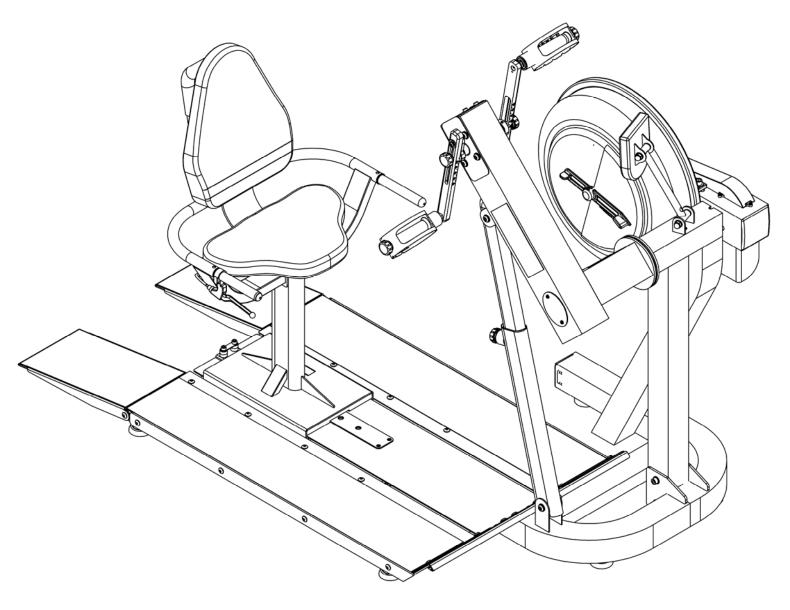
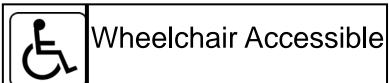
Owners Manual











A CAUTION

As with any piece of fitness equipment, consult a physician before beginning your E920 exercise program.

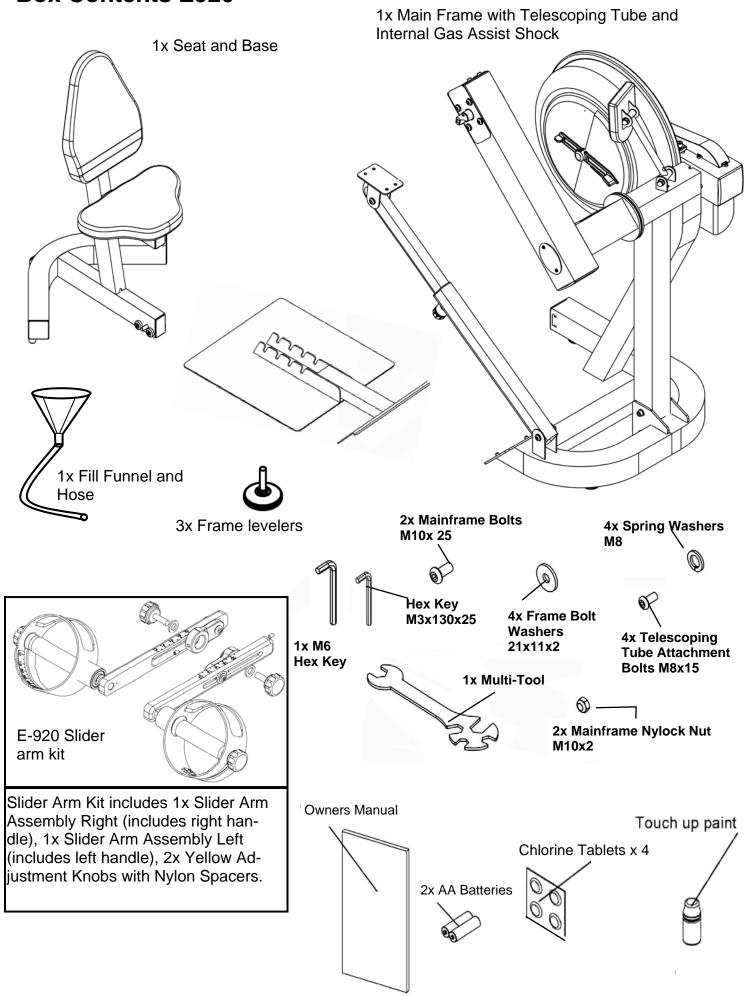
♠ WARNING

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

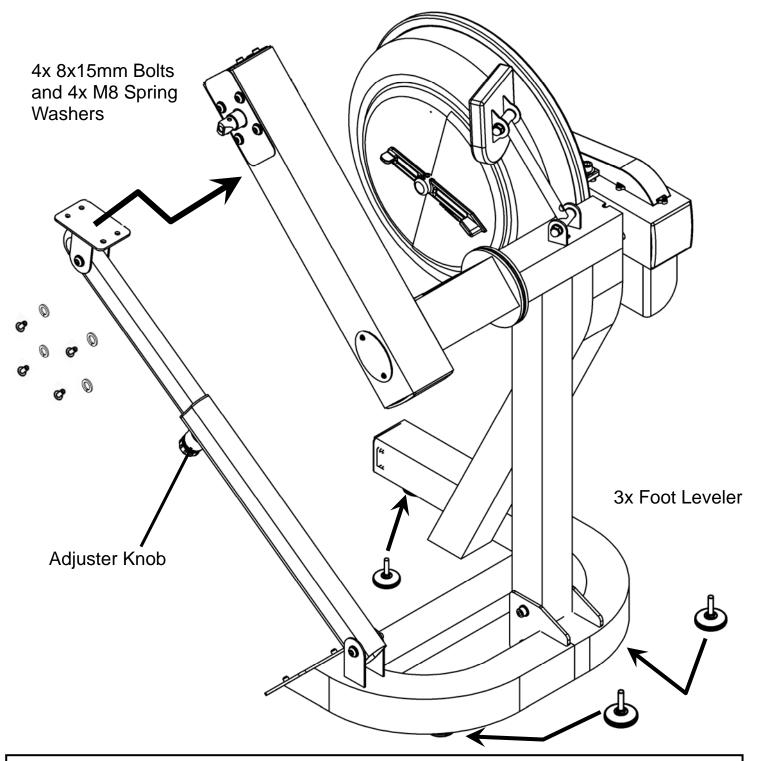
Contents

- 1. Contents of E920 Box.
- 2. E920 Assembly Instructions.
- 3. E920 Control Arm.
- 4. E920 Slider Arm Kit.
- 5. Tank Filling and Water Treatment.
- 6. Long Term Water Treatment and Basic Operation.
- 7. The E920 Ergometer with USB Function .
- 8. Maintenance/Troubleshooting.
- 9. Tank Belt Drive Adjustment.
- 10. Parts List and Warranty.

