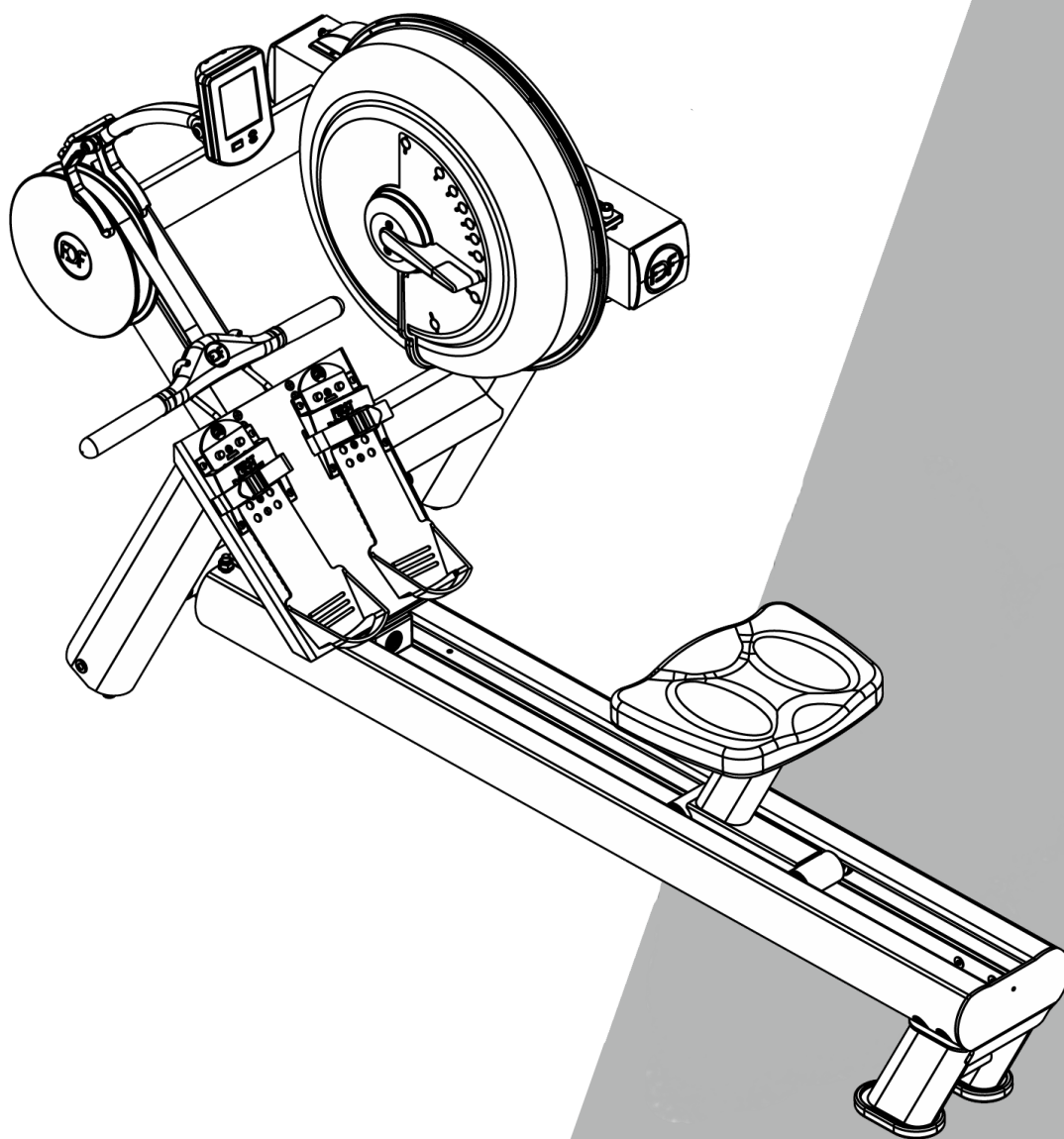


FIRST DEGREE FITNESS  
*Fluid* INNOVATION



# » USER GUIDE

## VX-3A



REGISTER YOUR PRODUCT AT [WWW.FIRSTDEGREEFITNESS.COM/SUPPORT](http://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.

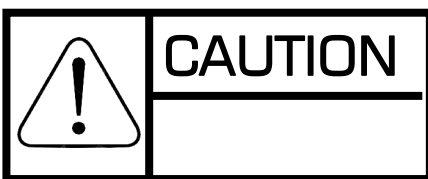
Follow all instructions carefully for correct assembly, Tank filling, water treatment, service and safety.

Access to our world-wide distributor and service network is available at [www.firstdegreefitness.com](http://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](http://www.firstdegreefitness.com)




1. Keep hands and fingers 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.

# » Contents

---

Safety .....	5
Assembly .....	7
Box 1 & 2 Contents.....	8
Assembly Instructions .....	9
Operating Instructions .....	15
Bluetooth Auto-Adjust Monitor .....	18
Console and APP Connectivity .....	19
Calibration Procedure .....	20
Maintenance.....	21
Troubleshooting .....	22
Tank Belt Adjustment .....	23
Bungee Cord Replacement. Dealer Assistance Required.....	24
International Warranty .....	25

## 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.





## 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](http://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 fingers 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:** 66.4kg (146.39lb)

**Product Gross Weight:** 77.3kg (170.42lb)

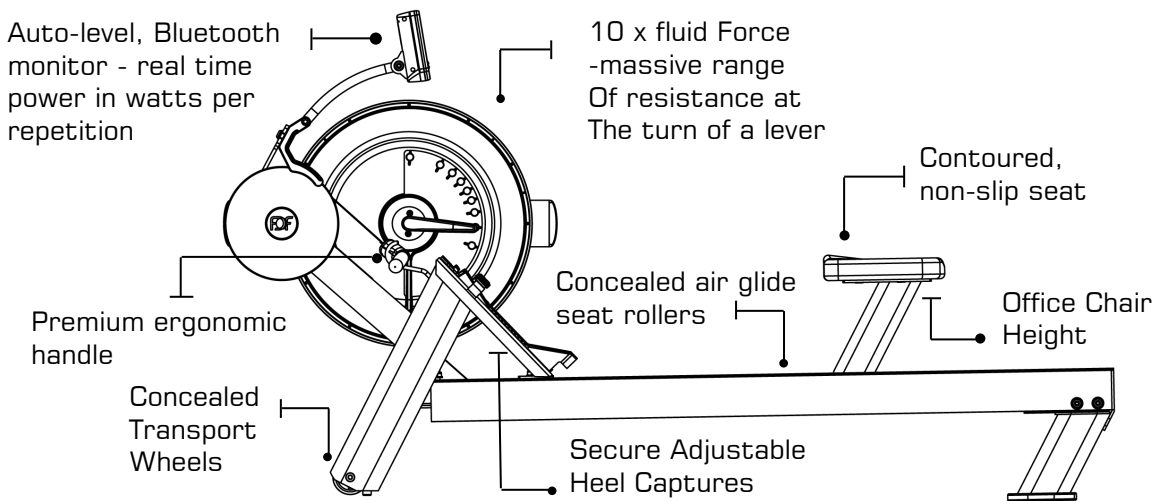
**Minimum Safe Operating Surface Area:** 312cm (122.83") Length x 201cm (79.13") Width

**Dimensions:** 1910mm (75.2") Length x 820mm (32.28") Width x 855mm (33.86") Height

**Maximum User Weight:** 150kg (330lb)

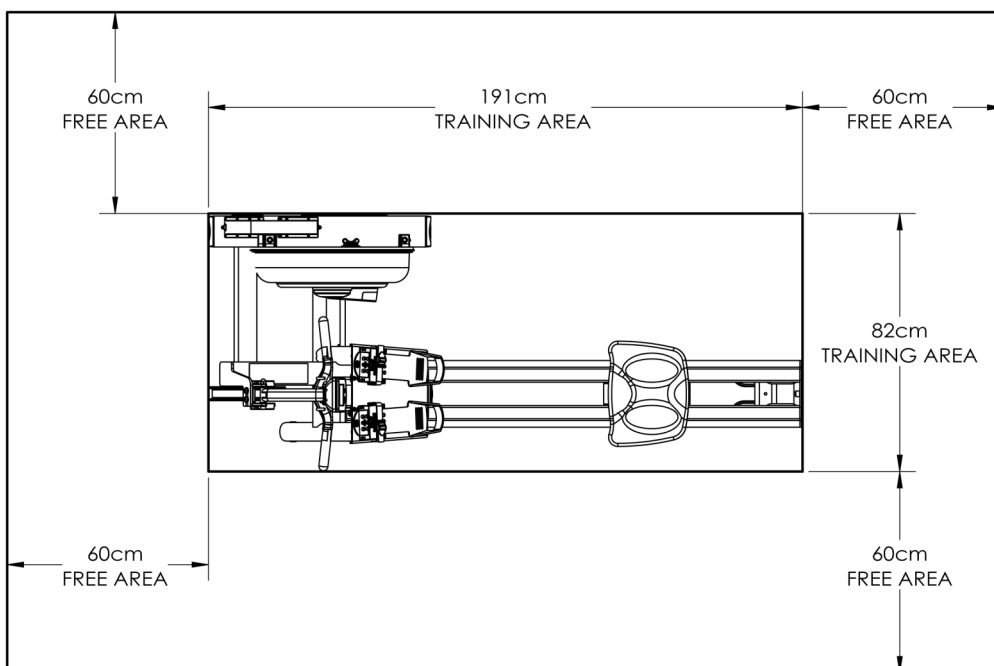
**Compact Footprint:** 2510mm x 1420mm or upright 855mm x 820mm

