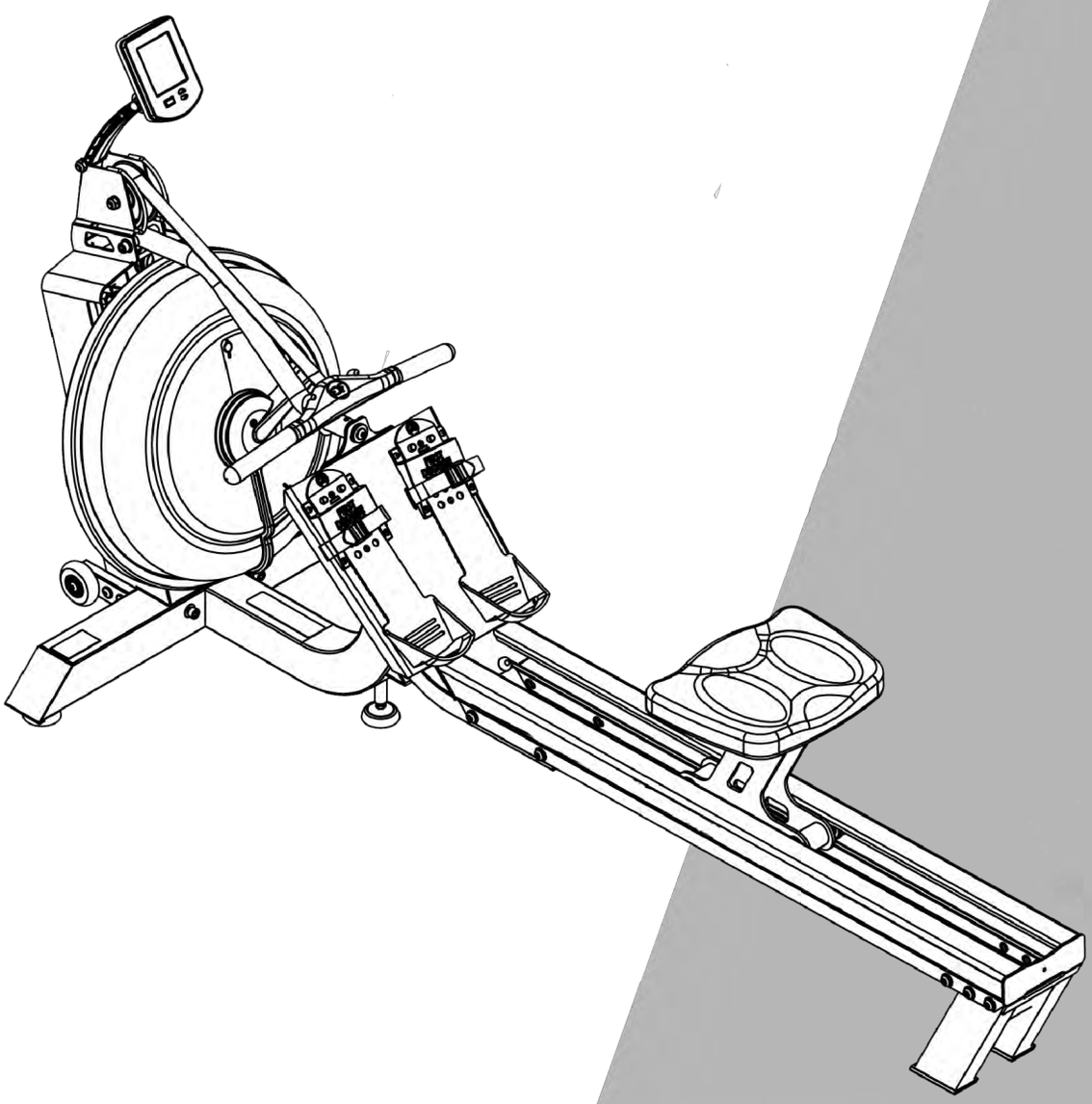
FIRST DEGREE FITNESS
Fluid INNOVATION

USER GUIDE

E350



REGISTER YOUR PRODUCT AT WWW.FIRSTDEGREEFITNESS.COM/SUPPORT

Introduction

Congratulations on your purchase of Rower.

FIRST DEGREE FITNESS is proud to present the Rower as a full commercial 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

Check contents of Box 1 and Box 2 to ensure 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



1. Keep hands and Ringers 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.

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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 Main Frame 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.

Safety

Proper Usage

- Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative that FIRST DEGREE FITNESS equipment is used properly to avoid injury.
- Injuries may result if exercising improperly or excessively. It is recommended that all individuals consult a physician prior to commencing an exercise program. If at any time during exercise you feel faint, dizzy or experience pain, STOP EXERCISING and consult your physician.
- Keep body parts (hands, feet, hair, etc.), clothing and jewelry away from moving parts to avoid injury.
- Follow instructions provided in this manual for correct foot position and basic rowing techniques.
- For more detailed rowing techniques, please refer to our International website www.firstdegreefitness.com

Inspection

- DO NOT use or permit use of any equipment that is damaged and/or has worn or broken parts. For all FIRST DEGREE FITNESS equipment use only replacement parts supplied by FIRST DEGREE FITNESS.
- 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

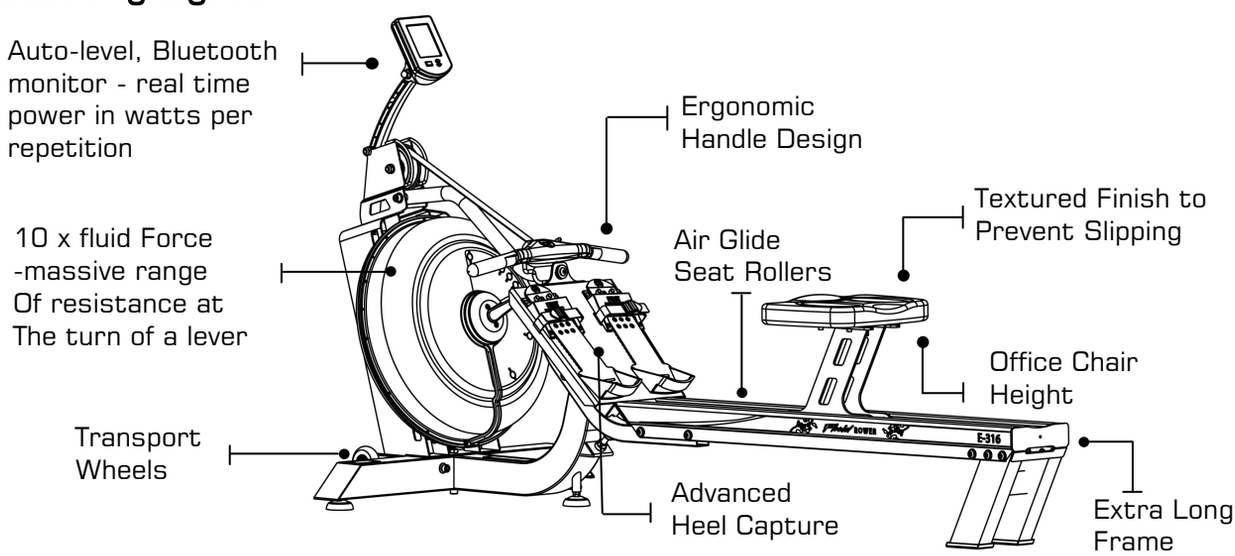
- Keep children away from the equipment. Parents or others supervising children must provide close supervision of children if the equipment is used in the presence of children.
- Do not allow users to wear loose fitting clothing or jewelry while using equipment. It is also recommended to have users secure 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 Ringers 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

