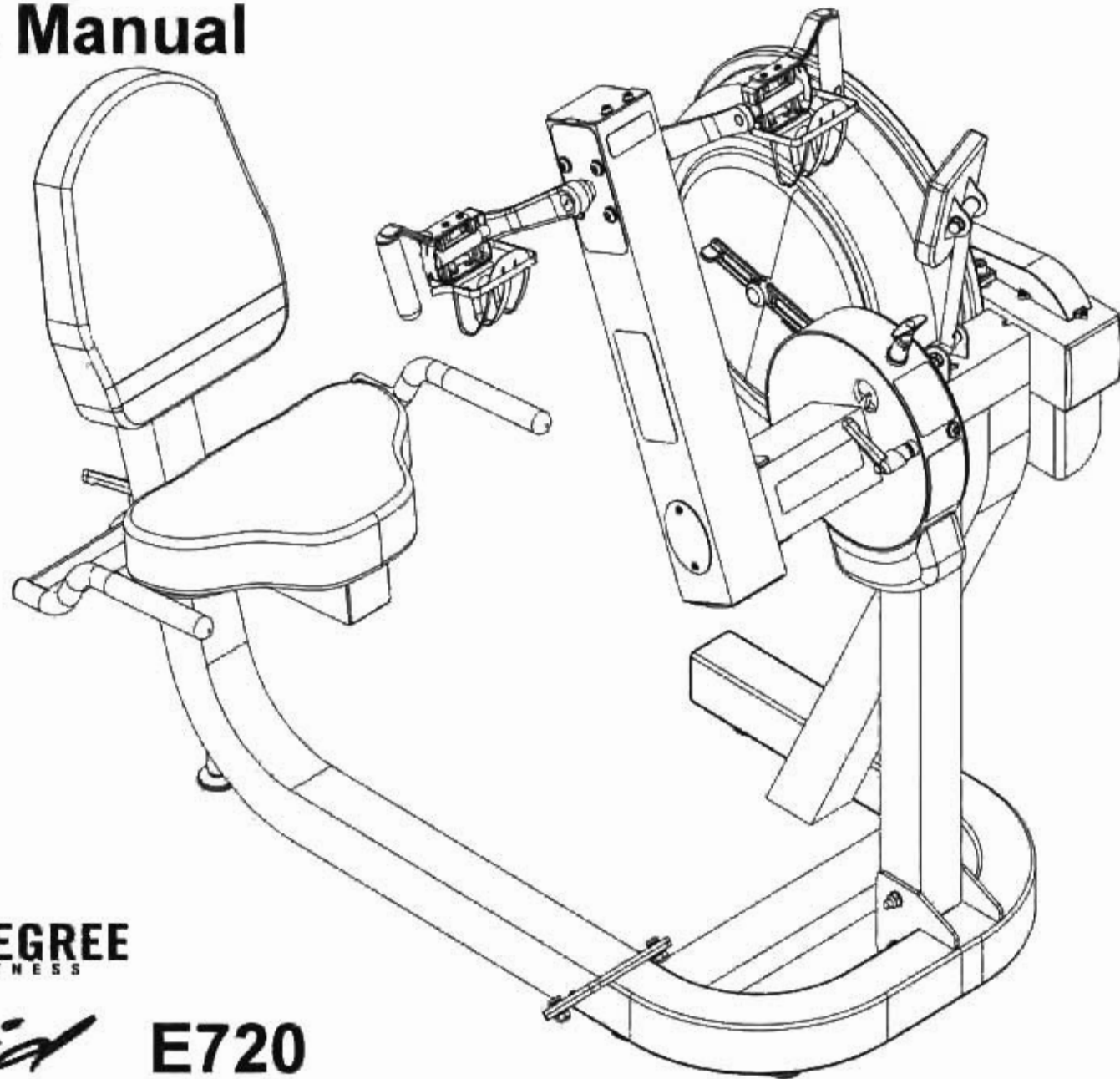


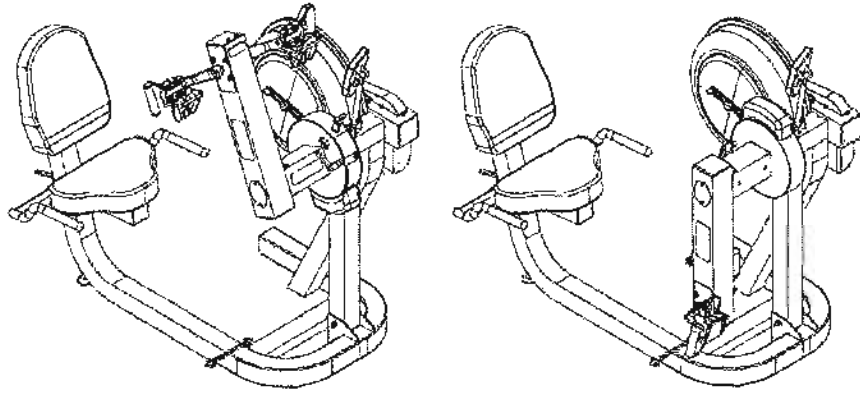
Owners Manual



FIRST  **DEGREE**
FITNESS

Fluid **E720**

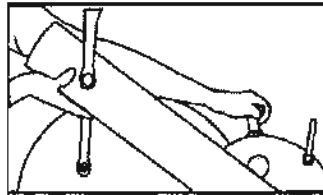
Training with E720



As with any piece of fitness equipment, consult a physician before beginning your E720 exercise program.

CAUTION

Use two hands and follow instructions whenever raising or lowering the E720 con-



all safety instructions
control arm

Warning

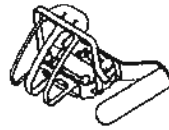
Do not remove feet or hands while crank is in motion. The crank will continue to rotate and could cause injury.

Contents

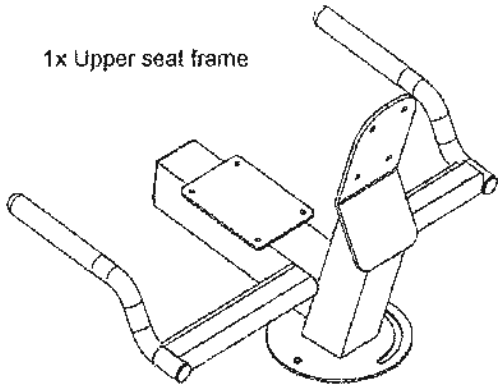
1. Contents of E720 Box.
2. E720 assembly instructions.
3. Tank filling and water treatment.
4. Long term water treatment and basic operation.
5. E720 Control arm.
6. Maintenance.
7. Troubleshooting guide
8. The E720 Ergometer.
9. Tank belt drive adjustment.
10. Parts list and Warranty.