Box Contents E920



E920 Assembly Instructions



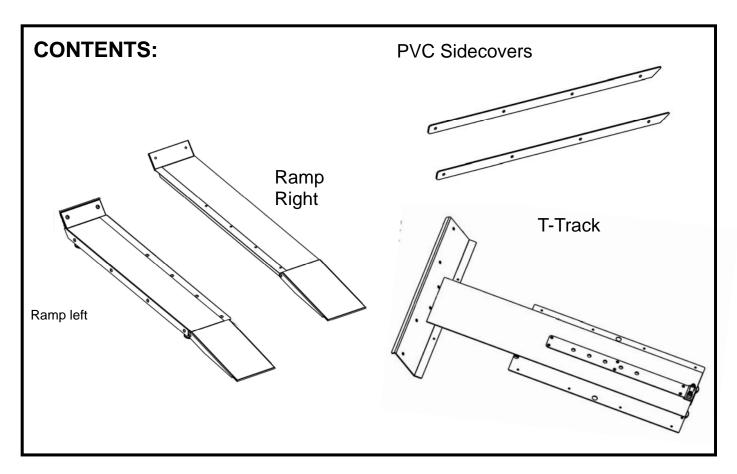
Step 1: Remove contents from box. Attach telescoping tube to the underside of the control arm using 4x M8x15mm bolts and 4x M8 spring washers.

! CAUTION

The control arm is heavy and will 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 of the control arm.

Step 1a: Thread the 3x foot levelers into underside of base. Adjust as required.

E 920 Baseplate Addendum:



Note hardware bolt pack is used for both Seat Assembly and Baseplate.

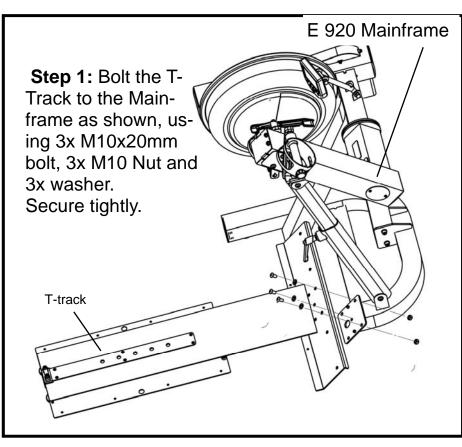
Remove contents from box and make sure all parts are present. Contents will include the T-track, left/right side ramps and bolt pack (note, this may also be located with Seat Assembly).

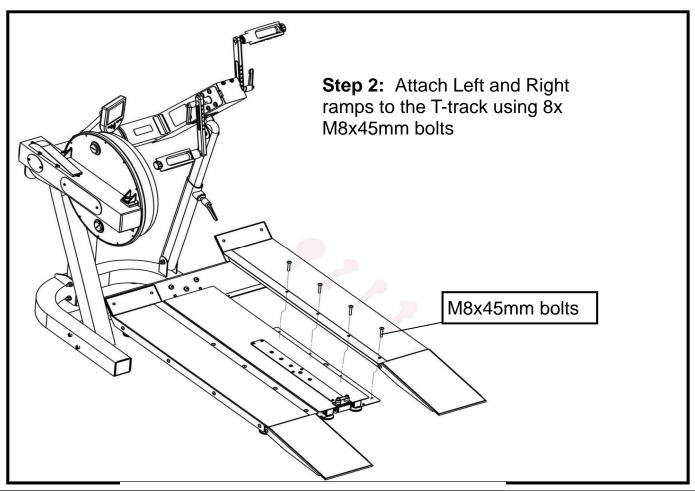
Locate the T-track, and from the bolt pack the following:

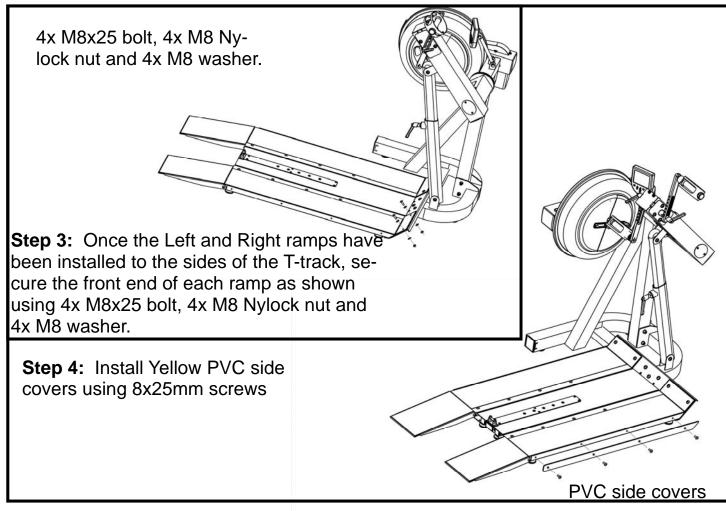
M10x20mm bolt 3x

M10 Nut 3x

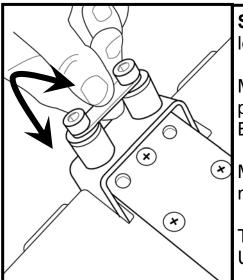
M10 Washer 3x







Install Seat onto Baseplate

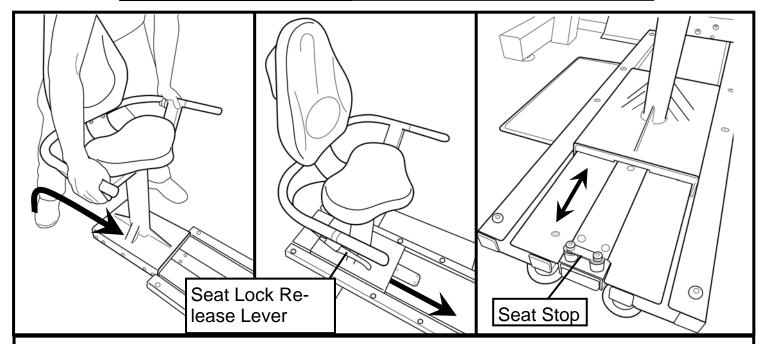


Seat Stop: Must be lowered to allow seat onto Baseplate track.

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.



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.

