

# Owners Manual

**FIRST**  **DEGREE**  
FITNESS

*Fluid* **FR-E216**

## Training with the E-216

1. As with any piece of fitness equipment, consult a physician before beginning your E-216 Rower exercise program.
2. Follow instructions provided in this manual for correct foot position and basic rowing techniques.

### CAUTION

1. The E-216 can stand vertically for storage. When doing so, please follow the instructions given in the basic operation section of this manual.

### CAUTION

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

## Contents

1. Contents of E-216 Pack.
2. E-216 assembly instructions.
3. Tank filling and water treatment.
4. How to Row/Operational instructions.
5. The E-216 Computer.
6. Long term water treatment/basic operation.
7. Maintenance and Maintenance Chart.
8. Troubleshooting guide.
9. Changing the Bungee cord.
10. Parts list.
11. Warranty.

# E-216 Box Contents



1. Upper mainframe and tank
2. Lower mainframe
3. Seat Rail
4. Footplate
5. S-bend bar handle catch
6. Rower seat
7. Rear leg
8. Siphon
9. Owners Manual

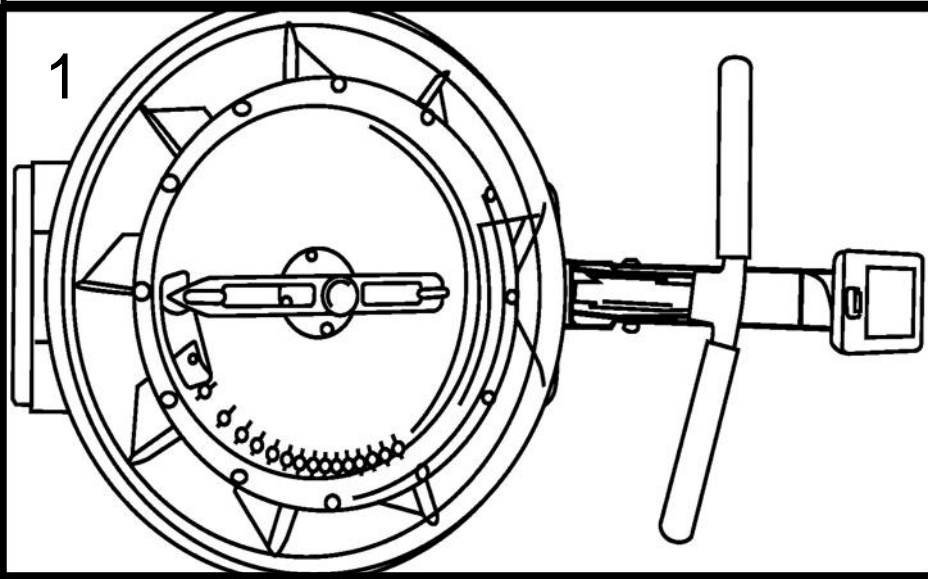
10. 2X AA batteries
11. 8X Chlorine tablets
12. Blue dye
13. Touch up paint
14. M8X60mm Rear leg bolt.
15. Multi-tool
16. 8mm Hex key
17. 6mm Hex Key
18. Rear rubber bumper

19. Vertical seat rail bolt support bracket
20. Rear end cap
21. Vertical seat rail bolt dome cap
22. Rear leg bracket (internal)
23. 10mm Nylock nut
24. 10mm standard washer
25. 10mm Spring washer
26. 8mm standard washer
27. 140mm M10 footplate bolt

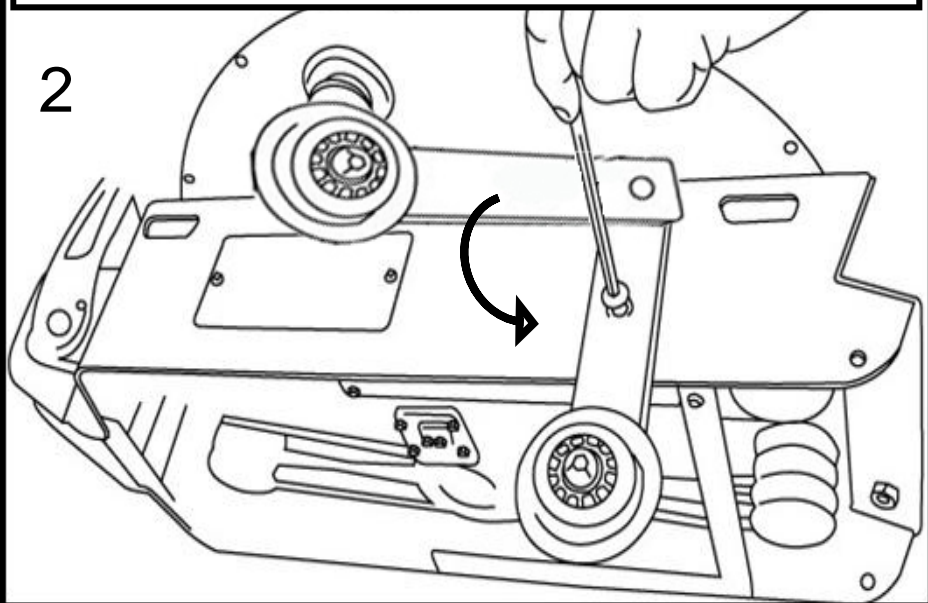
28. M10X90mm bolt (lower to upper frame)
29. M10X80mm S-bend bolt
30. M10 Vertical seat rail/upper/lower frame bolt
31. M8X35mm transport wheel assembly bolt
32. M6X10mm rear bumper bolts
33. Transport wheel and bracket assembly
34. M10x15mm S-bend bolt
35. M10 S-bend Washer

# E-216 Assembly Instructions

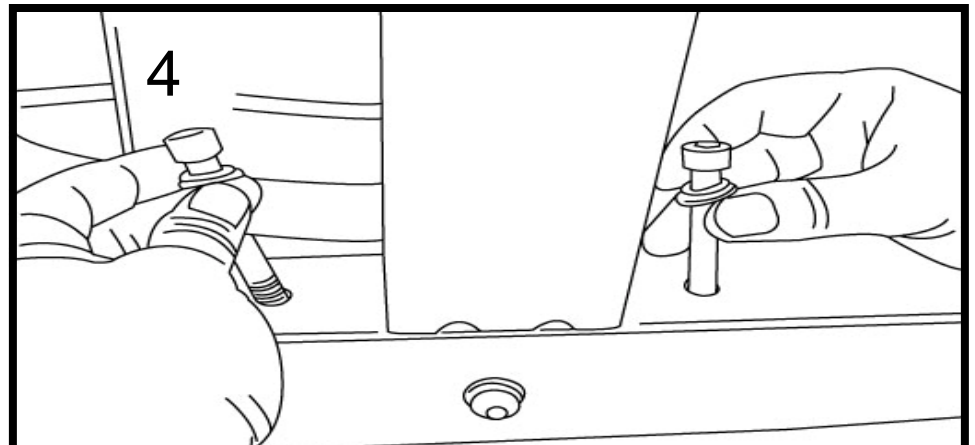
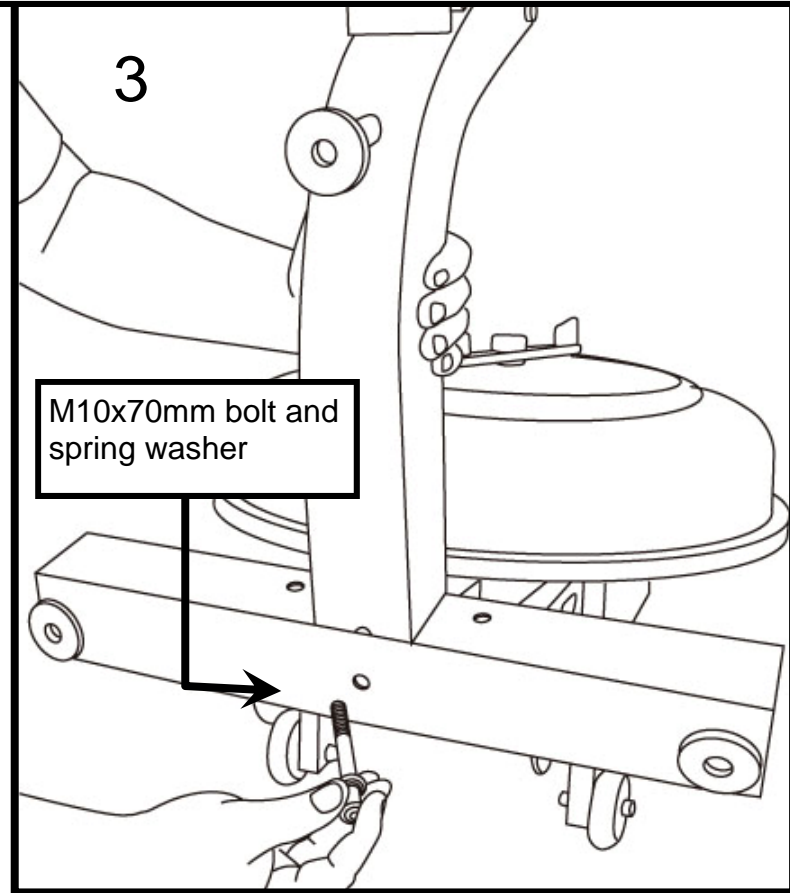
**Step 1.** Remove contents from box, and lay upper frame (tank assembly) on its back. Note: Use protected surface to prevent scratching Perspex cover.



**Step 2.** Tilt upper frame to one side to allow transport wheel bracket to fall into position. Attach using the black M8x35mm bolt. Repeat on opposite side.