## Product Highlights



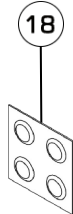
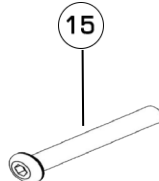
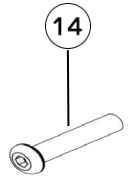
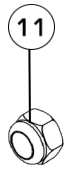
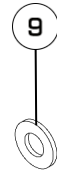
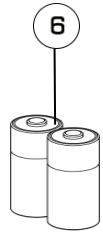
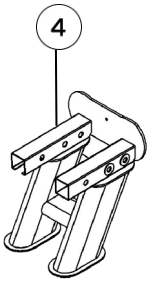
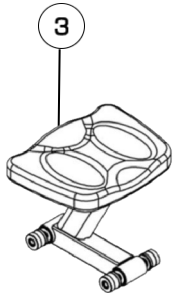
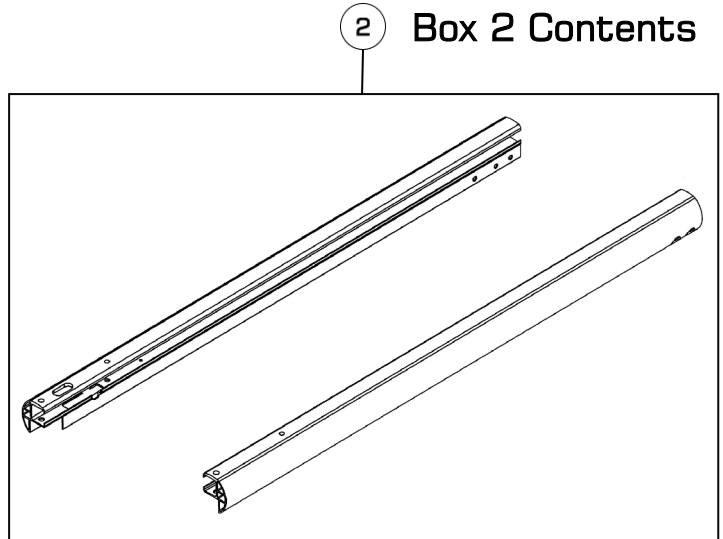
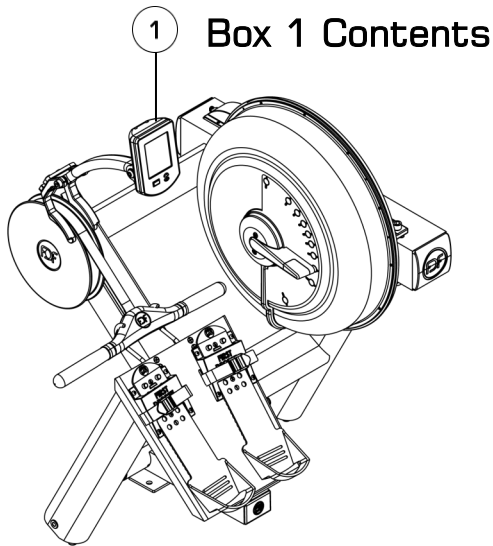
The live area shall be not less than 23.62" (60cm) greater than the training area in the directions from which the equipment is accessed. The live area must also include the area for emergency dismount.

## 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	Main frame	5	1	Funnel and Hose
2	2	Left/Right Seat Rail	6	2	D Cell Duracell Battery
3	1	Rower Seat	7	1	Touch Up Paint
4	1	Rear Leg	8	1	User Guide
<b>Hardware KIT</b>					
9	9	M6 Washer	14	5	M10x47.5mm Bolt
10	11	M10 Washer	15	4	M10x80mm Bolt
11	4	M10 Nylock Nut	16	1	4mm Allen Key
12	9	M6x20mm Bolt	17	1	6mm Allen Key
13	1	17mm Spanner	18	4	Water Treatment Tablet

\* Note Hardware pack contains 2 Bolts only. The remaining Bolts are pre-installed on the Rower seat rails for assembly convenience.



# Assembly Instructions

## STEP 1 Remove Main Frame From the Box

### REQUIRED

Main Frame [1]

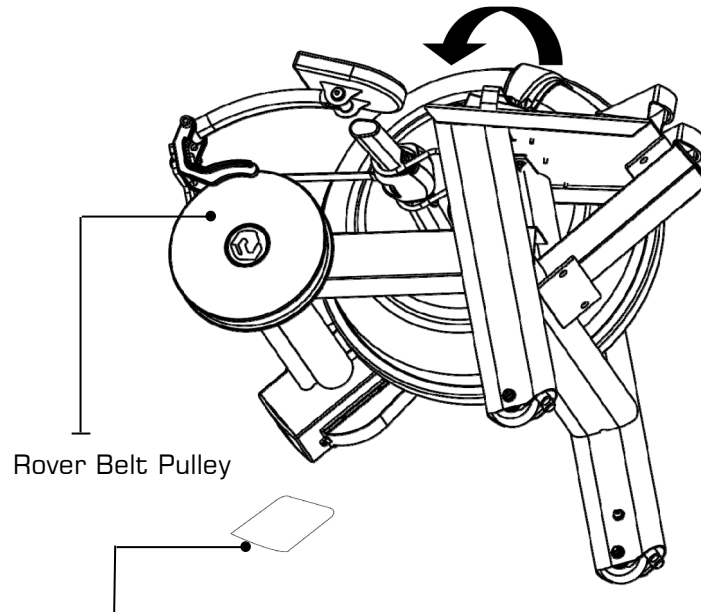
### CAUTION

Do Not Free The Rowing Handle, Heel Adjuster or Computer Stalk Before The Assembly is Complete. The Rower Components Such as Main Frame and Seat Rails are Heavy. Use Care During Assembly.

### WARNING

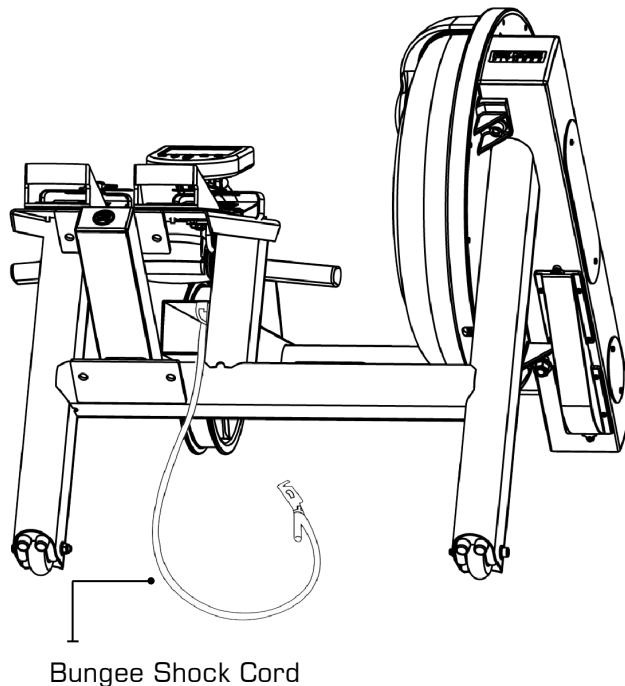
Rower Seat Rails Can have Sharp Edges on the Front Portion Facing The Main Frame. Use Caution During Assembly.

- Remove the **Main Frame**[1] and all components from Box 1. Check all parts against the box contents.
- Slowly stand the rower Main Frame upright.



**Hint:** Use Mouse Pad or Soft Cloth Under Rower Belt Pulley to Protect From Scratches/Scuffing.

- Locate and unwrap the Bungee Shock Cord from the frame before moving onto the installation of the seat rails. .



