	Wipe down with lint free cloth.	
Tank and Water Treatment.	12 months to 2 years.	Follow instructions as specified in the “Water Treatment” 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 follow the instructions provided in the “Changing the Bungee Cord” section of this manual.	
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.	
Frame Tension Cable	Check regularly for proper tension.	Tighten until taut. See Basic Operation page for details	



# 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.
Rowing stroke return is too light.	Bungee not under enough tension.	Open rear Perspex cover, cut bungee tie wrap. Tighten by small increments using the bungee tie off tab point and test tension by allowing the rowing handle to return to its furthest point forward while still having some slight tension. Note light fraying of the bungee cord is normal.
Rower rocks from side to side when sitting on floor	Front/Rear frame levelers need adjusting	Adjust the front two frame levelers or rear leg levelers until stability is reached. <b>Note: It is normal for the lower rear leveler to rest slightly off the floor.</b>
Front of rower lifts slightly during vigorous rowing.	Lower rear frame leveler too high.	Check to see that frame tensioning bolt is tightened properly. Lower rear frame leveler should be approx. 5mm off the ground.
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.
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
Computer display is erratic while displaying SPM and 500meter times.	Gap between sensor and magnetic ring is too wide.	Adjust sensor location using rear sliding adjustment located inside rear Perspex cover.
Excessive frame flex during hard rowing.	Frame Tension Cable is too loose	Loosen frame tension cable Retaining Nut and tighten cable until taut.

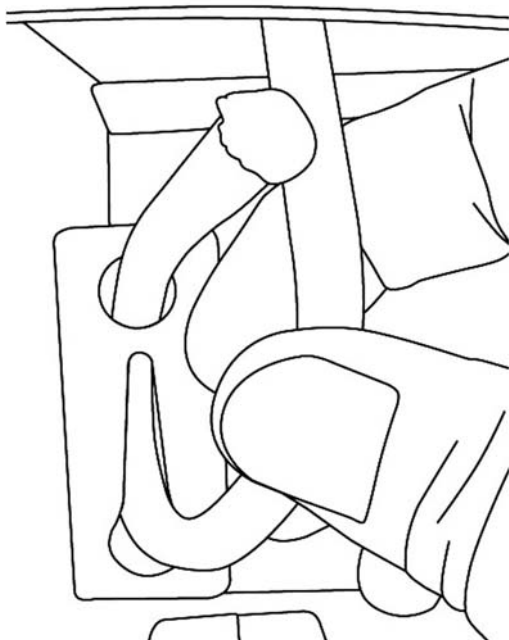
# Replacing the Bungee Shock Cord



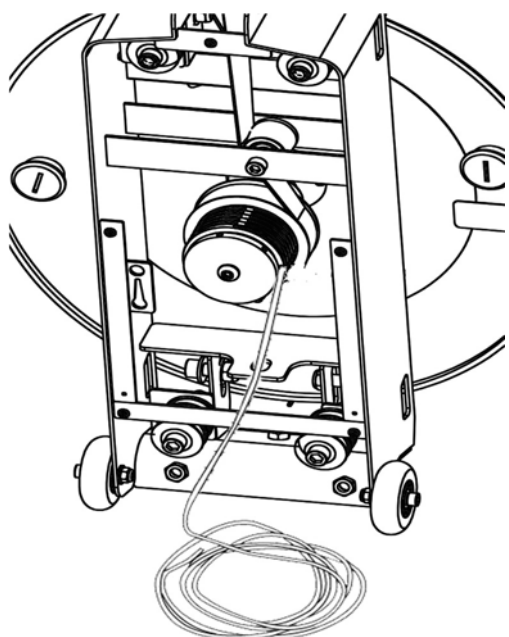
Remove the Perspex cover from rear of upper frame.



