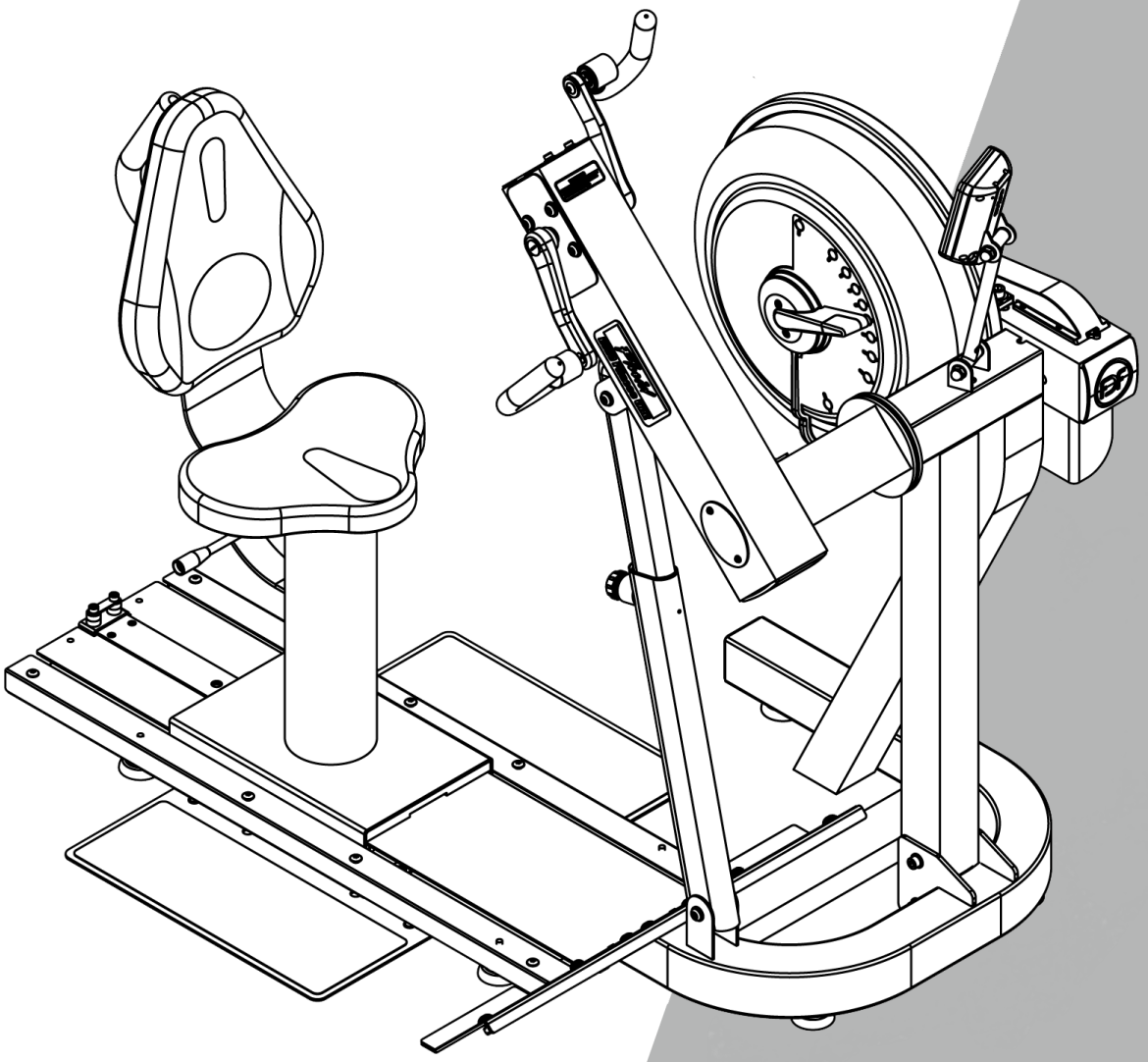
FIRST DEGREE FITNESS
Fluid INNOVATION

USER GUIDE

E820A



REGISTER YOUR PRODUCT AT WWW.FIRSTDEGREEFITNESS.COM/SUPPORT

Introduction

Training with the E820A

Congratulations on your purchase of E820A.

FIRST DEGREE FITNESS is proud to present the Rower as a FULL COMMERCIAL USE product featuring patented Adjustable Fluid Resistance.

As with any piece of fitness equipment, consult a physician before beginning your E820A exercise program.

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.

WARNING

Do not remove hands while crank is in motion. The crank will continue to rotate and could cause injury.

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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.
- Do not allow children unattended access to the machine.
- 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 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.
- 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 regularly and follow all instructions for maintenance as specified in this manual.
- Replace immediately any defective parts and do not operate unit until all repairs are complete.