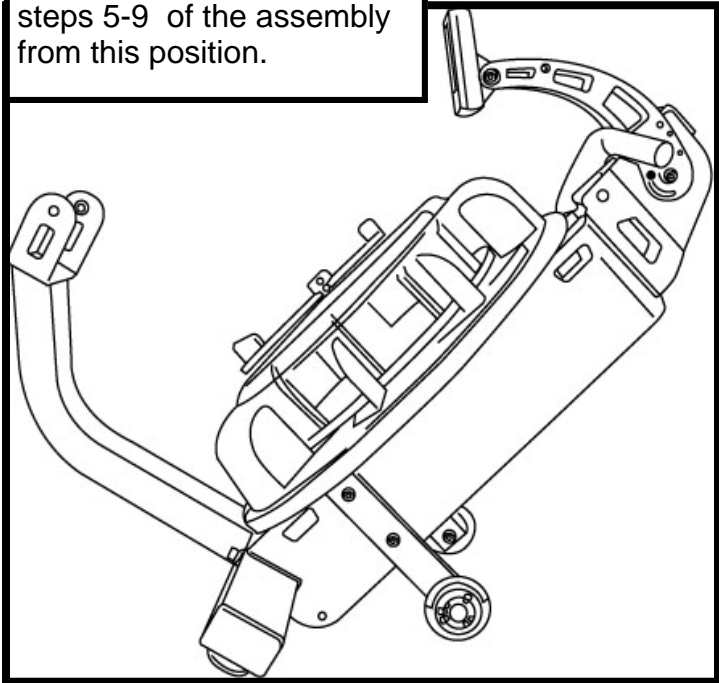


**Step 3.** Attach lower frame to upper frame starting with middle M10x70mm bolt and spring washer. **Do not tighten.**



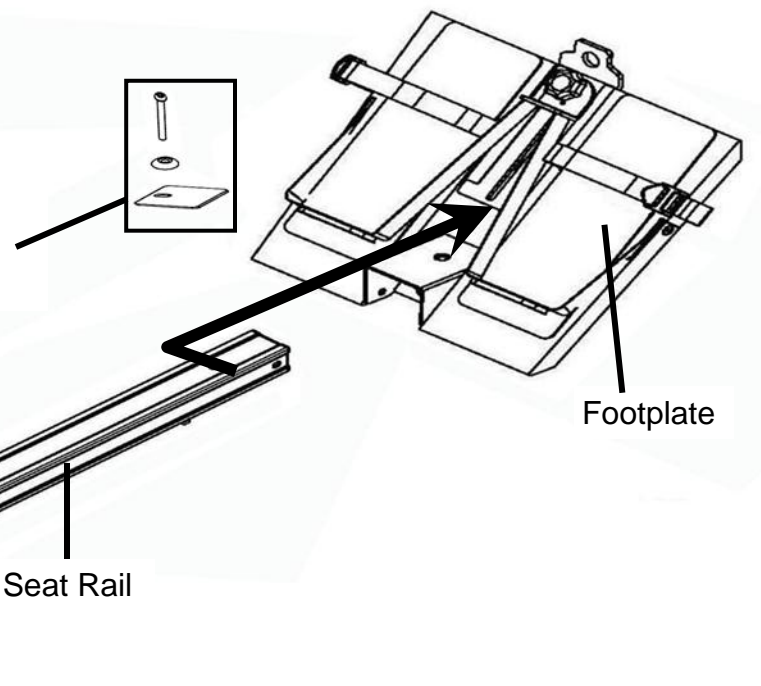
**Step 4.** Install left and right side bolts (1x M10X90mm bolt and 1x 10m spring washer on each side). Tighten all three bolts.

Once the lower frame is securely attached, continue steps 5-9 of the assembly from this position.



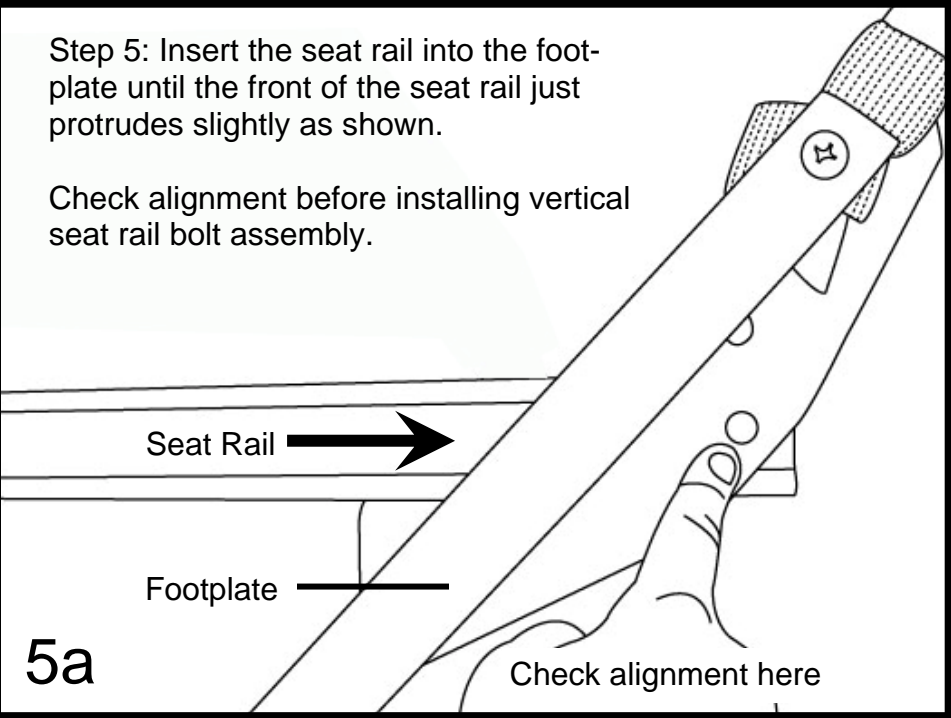
# 5

M10x70mm bolt, Plastic dome cap, and Vertical seat rail support bracket



Step 5: Insert the seat rail into the footplate until the front of the seat rail just protrudes slightly as shown.

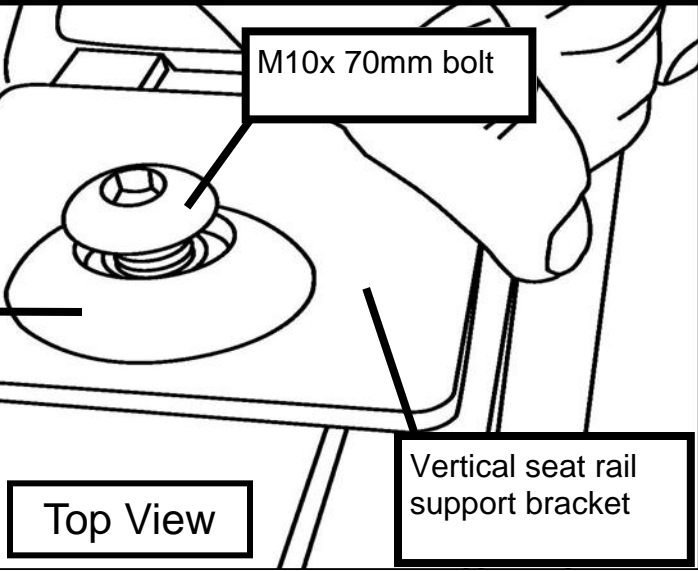
Check alignment before installing vertical seat rail bolt assembly.



Plastic dome cap

M10x 70mm bolt

# 5b



Next, attach the seat rail onto the footplate using the M10x70mm bolt, Plastic dome cap, and Vertical seat rail support bracket as shown.

6

Seat Rail

Hold seat rail/Footplate assembly here

M10 Nylock nut and M10 Washer

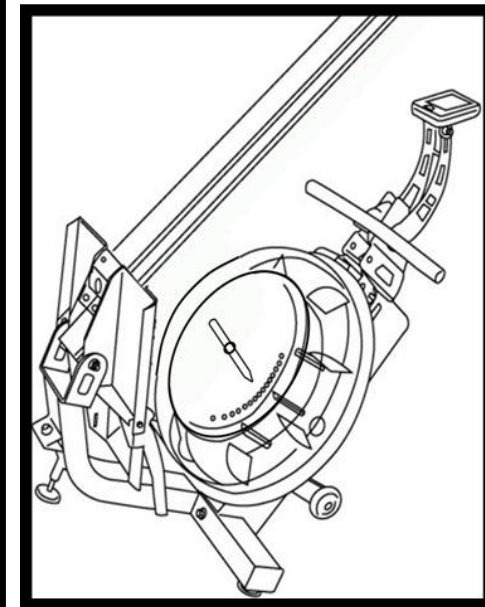
M10 x 140mm Seat rail bolt and M10 washer

**Step 6.** Install completed footplate/seat rail assembly onto the main frame as shown, using M10X140mm bolt, M10 Nylock nut and 2x M10 washers.

Insert the 140mm footplate bolt with a standard M10 washer through the mainframe, footplate and seat rail as shown left.

Secure with M10 Nylock nut, and standard M10 Washer.

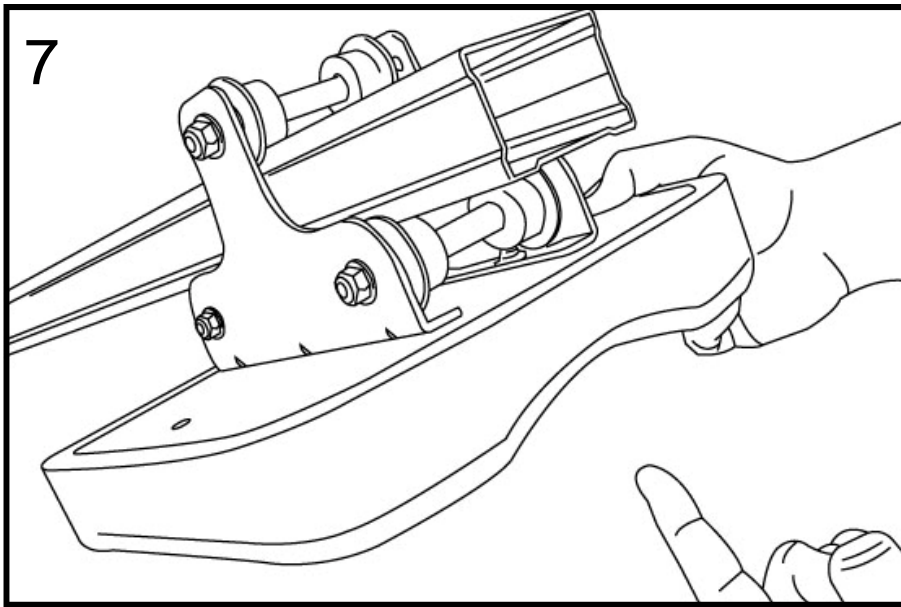
Note: For ease of assembly, keep the rower in this position (with seat rail over the tank) for Steps 8-9.