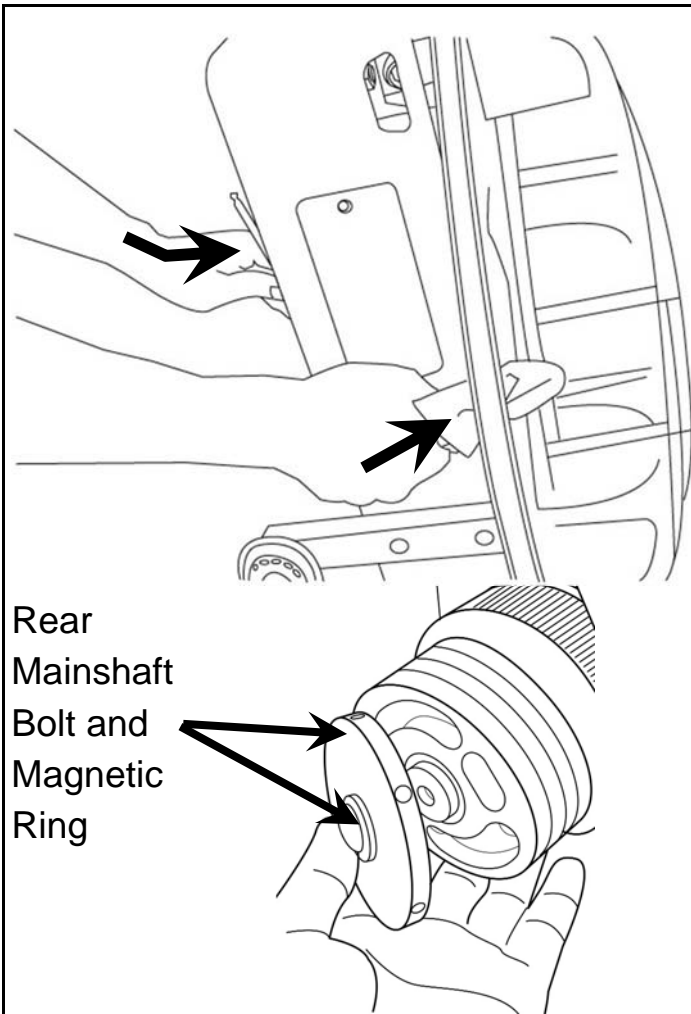
Disconnect sensor lead before removing cover completely.



Move the rowing handle from the S-Bend handle catch to a point where it is resting on top of the tank . This helps line up the Bungee Cord hole for easier removal/ replacement. Detach Bungee Cord from lower rear attachment point.



Unwrap the Bungee Cord from all of the Bungee Pulleys.



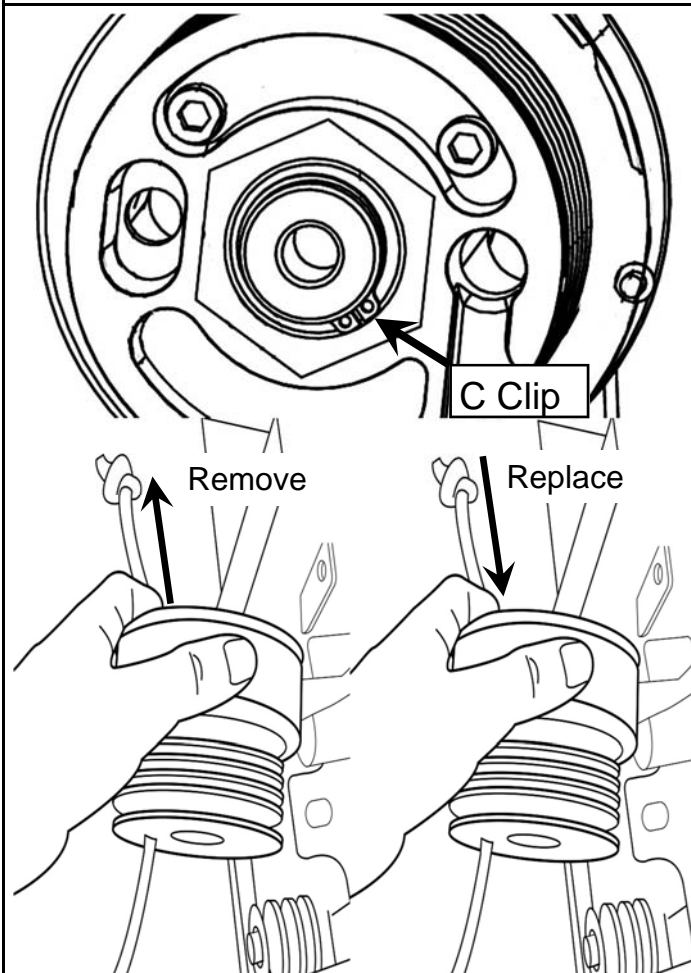
Next, remove the magnetic ring. To loosen the Rear Mainshaft Bolt holding the magnetic ring in place, it is necessary to keep the mainshaft and impeller assembly from turning with the bolt. Open the yellow tank plug, and insert a wrench wrapped in a lint free cloth (to protect the electroplating finish on the blades) to catch the impeller blade and allow the Rear Mainshaft Bolt to be loosened as shown below right with a 6mm Allen key.