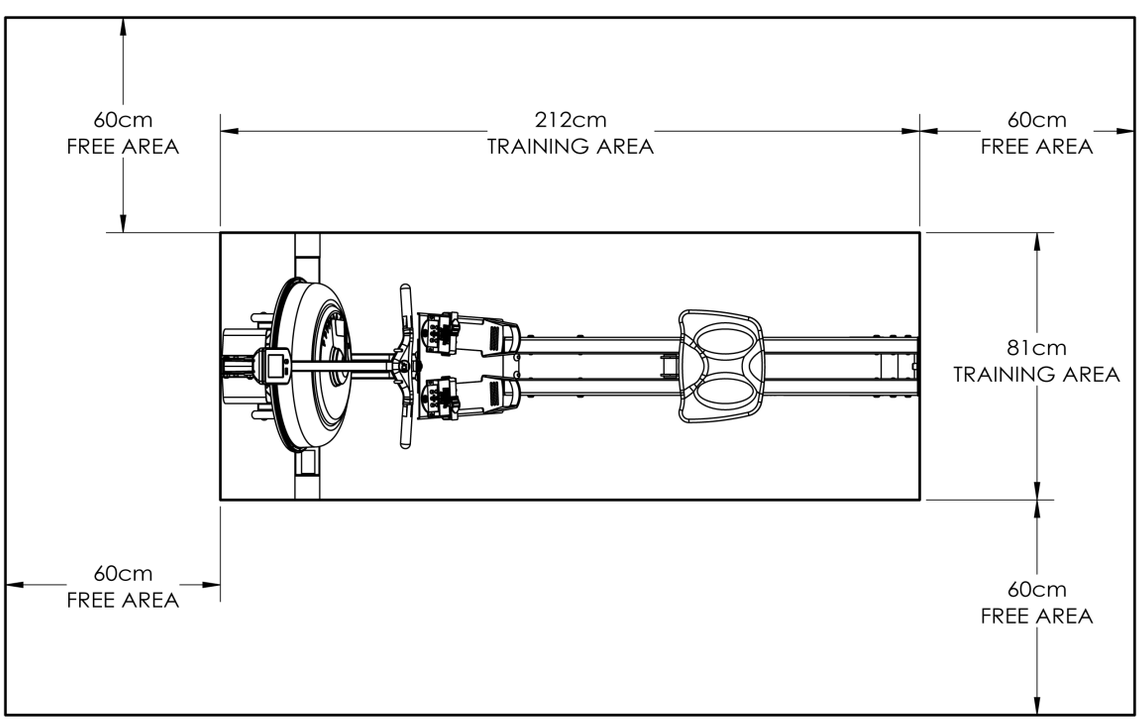
Product Class: SC
Braking System: Speed Independent
Product Net Weight: 50kg (110.23lb)
Product Gross Weight: 60kg (132.28lb)
Minimum Safe Operating Surface Area: 332cm (130.71") Length x 201cm (79.13") Width
Dimensions: 2120mm (83.46") Length x 810mm (31.89") Width x 1015mm (39.96") Height
Maximum User Weight: 150kg (330lb)
Compact Footprint: 2720mm x 1410mm or upright 1015mm x 810mm

Product Highlights



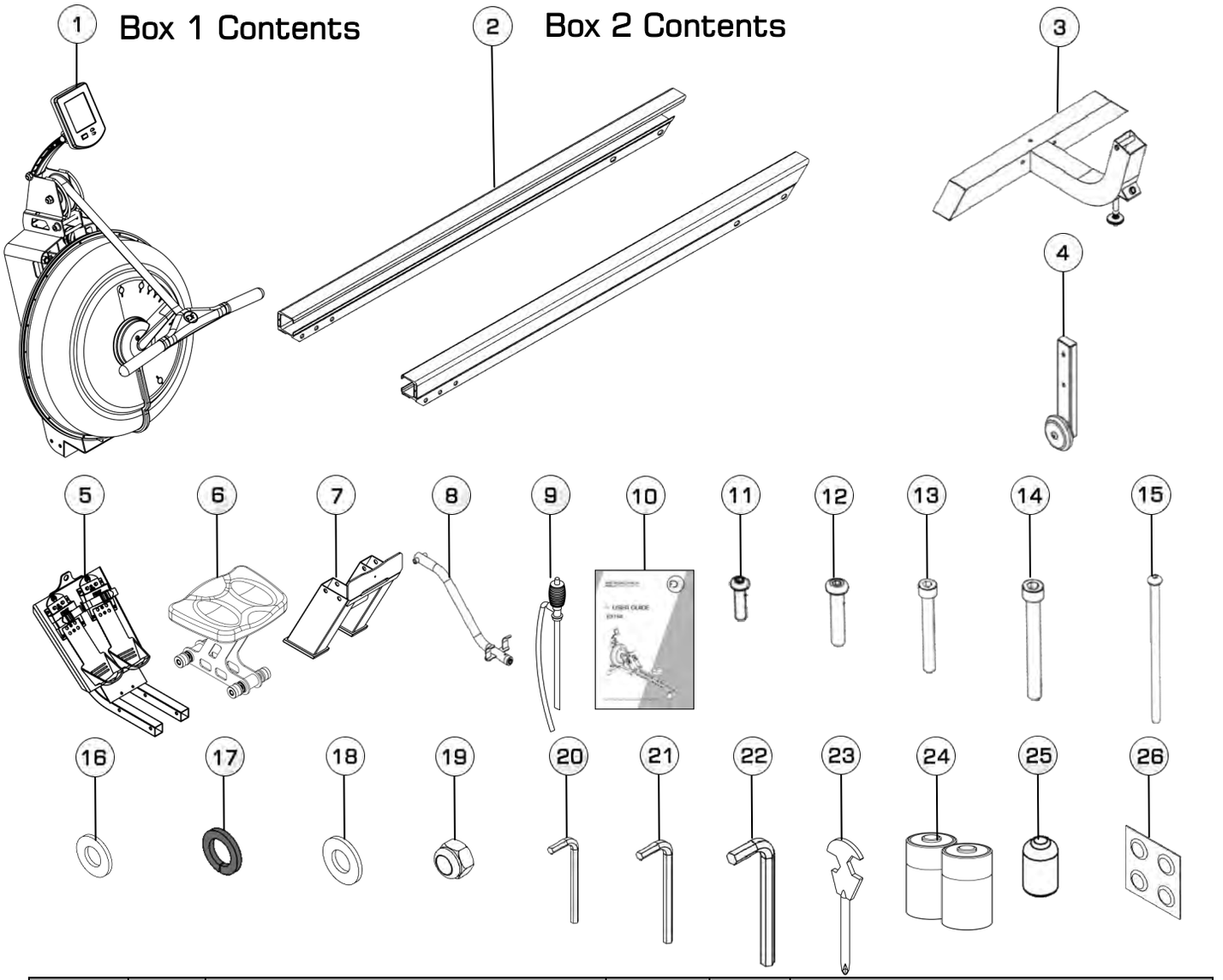
The live area shall be not less than 60cm (23.62") greater than the training area in the directions from which the equipment is accessed. The live area must also include the area for emergency dismount.

Live area and Training area



Note: Rower is not suitable for therapeutic purposes.

Box 1 & 2 Contents



Item	Qty.	Description	Item	Qty.	Description
1	1	Upper Frame and Tank	6	1	Rower Seat
2	2	Left/Right Seat Rail	7	1	Rear Leg
3	1	Lower Main Frame	8	1	S-Bend
4	2	Transport Assembly	9	1	Siphon
5	1	Footplate	10	1	USER GUIDE
Hardware KIT					
11	12	M6x20mm Bolt	19	2	M10 Nyloc Nut
12	8	M10x47.5mm Bolt	20	1	4mm Allen Key
13	1	M10x80mm Bolt	21	1	6mm Allen Key
14	3	M10x90mm Bolt	22	1	8mm Allen Key
15	1	M10x180mm Bolt	23	1	Multi-Tool
16	12	M6 Washers	24	2	D Cell Battery
17	3	M10 Spring Washers	25	1	Touch Up Paint
18	15	M10 Washers	26	4	Water Treatment Tablet

STEP 1 Installing the Rower Monitor

REQUIRED

M10x60 Bolt

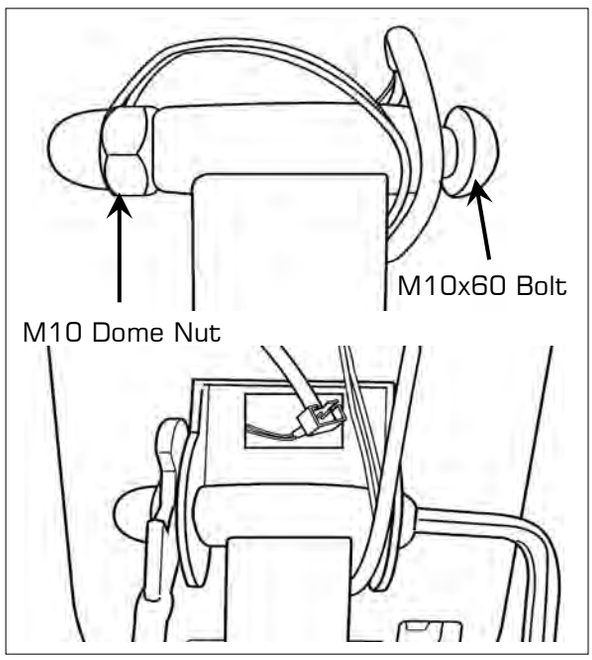
M10 Dome Nut

a) Remove M10x60 Bolt and M10 Dome Nut.

b) Attach the Rower Monitor to the Monitor Stalk using the M10x60 Bolt and M10 Dome Nut.