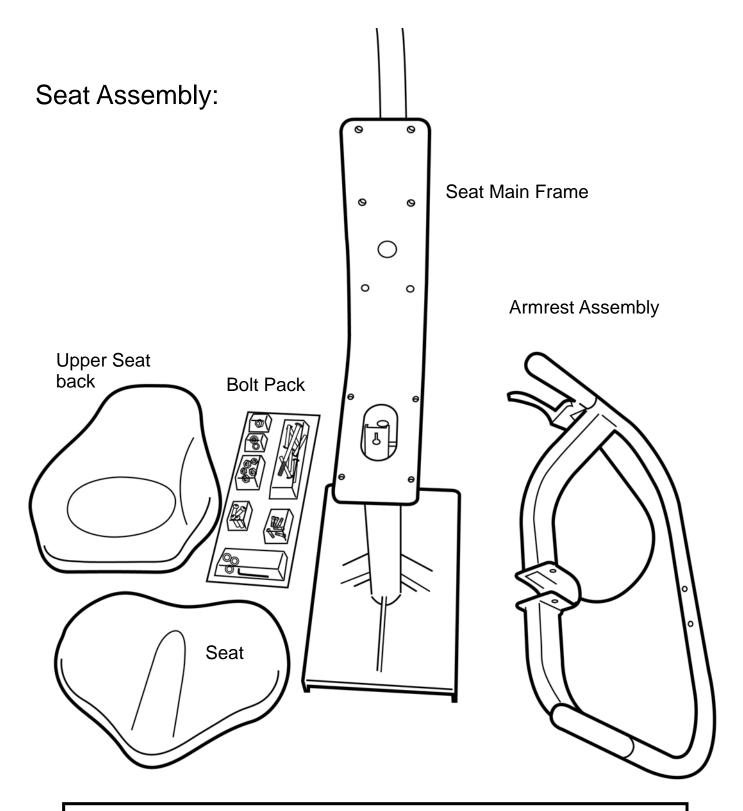
Usage: The seat has four positions. To move forward or rearward, depress the Seat Lock

Release Lever and move freely to whichever position you require.

CAUTION: The Seat Stop Must be in the LOCKED position whenever the seat is in use.

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

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



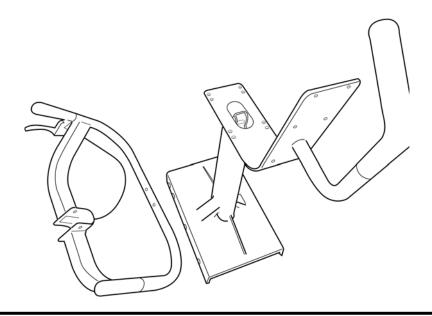
CONTENTS:

1x Seat Main Frame 1x Lower Seat

1x Armrest Assembly 1x Upper Seat back

1x Bolt Pack (Note Bolts/Washers/Nuts are for both Seat and Footplate)

Attaching Armrest to Lower frame



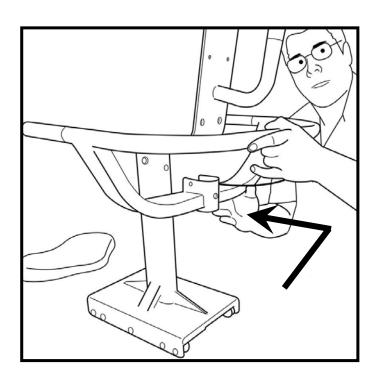
You will need the Lower Frame, Armrest Assembly and the following bolts/washers/nuts from the bolt Pack:

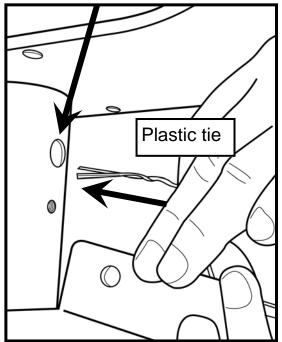
1x M8x70mm Bolt

1x M8x25mm Bolt

2x M8x45mm Bolt

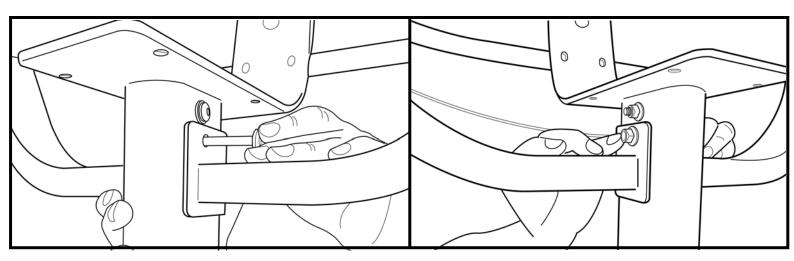
3x M8 Nylock Nut 1x M8 Washer



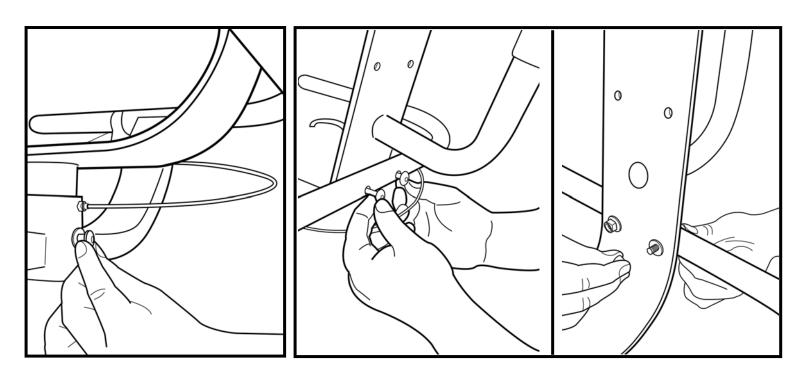


Step One: Mount the Armrest onto the Lower frame from behind as shown. Important! Before securing bolts (see following page), thread the plastic tie attached to the armrest cable through the hole as shown right.

Attaching Armrest to Lower frame:



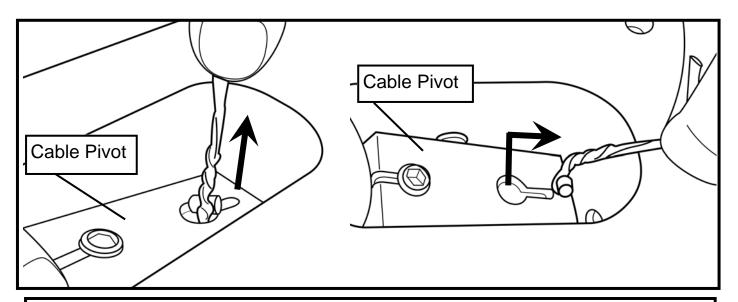
Step One: Secure Armrest with M8x70mm Bolt, M8 Nylock Nut and M8 Washer as shown



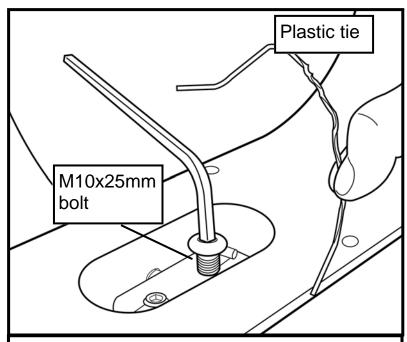
Step Two: M8x25mm Bolt and M8 Washer

Step Three: 2x M8x45mm Bolt,2x Nylock Nut and 2x M8 Washer

Attaching Armrest cable to Cable Pivot:



Step One: Locate plastic tie, then depress Cable Pivot forward to allow plastic tie to be pulled through the hole in front. Once the cable end is through the hole, slide it forward as shown upper right to prevent cable end from slipping back through.