- Once the Main Frame is safely standing upright on a stable surface, unpack the Left/ Right Seat Rails[2] and hardware kit from Box 2 for the next step of assembly.

# Assembly Instructions

## STEP 2 Attach Seat Rails to Frame

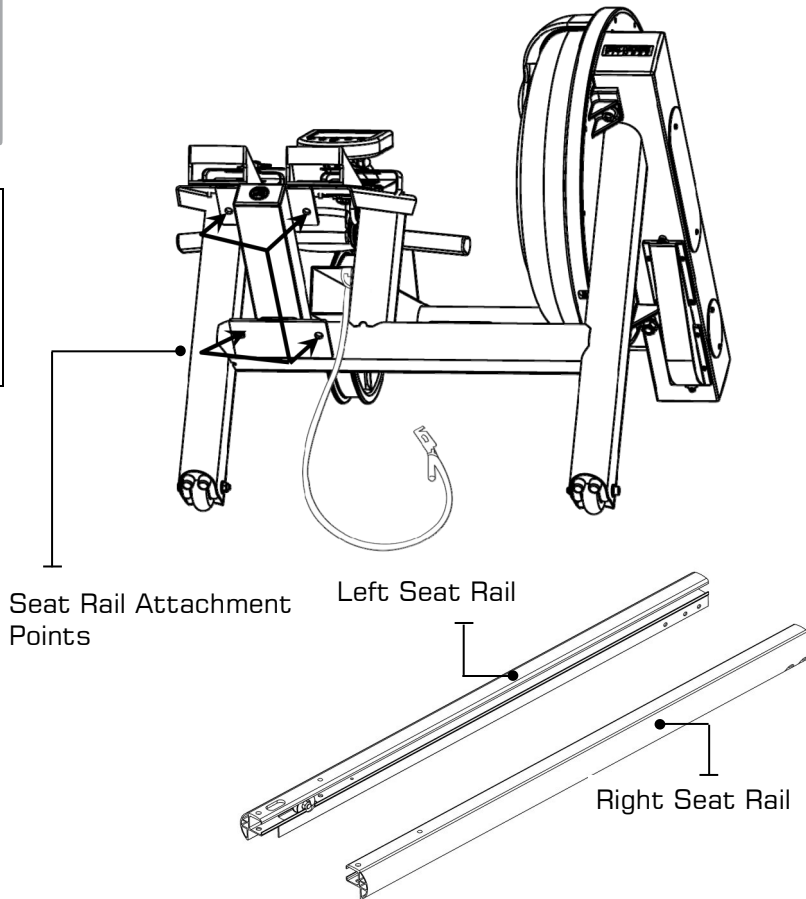
### REQUIRED

Main Frame [1]  
Left/Right Seat Rail [2]  
4 x M10 Washers [10]  
4 x M10 Nylock Nuts [11]  
2 x M10 x 80mm Bolts [15]

### CAUTION

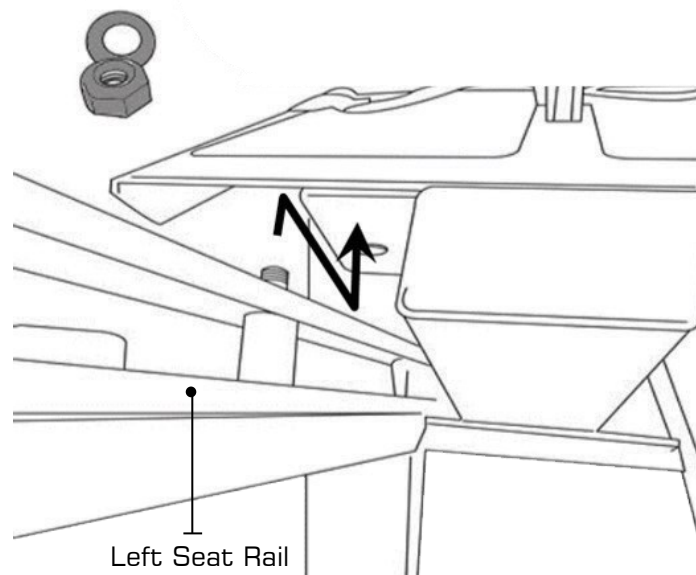
Nylock Nuts Must Be Outside The Standard Nut and Washer to Properly Secure Assembly

- a) Align and secure lower attachment points using **M10 x 80 mm Bolts[15]**, **M10 Nylock Nuts[11]** and **M10 Washers[10]**



**Note:** 2 x M10 x 80mm Bolts are Preinstalled on the Seat Rails For your Convenience

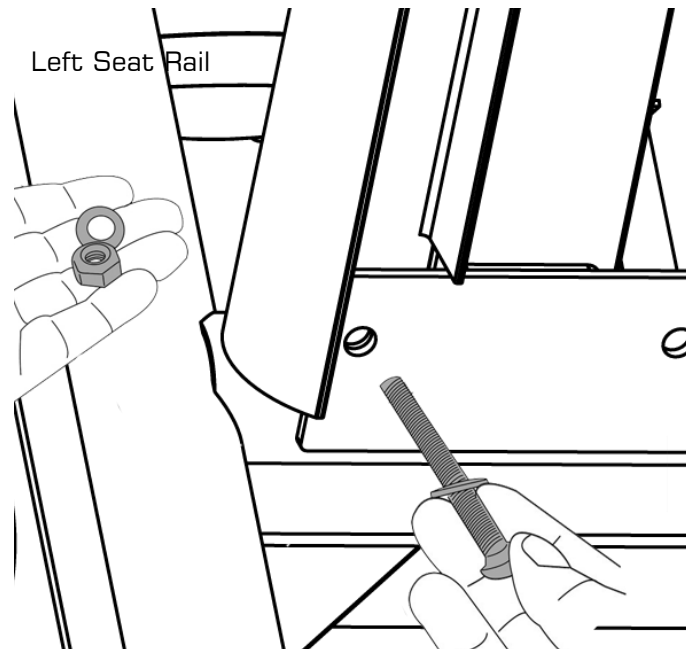
- b) Begin with **left Seat Rail[2]** . Align using the preinstalled **M10 x 80mm Bolt[15]** Secure from behind with **M10 Nylock Nut[11]**



# » Assembly Instructions

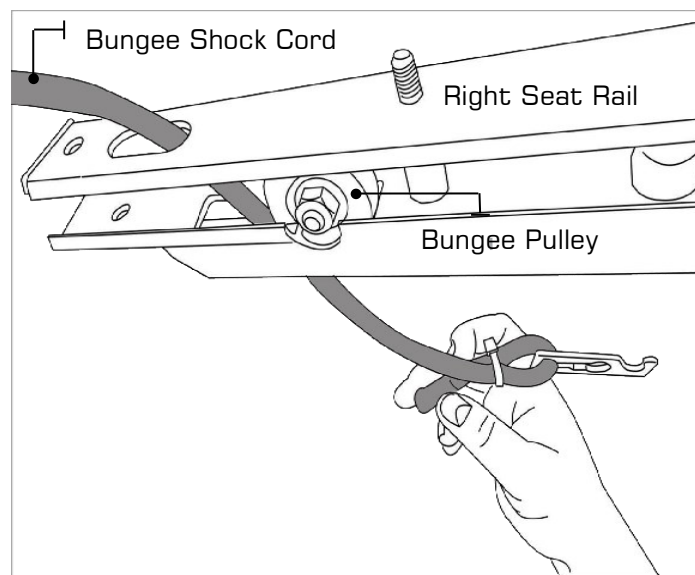
## Attach Seat Rails to Frame

- c) Install lower left **Seat Rail**[2] using **M10x80mm Bolts**[15], **Nylock Nuts**[11] and **M10 Washers**[10].



**Note:** 2 x M10 x 80mm Bolts are Preinstalled on the Seat Rails For your Convenience

- d) Before installation of the **Right Seat Rail**[2], thread the **Bungee Shock Cord** through the top of the Seat Rail, around the **Bungee Pulley** and out the bottom as shown.



- e) Once this is complete, follow the same assembly procedure for the left Seat Rail.