CAUTION

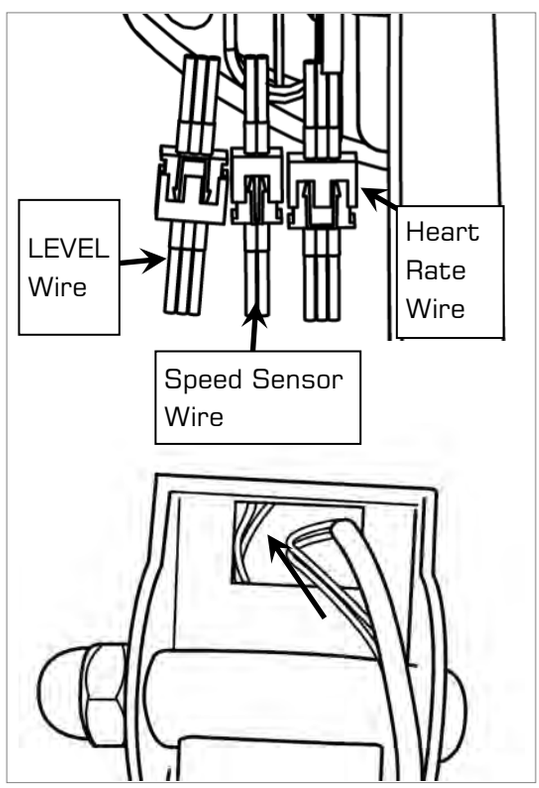
Do not over tighten.
The Monitor needs to be adjustable for different viewing angles.



c) Locate the Heart Rate and Speed Sensor Wires as shown.

d) Connect the Heart Rate and Sensor and LEVEL Wires.

e) Push the wiring inside the rear of the Monitor as shown.



STEP 2 Attaching Upper/Lower Frame

REQUIRED

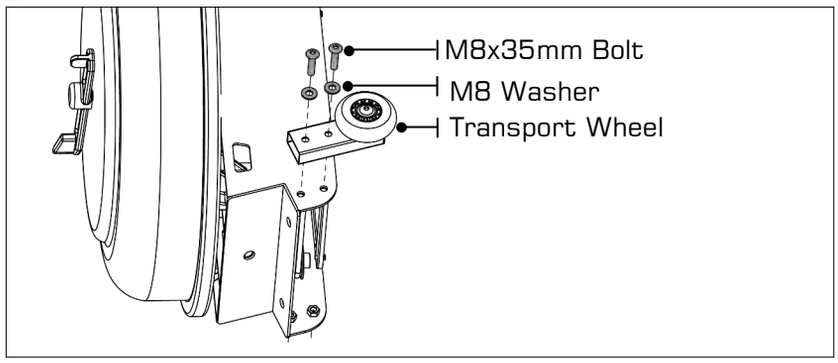
Main Frame [1]

Transport Wheels [4]

2 x M8x35mm Bolt

2 x M8 Washer

a) Remove contents from box, and lay **Upper Main Frame [1]** on its back. Tilt slightly to one side and allow **Transport Wheels[4]** to drop into position. Secure with **M8x35mm Bolts and M8 Washer**. Repeat on opposite side.



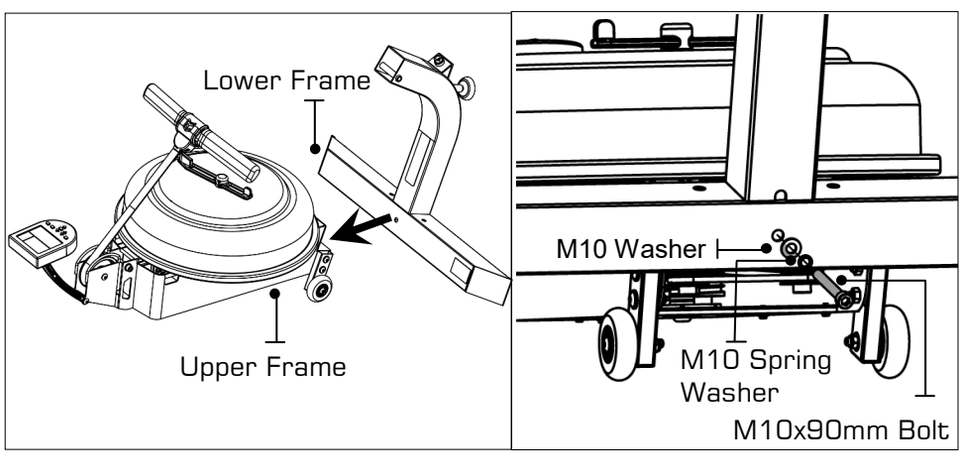
REQUIRED

3 x M10x90mm Bolt [14]

3 x M10 Spring Washers [17]

3 x M10 Washer [18]

b) Attach Lower Frame to Upper Frame with center Bolt (**M10x90mm Bolt[14]**, **M10 Washer[18]** and **M10 Spring Washer[17]**) but **Do not tighten**.

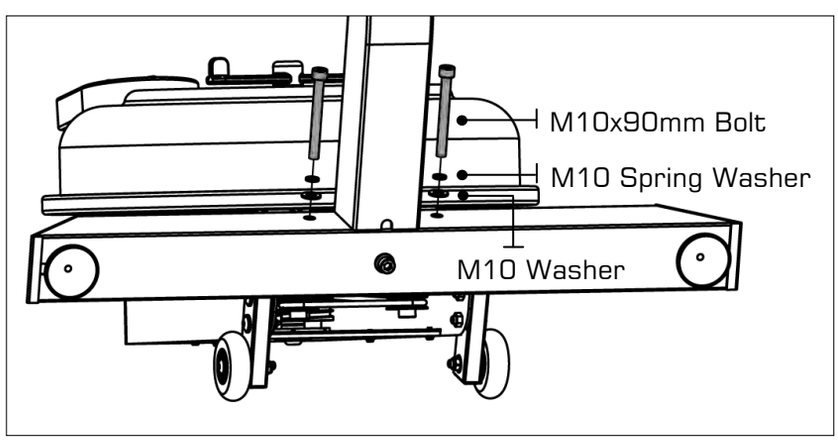


WARNING

Do not attempt to stand Rower until Footplate is attached.

See following page for details

c) Install left and right side Bolts (**2x M10x90mm Bolts [14]**, **2x M10 Washers[18]** and **2x M10 Spring Washers [17]**). **Tighten all three**.



STEP 3 Attaching Footplate and Seat Rails

REQUIRED

M10x180mm Bolt [15]

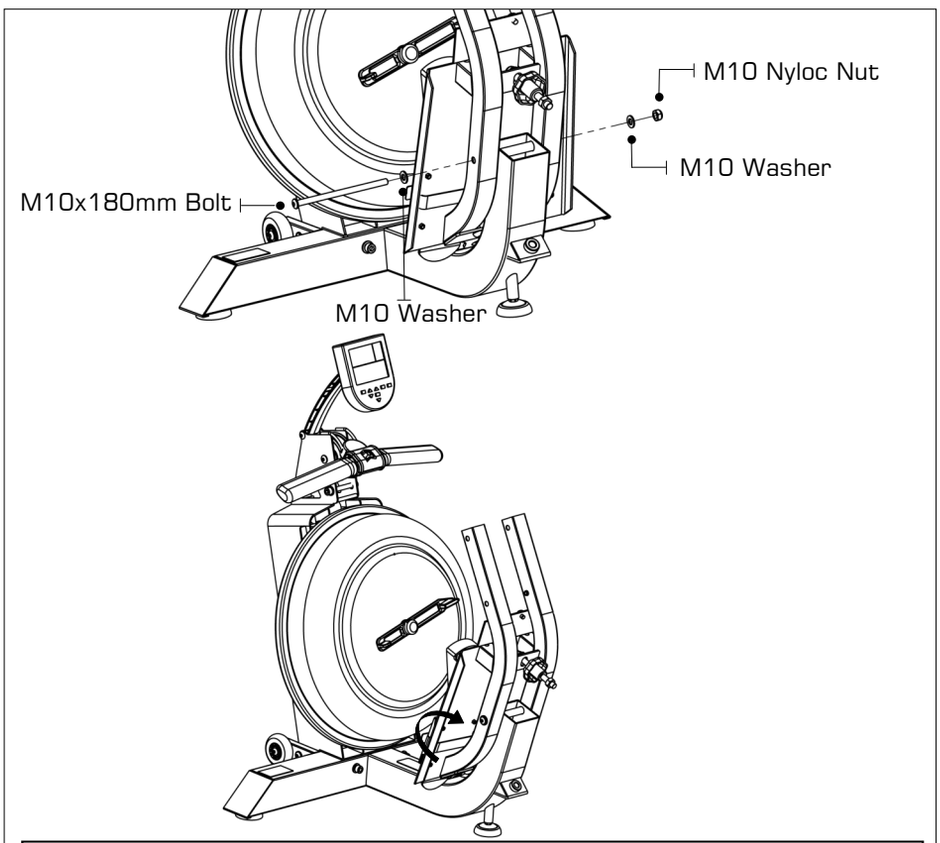
2 x M10 Washer [18]

M10 Nyloc Nut [19]

CAUTION

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

a) Attach the Footplate to the Main Frame (**M10x180mm Bolt[15]**, **M10 Nyloc Nut[19]** and **2x M10 Washers[18]**).