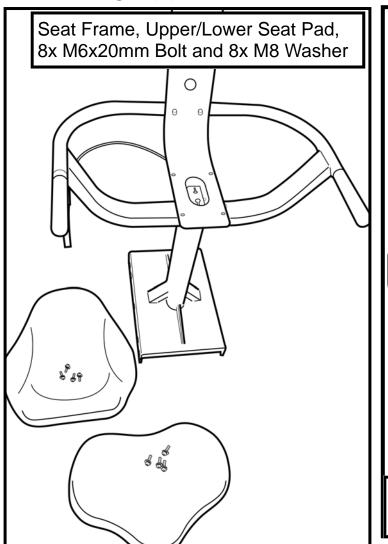


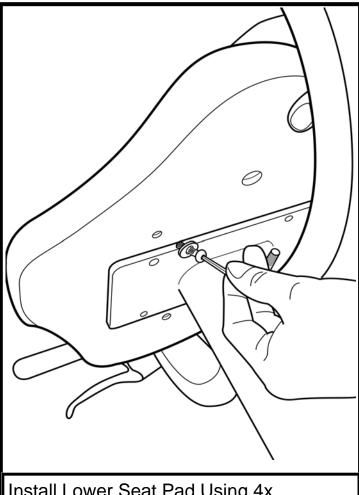
Step Two: Now secure the cable end with the M10x25mm bolt. Before tightening the bolt into

position, the plastic tie end can be discarded.

Seat Assembly

Attaching Upper/Lower Seat Pad:





Install Lower Seat Pad Using 4x M6x20mm Bolt/Washer



Install Upper Seat Pad with as shown with 4x M6x20mm Bolt/Washer.

Once seat pads are installed the assembly will be complete. Check to be sure that all bolts are securely tightened and that the cable lever is functioning normally.

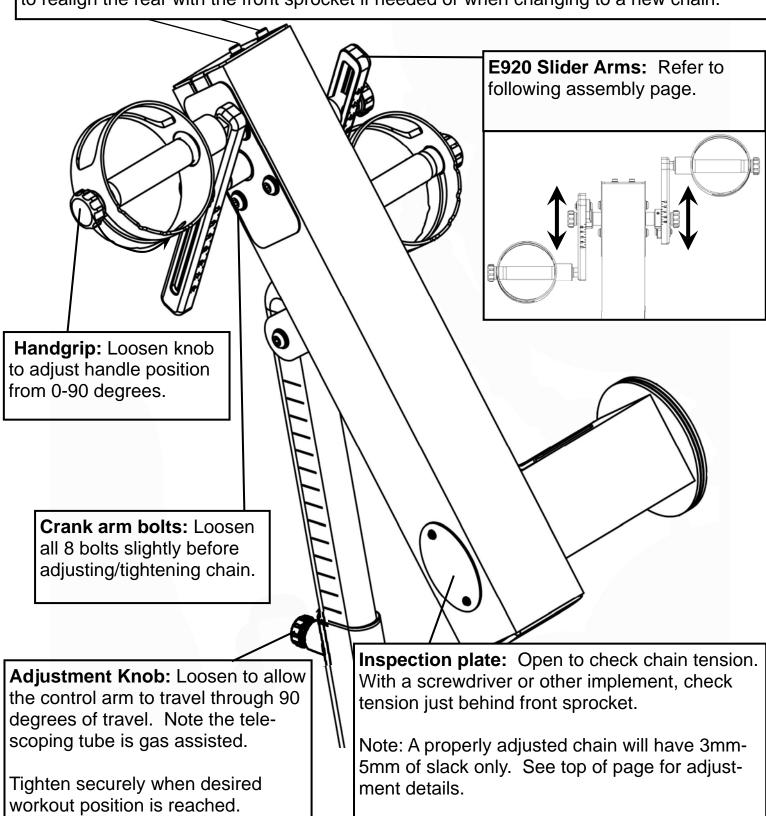
To mount the seat onto the completed baseplate assembly, align the seat with the rear of the T-track and depress cable lever. Tip: Lift entire seat slightly and slide onto T-track when level to avoid binding.

Once seat is on T-track, engage the rear seat stop for safety.

The E920 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.

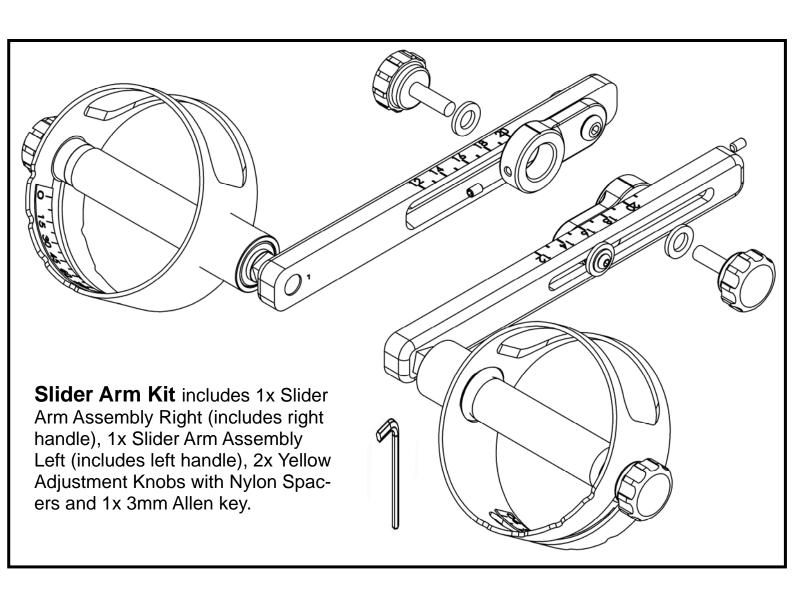
Note: Tightening the right bolt only (turning clockwise) will pull the right side of the crank assembly toward you, tightening the left will pull the left side toward you. Use this feature to realign the rear with the front sprocket if needed or when changing to a new chain.