# Assembly Instructions

## STEP 3 Assemble Rower Seat

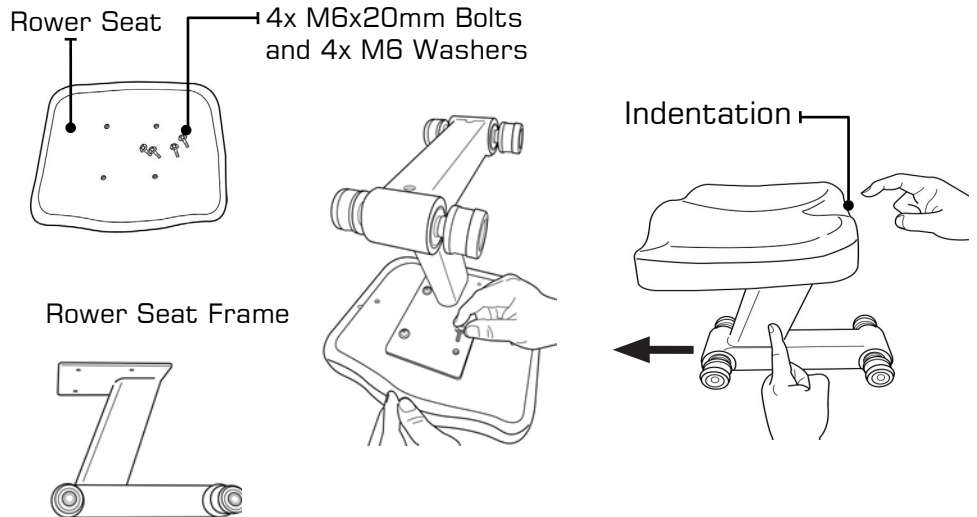
### REQUIRED

- Rower Seat [3]
- 4 x M6 Washers [9]
- 4 x M6 x 20mm Bolts [12]

### CAUTION

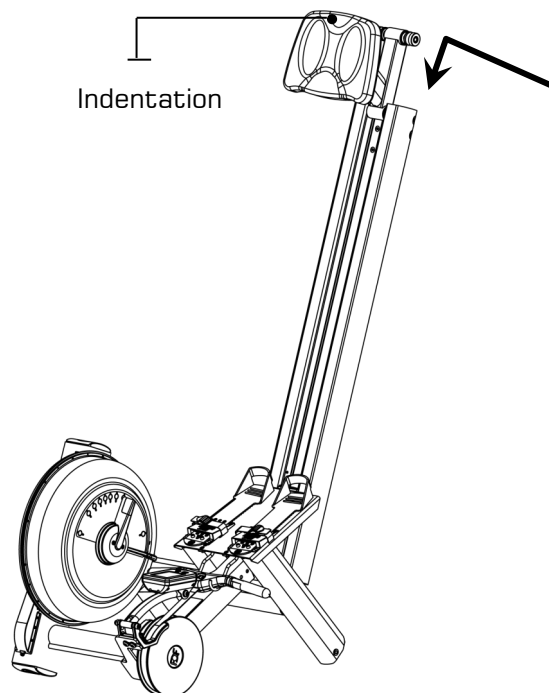
The Rower Seat [3] is heavy. Use both hands and keep fingers clear of the rower channels when guiding the seat down the seat rails.

- a) Install the **Rower Seat [3]** onto the rower frame using **4x M6x20mm Bolts [12]** and **4x M6 Washers [9]** the seat indentation must be facing towards the rear of machine.



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

- 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.



# Assembly Instructions

## STEP 4 Install Rear Leg

### REQUIRED

Rear Leg [4]

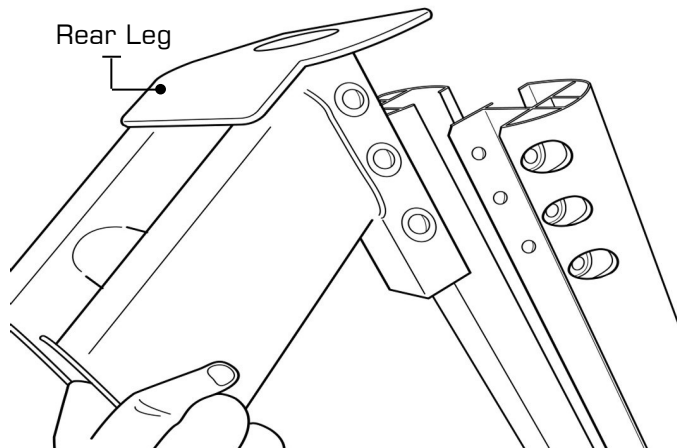
5 x M6 Washers [6]

5 x M10x47.5mm Bolts [7]

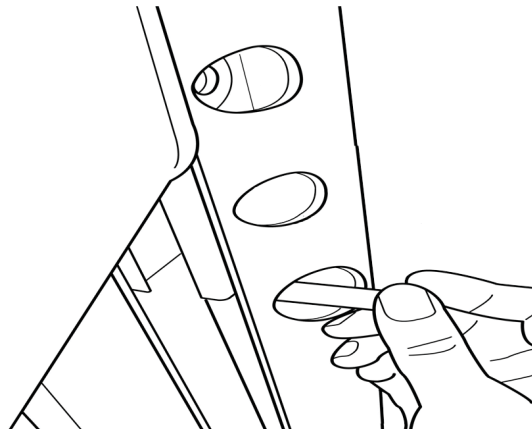
5 x M6x20mm Bolts [9]

5 x M10 Washers [11]

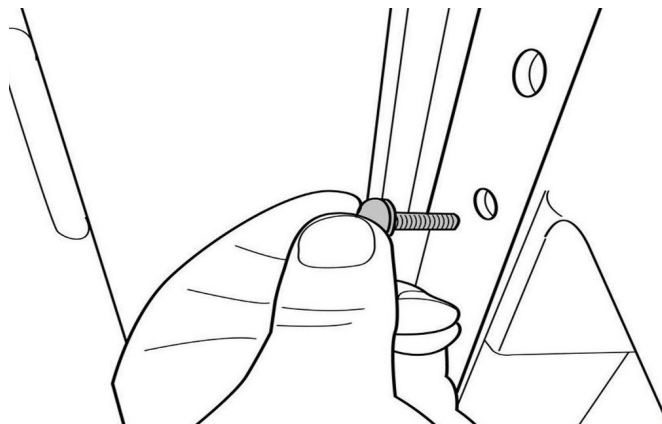
- a) Mount the **Rear Leg[4]** onto the seat Rails and secure as shown.



- b) Install all **M10x47.5mm Bolts[10]** and **M10 Washers [14]** first from the outside to hold the **Rear Leg[4]** in position.



- c) Secure the Rear Leg from the inside with the **M6x20mm Bolts[12]** and **M6 Washers[9]**.



Note: Third Bolt hole on right of Rear Leg and Seat Rail is for Bungee Hook Attachment

# Assembly Instructions

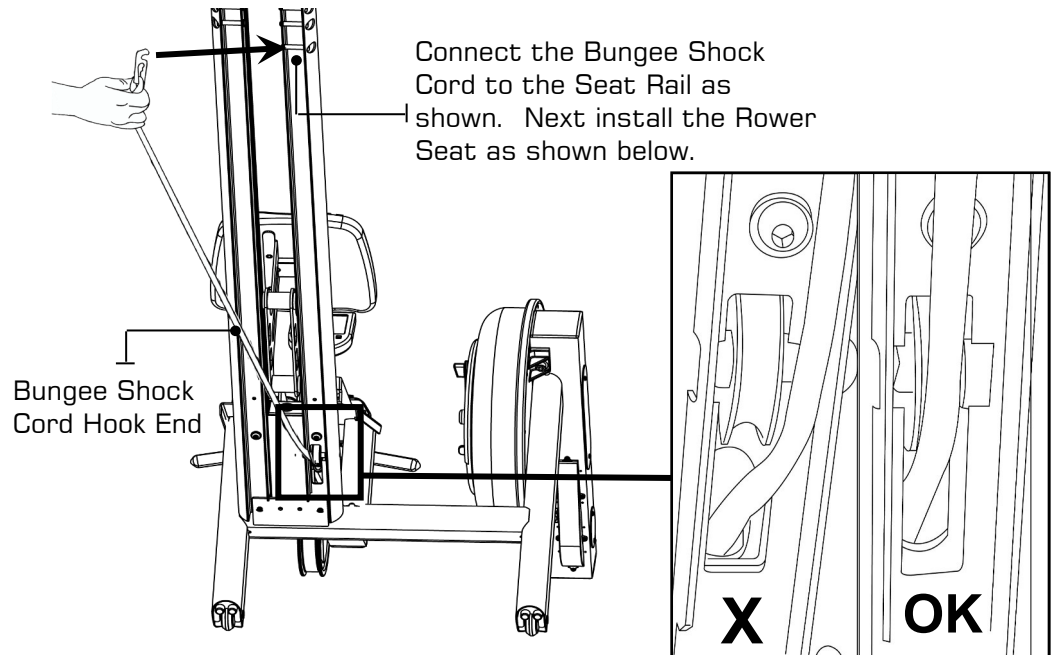
## STEP 5 Attach Bungee Shock Cord



### CAUTION

The Bungee Shock Cord will be Under Tension when Stretching to Install. Do Not Let Go of the Bungee While Under Tension as This Could Cause Injury And/ or Damage to the Rower

- a) Connect the Bungee Shock Cord to the Seat Rail and install the Rower Seat.