Box Contents

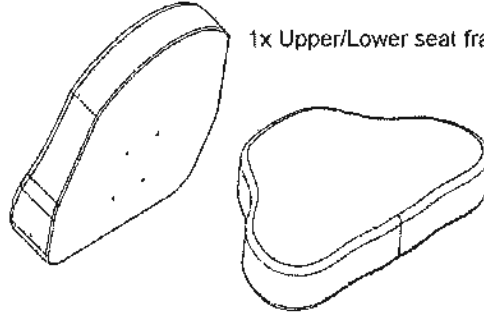
1x Right crank pedal



1x Upper seat frame



1x Upper/Lower seat frame



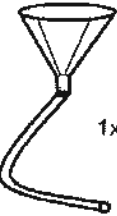
1x L-pln



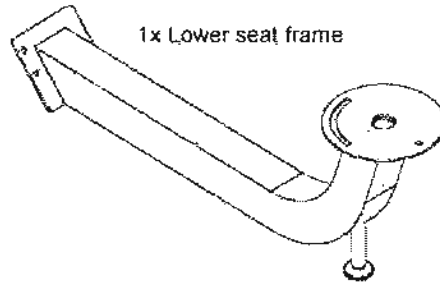
3x Leveler



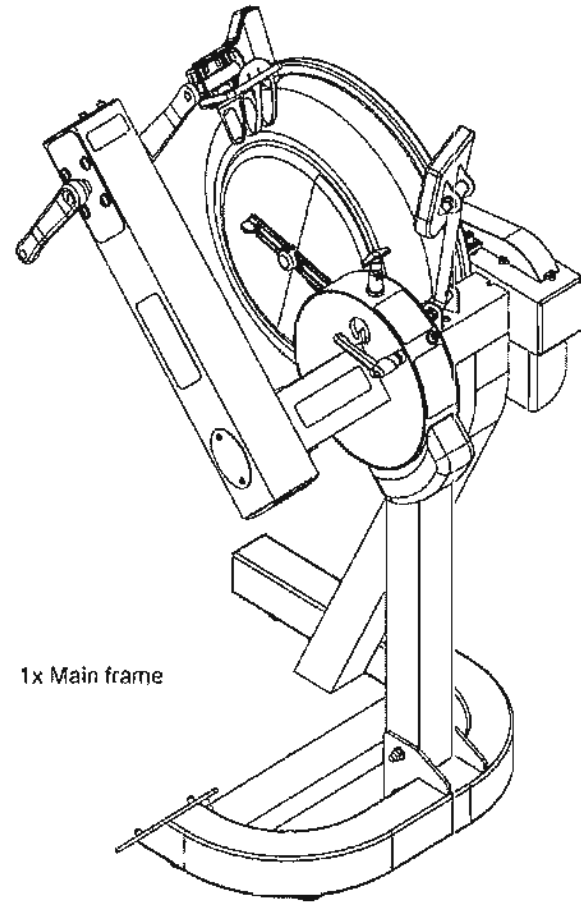
1x Fill funnel/hose



1x Lower seat frame

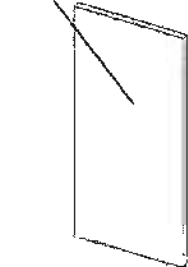


1x Main frame



7x Frame bolt washers

Owners manual



Chlorine tablets x8



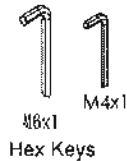
Touch up paint



Blue dye



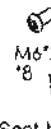
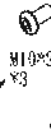
3x Main frame Nylock nut



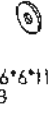
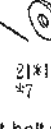
2x Batteries