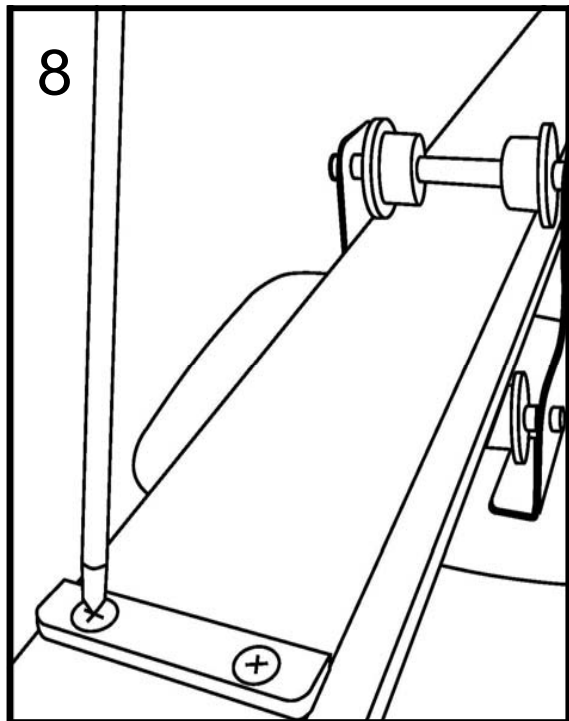
**WARNING**



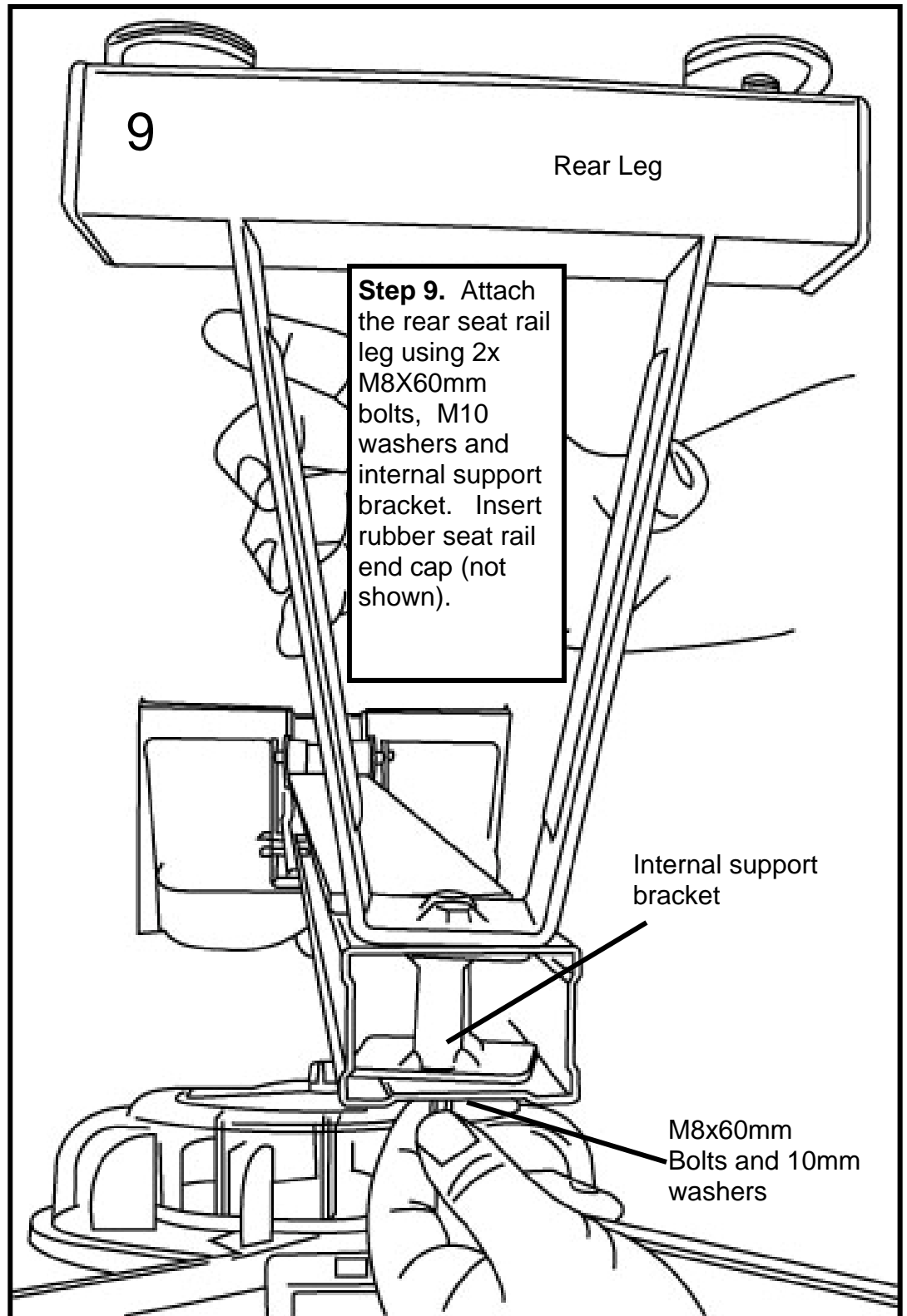
**Keep fingers clear of pivoting parts during assembly.**

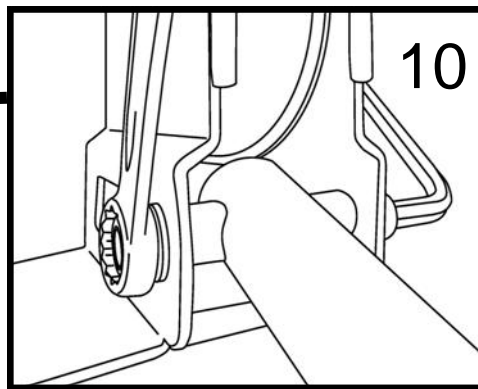


**Step 7.** Install the rower seat. (Make sure seat indentation is facing rearward as pictured)



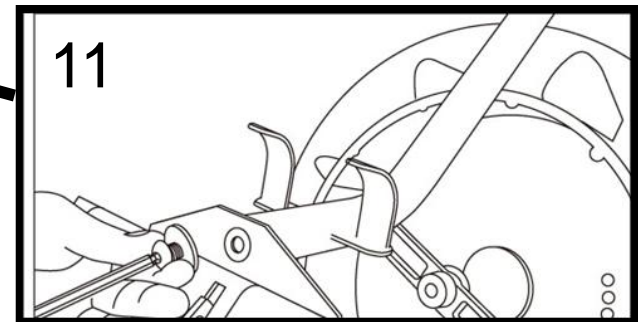
**Step 8.** Install rear rubber bump stop using the two M6X10mm screws.



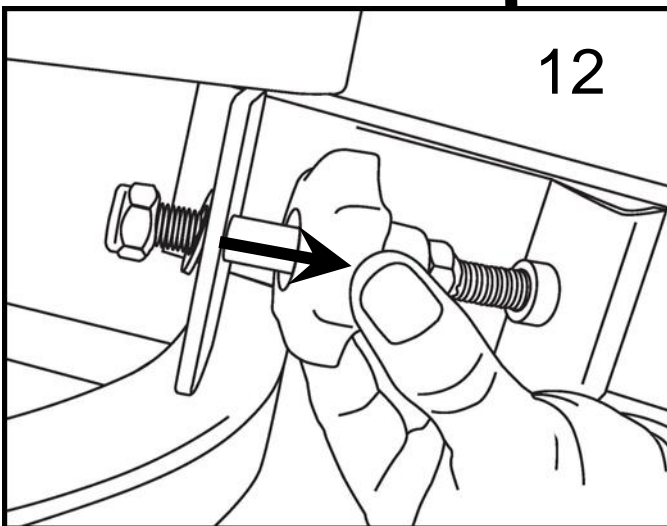


Carefully lower the rower to its normal operating position to complete assembly with S-bend installation and frame tensioning bolt.

**Step 10.** Install rear of S-bend onto the upper frame using M10x80mm bolt, M10Nylock and 2xM10washers.



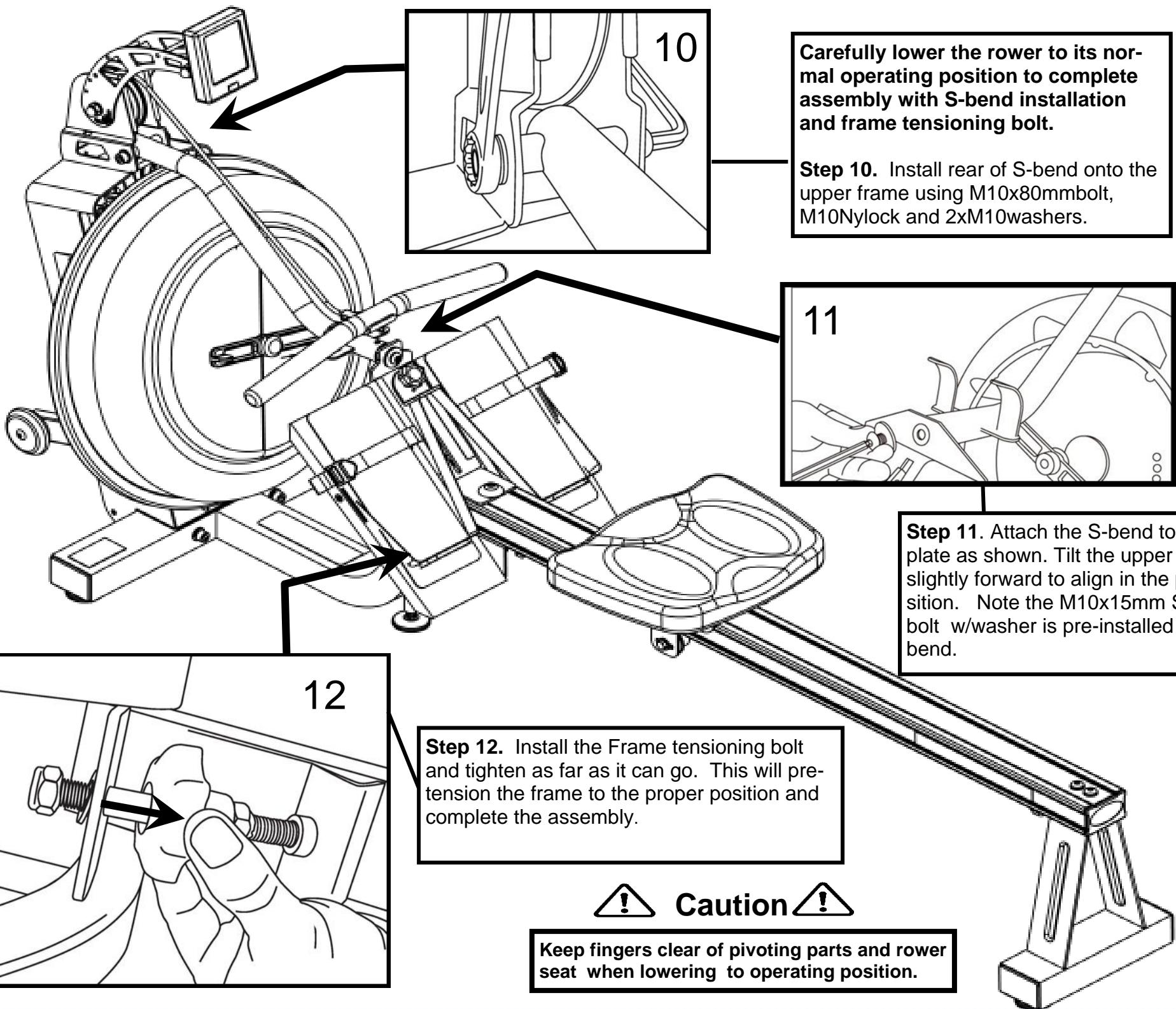
**Step 11.** Attach the S-bend to the footplate as shown. Tilt the upper frame slightly forward to align in the proper position. Note the M10x15mm S-bend bolt w/washer is pre-installed on the S-bend.

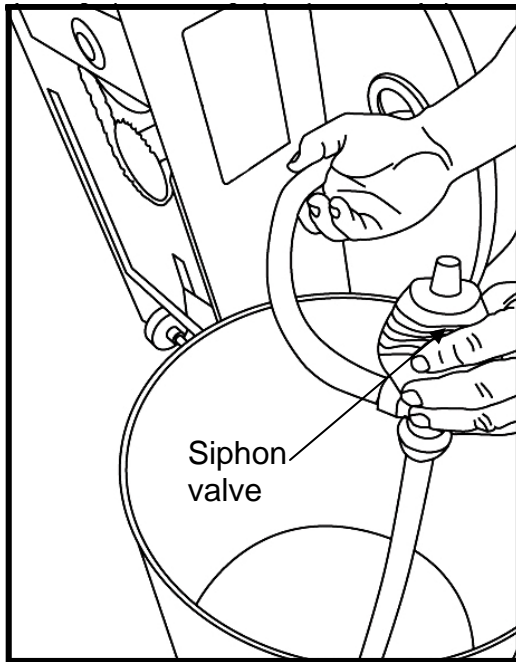


**Step 12.** Install the Frame tensioning bolt and tighten as far as it can go. This will pre-tension the frame to the proper position and complete the assembly.

**Caution**

Keep fingers clear of pivoting parts and rower seat when lowering to operating position.





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

Fill with adjuster handle at level 16 only.