- b) When attaching the Bungee Hook, make sure that the Bungee Shock Cord is running correctly the Bungee Pulley as shown upper.

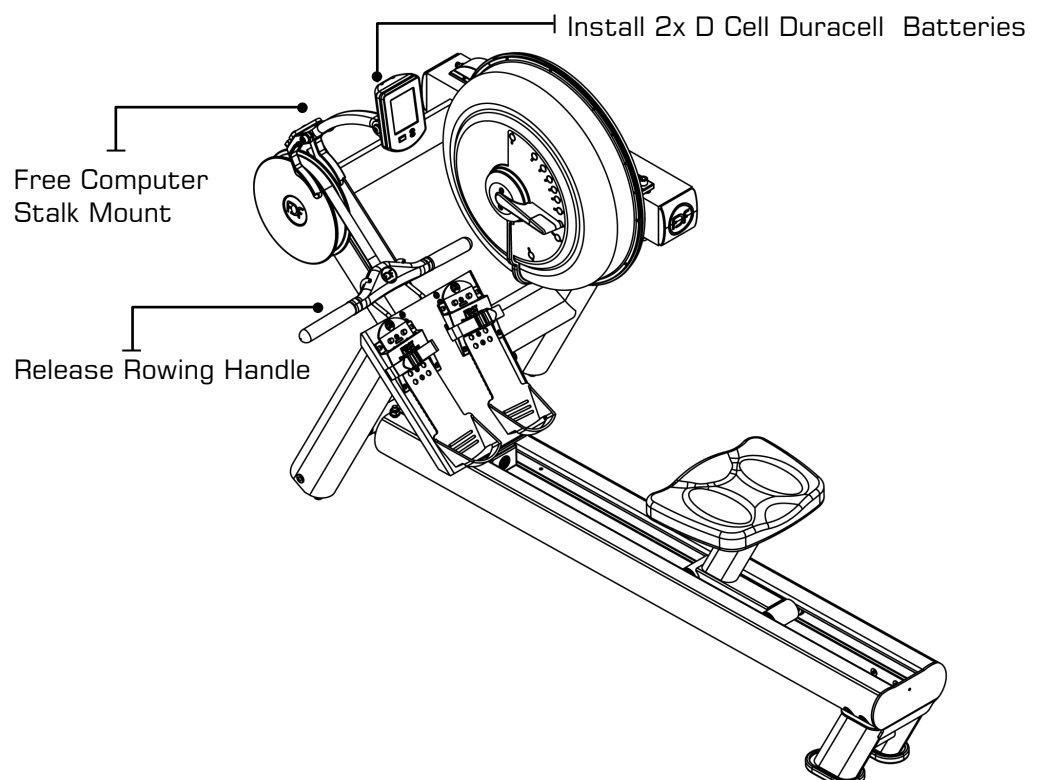
## STEP 6 Complete the Assembly



### WARNING

Do Not Free the Rower Handle Before the Bungee Shock Cord has Been Correctly Attaching (See Step 5 of Assembly Instructions)

- a) Lower the Rower to the operational position and free the Heel Support Plate, Rowing Handle and Computer Stalk Mount.



# »» Operation Instructions

## »» Tank Filling and Water Treatment

### REQUIRED

Funnel and Hose [5].

### ⚠ 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.

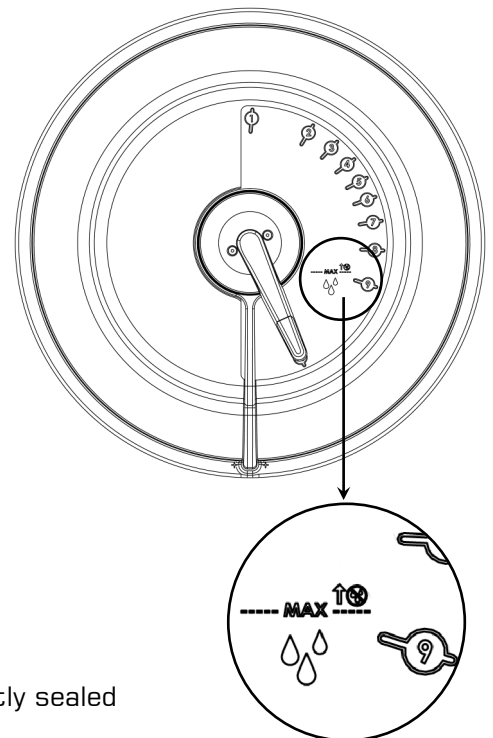
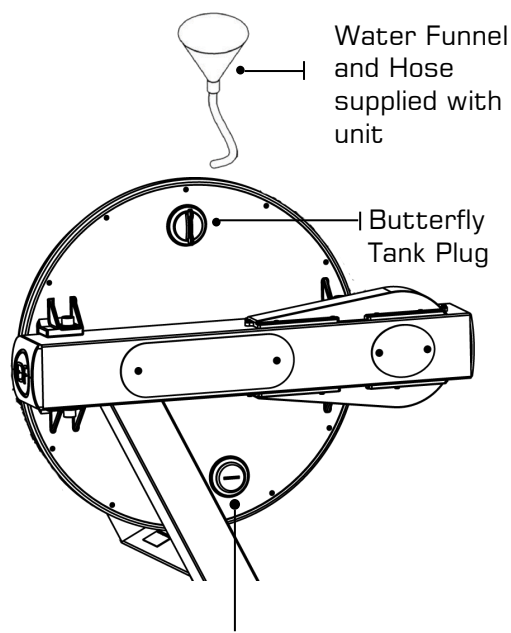
### ⚠ CAUTION

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

- Filling requires a large bucket (not Supplied) and the supplied water **Funnel and hose**[5]. Filling will take approximately 8 liters of water.
- Open the yellow fill 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.**
- 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.
- Once filling is complete follow the water treatment procedure below, then replace the Tank plug.



Note: The lower 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](http://www.firstdegreefitness.com) for details.

## INITIAL WATER TREATMENT

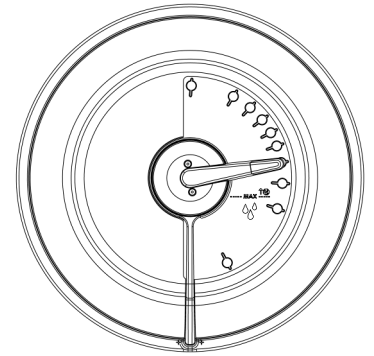
Add One Water Treatment Tablet per full Tank. Do NOT, UNDER ANY CIRCUMSTANCE, USE A WATER TREATMENT TABLET OTHER THAN THOSE SUPPLIED WITH YOUR UNIT. Your unit purchase includes 4x Water Treatment Tablets, which is sufficient for several years of use.

To purchase additional Water Treatment Tablets, please consult your nearest regional dealer/distributor or check our website at [www.firstdegreefitness.com](http://www.firstdegreefitness.com)

# » Operation Instructions

## CHANGING RESISTANCE LEVEL

Changing resistance on your VX-3A 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 VX-3A 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.**

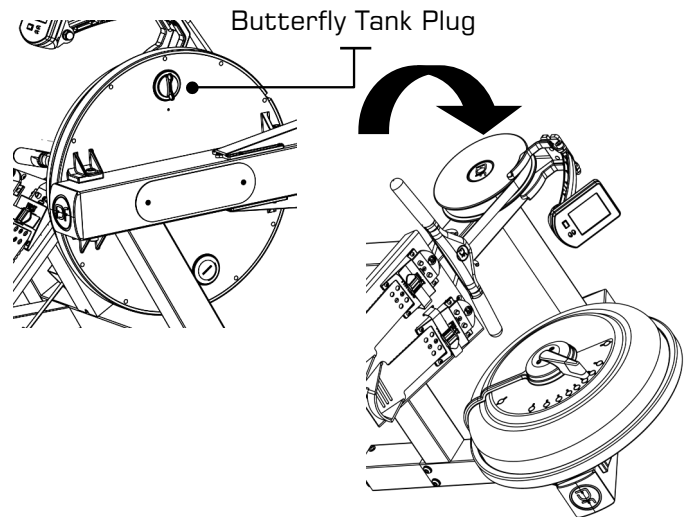
The amount of time between water treatments can vary greatly depending on your unit's location and exposure to sunlight. Typically you can expect to treat your Tank water every 12-24 months. If water becomes discolored or shows signs of algae / bacterial growth simply add one Water Treatment Tablet.