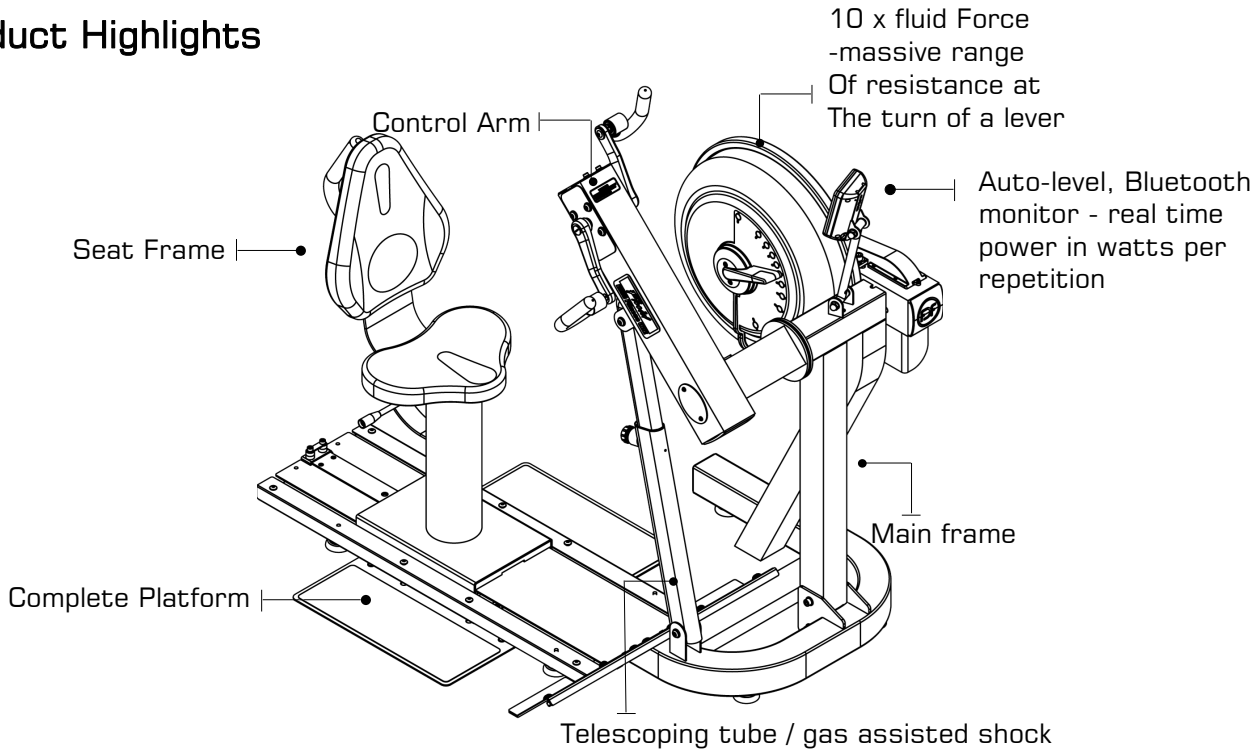
Operating Warnings

- Keep children away from the equipment. Parents or others supervising children must provide close supervision of children if the equipment is used in the presence of children.
- Do not allow users to wear loose fitting clothing or jewelry while using equipment. It is also recommended to have users secure long hair back and up to avoid contact with moving parts.
- All bystanders must stay clear of all users, moving parts and attached accessories and components while machine is in operation.
- ⚠ **WARNING** Do not insert fingers into Tank!

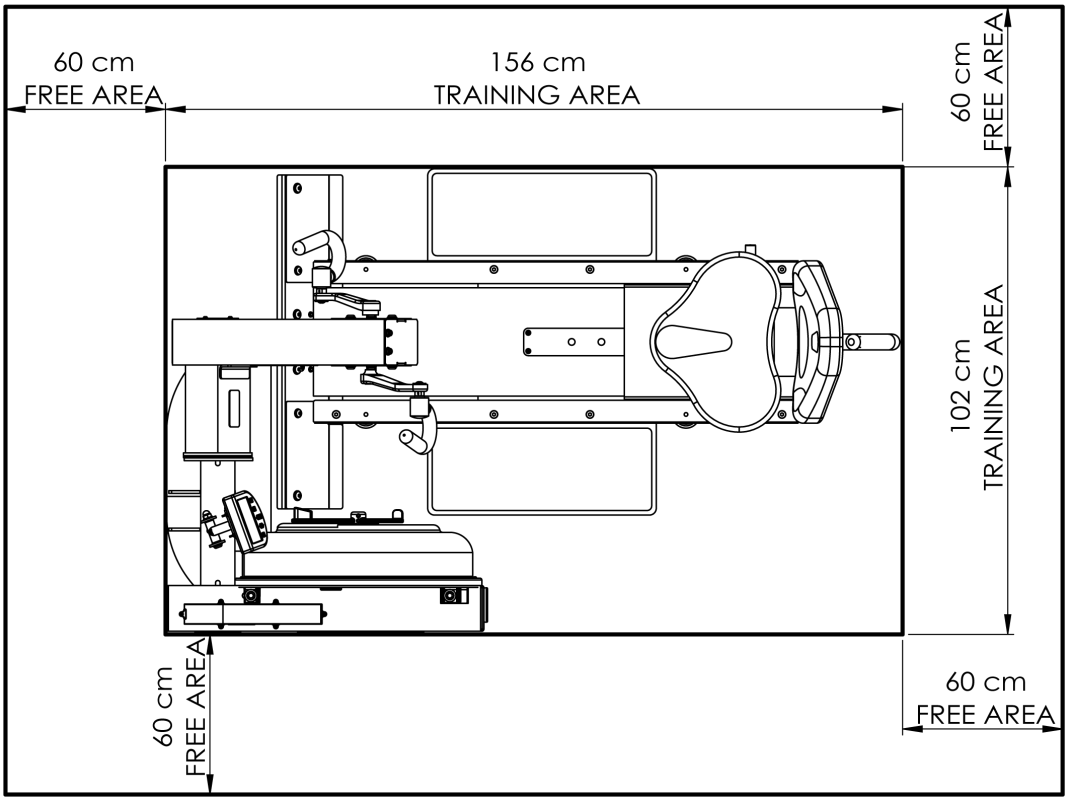
Product Specifications

Product Class: SC
Braking System: Speed Independent
Product Net Weight: 84.6kg (186.12lb)
Product Gross Weight: 107kg (235.4lb)
Maximum Safe Operating Surface Area: 276cm (108.66") Length x 222cm (87.40") Width
Dimensions: 1560mm (61.42") Length x 1020mm (40.16") Width x 1400mm (55.12") Height
Maximum User Weight: 150kg (330lb)
Footprint:2160mm x 1620mm or upright 1400mm x 1020mm