3x Frame bolts



8x Seat bolts



8x Seat bolt washers

M10 PLASTIC WASHER



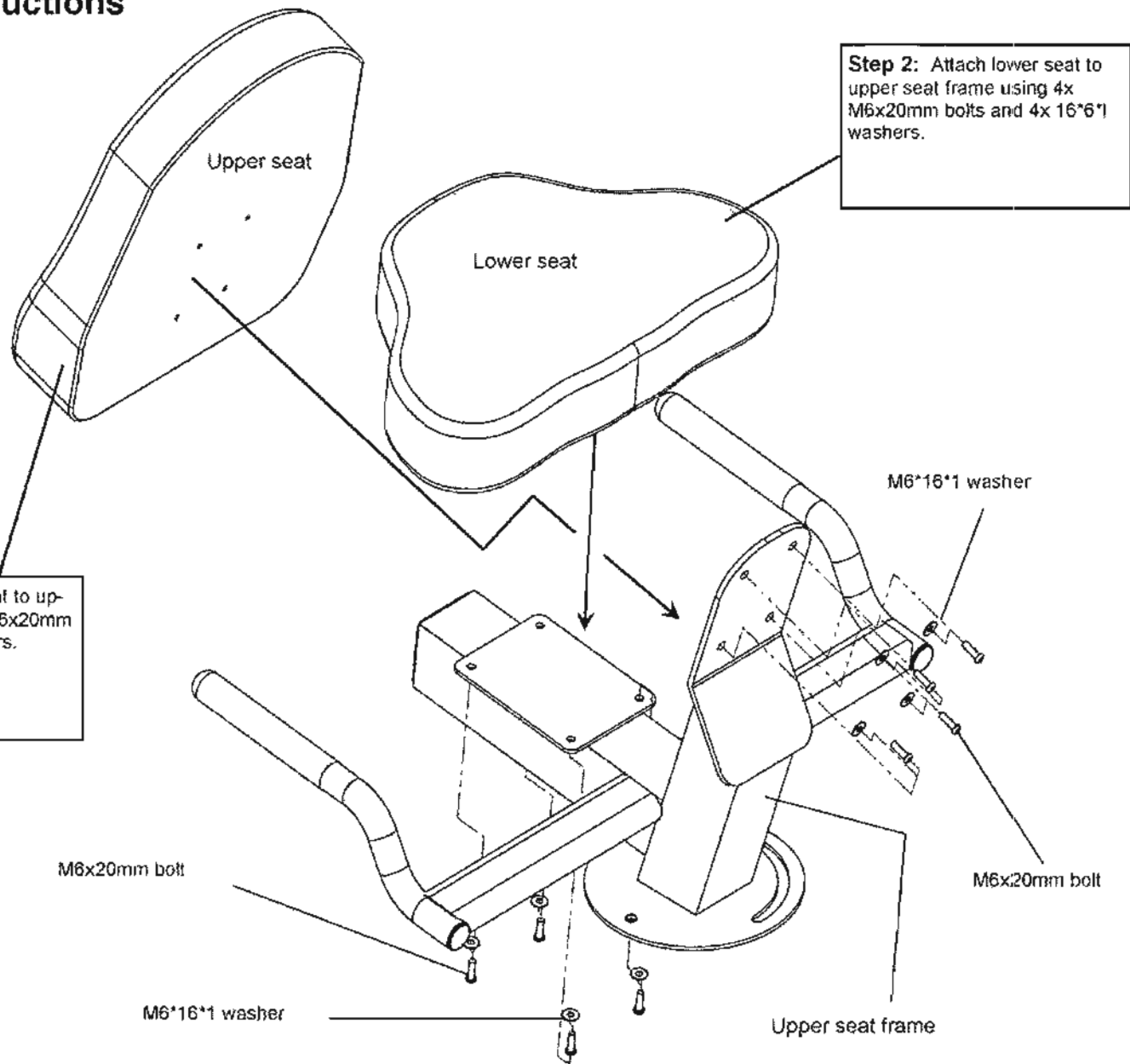
1x Multi-tool



E720 Assembly instructions

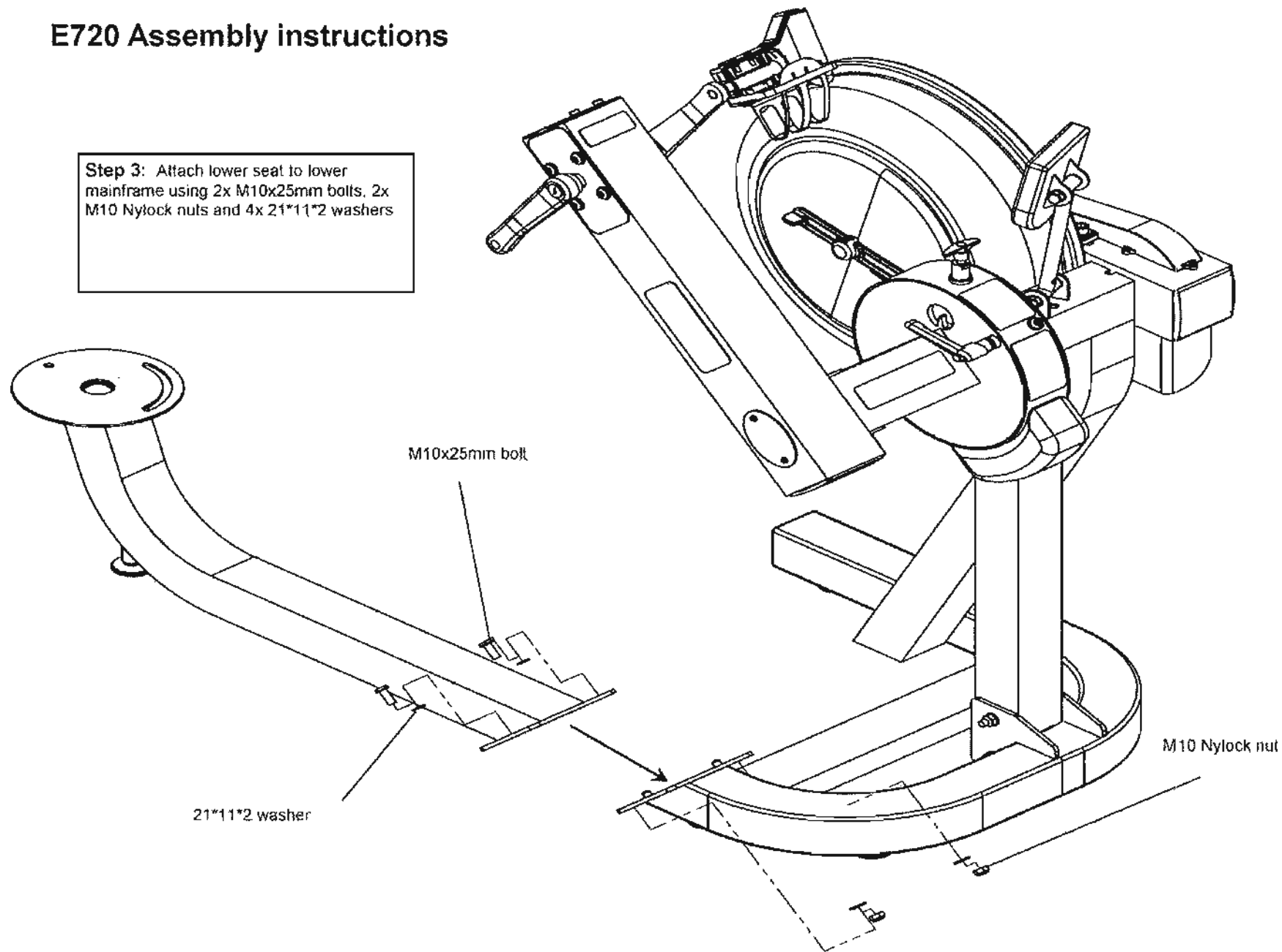
Step 1: Attach upper seat to upper seat frame using 4x M6x20mm bolts and 4x 16*6*1 washers.

Step 2: Attach lower seat to upper seat frame using 4x M6x20mm bolts and 4x 16*6*1 washers.