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

## Draining / Changing Tank Water

1. Open the yellow Tank Plug.
2. Turn the rower onto its side. Once the rower is in this position, the Tank can be drained.
3. For refill instructions refer to the Tank filling section of this manual (Page 15).



## » Storate

The Rower is designed for compact storage in the vertical position. To ensure your safety, choose a suitable location, such as the corner of a room. It is recommended that something soft (such as carpet or a small towel) be placed under the rowing pulley of the unit to avoid chipping or floor damage.



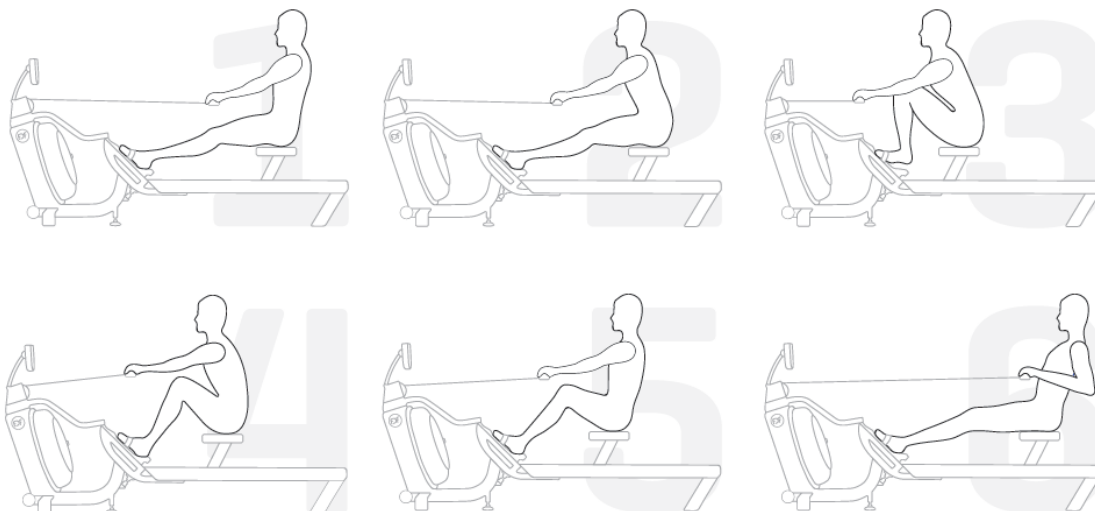
**CAUTION:** The Rower is heavy, lift from back and pull at 45-degree angle.



# » 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](http://www.firstdegreefitness.com/indoor-rowing-technique)

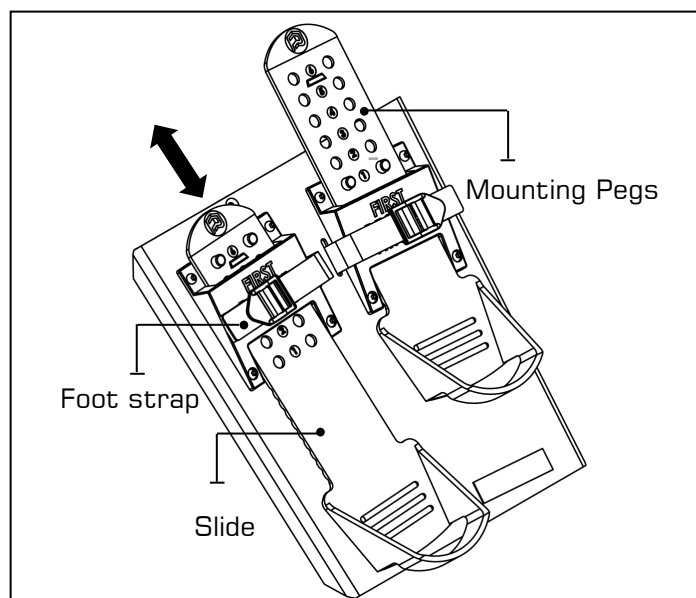
## » Adjust Footplates

The Footplate Slider accommodates most foot sizes, and is designed to keep your feet securely in place as you row. The feet should be positioned so that the foot strap covers the section of the foot naturally bend as you row. (e.g. The **board** of the foot)