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

## Tank Filling and Water Treatment

1. Filling requires a large bucket (not supplied) and the Fluid Rower siphon (included). Filling will take approximately 7.6 liters of water.
2. Unscrew the right tank plug on the rear of the fluid tank and insert the flexible tube into the rear of the tank while keeping the rigid hose in the bucket. Note: The siphon tube may be impeded by one of the impeller blades. Use the siphon only to push the impeller down slightly.



### Warning:

**Do not insert fingers into tank.**

3. Move the adjuster handle to level 16, and begin filling.

#### Note:

The siphon valve must be closed to allow siphoning action to occur. Tip: Placing the bucket in an elevated position will allow the siphon to continually pump water into the tank.

**Do not fill past the calibration mark indicated on the tank!**

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



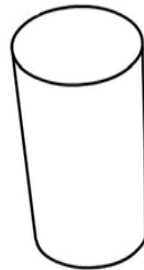
4. Once filling is complete (to the proper calibration level as indicated on the tank), follow water treatment schedule as Shown left.

**Caution:** Use a drop cloth under the tank both when filling the tank and adding blue dye to avoid staining floor or carpet.

### Water Treatment Procedures:

1. Add Chlorine tablet.
2. Wait a minimum of 72 hours. Then add very small amount of blue dye and check for desired color. **Important! Do not add blue dye for at least 72 hours following Chlorine treatment.** The blue dye adds visual appeal as well as cutting down the amount of light affecting the tank water, thus extending the amount of time between water treatments.

Blue dye



## How to row.

1. Begin the stroke comfortably forward and push strongly back with your legs while keeping your arms and back straight.
2. Begin to pull your arms back as they pass over your knees and continue the stroke through to completion rocking slightly back over your pelvis.
3. Return to the starting position and repeat.

## How often?

Begin with 5 minute training sessions once a day and aim for around 2:30 to 2:45 for 500m time. Row at a pace that keeps the water circulating continuously between strokes.

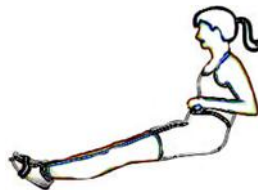
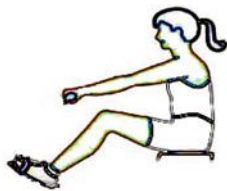
Progress a few minutes more each day until you are comfortable with 30-45 minutes training time 3 or 4 times a week.

This is sufficient to provide aerobic endurance benefits, muscle toning and sufficient calorie burning to form part of a weight loss program.



## CAUTION

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



## Catch

Comfortably forward with straight back and arms.

## Drive

Push with the legs while arms remain straight.

## Finish

Pull through with arms and legs rocking slightly back on your pelvis.

## Recovery

Upper body tips forward over your pelvis and move forward.

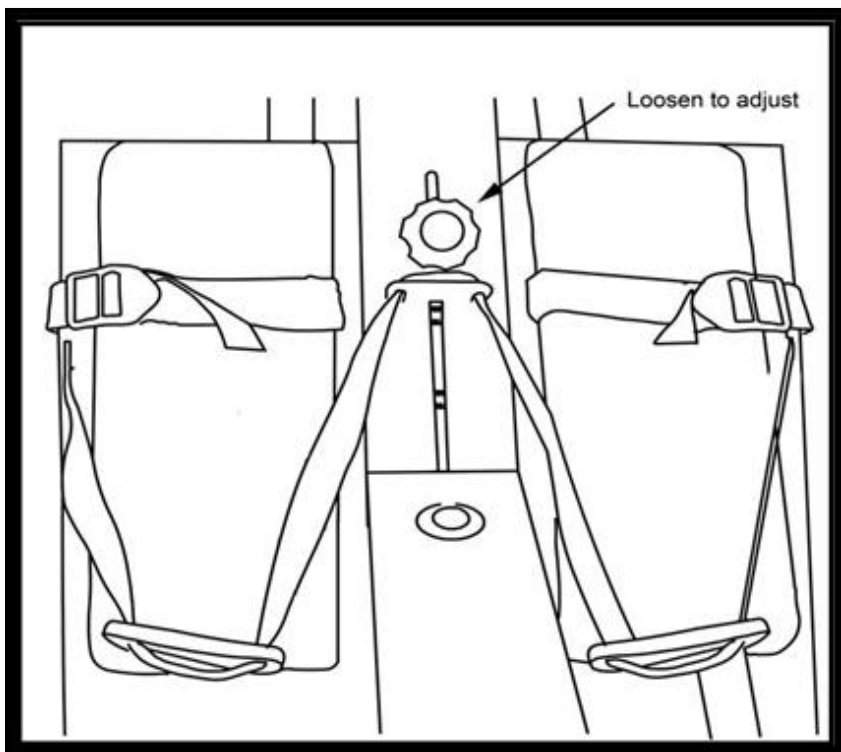
## Catch

Catch and begin again.

## Operational Instructions



Always row with your feet secured in the foot straps.



## Operational Instructions:

### Heel support Adjustment:

The E-216 has a unique and easy to use Heel Support Adjuster (Pat. Pend.). Simply loosen the footplate knob and slide the Adjuster up or down to required position. This should place the ball of your foot directly under the horizontal Foot Straps. Tighten knob and secure Foot Straps. The Heel Support allows the user to row without shoes if desired.

### Resistance:

The level of resistance is determined by the level indicator located on the front of the tank. Level one indicates lightest resistance, level sixteen represents heaviest resistance.

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



**Caution!** FDF strongly recommends **using a drop Cloth under the tank when filling**, and especially when adding the blue dye. The blue dye will readily stain carpet or clothing.

## Computer Instructions

E-216 Fluid Rowing Ergometer			
3:34		TIME	
2:56		500M TIME	
P		PULSE Use chest strap	
DIST	359	36	SPM
CAL HOUR	18	33	WATTS
○ RESET HOLD TO RESET		○ DISTANCE ADD 1000M EACH TOUCH ROW TO START	

## The E-216 Computer:

TIME: Auto start elapsed time.

500M TIME: Time to row 500 meters, updated at the completion of each stroke.

PULSE: Requires optional receiver and chest strap.

SPM: Strokes per minute updated each stroke.

WATTS: Indication of watts at resistance level 16.

CAL HOUR: Updated each stroke.

PROGRAMMING: Computer will auto start.

**Note: Computer will reset and begin to count up after 10 seconds of inactivity**

Options (Hold button down for one second first to reset computer)

1. Add 1000m distance each button push to accumulate required distance then begin rowing.
2. Interval training.

Row distance as above.

Stop rowing. Computer will wait 10 seconds then begin a count up to a maximum of 6 minutes to allow you to time your rest interval.

## 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 can occur. See tank filling/water treatment page for details.

### Long term water treatment:

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

Water treatment schedules for the E-216 will vary according to the fluid tanks exposure to sunlight, but expect 8-12 months near a bright, sunlit window and 2 years or more for a darker location. At the point of finding the water slightly cloudy, add a Chlorine tablet. Remember to wait 72 hours

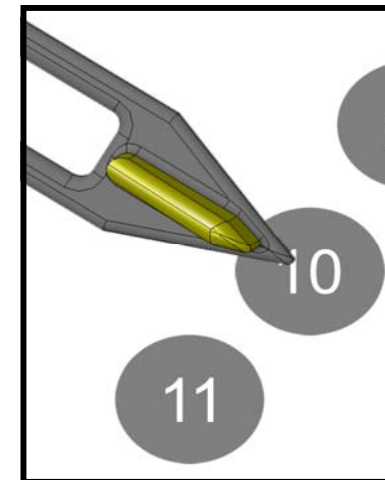


**Caution:** It is critical that a drop cloth be used Under. The fluid tank whenever the tank plug is opened for water treatment.

**Vertical storage:** The E-216 can easily be stored in a vertical, upright position. For safety, choose a suitable location, such as a corner of a room. It is recommended that something soft (such as carpet or a small towel) be placed under the upper rear of the unit to avoid marring either the paint or Perspex cover.

### Resistance:

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



### Dyneema Rope drive

The unique Dyneema rope drive system allows for simplicity, smoothness and unparalleled performance. The unique properties of Dyneema make it extremely useful in harsh environments, such as sailing, climbing, fishing lines, body armor, etc. It is quite literally stronger than steel. The 6mm Dyneema rope used on the E-216 is rated in excess of 1,000kg.

Note: If the Dyneema rope is twisted excessively, the rowing stroke will feel lumpy. Use the rower handle to untwist the rope to its normal operating position.

Light fraying is normal. The Dyneema may have a slight “fuzzy” appearance after a period of use. Dyneema is extremely abrasion resistant and to some degree self-lubricating. Expect many years of trouble free performance.

### Heel support adjuster:

The E-216 has a unique and easy to use Heel Support Adjuster. Simply slide the Adjuster up or down to the required position. This should place the ball of your foot directly under the horizontal Foot Straps. Secure Foot Straps. The Heel Support allows the user to row without shoes if desired.

## Maintenance chart.

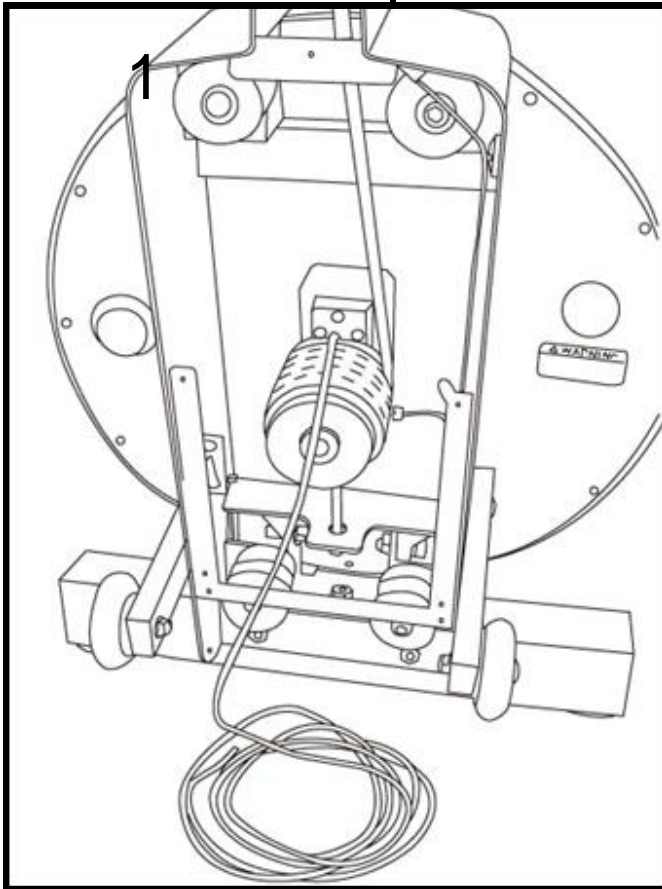
Item	Timeframe	Instructions	Notes
Seat and seat rails.	Weekly.	Wipe seat rails with lint free cloth. Spray seat rails with a light coat of silicone spray.	
Frame.	Weekly.	Wipe down with lint free cloth.	
Tank and water treatment.	12 months to 2 years.	Follow instructions as specified in the "Water Treatment" section of this manual.	
Bungee cord.	Check every hundred hours for correct tension and for signs of wear.	The bungee cord should last for many years. If a bungee cord change is required, please follow the instructions provided in the "Changing the bungee cord" section of this manual.	
Dyneema Rowing Rope.	Check monthly for signs of twisting, excess fraying or other signs of premature wear. Note that a light "fuzz" is perfectly normal for Dyneema rope and will not affect performance or longevity in any way.	The Dyneema rowing rope should rarely require changing, but should the need arise, please follow the instructions provided in the "Changing the Dyneema rope" section of in the service section of the First Degree Fitness website at <a href="http://www.firstdegreefitness.com">www.firstdegreefitness.com</a>	