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

REQUIRED

Left/Right Seat Rails [2]

Footplate [5]

4 x M6x20mm Bolts [11]

4 x M10x47.5mm Bolts [12]

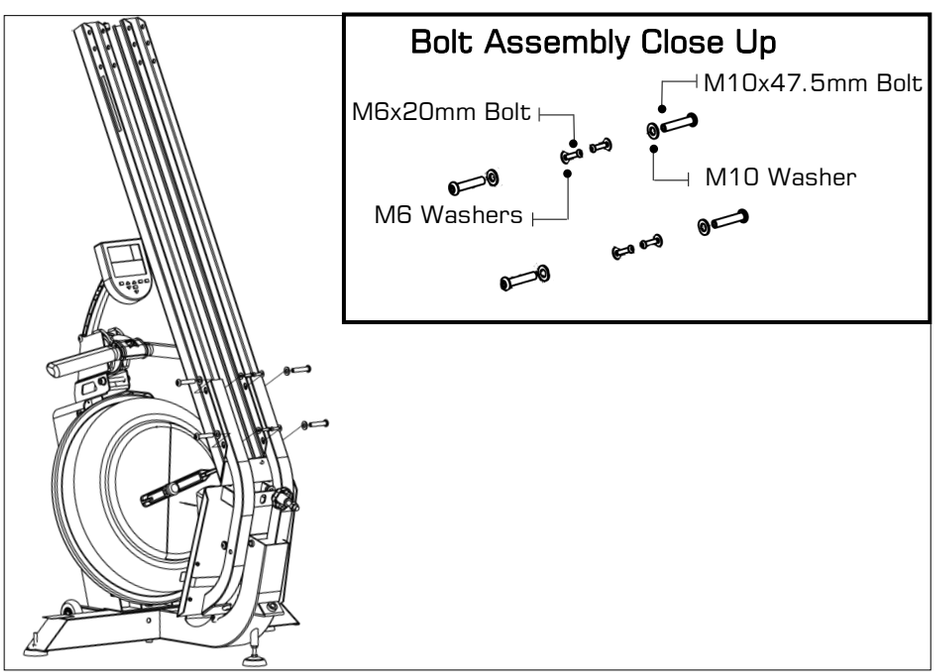
4 x M6 Washer [16]

4 x M10 Washer [18]

WARNING

Keep hands clear of pivoting parts during assembly.

b) Attach the **Left/Right Seat Rails[2]** to the **Footplate[5]** using **4x M10x47.5mm Bolts[12]**, **4x M6x20mm Bolts[11]**, **4x M10 Washers[18] and 4x M6 Washers[16]**.



STEP 4 Assemble Rower Seat

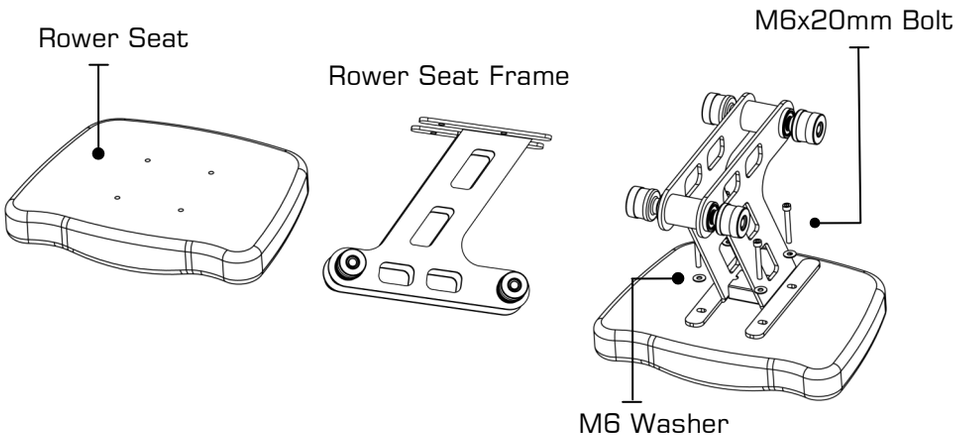
REQUIRED

Rower Seat

4 x M6x20mm Bolts [11]

4 x M6 Washers [16]

a) Install the Rower Seat onto the Rower Frame using **4 x M6x20mm Bolts[11]** and **4 x M6 Washers[16]**.

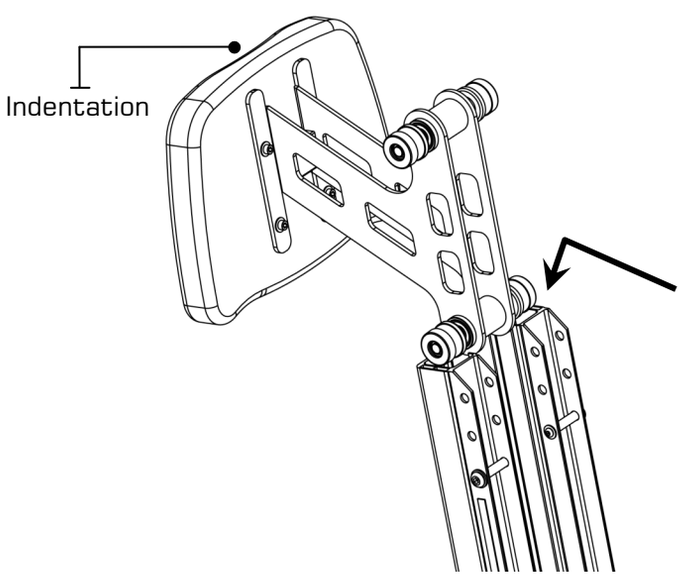


Note: Finished Rower Seat must be mounted exactly as shown, resembling shape of the letter 'Z'.

CAUTION

The Rower Seat[6] is heavy. Use both hands and keep Ringers clear of the Rower channels when guiding the Seat down the Seat Rails.

b) Slide the assembled **Seat Rails[2]** facing in the direction of the arrow in the above graphic. The Seat indentation must be towards the rear of the Rower.



STEP 5 Install Rear Leg

REQUIRED

Rear Leg [7]

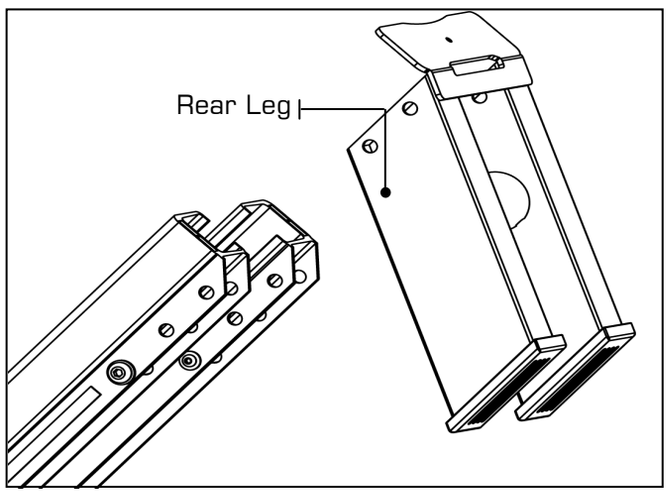
4 x M6x20mm Bolts [11]

4 x M10x47.5mm Bolts [12]

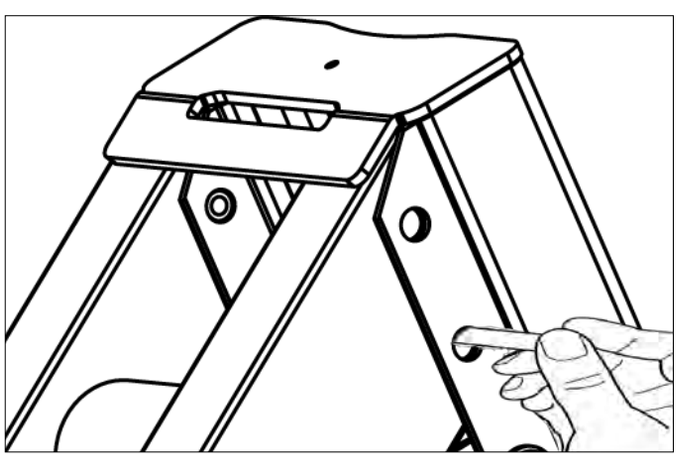
4 x M6 Washers [16]

4 x M10 Washers [18]

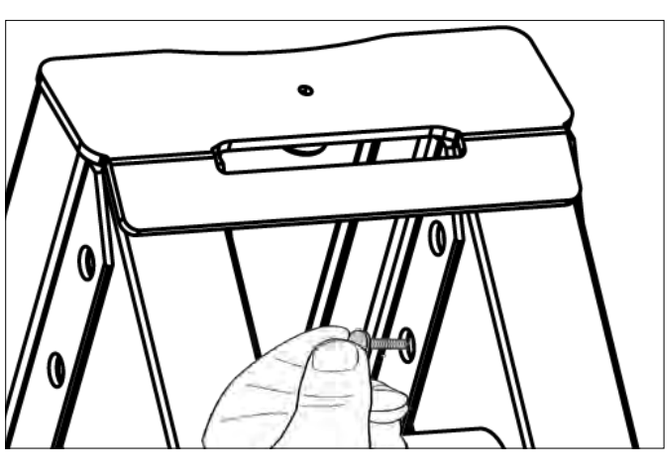
a) Mount the **Rear Leg[7]** onto the **Seat Rails[2]** and secure as shown.



b) Install all **M10x47.5mm Bolts[12]** and **M10 Washers [18]** first from the outside to hold the **Rear Leg[7]** in position.



c) Secure the Rear Leg from the inside with the **M6x20mm Bolts[11]** and **M6 Washers[16]**.