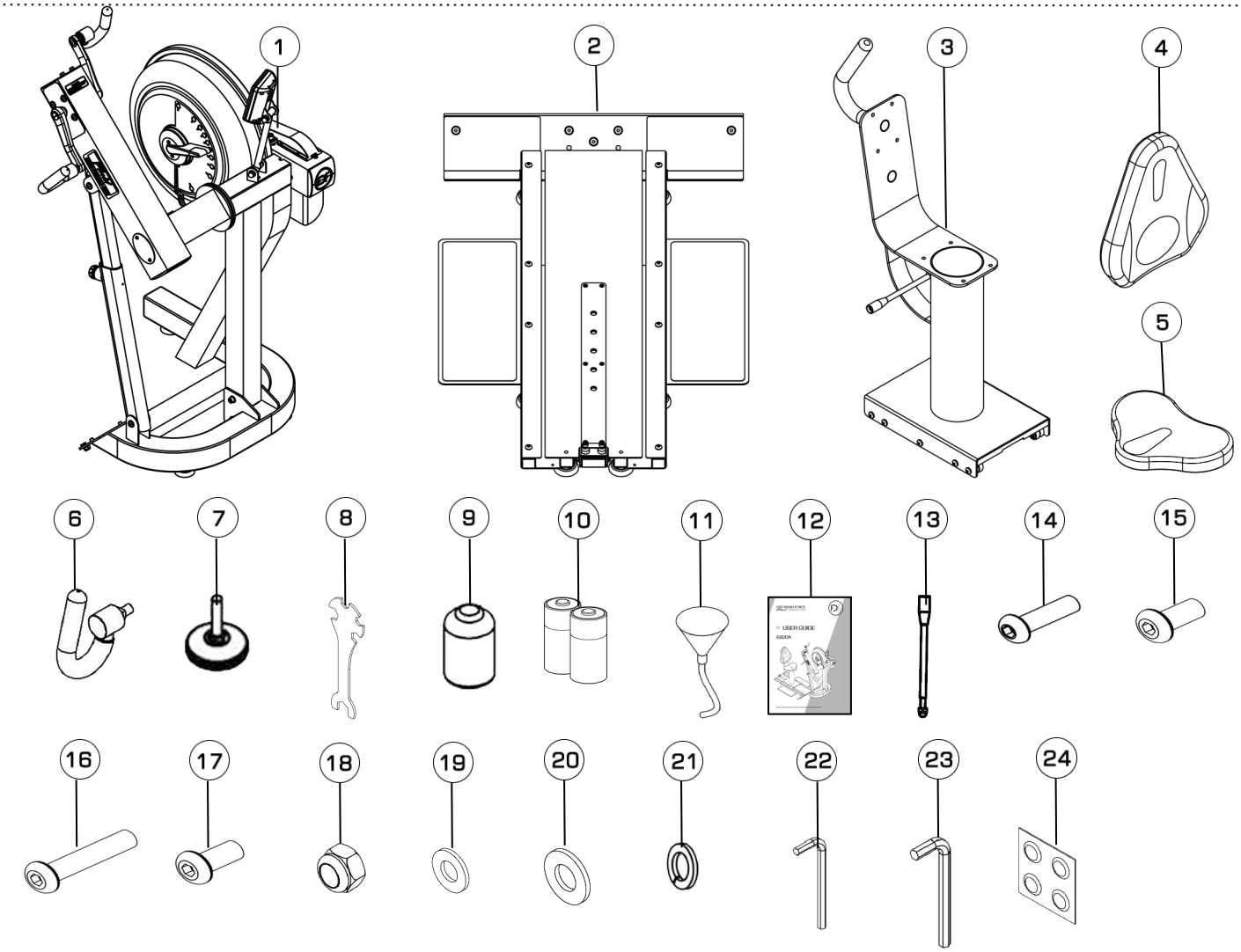
Product Highlights



Live area and Training area



E820A Box 1 & 2 Contents



Item	Qty.	Description	Item	Qty.	Description
1	1	Main Frame with Telescoping Tube and Internal Gas Assist Shock	7	9	Foot Levelers
2	1	Baseplate	8	1	Multi-tool
3	1	Seat Frame	9	1	Touch up paint
4	1	Seat Back	10	2	D Cell Duracell Battery
5	1	Lower Seat	11	1	Funnel and Hose
6	1	Right pedal	12	1	Owners Manual
Hardware KIT					
13	1	Handle Bar & Dome Nut	19	8	M6 Washer
14	8	M6x20mm Bolt	20	3	M10 Washer
15	4	M8x15mm Bolt	21	4	M8 Springs Washer
16	8	M8x45mm Bolt	22	1	4mm Allen Key
17	3	M10x20mm Bolt	23	1	6mm Allen Key
18	2	M10 Nyloc Nut	24	4	Water Treatment Tablets

STEP 1 Main Frame Assembly Instructions

REQUIRED

4 x M8 x 15mm Blots [15]

4 x M8 Spring Washers [21]

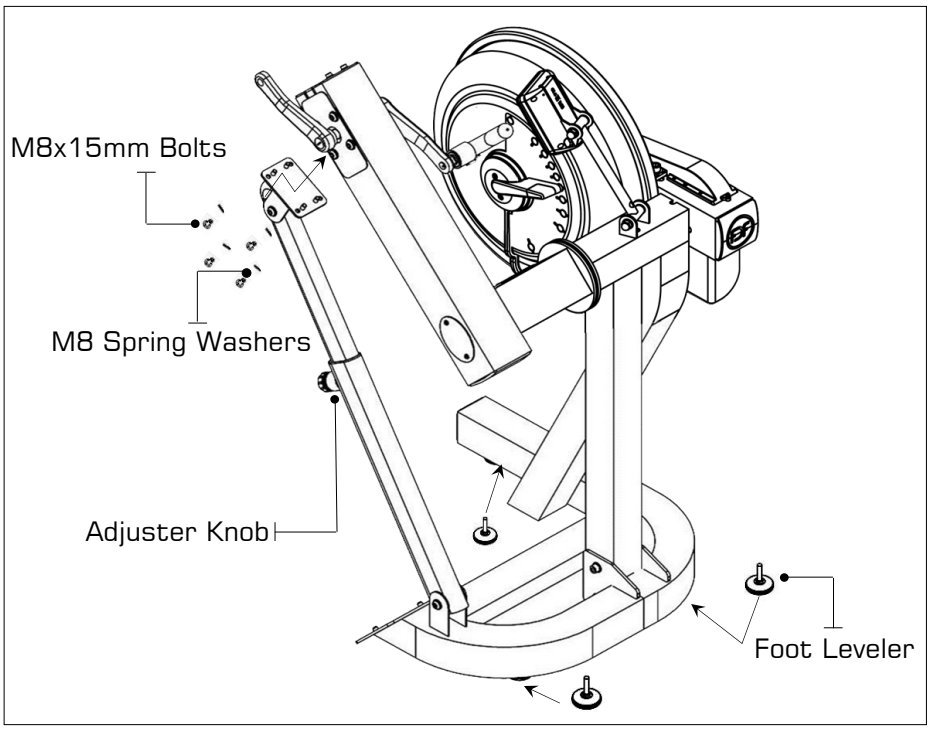
3 x Foot Levelers[7]

a) Attach Telescoping Tube to the underside of the control arm using **4xM8x15mm Bolts[15]** and **4x M8 Spring Washers[21]**.

b) Thread the **3xFoot levelers[7]** into underside of base. Adjust as required.