E720 Assembly instructions

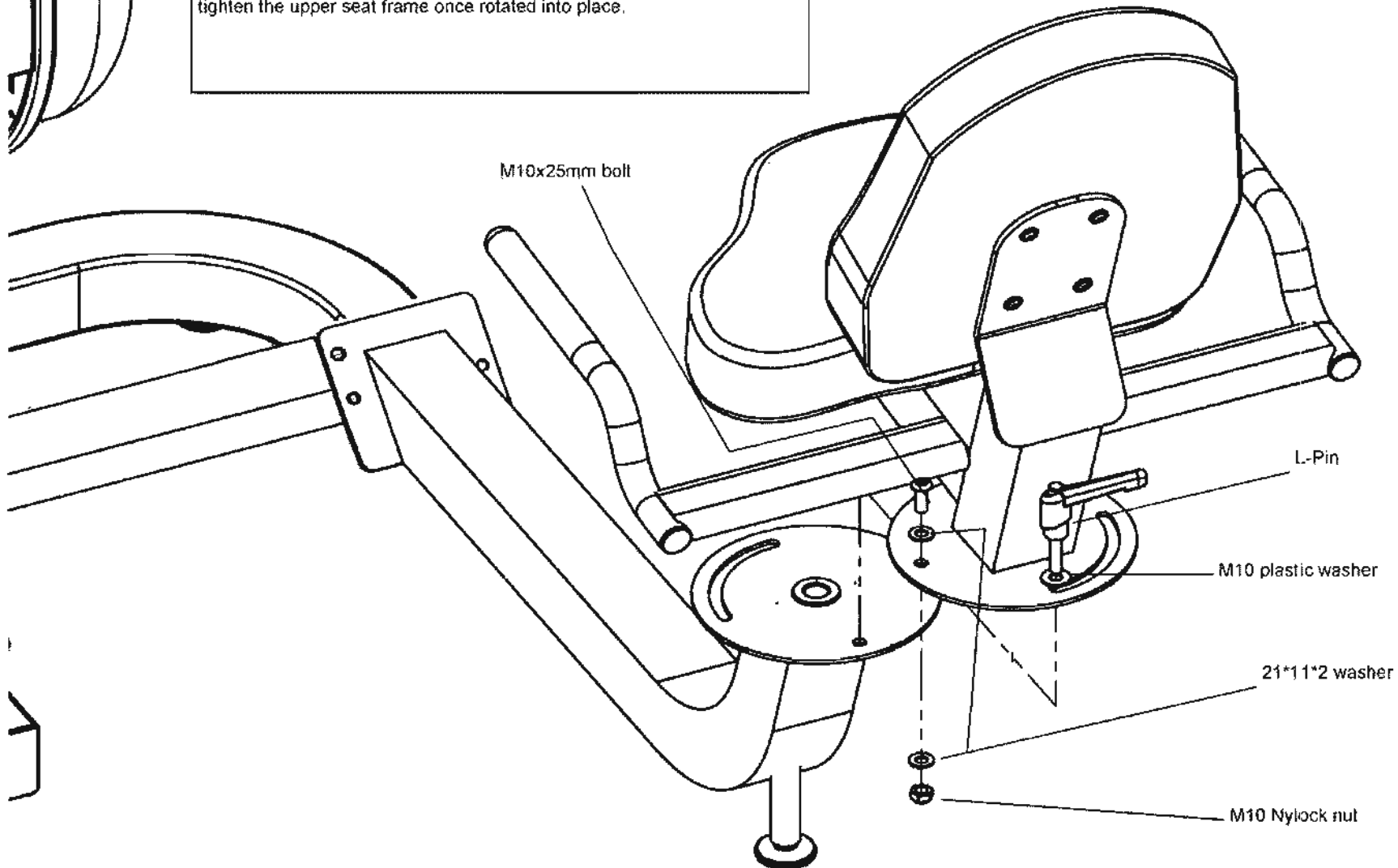
Step 3: Attach lower seat to lower mainframe using 2x M10x25mm bolts, 2x M10 Nylock nuts and 4x 21*11*2 washers



E720 Assembly instructions

Step 4: Lower upper seat frame onto lower mainframe and secure using 1x M10x25mm bolt, 1x M10 Nylock nut, 3x 21*11*2 washers and L-pin

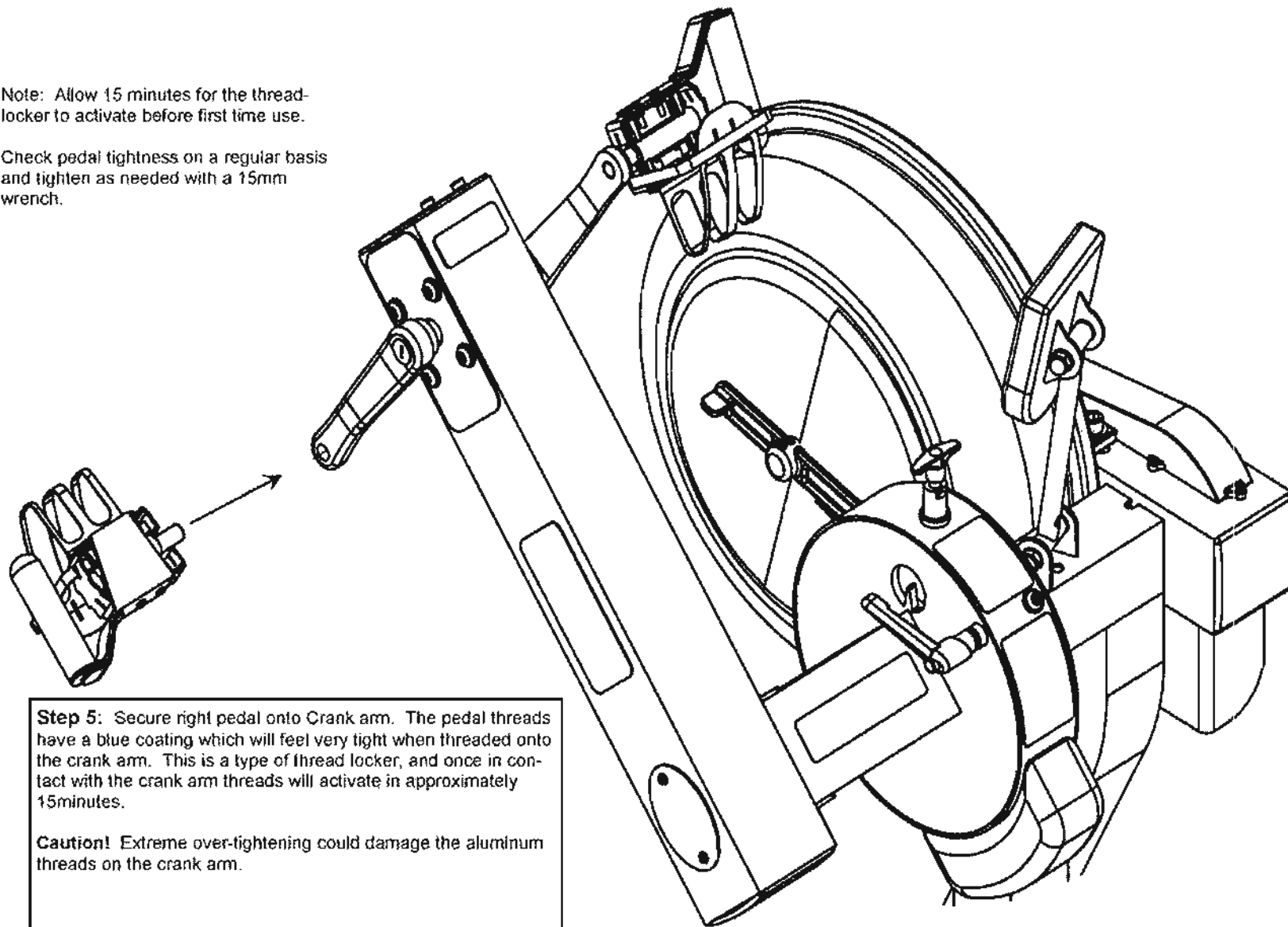
Note: Tighten the M10x25mm bolt, washers and Nylock until lightly snug only. Over-tightening will prevent the seat from rotating. Use the L-pin to tighten the upper seat frame once rotated into place.