### 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.

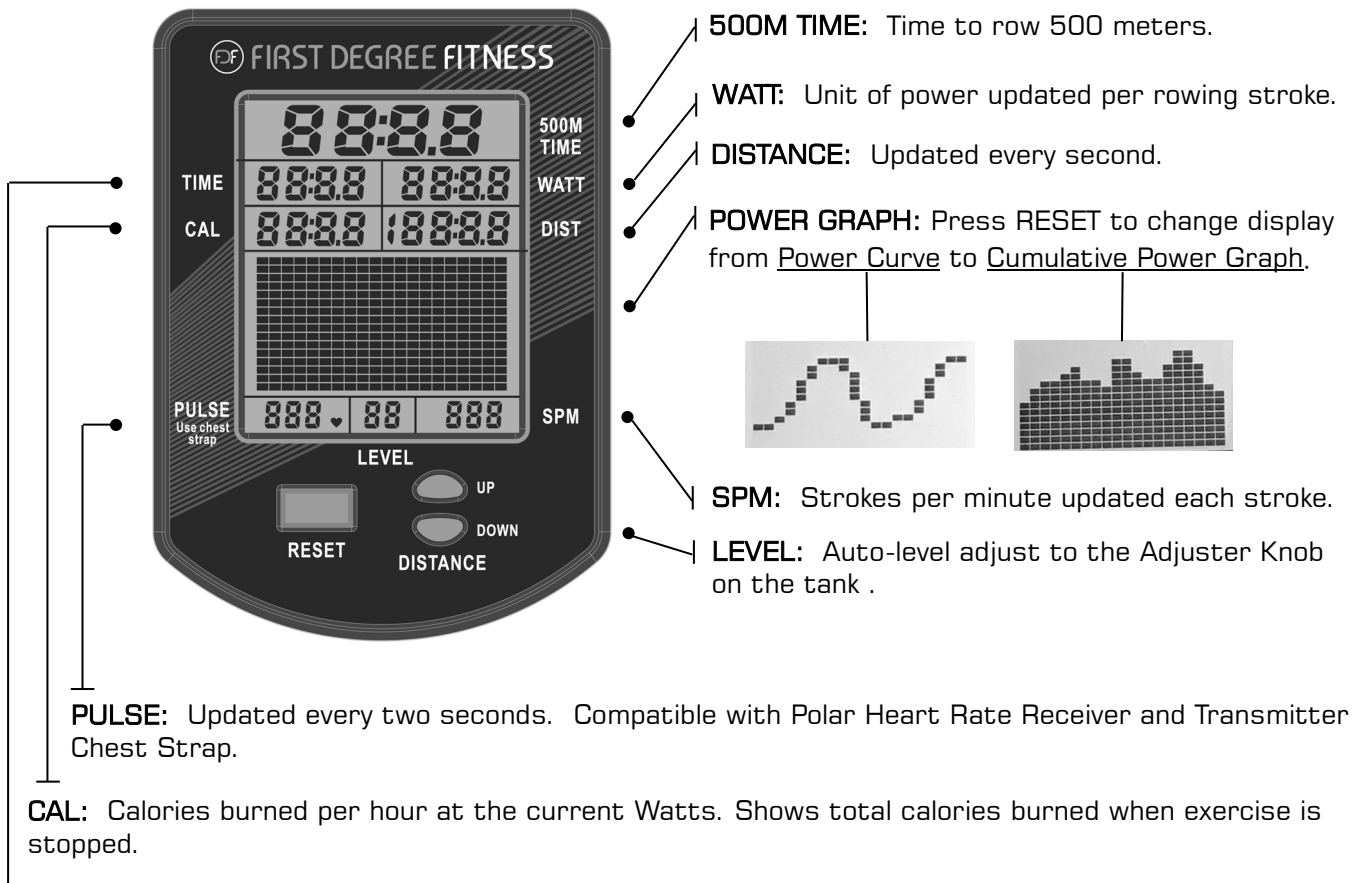


# » Bluetooth Auto-Adjust Monitor

**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.



**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.

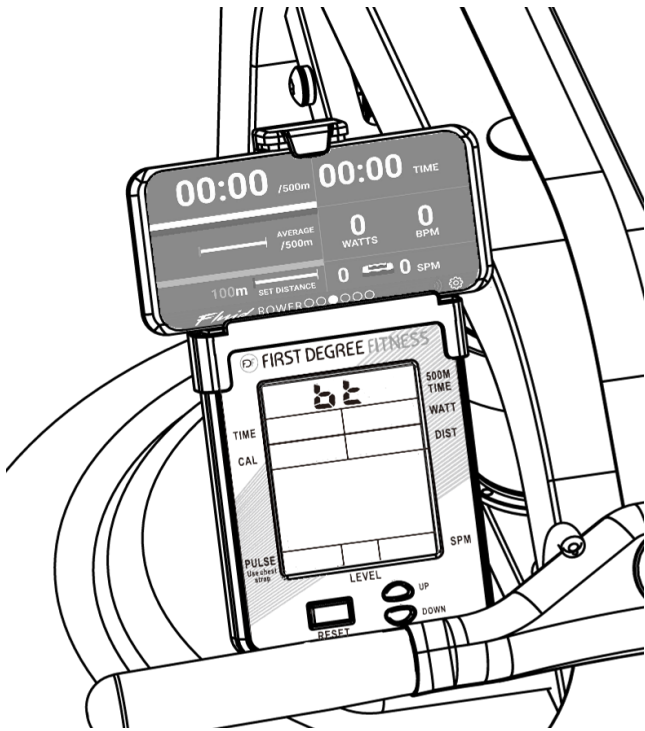
**AUTO ADJUST LEVEL:** Built in potentiometer automatically adjusts the monitor's resistance level according to the position of the Adjuster Knob on the tank.

**BLUETOOTH CONNECTIVITY:** Each Rower is fitted with the most advanced 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 Rowing APP available via FDF Website)

**NOTE:** Heart Rate Receiver Kit and Chest Strap is sold separately.

 <p><b>WARNING:</b></p>	<p>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.</p>
--	--

## » Console 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:

<https://play.google.com/store/apps/details?id=com.firstdegreefitness.fluidworkout>



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?usp=sharing](https://drive.google.com/file/d/1uE1U5kXwawropkinD_hVAAWAOesDhnwH/view?usp=sharing)



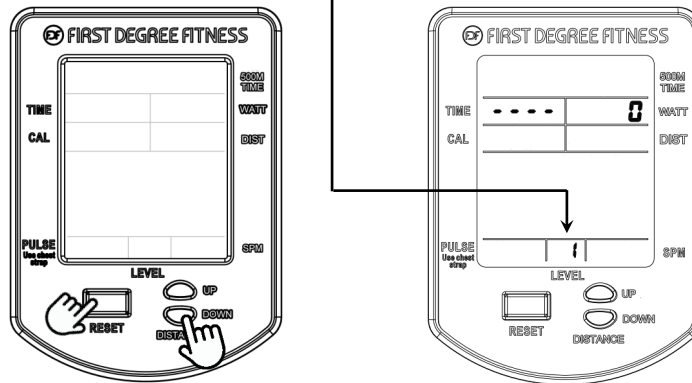
Requires Heart Rate Receiver Kit and Heart Rate Chest Strap in order to display Heart Rate Function.

Both Heart Rate Receiver Kit and Heart Rate Chest Strap sold separately.

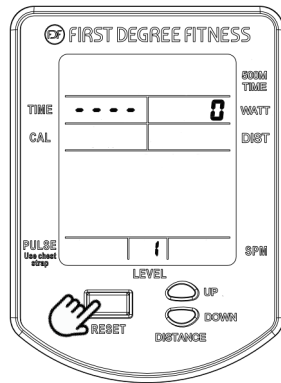
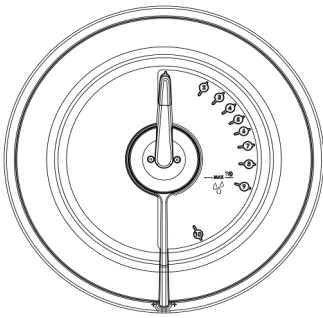
# » Calibration Procedure

## STEP 1

Press and hold 「RESET」 and 「DOWN」 for 5 seconds.  
Display will show “ - - - - ”

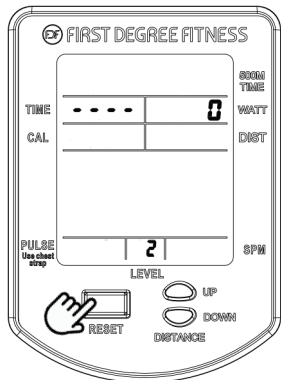
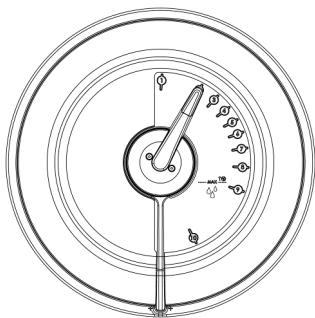


## STEP 2



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

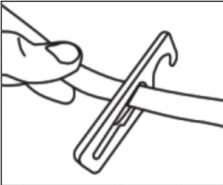
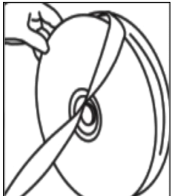
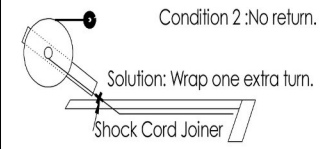
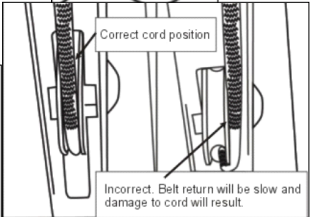
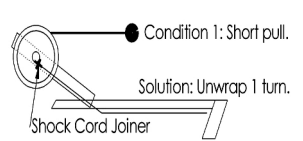
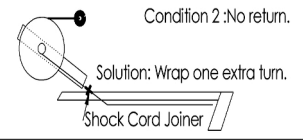
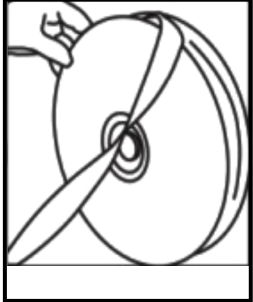
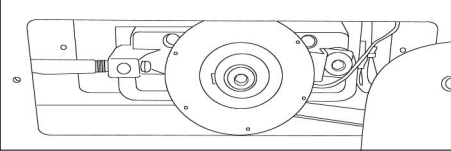
All preventive maintenance activities must be performed on a regular basis. Performing routine preventive maintenance actions can aid in providing safe, trouble-free operation of all First degree fitness equipment.

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.

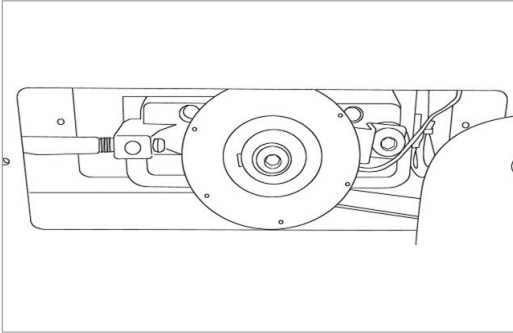
Item	Time Frame	Instructions	Notes
Seat and Seat Rails.	Weekly.	Wipe seat rails with a clean, dry cloth. Lightly spray the inside of rails with silicone spray.	
Frame.	Weekly.	Wipe down with lint free cloth.	
Tank and Water Treatment.	12 months to 2 years.	Follow instructions as specified in the "Water Treatment" section of this manual.	
Bungee Cord.	Check every hundred hours for correct tension and for signs of wear.	The Bungee Cord should last for many years. If a bungee cord change is required, please follow the instructions provided in the "Changing the Bungee Cord" section of this manual.	
Rowing Belt.	Check every hundred hours for correct tension and for signs of wear.	The Rowing Belt should provide many years of trouble free use. If a rowing belt change is required, please contact your local service representative or go online at <a href="http://www.firstdegreefitness.com">www.firstdegreefitness.com</a> for further details.	