⚠ CAUTION

The control arm is heavy and may swing freely during this stage of assembly. The Adjuster Knob is pre-tightened from the factory in the optimal position for assembly in relation to the control arm. Do not loosen the Adjuster knob until the Telescoping Tube has been safely secured to the underside



STEP 2 Crank Arm Assembly Instructions

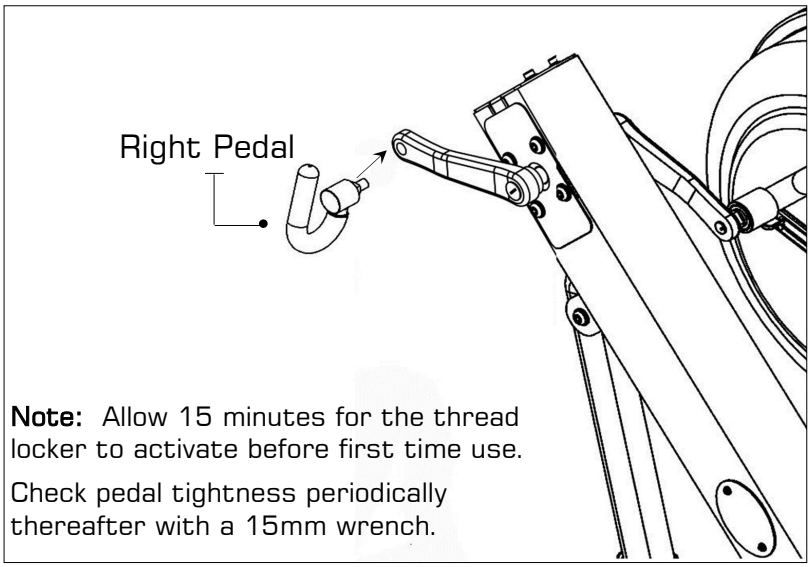
REQUIRED

Right Pedal [6]

a) Secure **Right Pedal [6]** onto Crank arm. The pedal threads have a blue coating which will feel very tight when threaded onto the crank arm. This is a type of thread locker, and once in contact with the crank arm threads will activate in approximately 15minutes.

⚠ CAUTION

Extreme over-tightening could damage the aluminum threads on the crank arm.



Note: Allow 15 minutes for the thread locker to activate before first time use.

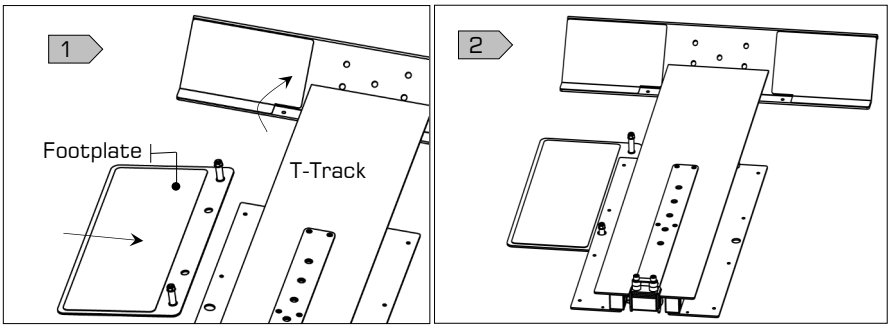
Check pedal tightness periodically thereafter with a 15mm wrench.

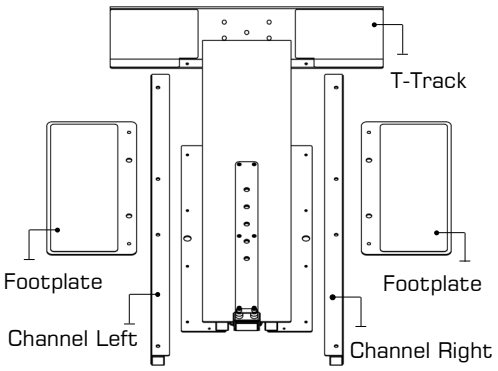
STEP 3 Installing the Baseplate

REQUIRED

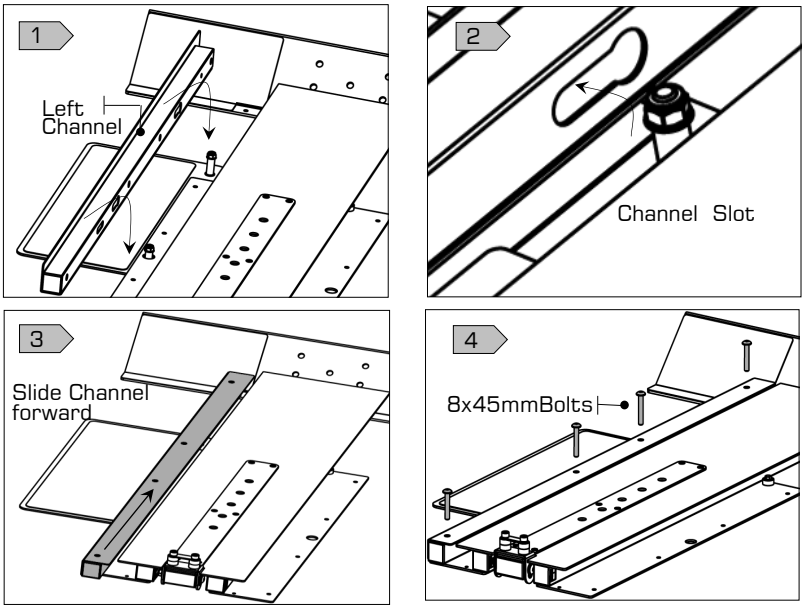
- T-Track
- Channel Right
- Channel Left
- 2 x Footplate
- 8 x M8x45mm Blots [16]
- Foot Leveler [7]

a) Tilt the T-Channel slightly to allow the footplate (with pre-installed Bolts) to slide underneath as shown.

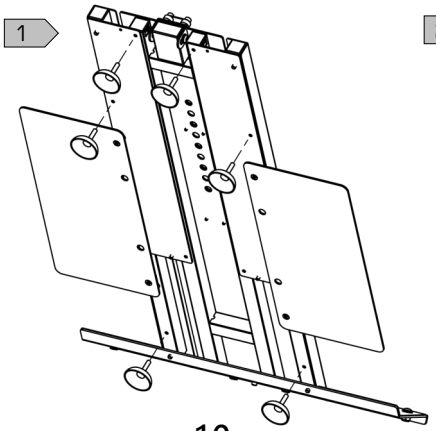




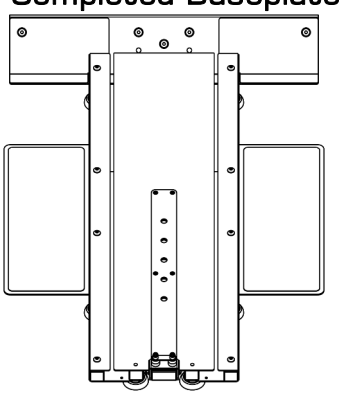
b) Mount the Left Channel over the top of the footplate dome Bolts and then slide forward. Once Channel is properly positioned, attach to T-Track using **4x M8x45 mm Bolts[16]. Repeat this procedure to install Right Footplate and Channel.**



c) Stand Baseplate upright to install **6x Foot Leveler[7]** as shown. Once foot levelers are installed, the completed Baseplate can be installed onto the Main Frame of the E820.