E720 Assembly instructions

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

Check pedal tightness on a regular basis and tighten as needed with a 15mm wrench.



Step 5: Secure right pedal onto Crank arm. The pedal threads have a blue coating which will feel very tight when threaded onto the crank arm. This is a type of thread locker, and once in contact with the crank arm threads will activate in approximately 15 minutes.

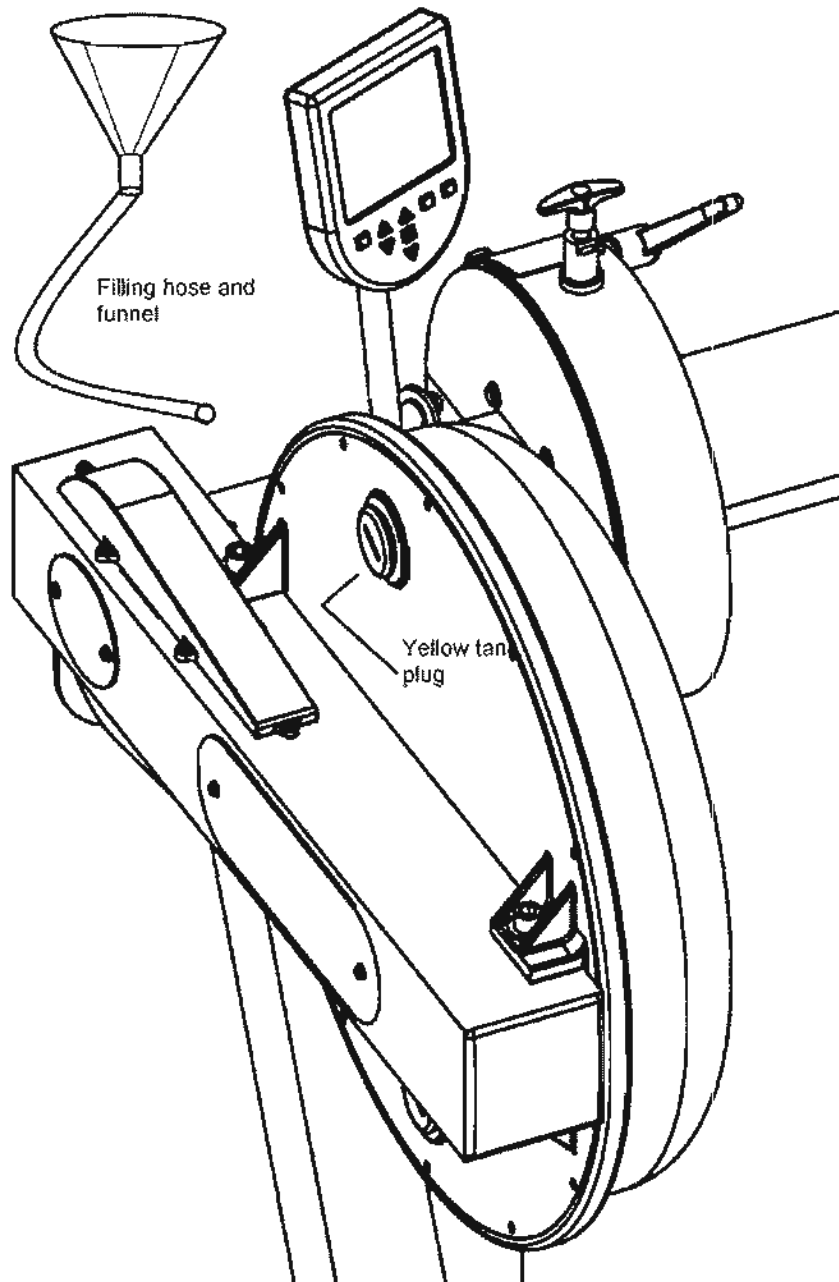
Caution! Extreme over-tightening could damage the aluminum threads on the crank arm.

Tank filling and water treatment

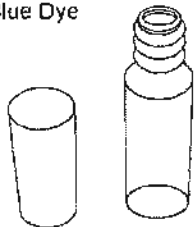
Note: A large bucket is required for filling (Not included)

Open the rear upper yellow 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 8liters 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.



Blue Dye



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

Note: The blue dye is extremely concentrated and will readily stain carpet or clothing.



Caution: Use a drop cloth when filling or adding blue dye

Long term water treatment and basic operation



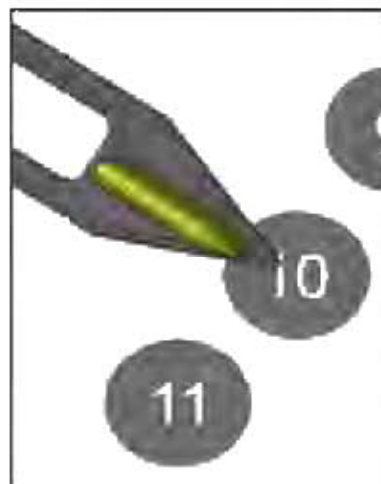
Important: Do not fill past the calibration mark as indicated on the tank level sticker or water spillage may occur. See tank filling/water treatment page for details.

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 E720 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 following the chlorine tablet before adding the blue dye as the Chlorine tablet is extremely concentrated.

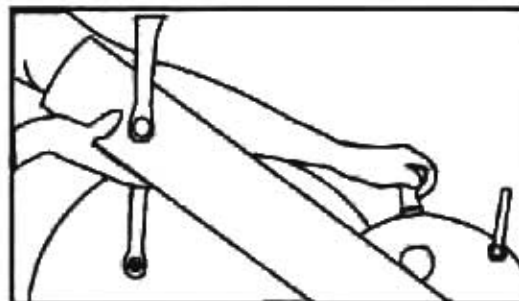
Caution: It is important that a drop cloth be used under the fluid tank whenever the tank plug is opened for water treatment.