STEP 6 Installing S-Bend and Frame Tensioning Bolt

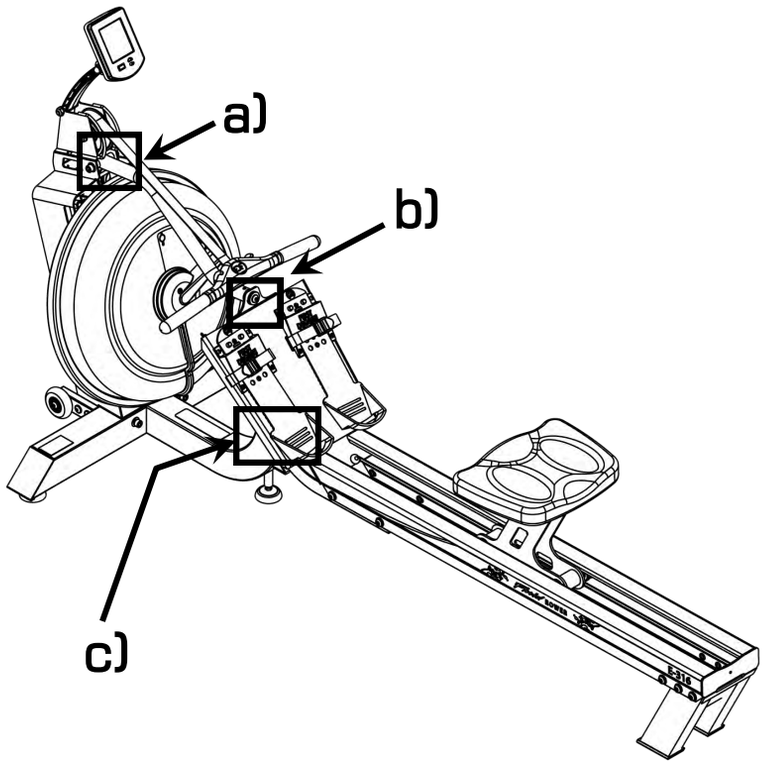
REQUIRED

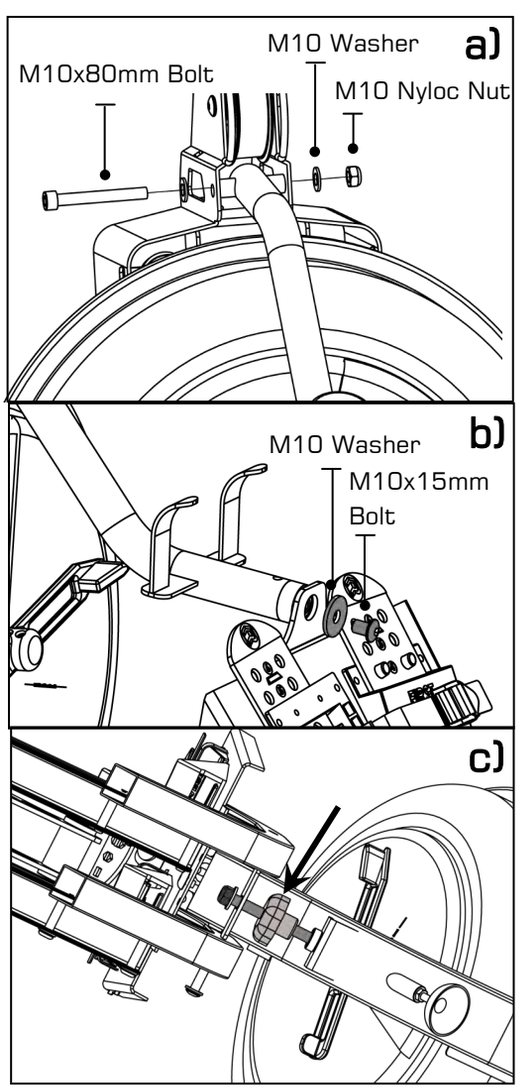
S-Bend [8]

M10x80mm Bolt [13]

2 x M10 Washers [18]

M10 Nyloc Nut [19]





a) 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 Nyloc Nut[17]** and **2x M10 Washers[16].**

b) Tilt Upper Frame slightly forward and secure front of **S-Bend** to Footplate using **M10x15mm Bolt** and **M10 Washer**.

(**Note: M10x15mm Bolt** and **M10 Washer** are pre-installed on the S-Bend for your convenience)

c) 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.

Operation Instructions

Tank Filling and Water Treatment

REQUIRED
Siphon [25]

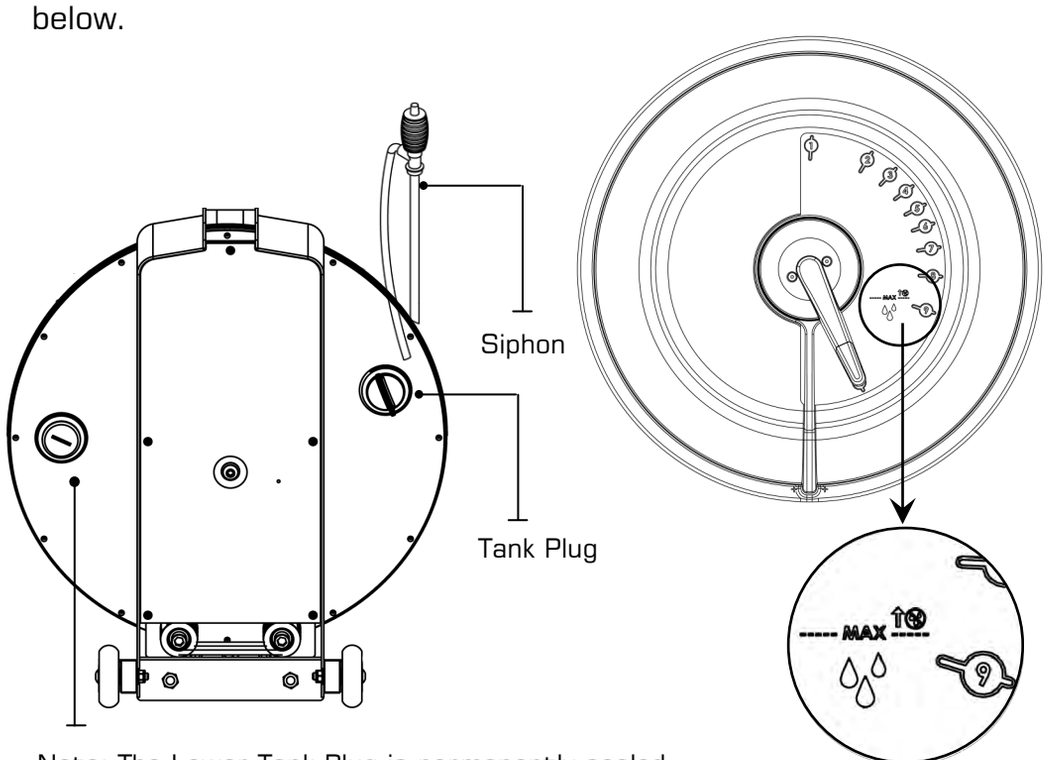
CAUTION
Use a drop cloth under the Tank when filling to avoid damaging to floor or carpet.
Do not fill past the calibration mark as indicated on the Tank level sticker or water spillage may occur.

NOTE
In areas where tap water quality is known to be poor, FDF recommends the use of distilled water.

WARNING
Impeller blades are sharp! Do not place Ringers in Tank to adjust impeller position.

It is recommended to use the end of the hose should the impeller require adjustment

a) Filling requires a large bucket (not supplied) and the supplied water **Siphon[25]**. Filling will take approximately 7.6 liters of water.
b) Open the Tank Plug on the back of the Tank and insert hose (rotating the impeller slightly may be necessary to allow the hose to pass). Note: **In areas where tap water quality is known to be poor, FDF recommends the use of distilled water**.
c) Move the Tank Adjuster Handle to Level 10 and begin filling. Note: Do not fill past the calibration mark indicated on the Tank.
d) Once filling is complete, follow the water treatment procedure below.



Note: The Lower Tank Plug is permanently sealed

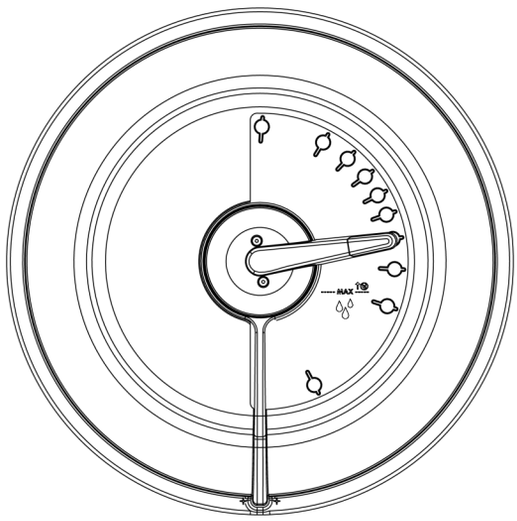
NOTE: For simple, fast and efficient filling and/or drainage of the Tank, we have a battery operated pump (rechargeable via USB) available as an option. We recommend this to any commercial facility, with multiple units, that has a need to drain and refill Tanks from time to time. To purchase, contact your nearest First Degree Fitness distributor or go to our website on www.firstdegreefitness.com for details.