2 **Completed Baseplate**



STEP 4 Installing Baseplate to the Main Frame

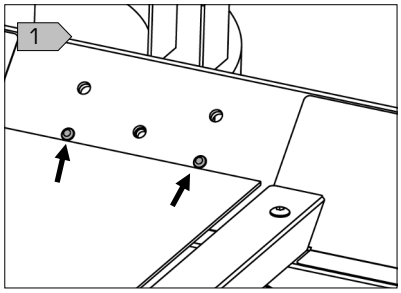
REQUIRED

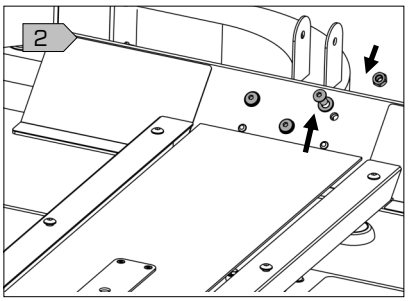
3 x M10x20mm [17]

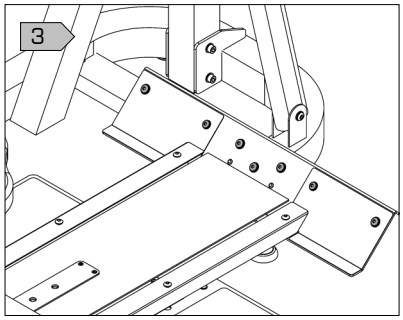
2 x M10 Nylock Nut [18]

3 x M10 Washer [20]

a) Mount the baseplate onto the Main Frame using mounting pins as a locator
Then, secure with **3x M10x20mm Bolt[17]**, **2x M10 Nylock Nut[18]** and **3x M10 Washer[20].**
Note : Center M10 Bolt does not require Nut.







STEP 5 Seat Assembly and Installing Seat to the Main Frame

REQUIRED

Seat Frame [3]

Seat Back [4]

Lower Seat [5]

4 x M6x20mm Bolts [14]

4 x M6 Washer [19]

Handle Bar [13]

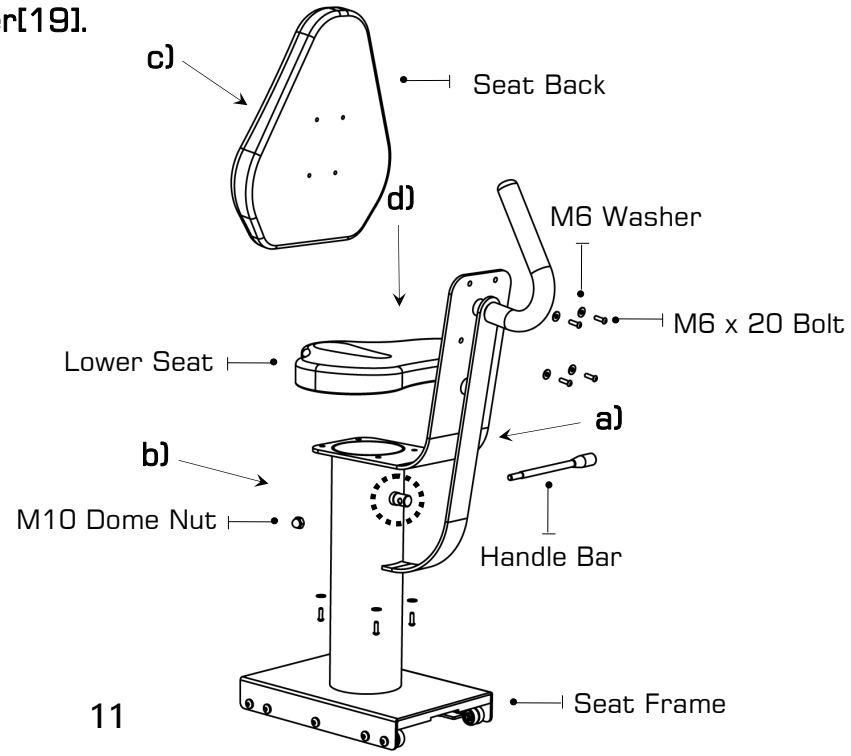
Dome Nut [13]

a) Thread the **Handle Bar [13]** through the Shaft

b) Tighten the **Handle Bar [13]** with the **Dome Nut[13]**

c) Install **Seat Back[4]** with **4x M6x20 Bolts[14]** and **M6 Washer[19].**

d) Install **Lower Seat[5]** with **4x M6x20 Bolts[14]** and **M6 Washer[19].**



STEP 6 Installing Seat to the Main Frame

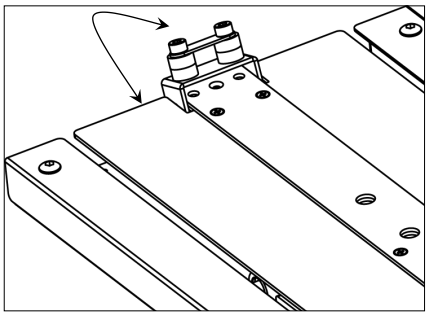
⚠ CAUTION

The Seat Stop Must be in the locked position whenever the seat is in use..

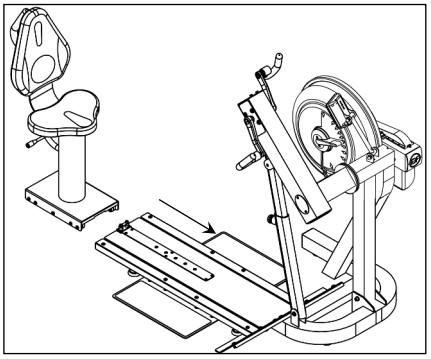
⚠ WARNING

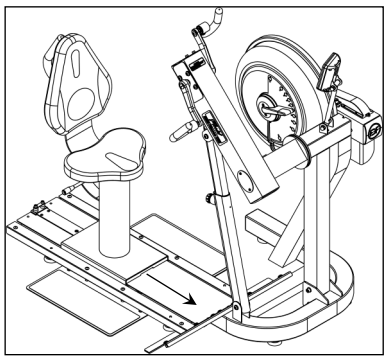
Do not under any circumstances attempt to remove / install seat while occupied.

a) **Seat Stop:** Must be lowered to allow seat onto Baseplate track. Must ALWAYS be in the LOCKED position when seat is occupied on Baseplate. Must be lowered to allow seat removal. To LOCK, raise and locate. To UNLOCK, lift and drop rearward.