**Caution:** Do not allow a dissimilar metal to directly contact the impeller blade. Premature rusting could occur. Cover any tool inserted the tanks with a lint free cloth and keep fingers clear.



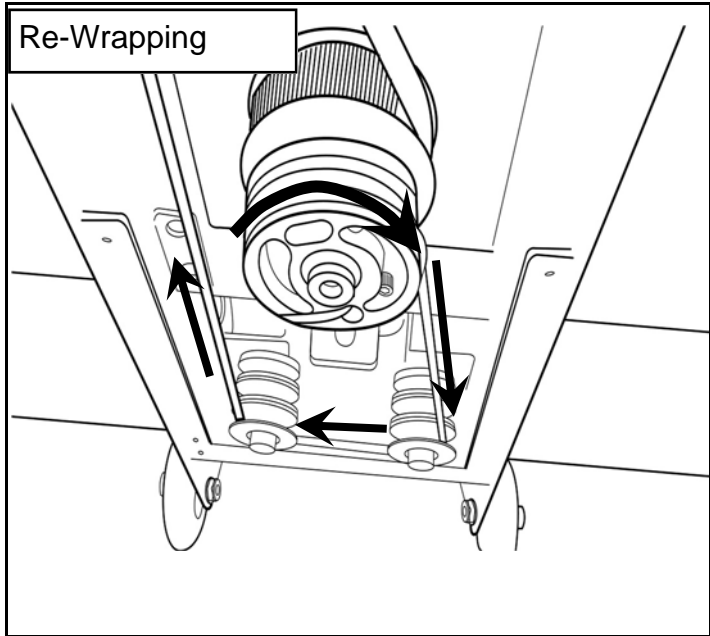
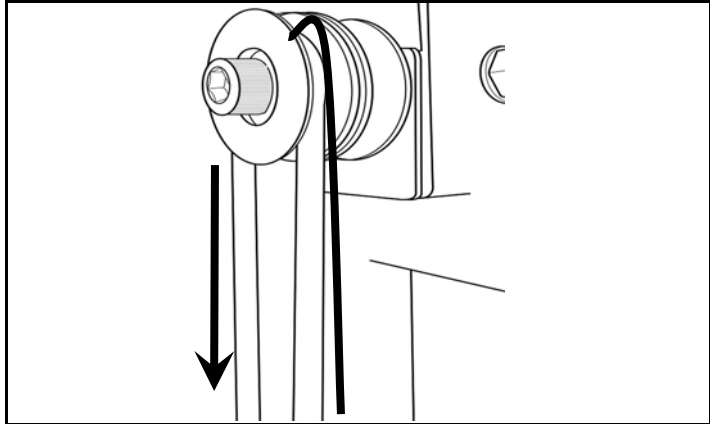