INITIAL WATER TREATMENT

Add One 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 4xWater Treatment Tablets, which is sufficient for several years of use.
To purchase additional Water Treatment Tablets, please consult your nearest regional dealer/distributor or check our website at www.firstdegreefitness.com

Operation Instructions

CHANGING RESISTANCE LEVEL



Changing resistance on your Rower is simple. The level of resistance is determined by the Level Indicator located on the front of the Tank. Level one indicates lightest resistance, level ten represents heaviest resistance. The Tank's variable fluid resistance technology ensures an instant catch and constant resistance throughout the movement.

Your Rower Monitor will automatically adjust to the resistance level selected on the Tank. Allow three to four seconds after adjusting resistance handle for the correct resistance level to be achieved.

LONG-TERM WATER TREATMENT

WARNING: DO NOT USE ANY OTHER WATER TREATMENT TABLET OTHER THAN THOSE SUPPLIED WITH YOUR UNIT.

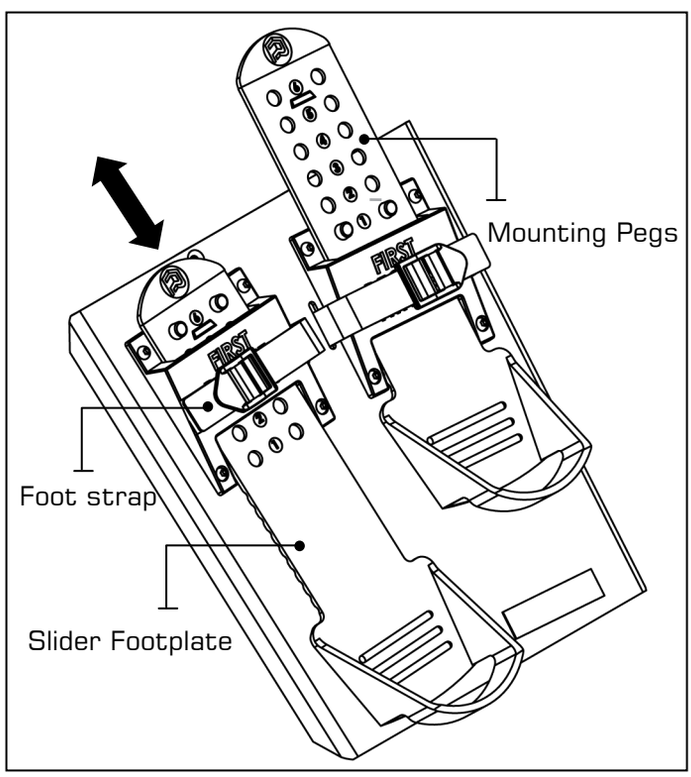
The amount of time between water treatments can vary greatly depending on your unit's location and exposure to sunlight. Typically you can expect to treat your Tank water every 12-24 months. If water becomes discolored or shows signs of algae / bacterial growth simply add one Water Treatment Tablet.

CAUTION: It is strongly recommended that a drop cloth be used under the Tank whenever the Tank Plug is opened for water treatment.

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.

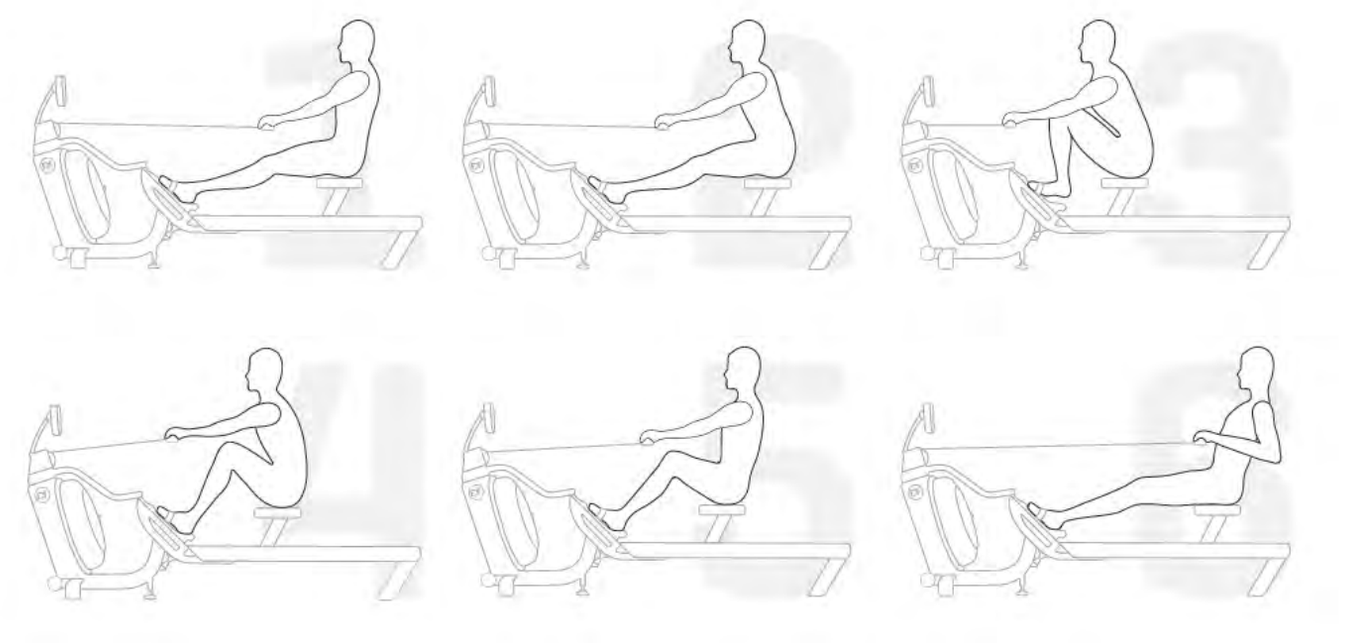


WARNING: Never operate this Rower without feet properly secured in Footstraps, or without the sliding portion of the Slider Footplate locked into position!

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

CAUTION Always consult a doctor before beginning an exercise program. Stop immediately if you feel faint or dizzy.

Bluetooth Auto-Adjust Monitor

Auto Start: Commence exercise to activate.

Reset all values: Press and hold RESET button for 3 seconds.

Auto Power Down: Over 5 minutes. All values revert to zero after restart.

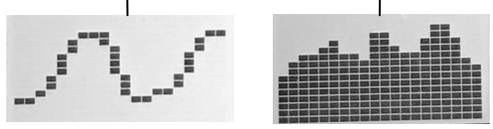


500M TIME: Time to row 500 meters.

WATT: Unit of power updated per rowing stroke.

DISTANCE: Updated every second.

POWER GRAPH: Press RESET to change display from Power Curve to Cumulative Power Graph.



SPM: Strokes per minute updated each stroke.

LEVEL: Auto-level adjust to the Adjuster Knob on the tank .

PULSE: Compatible with Polar H7、H10 Chest Strap and FDF Touch Heart Rate Handle (Optional).

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

TIME: Auto start elapsed time.

WATT: Measures peak power in watts, calculating the strength and acceleration provided to accurately measure a user's power.

TRAINING DATA: Data gathered from each workout is displayed in a power curve and cumulative power graph, enabling real-time comparisons for effective progressive training.

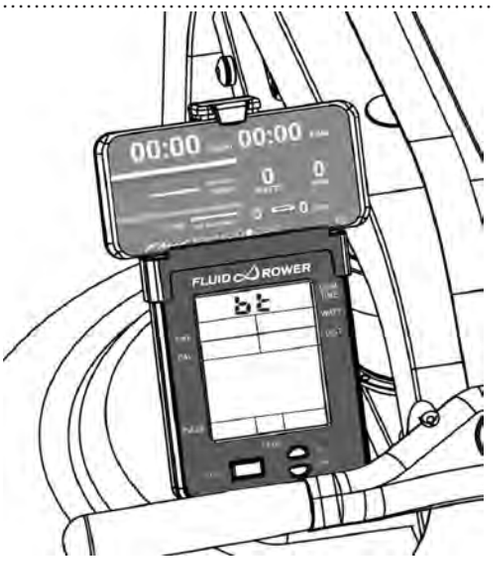
AUTO ADJUST LEVEL: Built in potentiometer automatically adjusts the monitor's resistance level according to the position of the Adjuster Knob on the tank .

BLUETOOTH CONNECTIVITY: Each Rower is fitted with the most advanced Monitor technology, enabling Bluetooth connectivity with any compatible smart device. Designed to integrate with rowing and fitness apps, the Monitor will assist with effective training progression, capturing and comparing data for the competitive individual. Including FDF Rowing APP available via FDF Website. It is compatible with 3rd party APP and Software Update via Bluetooth.