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:



Use two hands when either raising or lowering the control arm as pictured.

Removing hands or feet 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 training.

The E720 Control Arm

Chain tensioning bolts: Allows for tightening the chain or adjustment from side to side. Make sure when tightening only to adjust the same amount for both bolts, otherwise the sprocket will be misaligned. **Note:** Tightening the right bolt only will pull the right side of the crank assembly toward you, tightening the left will pull the left side toward you. Use this feature to realign the rear with the front sprocket if needed or when changing to a new chain.

Crank arm bolts: Loosen all 8 bolts slightly before adjusting/tightening chain.

The E720 Pedal: This patented design allows for usage in both the recumbent position and for sitting/standing upper body workouts.

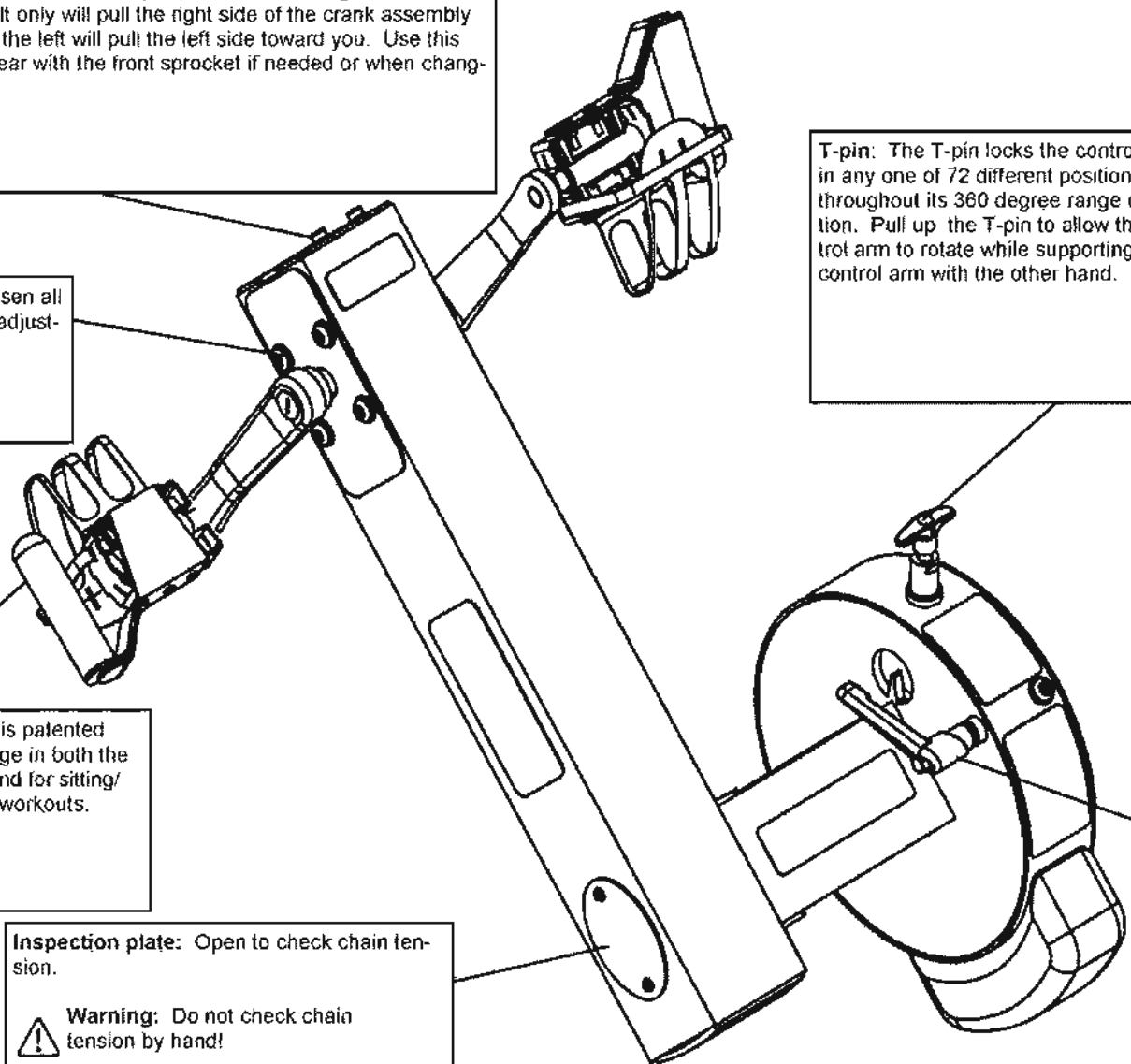
Inspection plate: Open to check chain tension.



Warning: Do not check chain tension by hand!

T-pin: The T-pin locks the control arm in any one of 72 different positions throughout its 360 degree range of motion. Pull up the T-pin to allow the control arm to rotate while supporting the control arm with the other hand.

L-pin: Loosen when rotating the control arm and tighten (snug only) once the desired position has been reached.



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. Adjust/tighten as required.	
Tank and water treatment.	12 months to 2 years.	Follow instructions as specified in the "Water Treatment" section of this manual.	
Chain drive.	Check every 100 hours for correct tension.	Open the inspection plate and check tension using a screwdriver or other tool. Tighten as required using chain tensioning bolts located at the end of the control arm.	
E720 pedals.	Tighten weekly using 15mm box wrench (supplied)	The pedals should be checked on a regular basis. A loose pedal can cause damage to the crank arm aluminum threads, requiring replacement.	

Troubleshooting guide:

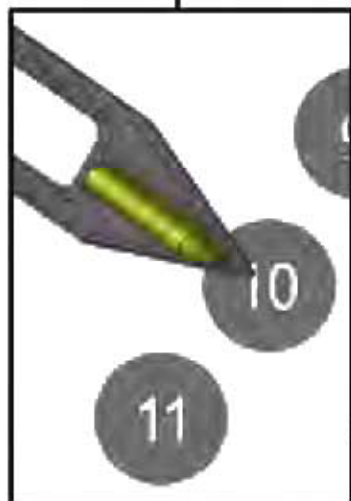
Fault	Probable Cause	Solution
Water changes color or becomes cloudy.	Rower is in direct sunlight or has not had water treatment.	Change rower location to reduce direct exposure to sunlight. Add water treatment and blue dye or change tank water as directed in the water treatment section of this manual.
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.10 for details.
Pedals slip during hard training.	PK tank belt requires tightening.	Remove large inspection plate next to the tank, insert a long tool to push the rear end cap out from the inside, exposing the tank belt tensioning bolt. Loosen tank bolts slightly. Remove upper rubber belt cover to expose the PK belt. Tighten the tank tensioning bolt until the belt is too tight to be twisted from side to side more than 45 degrees by hand. See P.14 for details
Pedal is loose (either left or right) and cannot be retightened.	Aluminum crank arm threads are stripped.	Contact service center for replacement. Then check weekly as recommended.
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.
The E720 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 E720 computer display is erratic/slow while displaying RPM and WATTS	Gap between sensor and magnetic ring is too wide.	Remove inspection plate and check sensor gap and that magnetic ring is not wobbly.