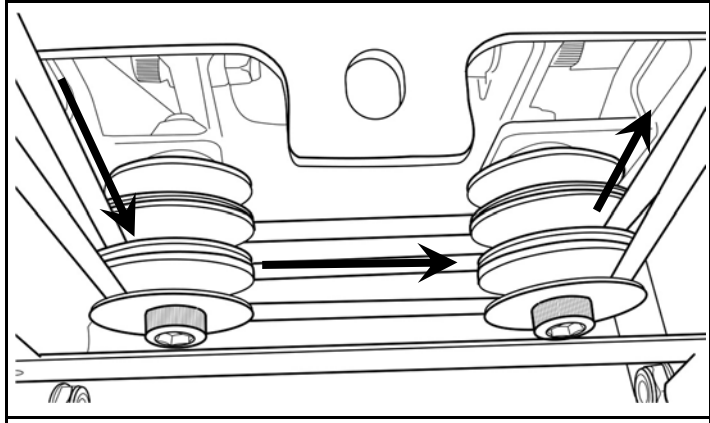
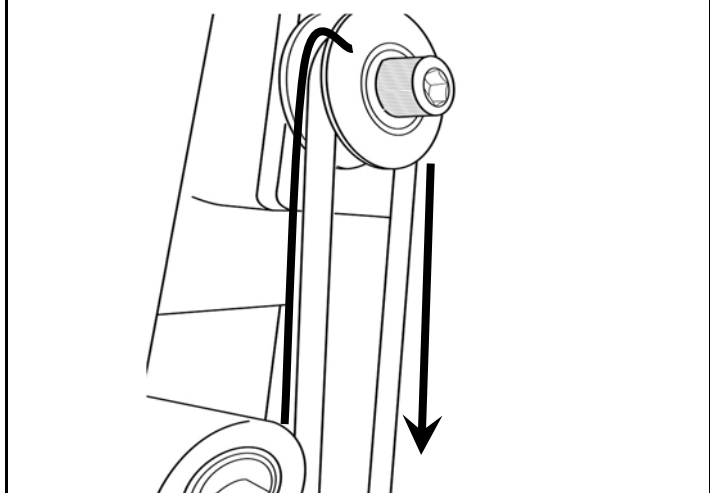
**WARNING**

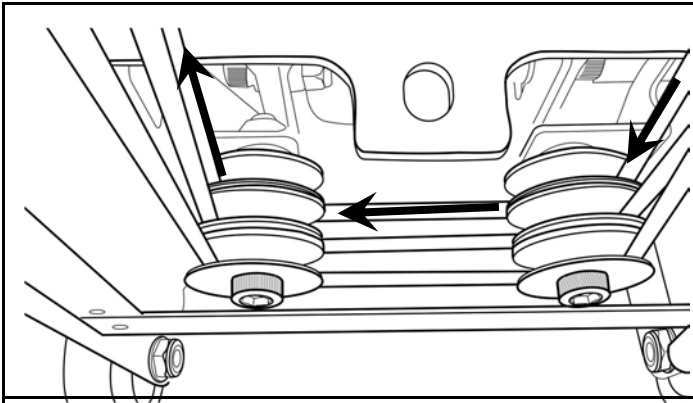
**Do not insert fingers into tank!**



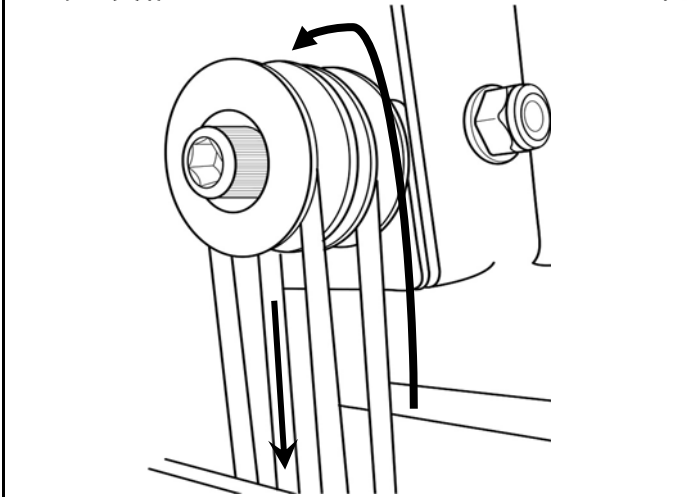
After removing the magnetic ring and the C-Clip, the Bungee Cord will be accessible. Remove the Belt/Bungee Pulley off the shaft, pull the Bungee Cord through the Belt/Bungee Pulley and remove. Thread new Bungee Cord through and pull until knotted end is held securely in the slot.