NOTE: Heart Rate Chest Strap and Touch Heart Rate Handle is sold separately.

⚠	Heart rate monitoring systems may be inaccurate, Over exercising may result in serious injury or death. If you feel faint stop exercising immediately and seek professional medical advice.

Monitor and APP Connectivity



Download the FluidRower App for IOS and Android.

Download Link below:

IOS:

https://itunes.apple.com/tw/app/fluidrower/id1449683562?mt=8

Android:

Hold UP and DOWN buttons together for 5 seconds to initiate Bluetooth function.

Open APP and connect.

Demo Video:

https://drive.google.com/file/d/1uE1U5kXwawropkinD_hVAAWAOesDhnwH/view?

Bluetooth Heart Rate Pairing

NOTE: Heart Rate Chest Strap and Touch Heart Rate Handle is sold separately.

STEP 1



Press and hold 「UP」and「DOWN」for 3 seconds.

STEP 2



Press “DOWN” to enter Bluetooth Heart Rate pairing mode .

STEP 3



The Monitor will now display a 4-digit pairing code and 1 minute countdown time.

Note:

Please turn on you heart rate device and

STEP 4



The Monitor will automatically pair with the nearest Bluetooth heart rate device.

When pairing is complete, the Monitor will jump back to the initial screen and begin to display the heart

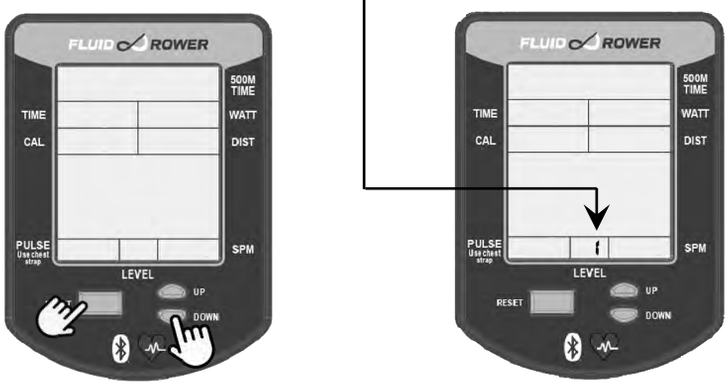
Heart Rate

Calibration Procedure

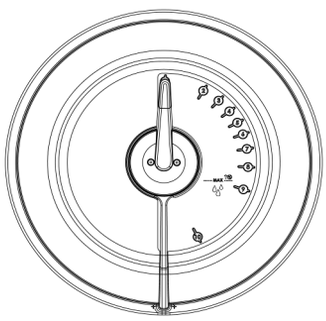
STEP 1

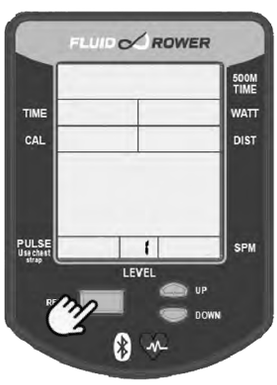
Press and hold 「RESET」and「DOWN」for 5 seconds.

Display will show " Level 1 "



STEP 2



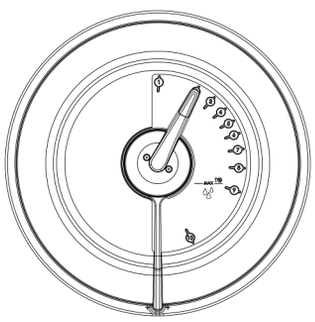


Turn handle to Level 1.

Press Reset.

Display will now show Level 2.

STEP 3





Turn handle to Level 2.

Press Reset.

Display will now show Level 3.

STEP 4

Repeat for 3,4,5,6,7,8,9,10. Level 10
Press Reset.

Repeat the steps back to level 1.

Calibration is complete.

Maintenance

All preventive maintenance activities must be performed on a regular basis. Performing routine preventive maintenance actions can aid in providing safe, trouble-free operation of all First Degree Fitness equipment.

First Degree Fitness is not responsible for performing regular inspection and maintenance actions for your machines. Instruct all personnel in equipment inspection and maintenance actions and also in accident reporting and recording.

First Degree Fitness representatives are available to answer any questions that you may have.

Item	Time Frame	Instructions	Notes
Seat and 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 www.firstdegreefitness.com for further details.	
Frame Tension Cable	Check regularly for proper tension.	Tighten until taut. See Basic Operation page for details	

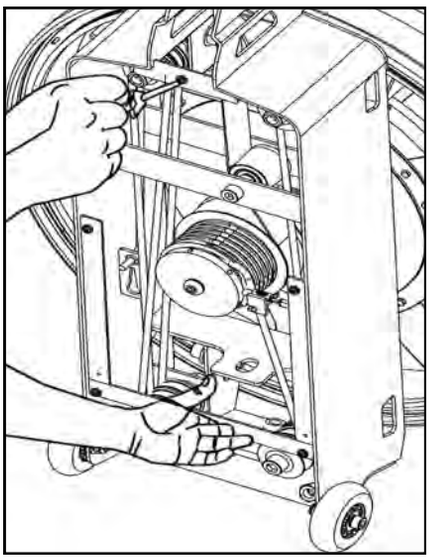
Troubleshooting

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. **Note: It is normal for the lower rear leveler to rest slightly off the floor.**
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.
Monitor screen illuminates, but does not register when rowing.	Loose or failed connection/Sensor gap too wide (see erratic monitor display).	Check that the Monitor lead is connected properly. If connected properly check sensor gap. Contact your local service center if this fails to address the problem.
Monitor 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 monitor. If this fails, contact your local service center.
Monitor 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.
Monitor LEVEL is not synchronized with the Tank LEVEL.	Monitor LEVEL needs to be recalibrated.	Please refer to "Calibration Procedure" page 19 of this manual.

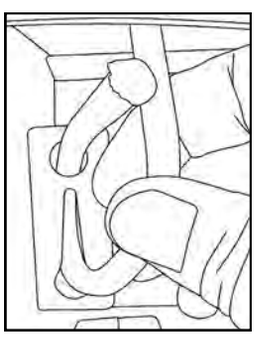
Replacing the Rower Bungee Shock Cord

1. Remove the Perspex Cover from rear of upper frame.

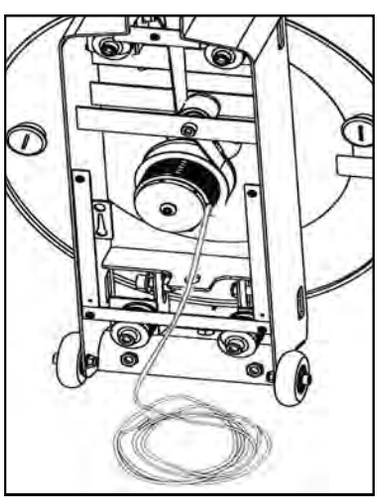
⚠ **Disconnect sensor lead before removing cover completely.**



2. Move the Rowing Handle from the S-Bend 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.



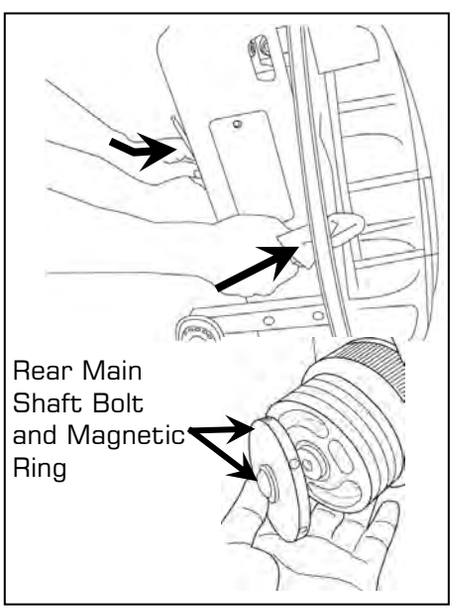
3. Unwrap the Bungee Cord from all of the Bungee Pulleys.



4. Next, remove the Magnetic Ring. To loosen the Rear Main Shaft Bolt holding the Magnetic Ring in place, it is necessary to keep the Main Shaft 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 Main Shaft 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 Ringers clear.