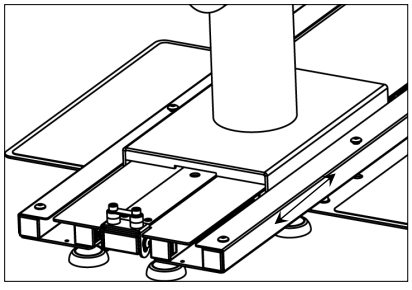


b) Seat Installation: Tilt the seat slightly upward to allow the front rollers to engage the channel. Then, lift the rear level and, while engaging the Seat Lock Release Lever, slide the seat onto the Baseplate as shown. **Usage:** The seat has four positions. To move forward or rearward, depress the Seat Lock Release Lever and move freely to whichever position you require.





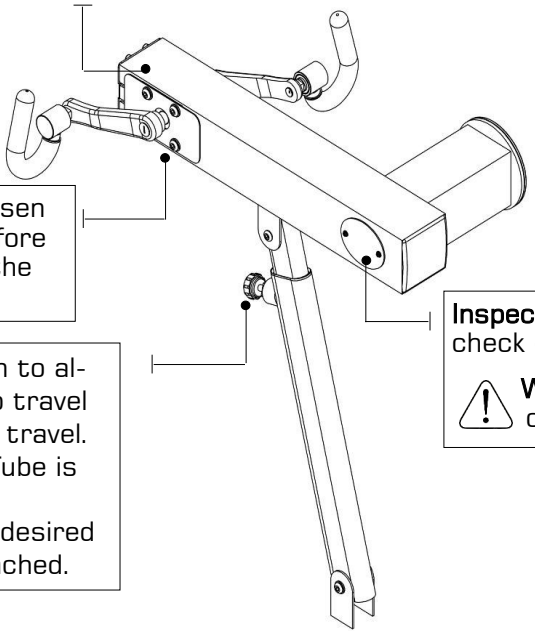
c) To remove the seat: Lift and lower the Rear Safety lock, depress the Seat Lock Release Lever and slide the seat rearward.



E820 Control Arm

Chain Tensioning Bolts: Allows for tightening the Chain or adjustment from side to side. Make sure when tightening only to adjust the same amount for both Bolts, otherwise the sprocket will be misaligned.

Note: Tightening the right Bolt only will pull the right side of the crank assembly toward you, tightening the left will pull the left side toward you. Use this feature to realign the rear with the front sprocket if needed or when changing to a new chain.



Crank arm Bolts: Loosen all 8 Bolts slightly before adjusting/tightening the Chain.

Adjuster Knob: Loosen to allow the Control Arm to travel through 90 degrees of travel. Note the Telescoping Tube is gas assisted.
Tighten securely when desired workout position is reached.

Inspection plate: Open to check chain tension.

Warning: Do not check chain tension by hand!

Operation Instructions

Tank Filling and Water Treatment

REQUIRED

Funnel and Hose[11]

⚠ 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.

⚠ CAUTION

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 fingers in Tank to adjust impeller position.

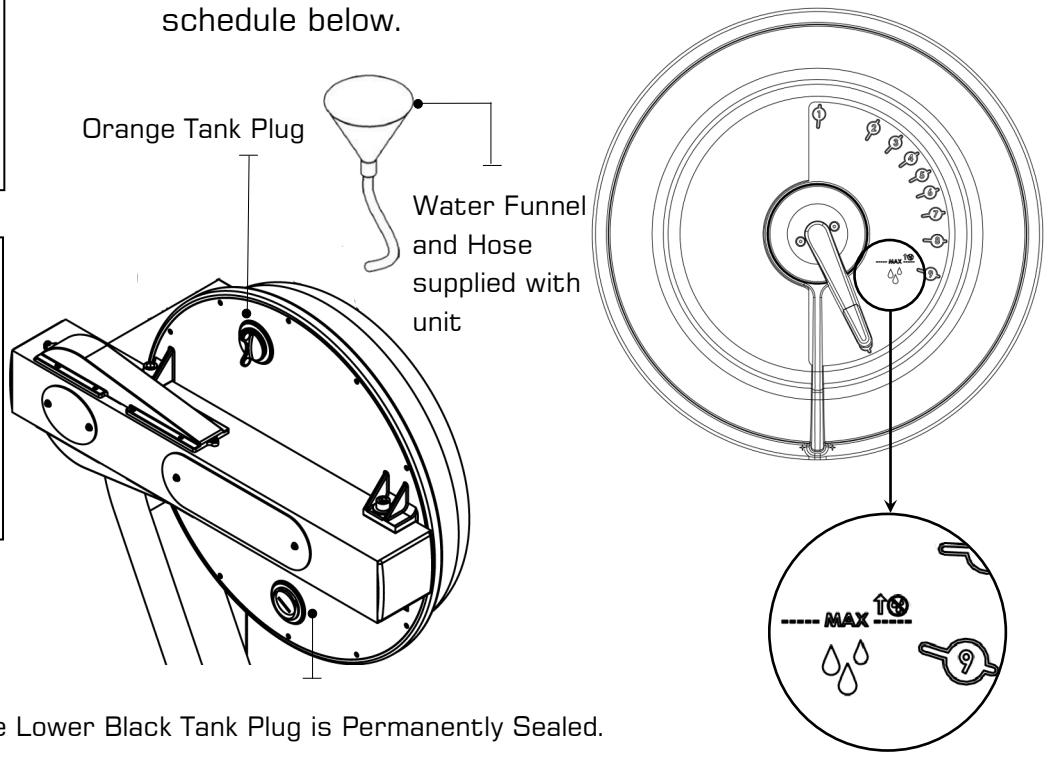
It is recommended to use the end of the hose should the impeller require adjustment

a) Filling requires a large bucket (not supplied) and the supplied water **Funnel and Hose[11]**. Filling will take approximately 8 liters of water.

b) Open the yellow fill plug on the back of Tank and insert hose (rotating the impeller slightly may be necessary to allow the hose to pass). **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. Do not fill the Tank higher than the level indicator on the front of the clear shell.

d) Once filling is complete follow the water treatment schedule below.



Note: The Lower Black Tank Plug is Permanently Sealed.

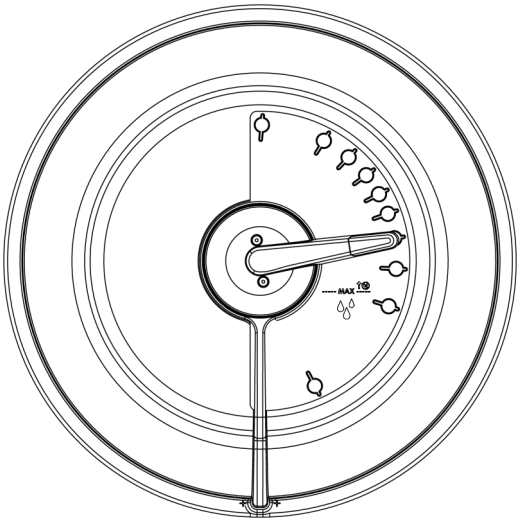
NOTE: For simple, fast and efficient filling and/or drainage of the Fluid Tank, we have a battery operated pump (rechargeable via USB) available as an option. We recommend this to any commercial facility, with multiple units, that has a need to drain and refill Tanks from time to time. To purchase, contact 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

CHANGING RESISTANCE LEVEL



Changing resistance on your Unit 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 Unit computer 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.