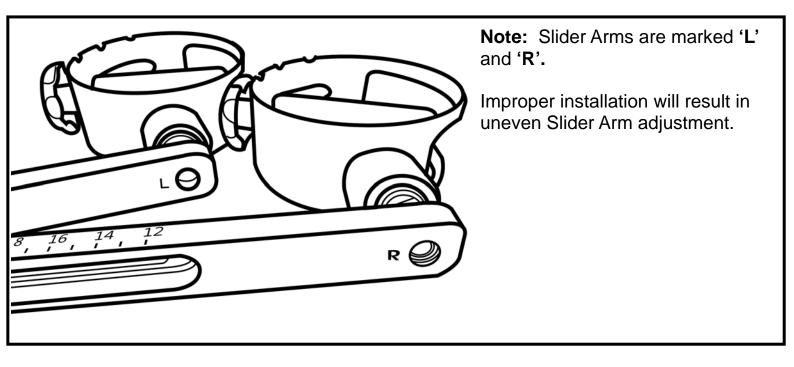


Warning: Do not check chain tension by

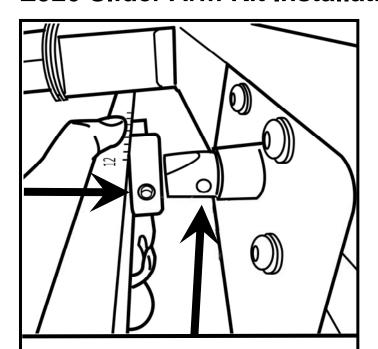
Hand!

E920 Slider Arm Kit Installation Instructions



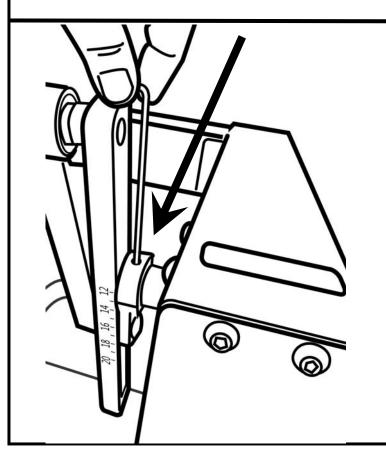


E920 Slider Arm Kit Installation Instructions

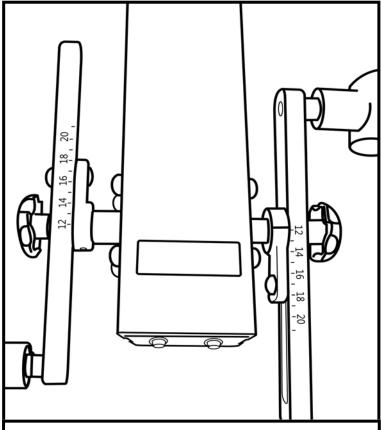


Step 1: Mount the left Slider Arm onto the axle using the yellow indicator hole to align the slider and axle.

Step 2: Tighten the set screw onto the axle and into the yellow indicator hole using the 3mm Allen key.

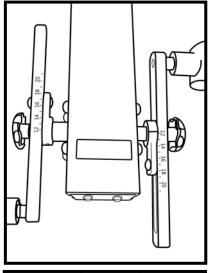


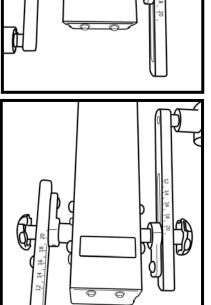
Step 3: Thread Adjustment Knob onto axle to secure the assembly.



Step 4: Repeat steps 1-3 to install right Slider Arm onto axle.

Using the E920 Slider Arm





The E920 Slider Arm Kit offers the user an entire range of added resistance settings and the ability to perform additional upper body workouts.

To adjust, simply loosen the Adjustment Knobs, move Slider Arm to desired length and secure. Very little tension is needed.

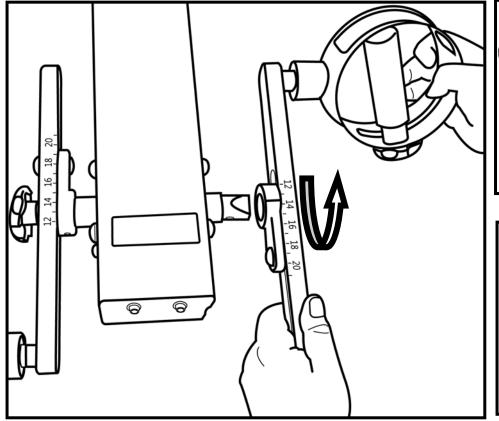
What do the numbers mean?

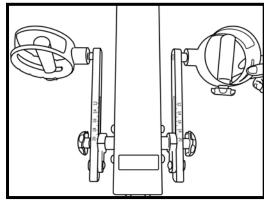
The numbers represent the length (in cm) from the center of the axle to the center of the handgrip shaft bolt. The shortest Slider Arm length is 12cm and the maximum length is 21cm. The range of adjustment is 9cm.

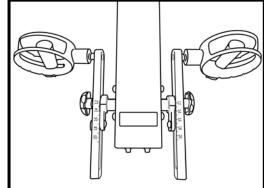
Additional Exercises: Training can now be achieved with both left and right Handgrips moving parallel, rather than in an opposed motion.

Step 1: On the right Slider Arm Assembly, remove the adjustment knob, loosen set screw and remove Assembly from axle.

Step 2: As shown below, rotate right Slider Arm 180 degrees and reinstall onto axle. There is an additional screw locator hole located on opposite side of axle.







Tank Filling and Water Treatment

Note: A large bucket is required for filling (Not included). In areas where tap water quality is known to be poor, FDF recommends the use of distilled water.

Open the tank plug and insert hose into tank (rotating the impeller slightly may be necessary to allow the hose to pass), move the tank adjuster handle to level 20 and begin filling. Do not fill the tank higher than the level indicator on the front of the clear shell. A properly filled tank holds approximately 8 liters of water.



WARNING

Do not under any circumstances put fingers into the tank. Use the end of the hose to move the impeller should the need arise.

Water Treatment Procedures:

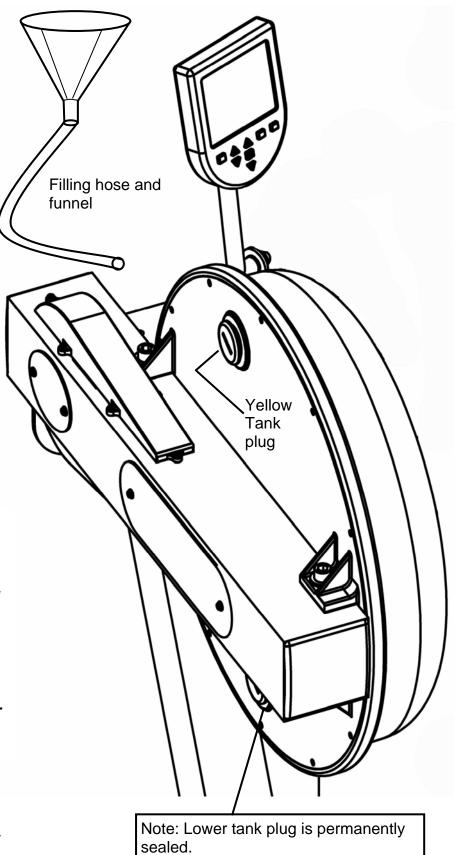
- 1. Add Chlorine tablet.
- Enough Chlorine Tablets are supplied for many years of Water treatment.
 Add a chlorine Tablet whenever the Water appears dirty or cloudy.