E720 Ergometer.

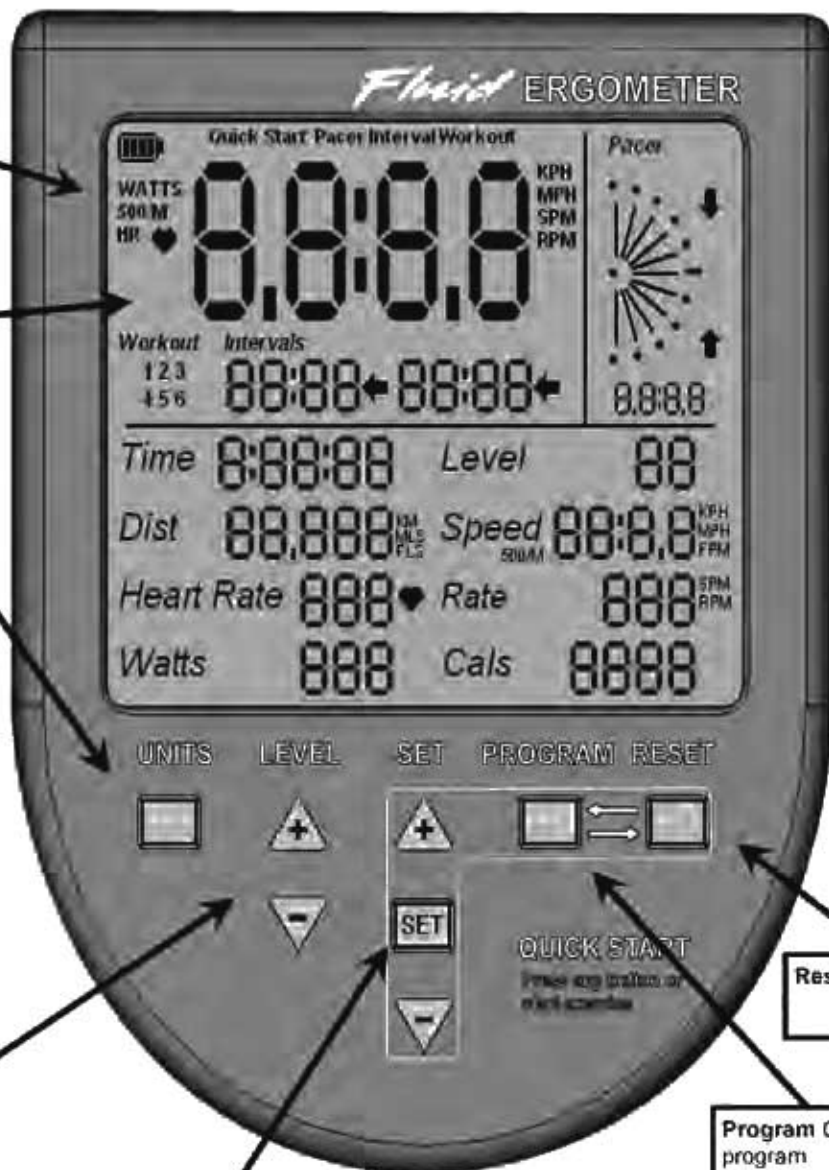
Quick start provides instant workout information. Just start training to activate. You can choose to change UNITS displayed.

UNITS displays
WATTS, RPM, HR, MPH, KPH

Level Adjustable from
1-20



Set Changes Time, Distance parameters

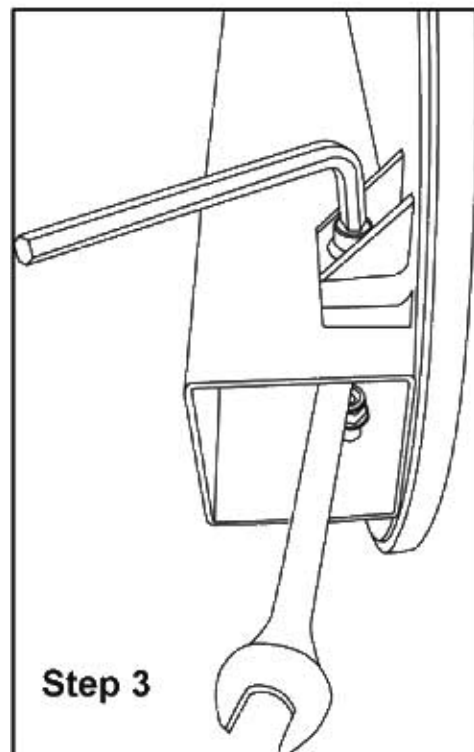
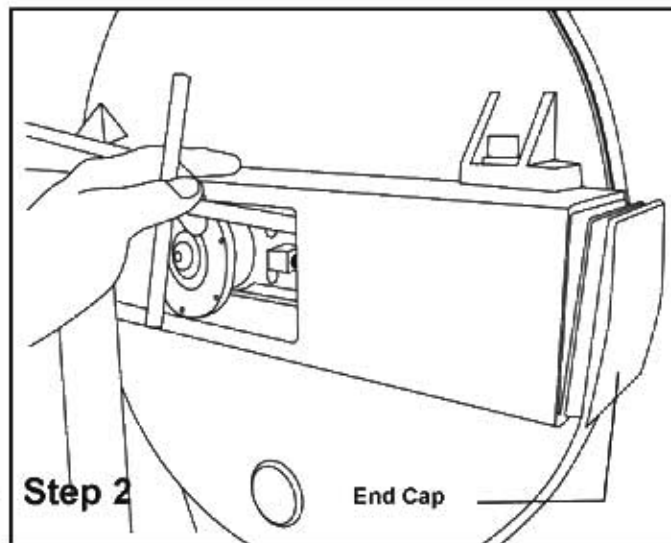
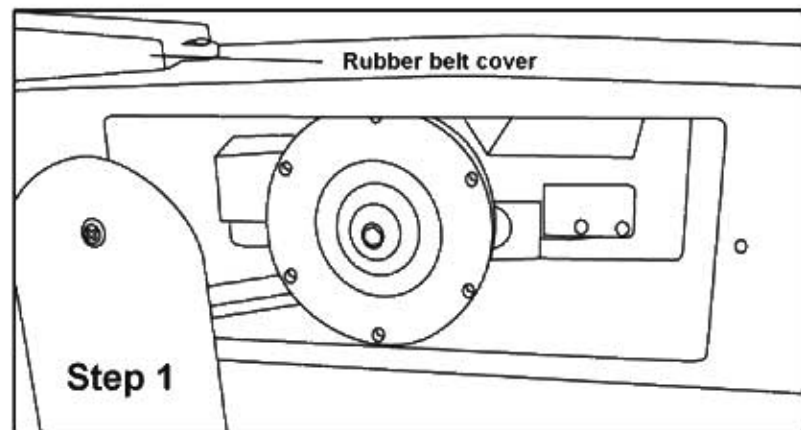