# » Troubleshooting

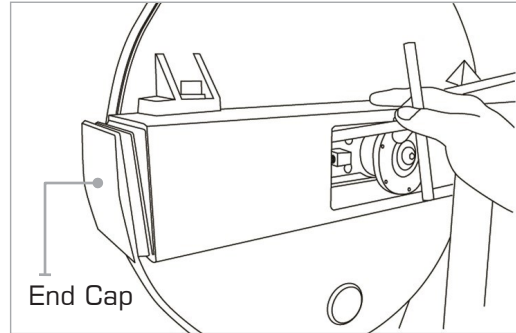
Fault	Probable Cause	Solution
Water changes color or becomes cloudy.	Rower is in direct sunlight or has not had water treatment.	Change rower location to reduce direct exposure to sunlight. Add water treatment or change Tank water as directed in the water treatment section of this manual. Consider using distilled water to refill Tank.
Rowing stroke return is too light.	<p>Bungee not under enough tension.</p> <p>Rowing Belt missing one wrap around rower belt pulley.</p> <p>Bungee has slipped off the Bungee Pulley Wheel.</p>	<p>Cut Bungee Tie Rack and tighten slightly on Bungee Hook.</p>     <p>Correct cord position</p> <p>Incorrect. Belt return will be slow and damage to cord will result.</p>
Computer screen illuminates, but does not register when rowing.	Loose or failed connection/Sensor gap too wide (see erratic computer display).	Check that the computer lead is connected properly. If connected properly check Sensor gap. Contact your local service center if this fails to address the problem.
Rowing Belt can't extend to the end of rowing stroke or no resistance.	Rowing Belt needs to be unwrapped 1 turn or, requires an extra wrap on the Rower Belt Pulley	  
The Rower computer does not illuminate after battery installation.	Batteries installed incorrectly or need replacing.	Reinstall batteries in correct position and try again. If the LCD screen fails to illuminate, try rotating the batteries slightly in the computer. If this fails, contact your local service center.
The Rower computer display is erratic while displaying SPM and 500meter times.	Gap between Sensor and magnetic ring is too wide.	 <p>Remove large service cover and check gap between Sensor and magnetic ring (should be no more than 2.5mm).</p>
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 19 of this manual.

## » Tank Belt Adjustment

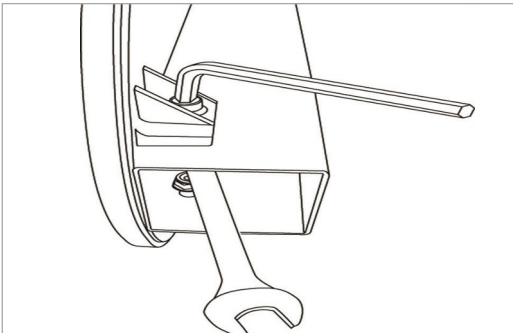
1. Remove large metal inspection plate.



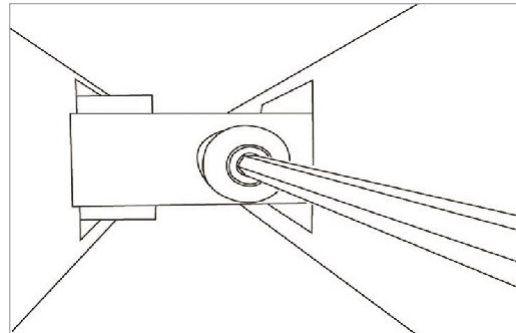
2. Using a long tool, push out the rear end cap as pictured below left. This will give you access to the Tank tensioning Bolt (shown lower right).



3. Loosen both the rear and front Tank Bolts slightly as shown left. 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.



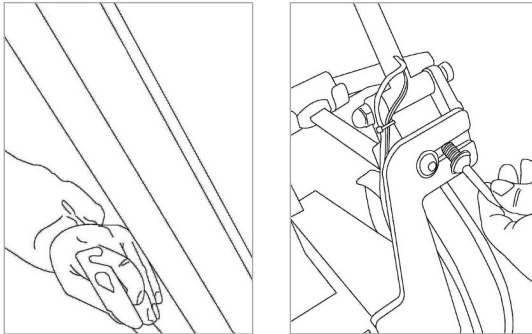
**Note:** Do not over tighten Tank Bolts.

**Tip:** Twist the Belt by hand to gauge tightness. Correct tension should be obtained when no longer able to twist more than 60 degrees

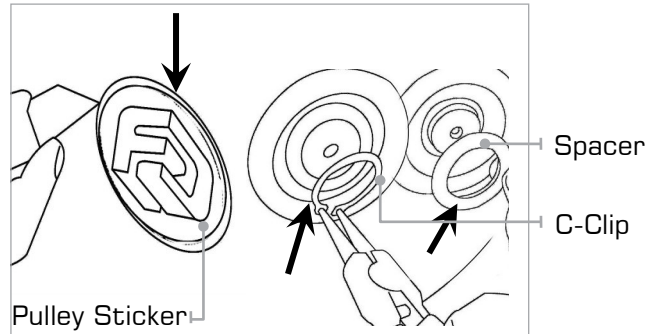
# » Bungee Cord Replacement. Dealer Assistance Required

(Expect 2-5 years bungee life in commercial use. Damage during initial rower assembly is not covered under warranty)

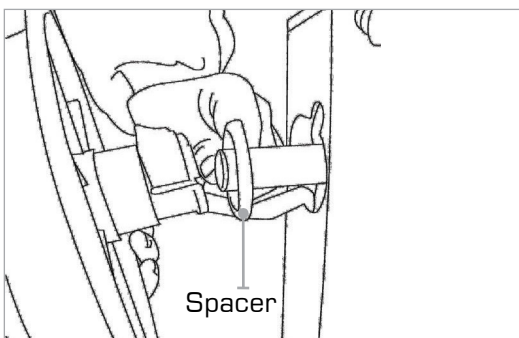
1. Unhook Bungee Cord Hook. Remove computer mount with 6mm Allen key.



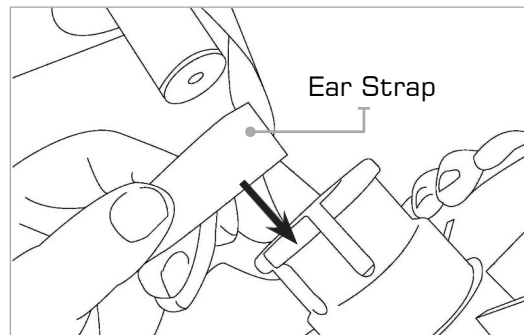
2. Carefully peel back and remove the Belt Pulley Sticker. Then remove C-Clip and Black Spacer as shown.



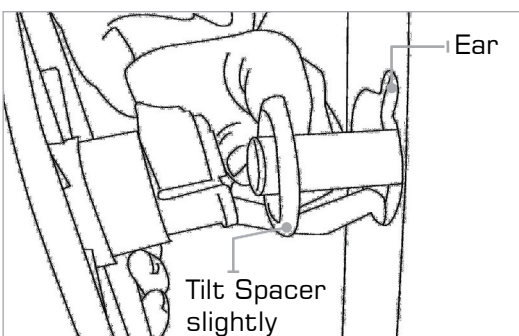
3. Remove the Belt Pulley and the Spacer. Unhook the Bungee Cord End from the Pulley and remove by pulling out from the bottom.



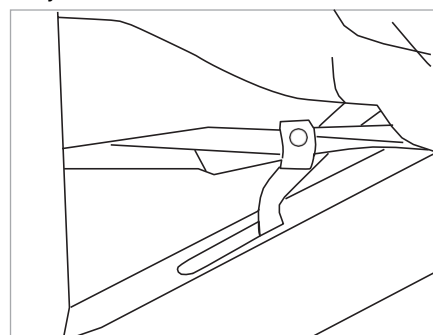
4. Feed the new Bungee Cord from below and reattach end strap to the Belt Pulley.



5. Attach the Spacer to the end of the rower pulley and use the "ear" to help thread the strap into the machine. Note that the Spacer may require being tilted just slightly to allow it to pass through.



6. Reattach the Bungee Hook to the end of the Seat Rail, install outer Spacer, C-Clip and Sticker. Test for proper installation. If the C-Clip cannot be reinstalled, then remove Pulley and try again as the Strap may be jammed.



**Note:** A light tap may be required if the black inner Spacer will not pass inside the frame. A tight C-Clip mounting indicates the process should be repeated as the belt is jammed up.



## 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 Rower VX-3 ( model VX-3A)**, 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 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 years of the original purchase.

### **Specific Inclusions**

- Bungee recoil cord, belt and pulley
- Hand grips & foot straps
- Polyester rowing belt
- Seat
- All pulleys, rollers & bearings
- All rubber components
- Computer & speed Sensor (excluding replaceable batteries)
- All drive belts
- Aluminum seat rails
- Sliding Footplate

### **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*

[WWW.FIRSTDEGREEFITNESS.COM](http://WWW.FIRSTDEGREEFITNESS.COM)

NOUS CONTACTER

Pour le soutien à la clientèle, veuillez  
visiter [firstdegreefitness.com/support](http://firstdegreefitness.com/support)

TAÏWAN

T: +886 3 478 3306  
764 Chung Shan South Rd  
Yangmei Taoyuan  
Taiwan R.O.C.