WARNING: Only use First Degree Fitness Supplied Water treatment tablets.



Caution:

Use a drop cloth under the tank when filling the tank to avoid damage floor or carpet



Long Term Water Treatment and Basic Operation



Important: Do not fill past the calibration mark as indicated on the tank level sticker or water spillage may occur. See tank filling and 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 or visit www.firstdegreefitness.com for distributor locations.

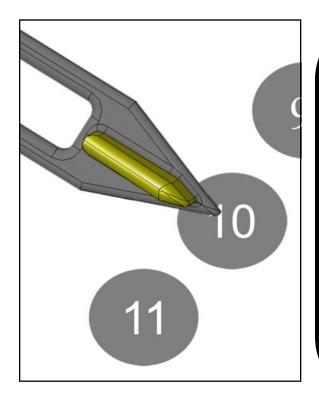
Water treatment schedules for the E920 will vary according to the fluid tanks exposure to sunlight but expect 8-12 months near a bright, sunlit window and 2-4 years for a darker location. At the point of finding the water slightly green, add a Chlorine tablet. Remember to wait 72 hours before adding the blue dye as the Chlorine tablet is extremely concentrated.

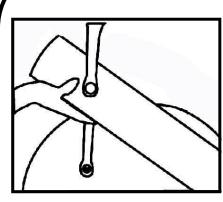


Caution: It is important that a drop cloth be used under the fluid tank whenever the tank plug is opened for water treatment.

Resistance:

The level of resistance is determined by the level indicator located on the front of the tank. Level one indicates lightest resistance, level twenty represents heaviest resistance. Allow three to four seconds after adjusting resistance handle for the correct resistance level to be achieved.





Warning:



Removing hands before the crank comes to a complete stop while training can cause injury. The crank is direct drive so as to allow both forward and reverse rotation during workouts.

E920 Ergometer.

Note: For complete operational Quick start provides instant workout inforinstructions, please refer to the mation. Just start training to activate. You can choose to change UNITS displayed. computer manual, which is included with your E920. Fluid ERGOMETER Quick Start Pacer Interval Workout MI) WATTS MPH 500/M SPM RPM **UNITS** Workout 123 3:88**+** 88:88**+** displays 8.8:8.8 456 Level Time WATTS. Speed BB: RPM, Dist HR, Heart Rate Rate MPH, Watts Cals UNITS LEVEL SET PROGRAM RESET Reset Clears

SET

Level Adjustable

from 1-20

QUICK ST Press any but

parameters

Set Changes Time, Distance

data

Program Clears current

exercise program

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).
- 3 Download and Install NetAthlon 2 XF for Rowers from http://www.webracing.org/downloads.htm

Note : The NetAthlon Software from WebRacing is not compatible with Cycle XT or UBE

Connecting your console

- The USB Connector is located on the lower 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

Maintenance Chart.

Item	Timeframe	Instructions	Notes
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. Refer to "Tank belt adjustment" page.	
Tank and water treatment.	12 months to 4 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 and re- fer to "E920 Control Arm" page for instructions.	
E920 HandGrip Assembly.	Check weekly using Multi-Tool(supplied) to ensure HandGrip Assembly is securely tightened into Crank Arm.	The HandGrips should be checked on a regular basis. Continued use of a loose HandGrip can cause damage to the Crank Arm threads, necessitating replacement.	

Troubleshooting Guide:

Fault Probable Solution					
rauit	Cause	Solution			
Tank internal surfaces show green deposit.	Rower is in direct sunlight or has not had water treatment.	Add water treatment or change tank water as directed in the water treatment section 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.6 for details.			
HandGrips 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. See P.15 for details			
HandGrip is loose (either left or right) and cannot be retightened.	Crank arm threads are stripped.	Contact service center for replacement. Then check weekly as recommended.			
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. Open main inspection cover and check behind magnetic ring. Sensor head to ring gap should be no more than 2.5mm.			
The E920 computer does not illuminate after battery installation.	Batteries installed incorrectly or need replacing.	Reinstall batteries in correct position and try again. If the LCD screen fails to illuminate, try rotating the batteries slightly in the computer. If this fails, contact your local service center.			
The E920 computer display is erratic/slow while displaying RPM and WATTS	Gap between sensor and magnetic ring is too wide.	Once inspection plate is removed, check behind magnetic ring and inspect sensor head/ring distance. Gap should be 2.5mm wide or less. Check Magnetic ring for wobble.			

Tank Belt Adjustment

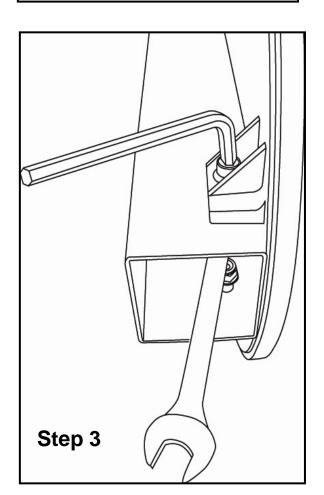
Step 1: Remove large metal inspection plate as shown above right.

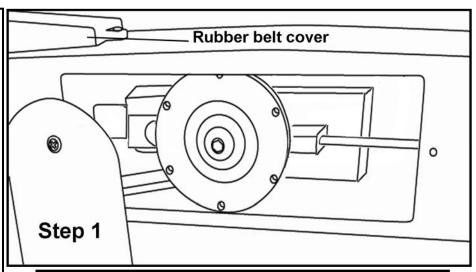
Step 2: Using a long tool, push out the rear end cap as pictured right. This will give you access to the tank tensioning bolt (shown bottom right).

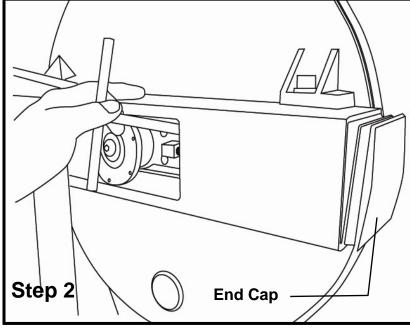
Step 3: Loosen both the front and rear tank bolts as shown below. Remove front rubber belt cover.

Step 4: Using a 6mm Allen key, tighten the belt using the tank tensioning bolt until the belt no longer slips during hard rowing.