# Troubleshooting Guide

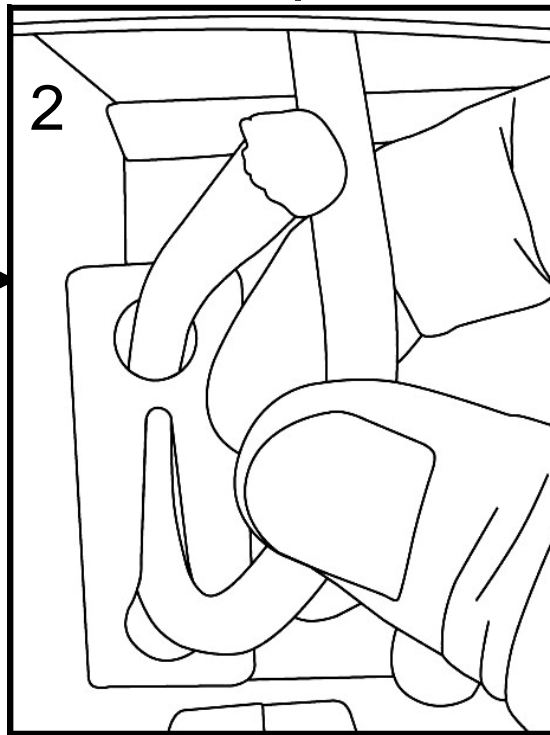
Fault	Probable Cause	Solution
Water changes color or becomes cloudy.	Rower is in direct sunlight or has not had water treatment.	Change rower location to reduce direct exposure to sunlight. Add water treatment and blue dye or change tank water as directed in the water treatment section of this manual.
Rowing stroke return too light.	Bungee not under enough tension.	Open rear Perspex cover, cut bungee tie wrap . Tighten by small increments using the bungee tie off tab point and test tension by allowing the rowing handle to return to its furthest point forward while still having some slight tension. Note light fraying of the bungee cord is normal.
Rower rocks from side to side when sitting on floor	Front/Rear frame levelers need adjusting	Adjust the front two frame levelers or rear leg levelers until stability is reached. Note: It is normal for the lower rear leveler to rest slightly off the floor.
Front of rower lifts slightly during vigorous rowing.	Lower rear frame leveler too high.	Check to see that frame tensioning bolt is tightened properly. Lower rear frame leveler should be approx 5mm off the ground.
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 stroke feels lumpy, not smooth..	Dyneema rope is twisted .	You can untwist the Dyneema rope by simply pulling the rowing handle to the end and turning the rowing handle to untwist the rope. Note: Light fraying is normal.
The E-216 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 E-216 computer display is erratic while displaying SPM and 500meter times.	Gap between sensor and magnetic ring is too wide.	Adjust sensor location using rear sliding adjustment located inside rear Perspex cover.

# Replacing the E-216 bungee shock cord

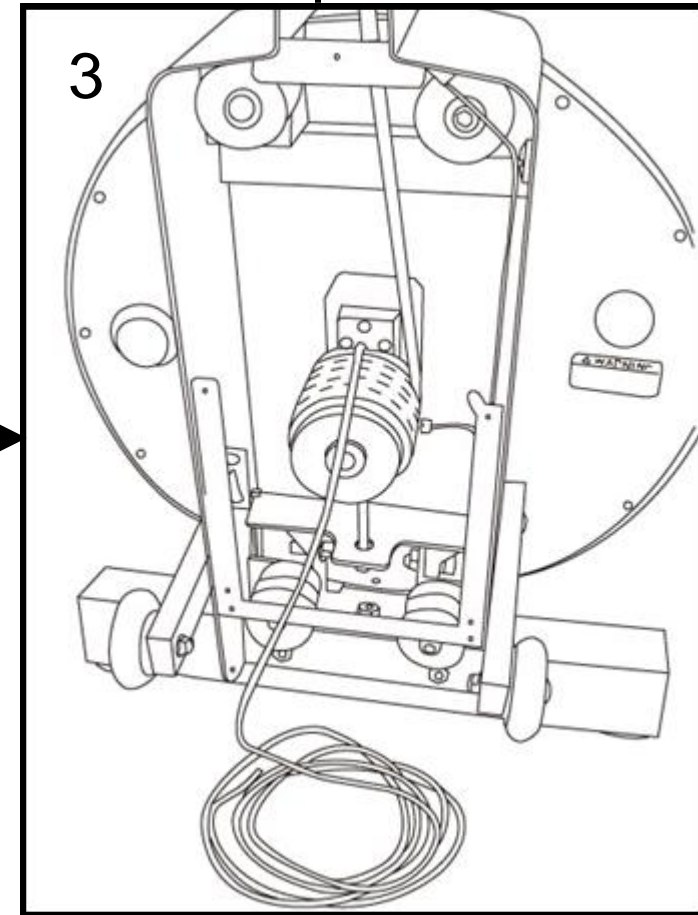
**Step 1.** Remove the Perspex cover from rear of upper frame. Disconnect sensor lead.



**Step 2.** Move the rowing handle from the S-bend handle catch to a point where it is resting on top of the tank. This helps line up the bungee cord hole for easier removal/replacement. Detach bungee cord from lower rear attachment point.

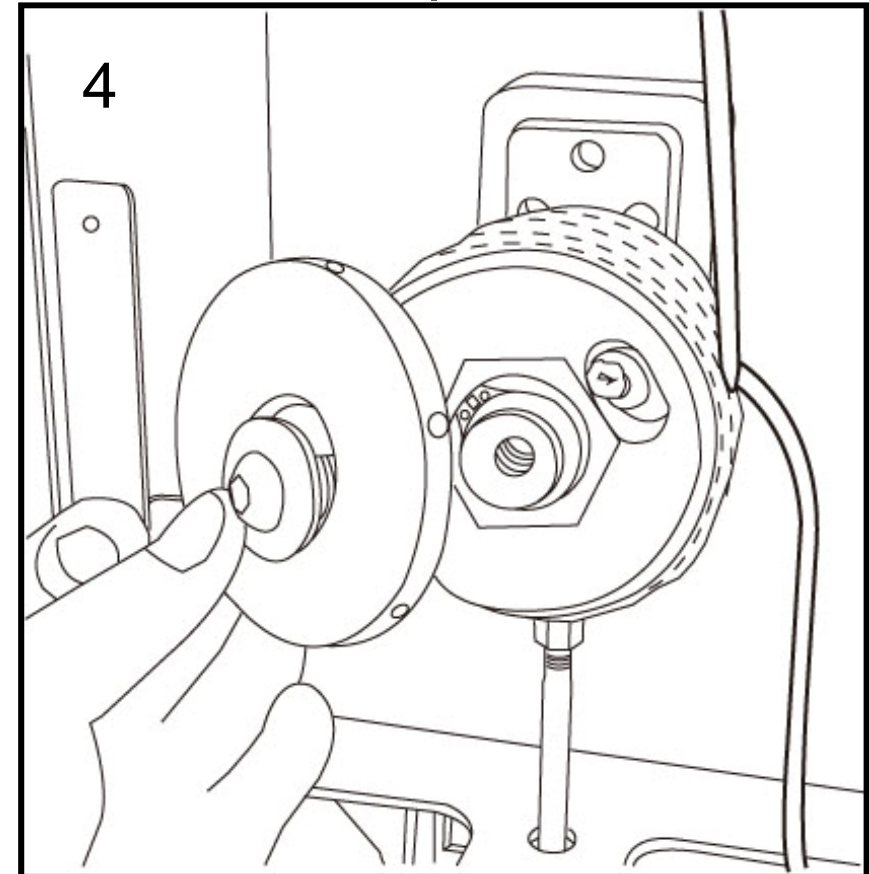
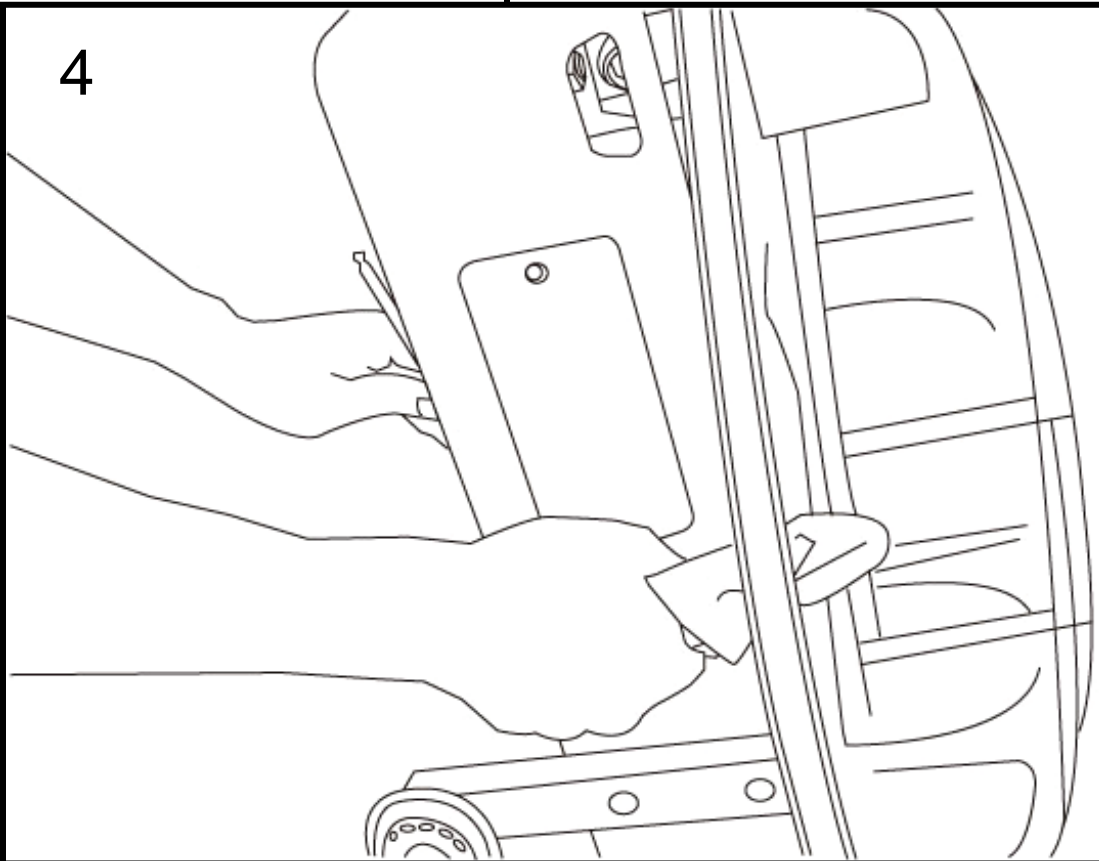