**Caution:** Do not loosen the Belt.

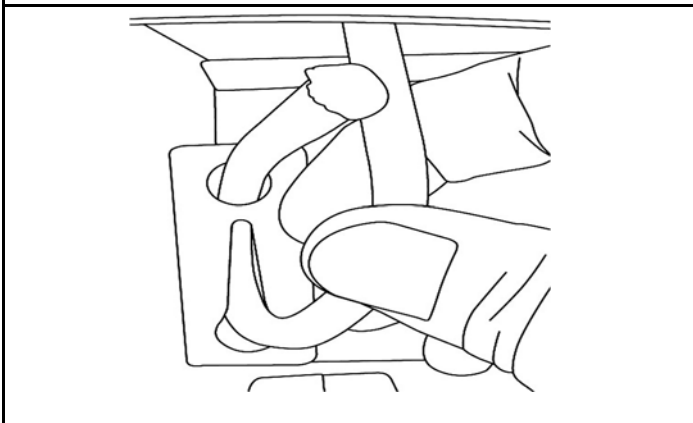
<p>Re-Wrapping</p> 	<p>Once the Bungee Cord is in position, make two wraps on the Belt/Bungee Pulley in a clockwise direction, making sure the Bungee Cord tracks in the proper grooves. Once the Bungee has reached the position shown, you may begin to rewrap the Bungee around the Bungee Pulleys, starting with lower right front Pulley to lower left front Pulley.</p>
	<p>Lower left front to upper left front Pulley.</p> <p> <b>Hint:</b> Keep a slight tension on the Bungee Cord when threading through the Bungee Pulleys.</p>
	<p>Upper left front to lower middle left and right Pulleys.</p>
	<p>Middle right Pulley to upper right Pulley.</p>



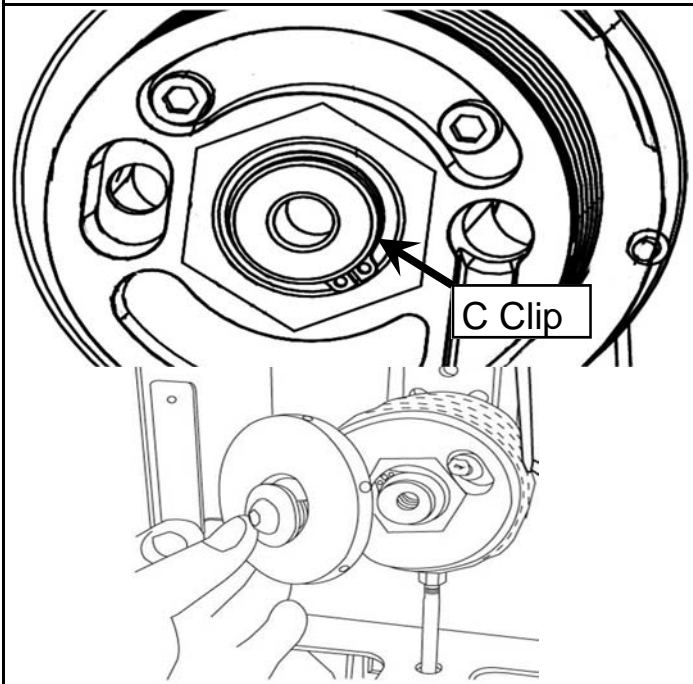
Upper rear right to lower rear right and left rear Pulleys.



Lower left rear to upper left rear Pulley.



Upper left rear Pulley to tie off point. Finish the Bungee rewrap by tying off the Bungee. You may elect to not use a tie wrap as the metal tab is designed as a stand alone attachment point. Thread the Bungee through to desired tension and thread the Bungee end through the upper hole as shown.



Reattach the C-Clip, Magnetic Ring and Rear Mainshaft Bolt. Tighten securely.

Finally, reattach the Sensor Lead and replace the Perspex rear cover.

# **FLUID ROWER (model S6 Laguna)**

## **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 **Dynamic S6 Series Laguna Edition (model S6 Laguna)**, 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 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) – 2 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
- Seat
- All pulleys, rollers & bearings
- All rubber components
- Computer & speed sensor (excluding replaceable batteries)
- All drive belts
- Aluminum seat rails

### **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