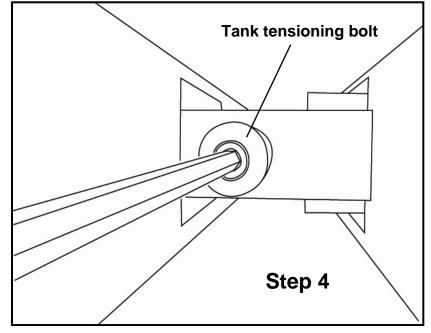
Note: Do not over tighten tank bolts.

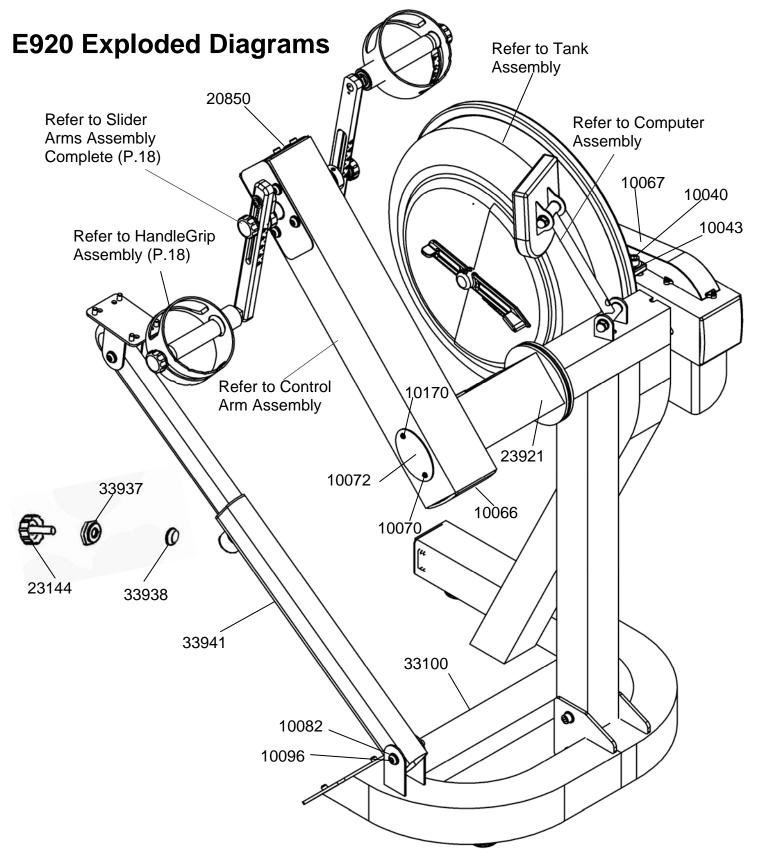






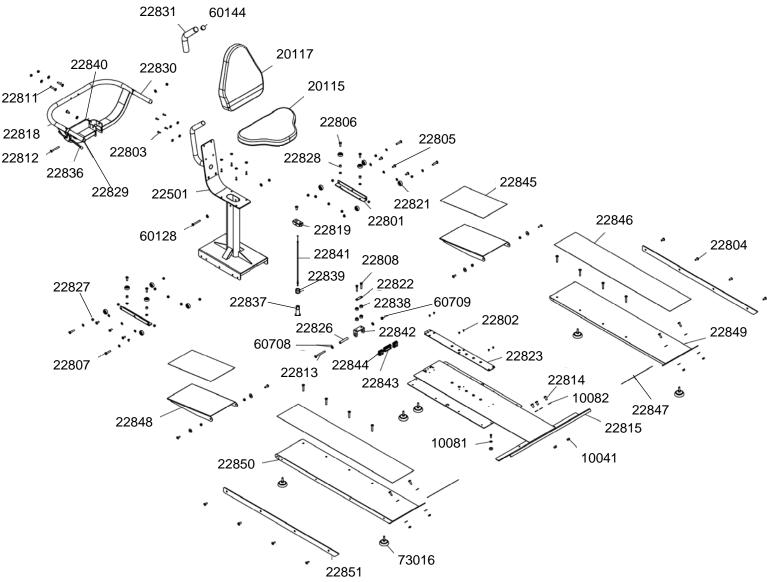
Tip: Twist the belt by hand to gauge tightness. Correct tension should be obtained when no longer able to twist more than 45 degrees.





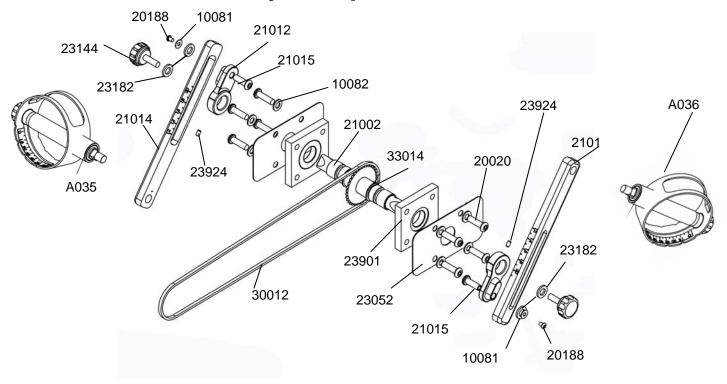
P/N	QTY	Description	P/N	QTY	Description
10040	1	Hex Head Bolt M12x140	10170	6	Washer M4
10043	6	Washer M12	20850	1	Tension Adjustment
10066	3	End Cap 100x100mm	23144	1	Handle Lock Knob M10x32 - Yellow
10067	2	Rubber Cover for Large PK Pulley	23921	1	Control Arm Spacer 150x5.0
10070	18	Round Head Phillips Screw M4x10	33100	1	Main Frame Assembly - E720
10072	2	Small Steel Side Cover 100mm	33937	1	Flange Nut M25
10082	3	Washer M10x21x2	33938	1	Copper Locating Bushing
10096	1	Dome Head Bolt M10x70	33941	1	Telescoping Tube External