**Step 3.** Unwrap the bungee cord from all of the bungee pulleys.



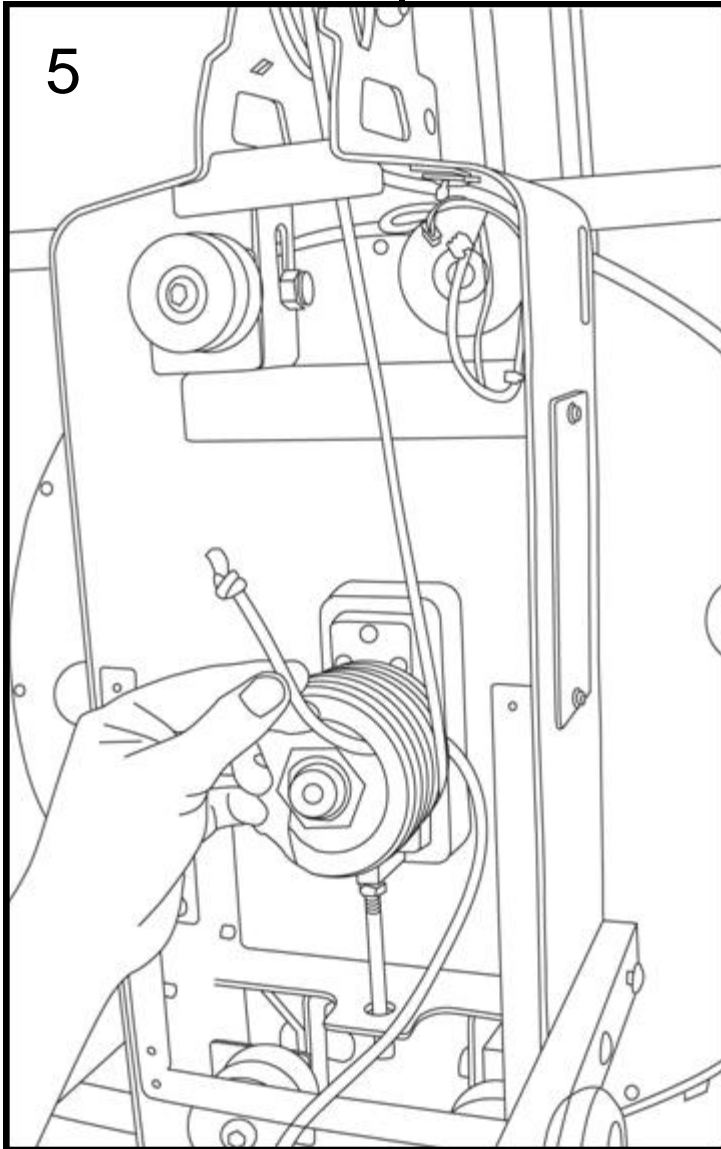
## Replacing the E-216 bungee shock cord

**Step 4.** Next, remove the magnetic ring. To loosen the rear mainshaft bolt holding the magnetic ring in place, it is necessary to keep the mainshaft and impeller assembly from turning with the bolt. Open the right rear tank plug, and insert a wrench wrapped in a lint free cloth (to protect the electroplating finish on the blades) to catch the impeller blade and allow the rear mainshaft bolt to be loosened as shown below right with a 6mm Allen key. **Caution:** Do not allow a dissimilar metal to directly contact the impeller blade. Premature rusting could occur. Cover any tool inserted the tanks with a lint free cloth and **keep fingers clear**.

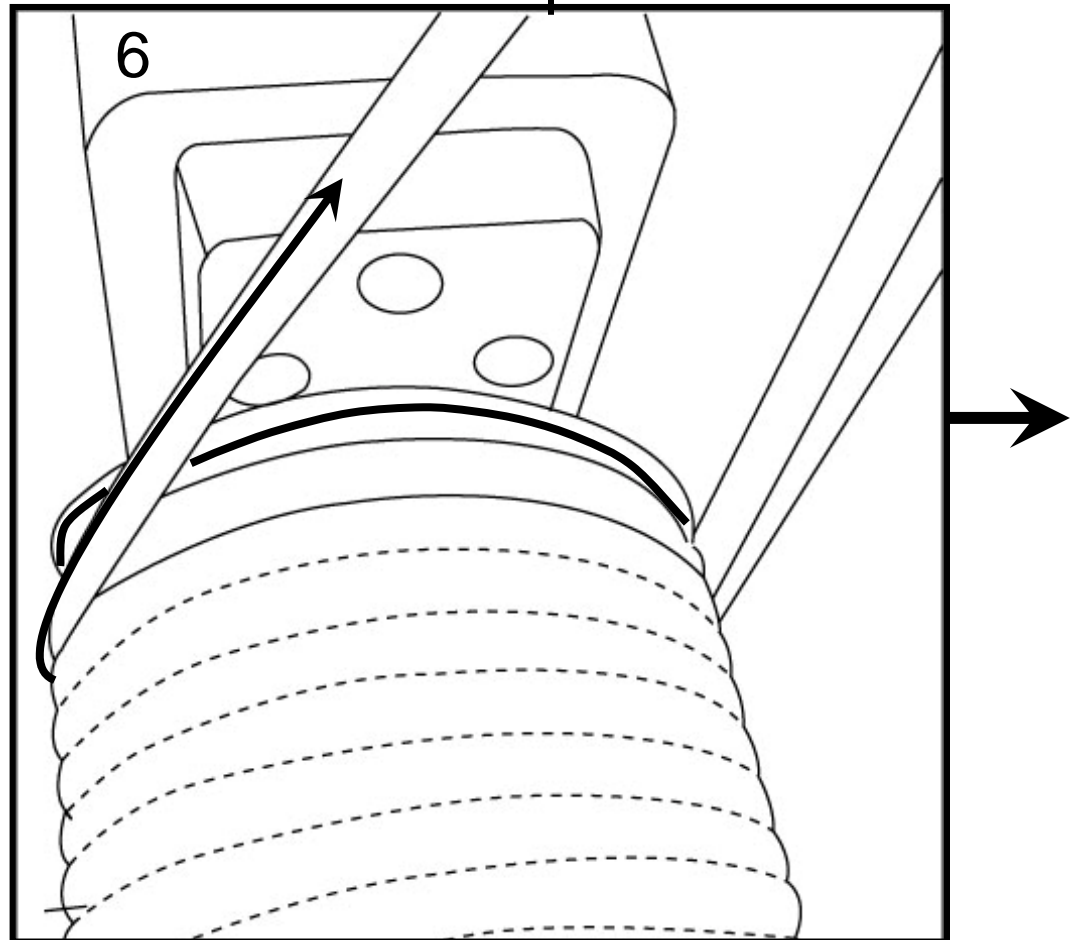


# Replacing the E-216 bungee shock cord

**Step 5.** After removing the magnetic ring, the bungee cord will be accessible. Pull through the rope/bungee pulley and remove. Note that the rower handle should be resting on top of the tank (as shown in step 2) for the bungee hole to line up. Thread new bungee cord through and pull until knotted end is held securely in the slot.



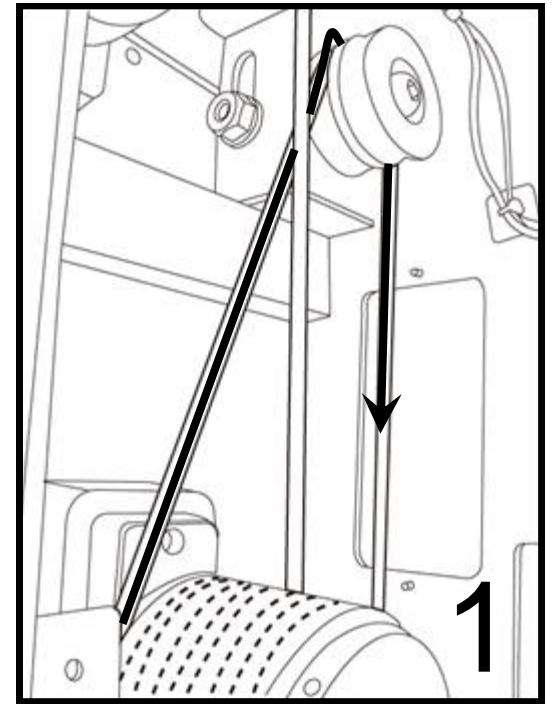
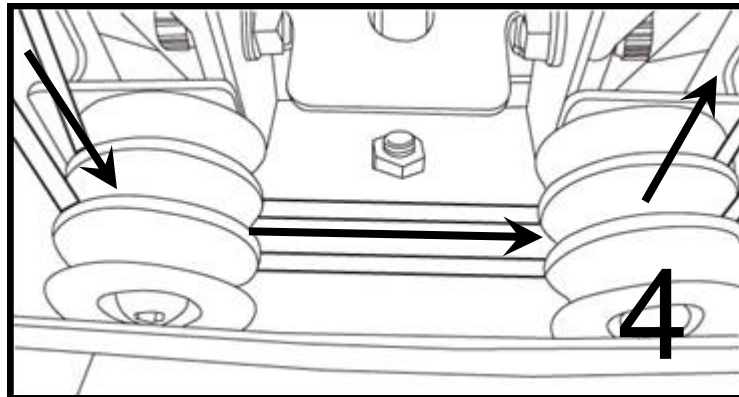
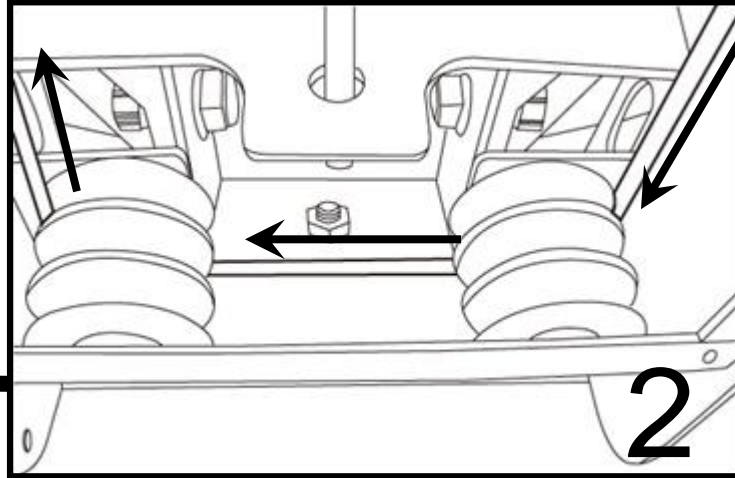
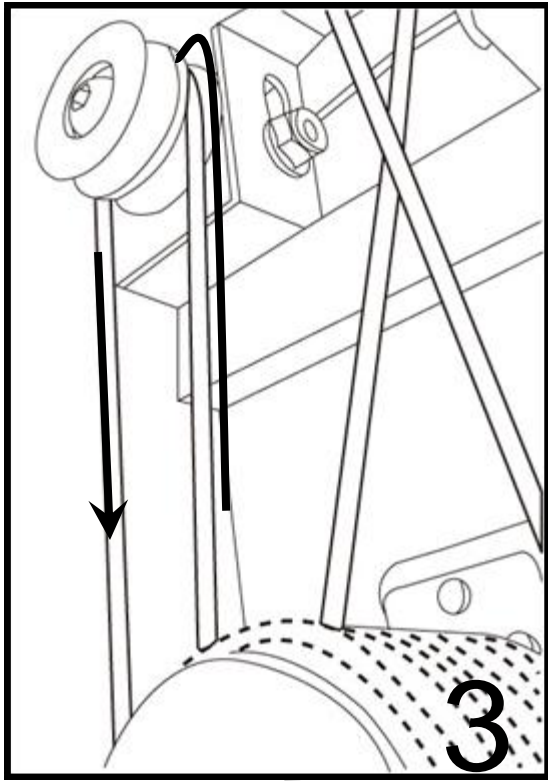
**Step 6.** Once the bungee cord is in position, make two wraps on the rope/bungee pulley in a clockwise direction, checking to see that the bungee cord tracks in the proper grooves. Make sure the bungee is wrapped behind the Dyneema rope when threading to the first bungee pulley (shown next page).. Once the bungee has reached the position shown below, you may begin to rewrap the bungee around the bungee pulleys, starting with the upper-right rear pulley.