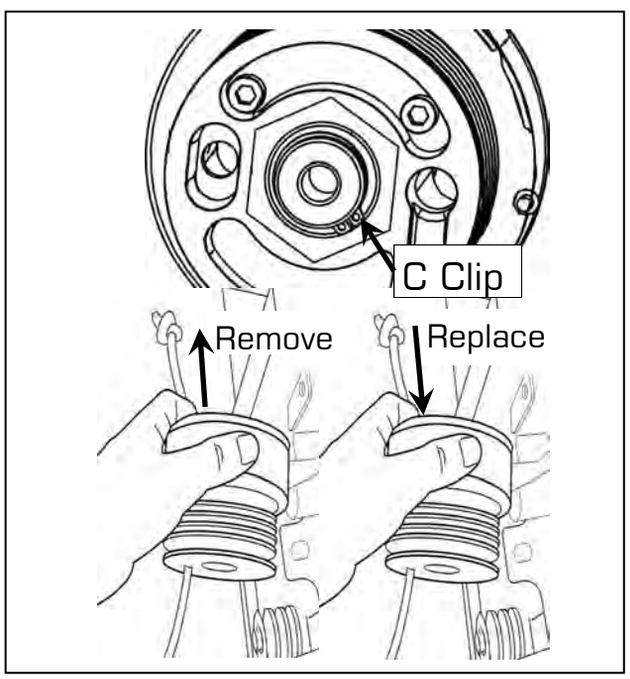
⚠ **WARNING : Do not insert Ringers into Tank!**



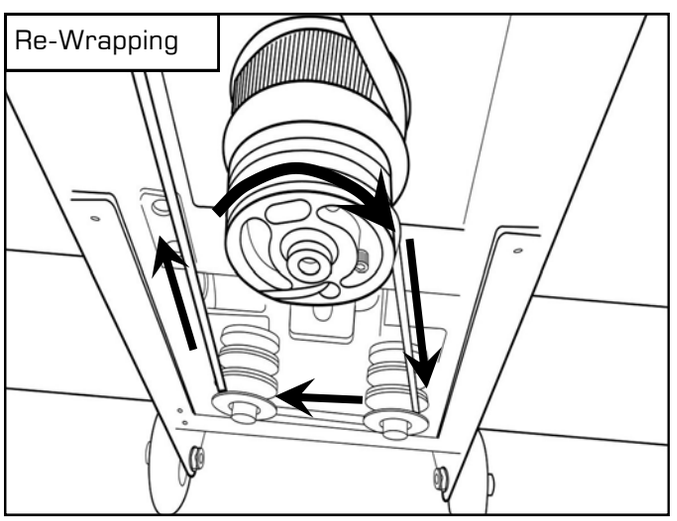
Replacing the Rower Bungee Shock Cord

5. 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.**

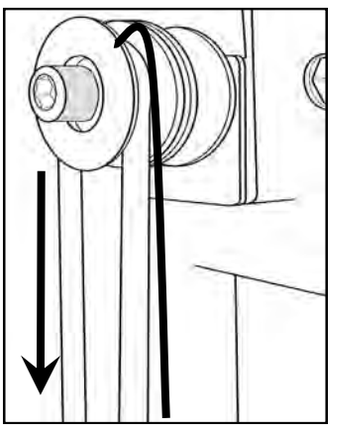


6. Move the Rowing Handle from the S-Bend to a point where it is resting on top of the Tank. This helps line up the Bungee Cord hole for easier removal/replacement. Detach Bungee Cord from lower rear attachment point.

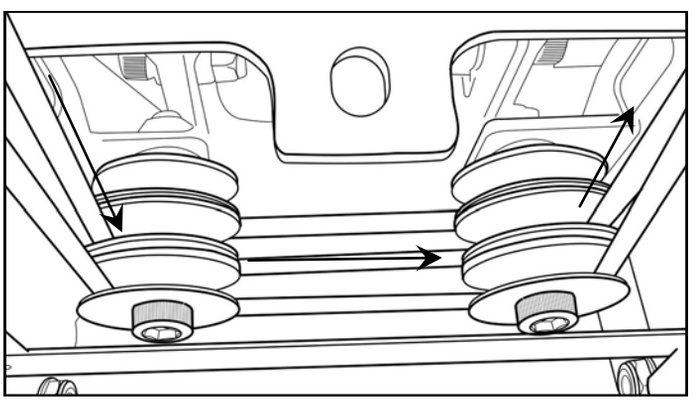


7. Lower left front to upper left front Pulley.

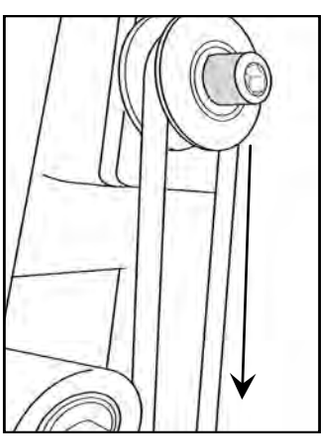
Hint: Keep a slight tension on the Bungee Cord when threading through the **Bungee Pulleys.**



8. Upper left front to lower middle left and right Pulleys.

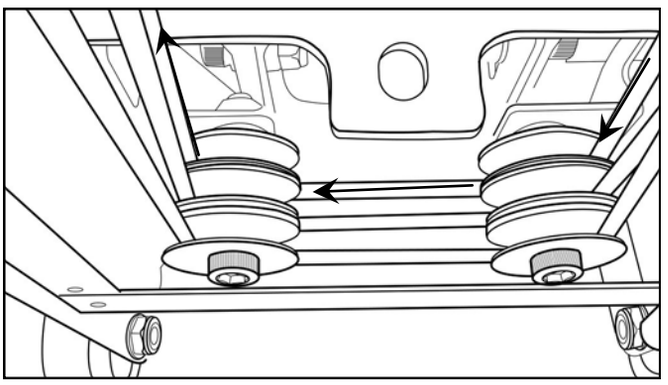


9. Middle right Pulley to upper right Pulley.

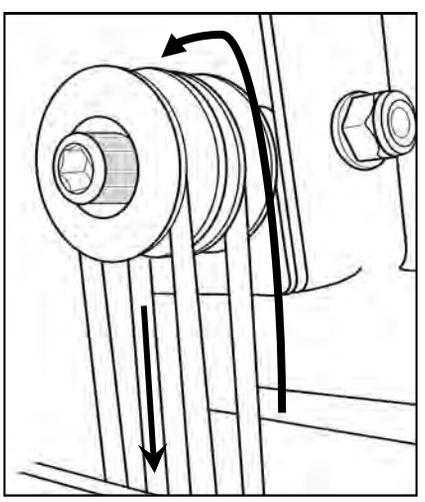


Replacing the Rower Bungee Shock Cord

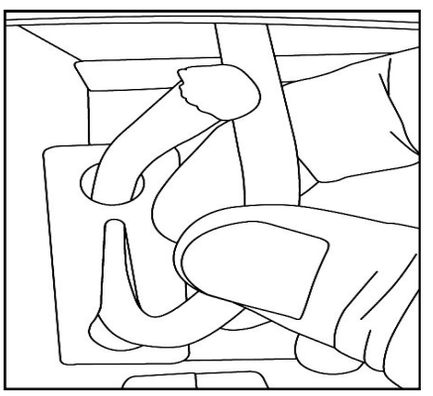
10. Upper rear right to lower rear right and left rear Pulleys.



11. Lower left rear to upper left rear Pulley.

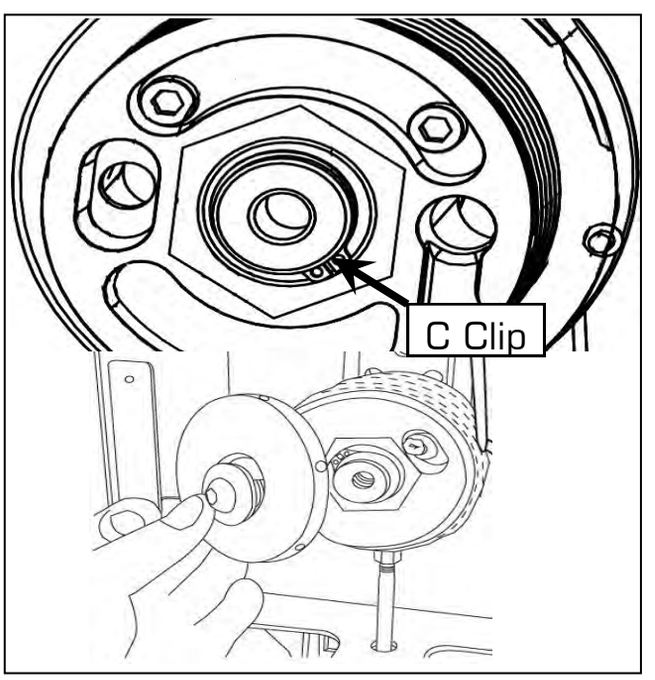


12. Upper left rear Pulley to tie off point. Finish the Bungee rewrap by tying off the Bungee. You may elect to not use a tie wrap as the metal tab is designed as a stand alone attachment point. Thread the Bungee through to desired tension and thread the Bungee end through the upper hole as shown.



13. Reattach the C-Clip, Magnetic Ring and Rear Main Shaft Bolt. Tighten securely.

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



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 **E350 Fluid Rower (model E350)**, 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 – 5 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 5 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 2 year of the original purchase.

Specific Inclusions

Bungee Recoil Cord, Belt and Pulley
Hand Grips & Footstraps
Seat
All Pulleys, Rollers & Bearings
All rubber components
Monitor & 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

FIRST DEGREE FITNESS
Fluid INNOVATION

FITNESS PRODUCTS INSPIRED BY REAL LIFE

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

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