Seat and Baseplate Assembly



_	22851					
P/N	Qty	Description	P/N	Qty	Description	
10041	3	Nylock Nut M10	22827	8	Bushing 12.7x8.1x7	
10081	8	Washer M6x16x1	22828	2	Bushing 12.7x8.1x10	
10082	3	Washer M10x21x2	22829	1	Handle Grip 20x135 820/920	
20115	1	Seat LS-622	22830	1	Handle Grip 20x160 820/920	
20117	1	Seat Back LS-622	22831	1	Handle Grip 25x250 820/920	
22501	1	Seat Frame - 820 & 920	22836	1	Lever	
22801	1	L Bracket for 820/920 Seat Base	22837	1	Positioning Pin	
22802	7	Counter Sunk Bolt M5x10 SUS	22838	6	Spacer - Rubber	
22803	8	Dome Head Bolt M6x20 SUS	22839	1	Spring 26x20x3.5	
22804	18	Dome Head Bolt M8x20	22840	1	Tension Cable 1.5x600mm	
22805	2	Hex Bolt M8x20	22841	1	Tension Cable 1.5x390mm	
22806	7	Dome Head Bolt M8x25 SUS	22842	1	U bracket	
22807	4	Dome Head Bolt M8x25	22843	1	End Cap 30x60	
22808	2	Hex Head Bolt M8x30 SUS	22844	2	End Cap 34x34	
22811	10	Dome Head Bolt M8x45	22845	2	Non Slip for Ramps 920	
22812	1	Dome Head Bolt M8x70	22846	2	Non Slip for Footplate 920	
22813	1	Hex Head Bolt M8x90 SUS	22847	2	Non Slip for Foot Rest 920	
22814	4	Dome Head Bolt M10x20 SUS	22848	2	Ramp 920	
22815	1	T Track	22849	1	Footplate - Left 920	
22818	1	Handle Bar 820/920	22850	1	Footplate - Right 920	
22819	1	Bracket for Positioning Pin	22851	2	Side Cover - Yellow E920 Baseplate	
22821	10	PU Wheel for UBE	60128	1	Dome Head Bolt M8x65	
22822	1	Bracket for Seat Base Pop Pin	60144	1	Rower Handle End Inserts 28.6mm	
22823	1	Locking Plate	60708	33	Washer M8.5x19x1.6t	
22826	1	Bushing 12.7x8.1x69	60709	23	Nylock Nut M8	
			73016	6	Foot Leveler M8x30 PVC	

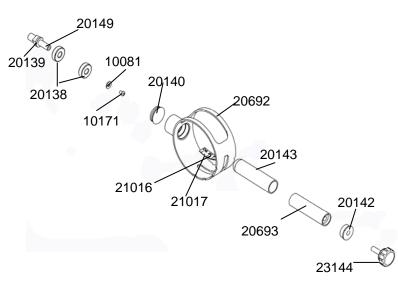
Slider Arms Assembly Complete



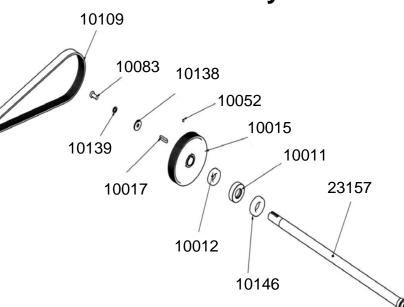
P/N	QTY	Description	P/N	QTY	Description
A035	1	Handle Complete - Left	21014	1	Slider Arm -Left E920
A036	1	Handle Complete - Right	21015	2	Bolt 10mmx31xM6x15
10081	2	Washer M6x16x1	23052	2	Side Bearing Cover E920
10082	8	Washer M10x21x2	23144	2	Handle Lock Knob M10x32 - Yellow
20020	8	Dome Head Bolt M10x35	23182	4	Plastic Washer M10x3
20188	2	Dome Head Bolt M6x10	23901	2	Aluminum Block Bearing Housing
21002	1	Axle and Cog for Slider Arm E920	23924	2	Grub Screw M6x10
21012	2	Slider	30012	1	DID-25 Chain 178
21013	1	Slider Arm - Right E920	33014	2	C Clip STW-30

A035 / A036 HandleGrip Complete - Left / Right E920

P/N	QTY	Description
10081	2	Washer M6x16x1
10171	2	Dome Head Bolt M6x8
20138	4	Bearing NSK6201ZZ
20139	1	Handle Shaft-Left
20140	2	End Cap 38
20142	2	Plastic Washer 32x8.2x12t
20143	2	Handle Grip for Pedal
20149	1	Handle Shaft-Right - E820
20692	2	Handle Guard
20693	2	Handle Bar
21016	1	Decal - Angle in Handle - Left
21017	1	Decal - Angle in Handle - Right
23144	2	Handle Lock Knob M10x32 - Yellow



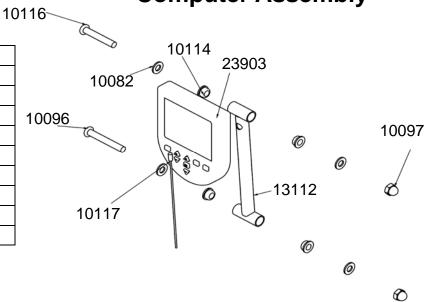
Main Drive Assembly



P/N	QTY	Description
10011	1	Bearing Housing on Pulley Shaft
10012	1	Bearing NSK6005ZZ
10015	1	Large PK Transmission Pulley 150mm
10017	1	Key Way 7x7x32
10052	1	Grub Screw M4x6
10109	1	PK Belt 7 Rib 926mm Hutchinson
10138	1	Washer 30x11.2x3t SUS
10139	1	Spring Washer M10 5.25x8.4x2
10146	1	Ball Bearing NSK6006ZZ
10083	1	Dome Head Bolt M10x20
23157	1	Shaft & Sprocket E820/E920

Computer Assembly

P/N	QTY	Description
00903	1	Computer Rubber Key Pad
10082	4	Washer M10x21x2
10096	1	Dome Head Bolt M10x70
10097	2	Nut Dome Head M10
10114	4	Plastic Bushing 20x16x13x10
10116	1	Dome Head Bolt M10x60
10117	1	Computer Wiring 1200mm
13112	1	Computer Mounting Arm
23903	1	Computer USB with HR



23920 20043 20036

Control Arm Assembly

P/N	QTY	Description
20036	1	Small Warning Decal
20043	1	Decal - E820
20170	2	Decal - Chain Protection
23291	1	Control Arm Complete 820/920
23920	2	Control Arm Bushing 820/920

FLUID CYCLE XT & UPPER BODY ERGO (UB-E920)

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 **Fluid Upper Body Ergometer (model UB-E920)**, 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 should it fail due to any defect in materials or workmanship within 10 years of the original purchase. Warranty does not apply to frame coating.

Polycarbonate Tank & Seals – 3 Year Limited Warranty

First Degree Fitness will repair or replace the polycarbonate tank or seals should they fail due to any defect in materials or workmanship within 3 years of the original purchase.

Mechanical Components (of a non-wearing nature) – 2 Year Limited Warranty

First Degree Fitness will repair or replace any mechanical component should it fail due to any defect in materials or workmanship within 2 years of the original purchase.

All Other Components (of a wearing nature) – 1 Year Limited Warranty

First Degree Fitness will repair or replace any component should it fail due to any defect in materials or workmanship within 1 year of the original purchase.

Specific Inclusions

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