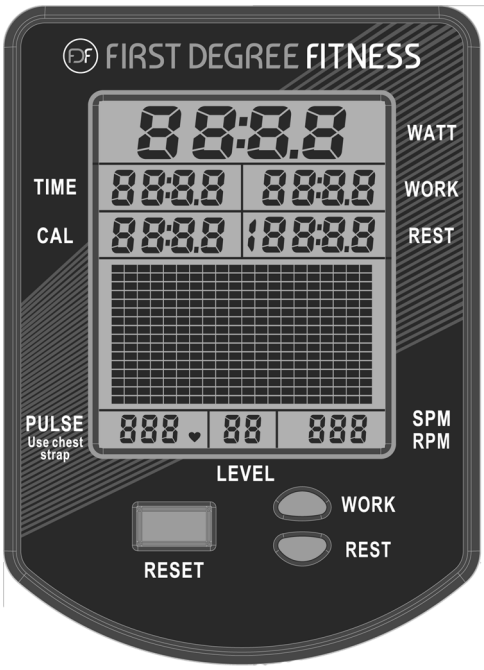
The amount of time between water treatments can vary greatly depending on your unit's location and exposure to sunlight. Typically you can expect to treat your Tank water every 12-24 months. If water becomes discolored or shows signs of algae / bacterial growth simply add one Water Treatment Tablet.

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.



WATT: Power measured in watts

WORK: Duration of exercise segment

REST: Duration of rest period

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

LEVEL: Auto-level adjust to Fluid Force lever

PULSE: Compatible with Polar Heart Rate Receiver and Transmitter Chest Strap.

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 computer's resistance level according to the position of the Fluid Force Lever on the Tank .

BLUETOOTH CONNECTIVITY: Each Unit is fitted with the most advanced console technology, enabling Bluetooth connectivity with any compatible smart device. Designed to integrate with rowing and fitness apps, the console will assist with effective training progression, capturing and comparing data for the competitive individual. (Including FDF Power Zone APP available via FDF Website)

NOTE: Heart Rate Transmitter Chest Strap is sold separately.

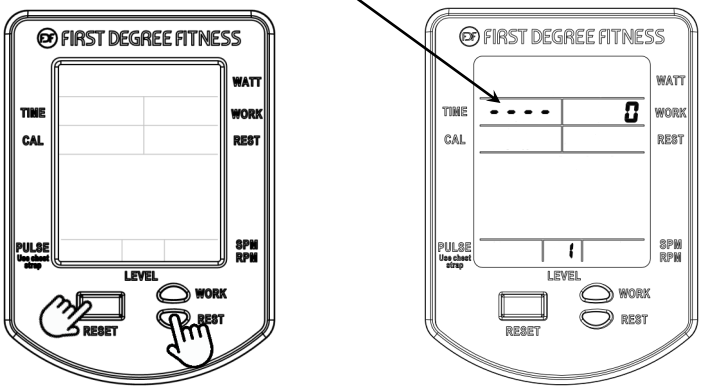
WARNING:	Heart rate monitoring systems may be inaccurate, Over exercising may result in serious injury or death. If you feel faint stop exercising immediately and seek professional medical advice.

Calibration Procedure

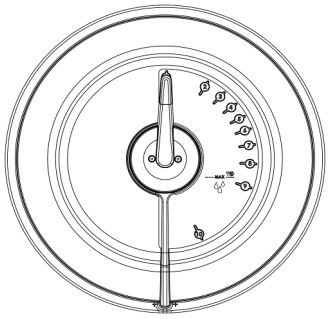
STEP 1

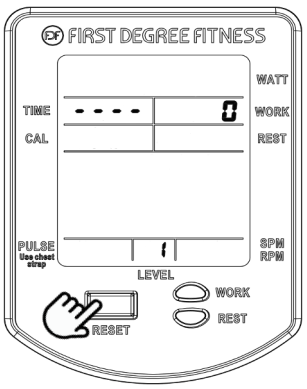
Press and hold 「RESET」and「REST」for 5 seconds.

Display will show " - - - - "



STEP 2





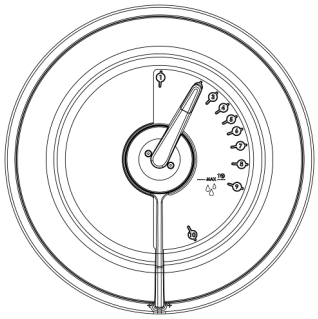
Turn handle to Level 1.

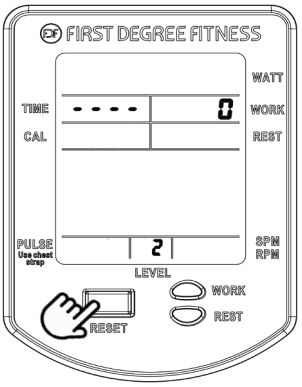
Press Reset.

Display will now show Level 2.

Level 1 Calibration is complete.

STEP 3





Turn handle to Level 2.

Press Reset.

Display will now show Level 3.

Level 2 Calibration is complete.

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 & Troubleshooting

For further information, manuals and warranty requests visit
www.firstdegreefitness.com/support

Problem	Solution
Water changer color or becomes cloudy.	Change Unit 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.
I want to drain the fluid Tank on my E820A.	It is recommended to take your unit outdoors, open the Orange fill plug, and lay unit on its back to facilitate draining process. For simple, fast and efficient filling and/or drainage of the Fluid 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.
The computer display is erratic and illuminates, but does not register with movement.	It is possible that there is a loose connection. Check that the computer lead is connected properly to the unit. If connected properly check Sensor gap. Contact your local dealer if this fails to address the problem.
The computer does not illuminate after battery installation.	Replace/reinstall batteries in correct position and try again. If the LCD screen fails to illuminate, try rotating the batteries slightly in the computer. If this fails, contact your local service center.
The Bluetooth Auto-Adjust Monitor LEVEL is not synchronized with the Tank LEVEL.	Bluetooth Auto-Adjust Monitor LEVEL needs to be recalibrated. Please refer to "Calibration Procedure" page 17 of this manual.
Knocking noise from inside the control arm while training, especially when changing directions Chain requires tightening or adjustment.	Open inspection plate located on front of control arm and check tension using a screwdriver or other tool. Use the chain tensioning Bolts located at the rear of the control arm to tighten or adjust as needed. The chain should have approx. 3mm of slack when properly adjusted. See P.13 for details.
Pedal is loose (either left or right) and cannot be retightened. Aluminum crank arm threads are stripped.	Contact service center for replacement. Then check weekly as recommended.
Pedals slip during hard training. PK Tank belt requires tightening.	Remove large inspection plate next to the Tank, insert a long tool to push the rear end cap out from the inside, exposing the Tank belt tensioning Bolt. Loosen Tank Bolts slightly. Remove upper rubber belt cover to expose the PK belt. Tighten the Tank tensioning Bolt until the belt is too tight to be twisted from side to side more than 45 degrees by hand.