# Replacing the E-216 bungee shock cord

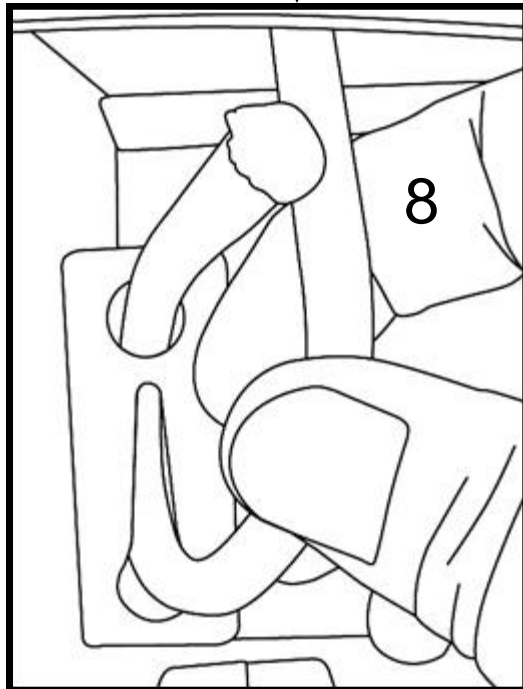
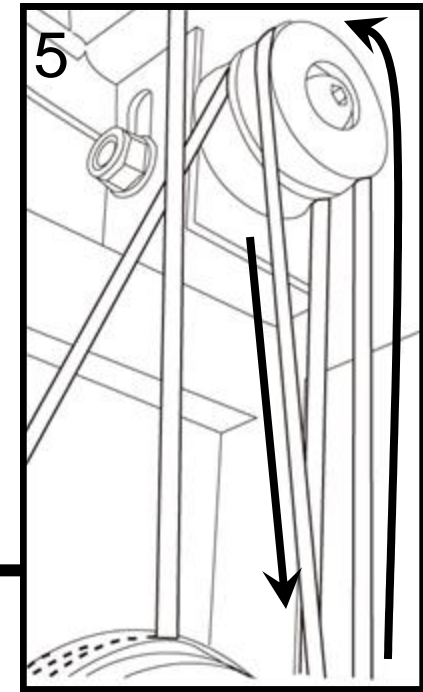
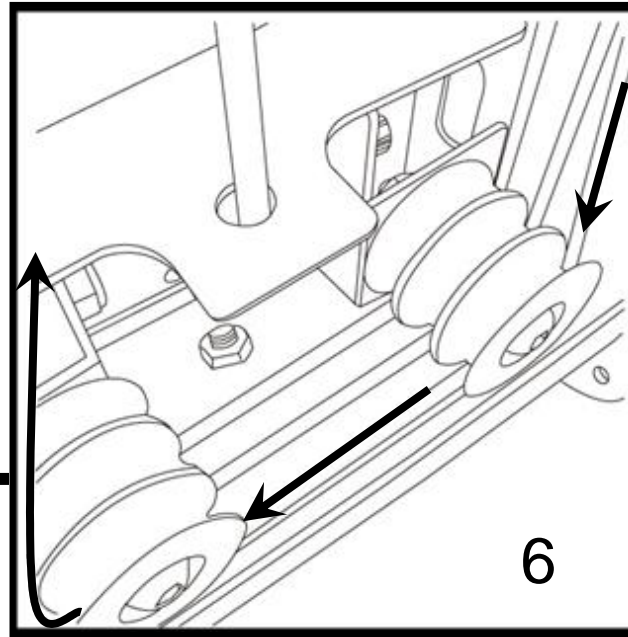
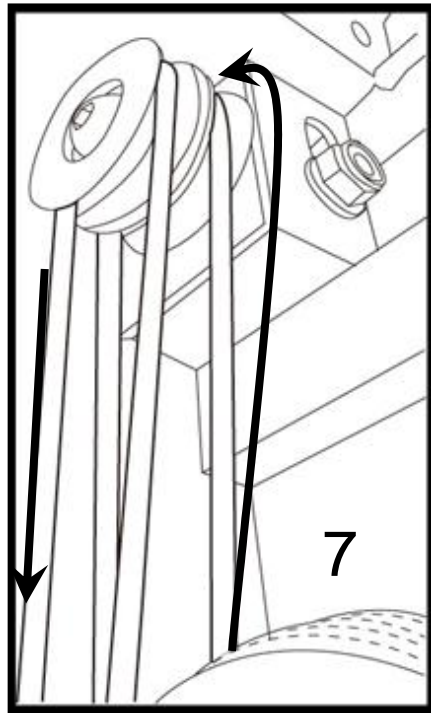
## Bungee wrapping in order:

1. Rope/bungee pulley to upper rear right bungee pulley.
2. Upper rear right to lower rear right and left rear pulleys.
3. Lower left rear to upper left rear pulley.
4. Upper rear left to lower middle left and right pulleys.
5. Middle right pulley to upper right front pulley.
6. Upper front right pulley to lower front right and left pulleys.
7. Lower left front pulley to upper left front pulley.
8. Upper left front pulley to tie off point.



Hint: Keep a slight tension on the bungee cord when threading through the bungee pulleys.

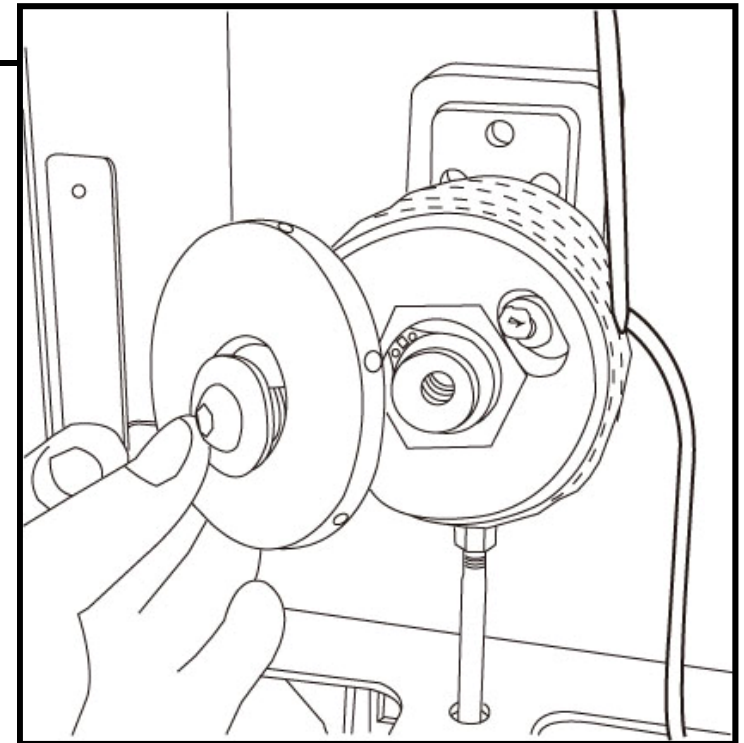
# Replacing the E-216 bungee shock cord



Reattach the magnetic ring.  
Tighten securely.

Finally, reattach the sensor  
lead and replace the Per-  
spex rear cover.

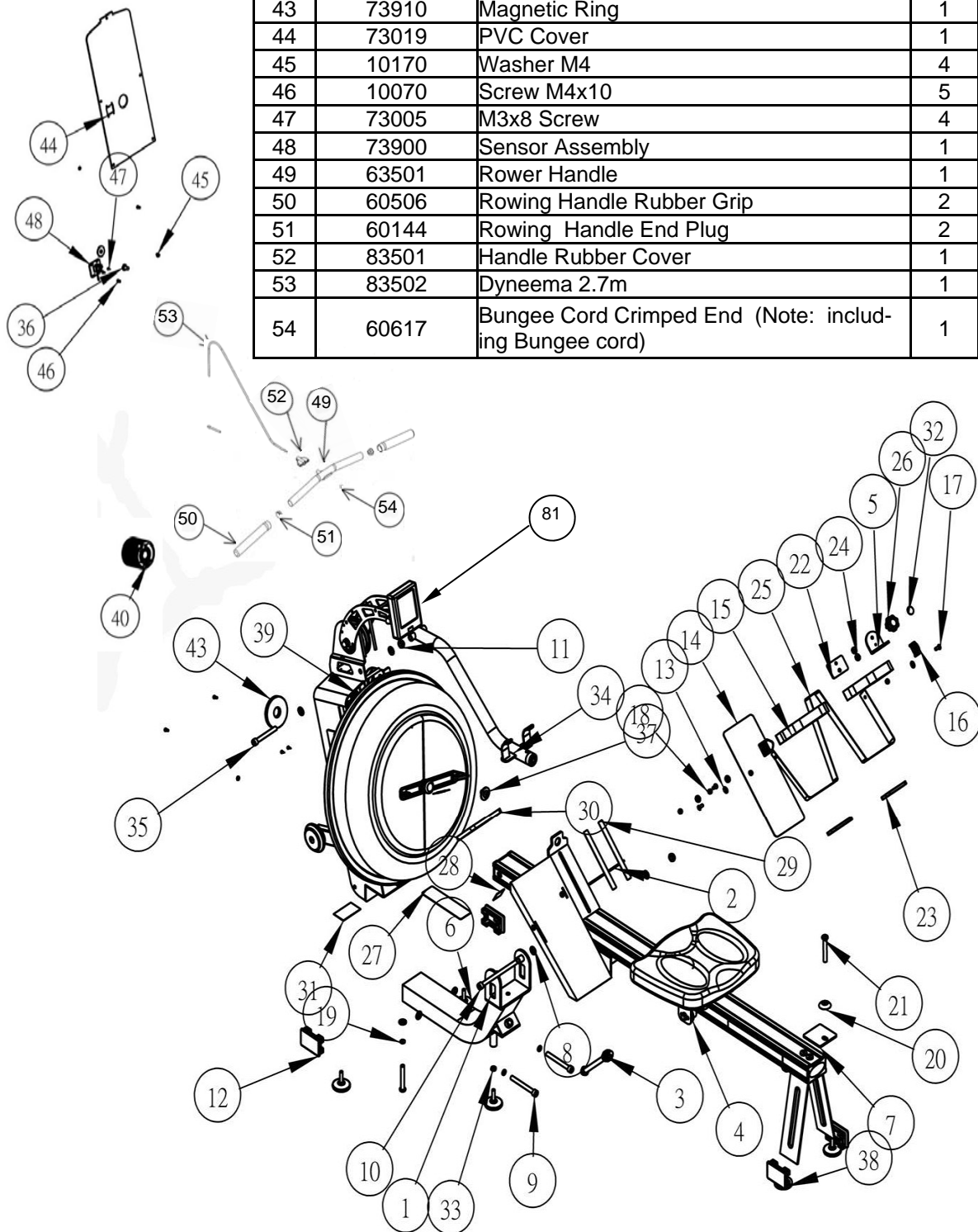
Finish the bungee rewrap by tying  
off the bungee. You may elect to  
not use a tie wrap as the metal tab  
is designed as a stand alone at-  
tachment point. Thread the  
bungee through to desired tension  
and thread the bungee end through  
the upper hole as shown.