Maintenance & Troubleshooting

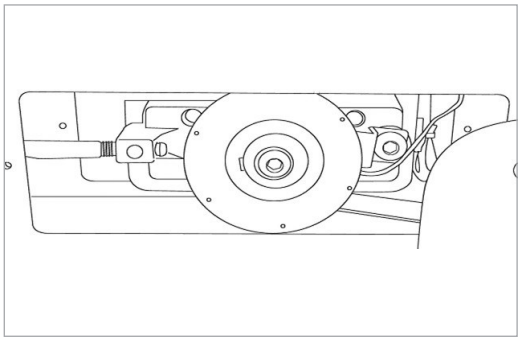
Item	Time Frame	Instructions
Seat and Frame.	Weekly.	Wipe down weekly with lint free cloth or more often with heavy club use.
PK Belt Tension.	Monthly.	Check monthly for signs of slippage. Adjust/tighten as required.
Tank and Water Treatment.	12 months to 2 years.	Follow instructions as specified in the "Water Treatment" section of this manual.
Chain Drive.	Check every 100 hours for correct tension.	Open the inspection plate and check tension using a screwdriver or other tool. Tighten as required using chain tensioning Bolts located at the end of the control arm.
Handle Assembly.	Check weekly using Multi-Tool (supplied) to ensure Handle Assembly is securely tightened into Crank Arm.	The handle should be checked on a regular basis. Continued use of a loose Handgrip can cause damage to the Crank Arm threads, necessitating replacement.

To ensure maximum lifespan and optimal performance follow these steps:

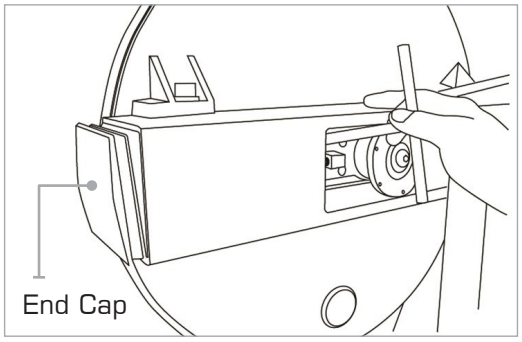
1. Keep your E820A in a dry, clean climate controlled environment at room temperature.
2. Only treat water with FDF genuine Water Treatment Tablets. Refer to 'water treatment' section on page 14.
3. Periodically clean your machine with disinfectant, applied using a lint free cloth.
4. Wipe dust off the machine.
5. For information on how to service your machine visit **firstdegreefitness.com/support**

Tank Belt Adjustment

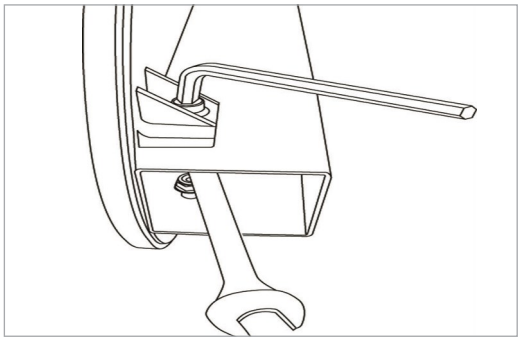
1. Remove large metal inspection plate.



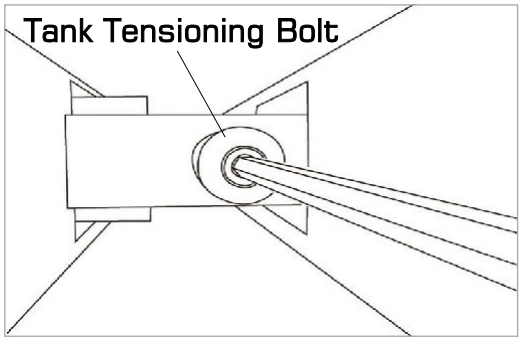
2. Using a long tool, push out the rear end cap as pictured below left. This will give you access to the Tank tensioning Bolt (shown lower right).



3. Loosen both the rear and front Tank Bolts slightly as shown. Remove front Rubber Belt Cover.



4. Using a 6mm Allen Key, tighten the Belt using the Tank Tensioning Bolt until the belt no longer slips during hard rowing.



Note: Do not over tighten Tank Bolts.

Tip: Twist the Belt by hand to gauge tightness. Correct tension should be obtained when no longer able to twist more than 45 degrees

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 **E820 Club UBE (model E820A)**, purchased from an authorized agent and in its undamaged original packaging, is free from defects in materials and workmanship. FIRST DEGREE FITNESS Limited or its agent will, at their discretion, repair or replace parts that become defective within the warranty period, subject to the specific inclusions and exclusions below.

Metal Frame – 10 Year Limited Warranty

FIRST DEGREE FITNESS will repair or replace the metal Main Frame 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

Pedals & toe straps
Hand grip assemblies
Seat
All rubber components
Computer & speed Sensor (excluding replaceable batteries)
All drive belts & chains
Crank arms
All pulleys, rollers & bearings

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 commences at time of sale but no later than six (6) months from date of original shipment
- Warranty period applies only to the original purchaser from the date of purchase and is not transferable
- The product must be returned to your place of purchase in original packaging with transportation, insurance and associated charges paid for by you and risk of loss or damage assumed by you
- FIRST DEGREE FITNESS makes no other warranties except as stated here and expressly disclaims all warranties not stated in this warranty. Neither FIRST DEGREE FITNESS nor its associates shall be responsible for incidental or consequential damages
- Manufacturer's warranty automatically commences upon sale of the product to end user or upon the expiration of one (1) year from month of manufacture, whichever occurs first

FIRST DEGREE FITNESS
Fluid INNOVATION

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CONTACT US
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