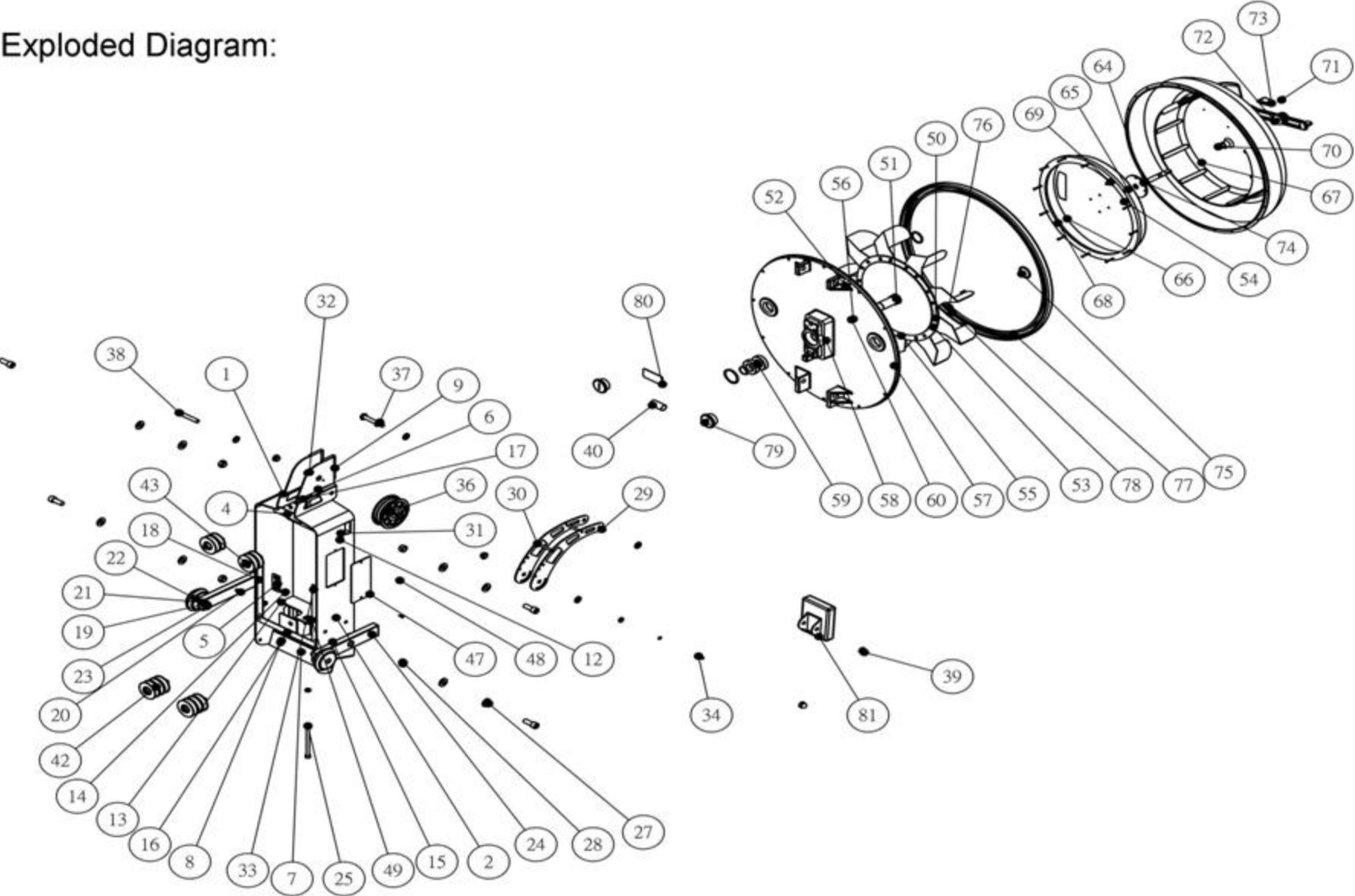
# Parts List/Exploded Diagram:

Item	Part #	Description	Qty
1	70200	Lower Frame	1
2	70700	Foot Plate	1
3	70410	Tensioning Bolt	1
4	60700	Seat Assembly	1
5	60601	Heel Adjuster Knob External Plate	1
6	71016	Lower Frame Foot Leveler	3
7	70804	Rail Insert Bracket	1
8	10082	Washer M10	7
9	60121	Bolt (M10x90)	2
10	71021	M10x140mm Foot Plate/Lower Frame Mounting bBlt	1
11	10041	Nut M10 Nylock	2
12	10069	End Cap 75x50mm	2
13	10081	Washer M6	4
14	10121	Foot Plate Non Slip 3M	2
15	10176	Foot Strap	2
16	10177	Foot Strap Buckle	2
17	10120	Screw M6x15	4
18	10174	Nut M6	4
19	60149	Spring Washer (M10)	3
20	60809	Plastic Dome Cap For Vertical Seat Rail Bolt 10mm	1
21	10096	Bolt M10x70 for Aluminum Rail	2
22	60604	Heel Adjuster Knob Internal Plate	1
23	60605	Rubber Heel Support Pad	2
24	60606	Plastic Spacer M4	2
25	60608	Heel Strap Complete (Inc. 2*60605)	1
26	60609	Heel Adjuster Knob (M6)	1
27	71028	E216 How to Rower Decal	1
28	71031	Hand Warning Decal	1
29	61002	Heel Adjuster Decal	2
30	71037	Safety Strap	1
31	10099	Caution Decal	1
32	60618	Knob Decal (yellow)	1
33	71036	M8 nut (Note: For tank tensioning bolt)	1
34	70600	S-bend handle Catch Bar	1
35	10115	Bolt M10x80	1
36	20150	Bolt M10x15	2
37	10082	M10 Washer	2
38	70800	Seat Rail Assembly	1
39	73000	Upper Main Frame Tank Assembly	1
40	73700	Rope Pulley and Handle Assembly	1
41	73002	O-Ring	1

42	73009	D25-C-Clip	1
43	73910	Magnetic Ring	1
44	73019	PVC Cover	1
45	10170	Washer M4	4
46	10070	Screw M4x10	5
47	73005	M3x8 Screw	4
48	73900	Sensor Assembly	1
49	63501	Rower Handle	1
50	60506	Rowing Handle Rubber Grip	2
51	60144	Rowing Handle End Plug	2
52	83501	Handle Rubber Cover	1
53	83502	Dyneema 2.7m	1
54	60617	Bungee Cord Crimped End (Note: including Bungee cord)	1



Exploded Diagram:



Item	Part Number	Description	QTY	Item	Part Number	Description	QTY
1	70102	Left Main Frame	1	42	10084	Bungee Pulley	10
2	73104	Lower Tank Bracket	2	43	73411	Pulley Shaft Bolt	10
3	73105	Upper Tank Bracket-Left	1	44	10086	C Clip RTW-35	10
4	70111	Upper PVC Cover Bracket	1	45	73008	M12*70 bolt	2
5	70113	Bungee Hook	1	46	73003	M12*50 bolt	2
6	70114	Support Bracket	1	47	71009	Inspection Plate	1
7	70103	Upper to Lower Frame Mounting Bracket	1	48	10070	Screw M4x10	2
8	20029	Nylock Nut M10	3	49	10190	Washer M8	1
9	70116	Rower Belt Guides	2	50	70311	Flywheel Plate	1
10	70105	Upper Tank Bracket-Right	1	51	70312	Flywheel Shaft	1
11	73103	Upper to Lower frame Welded Assembly	1	52	10047	Impeller Blade	9
12	70112	Rope Pulley Bracket	4	53	10033	Stainless Washer 10x4.2x1	22
13	73106	Tank Tensioning Bracket	1	54	10034	Stainless Nut M4	22
14	71036	M8 nut (Note: For tank tensioning bolt)	5	55	10035	Stainless Bolt M4	22
15	73104	M12 Nut	4	56	70313	Impeller Shaft	1
16	70110	Lower Perspex Mounting Bracket	3	57	10022	Aluminum Tank Back	1
17	73101	Right Main Frame	1	58	10185	Bearing Housing	1
18	73201	Transport Wheel Frame	2	59	10012	NSK 6005ZZ Bearing	2
19	73210	PU Transport wheel	2	60	10025	Seal NBR 37x30x8t for Flywheel Shaft	1
20	60808	M8 Screw	4	61	10145	Bearing Spacer	1
21	60708	Washer M8	8	62	10186	RTW-48 C-Clip	1
22	73006	M8x60 bolt	2	63	73003	M12x50 Bolt	1
23	60709	Nut Nylock (M8)	2	64	10163	Stainless Shaft	1
24	73050	End Cap 20x40	2	65	10164	Adjuster Handle Shaft Base	1
25	71018	Tank Bolt Adjuster Washer	1	66	10028	Stainless 0.8mm Backing Plate	1
26	10063	Bolt M12x30	4	67	13045	PC Tank Cover	1
27	10043	Washer M12	8	68	10030	Blue Adjuster PP Tank Ring 358x10	1
28	10042	Nut M12 Nylon	4	69	10036	Screw M3x20 SS for Blue Tank Ring	12
29	70501	Computer Stalk	2	70	70320	Blue tank ring holding screw stainless steel M3x20	1
30	70502	Computer mounting Bracket	2	71	10162	Grub Screw M8x10	2
31	10114	Bushing 20x16x13x10	3	72	10184	Adjuster Handle (Includes PU yellow cover #10193)	1
32	60606	Plastic Spacer M4	2	73	10193	PU Yellow Adjuster Handle Cover	1
33	10170	Washer M4	3	74	10032	Nylon Resistance Adjuster O ring 12x9x1.5	2
34	71017	M4x15 Bolt	2	75	10039	Tank Plug O Ring 32x3.5	2
35	73801	102mm Rope Pulley	1	76	10046	Tank Large Seal	1
36	60112	Belt pulley bearing 6000ZZ	2	77	10062	Bolt M3x12	12
37	10082	Washer M10	6	78	10044	Tank Black Outer Cover Ring	1
38	10096	Bolt M10x70 for Aluminum Rail	2	79	70321/10207	Tank Plug	2
39	10097	Nut M10	2	80	70323	Sticker	1
40	60105	Computer Bolt Spacer	1	81	71029	Computer	1
41	71011	Bungee Pulley Spacer	10				

# **FLUID ROWER (model FR-E216)**

## **INTERNATIONAL WARRANTY – LIGHT COMMERCIAL USE\*\***

**\*\*Light Commercial Use** – This product is intended for use in supervised facilities where the product is used for less than 25 hours per week in total. It is not suitable for general use in Health Club / Fitness Studio application.

First Degree Fitness Limited warrants that the **Fluid Rower (model E216)**, purchased from an authorized agent, is free from defects in materials and workmanship. First Degree Fitness or its agents will, at their discretion, repair or replace parts that become defective within the warranty period.

### **Metal Frame – 5 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 5 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) – 1 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 1 year 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**

- Bungee recoil cord, belt and pulley
- Hand grips & foot straps
- Dyneema Rowing Cord
- Seat
- Seat rollers & bearings
- All rubber components
- Computer & speed sensor (excluding replaceable batteries)
- All drive belts & bearings
- Aluminum seat rail

### **General Exclusions**

- Damage to the finish of any part of the machine
- Damage due to neglect, abuse or incorrect 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