Note:
For complete operational instructions, please refer to the computer manual, which is included with your E720

Reset Clears data

Program Clears current exercise program

Tank Belt adjustment



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

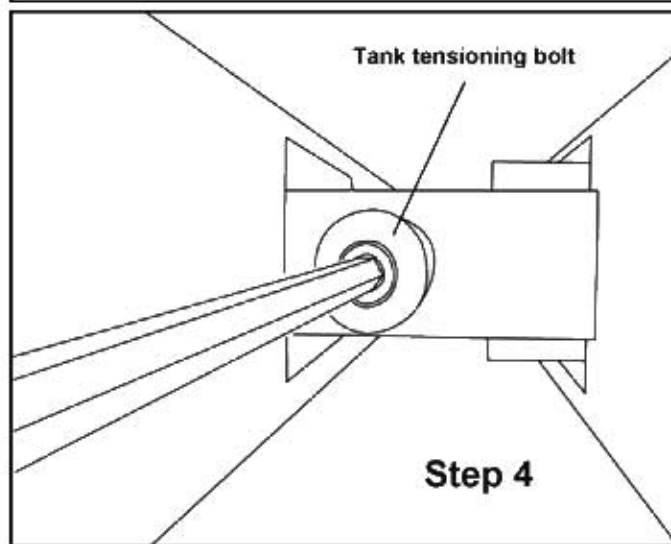
Step 2: Using a long tool, push out the rear end cap as pictured above right. This will give you access to the tank tensioning bolt (shown bottom right).

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

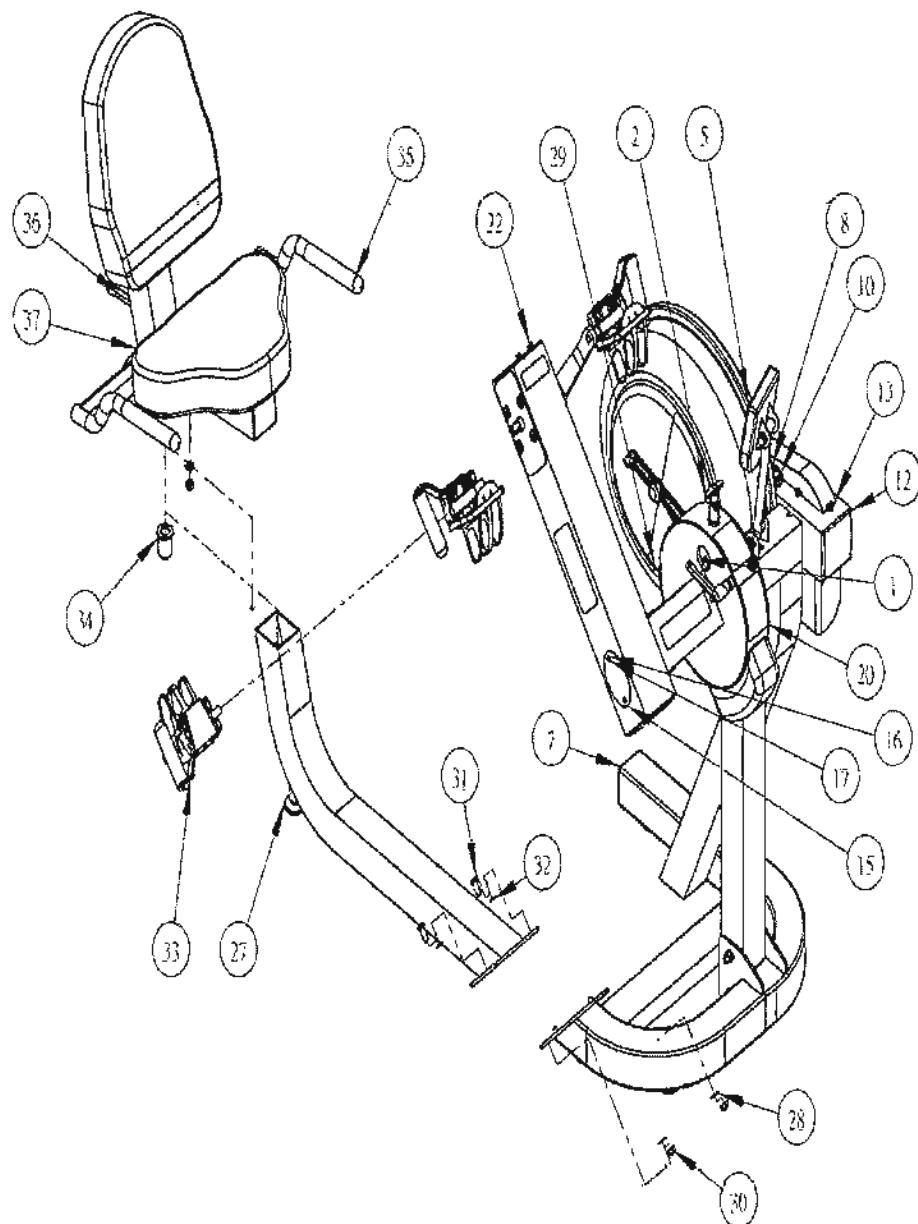
Step 4: Using a 6mm Allen key, tighten the belt using the tank tensioning bolt until the belt no longer slips during hard rowing.

Note: Do not over tighten tank bolts.

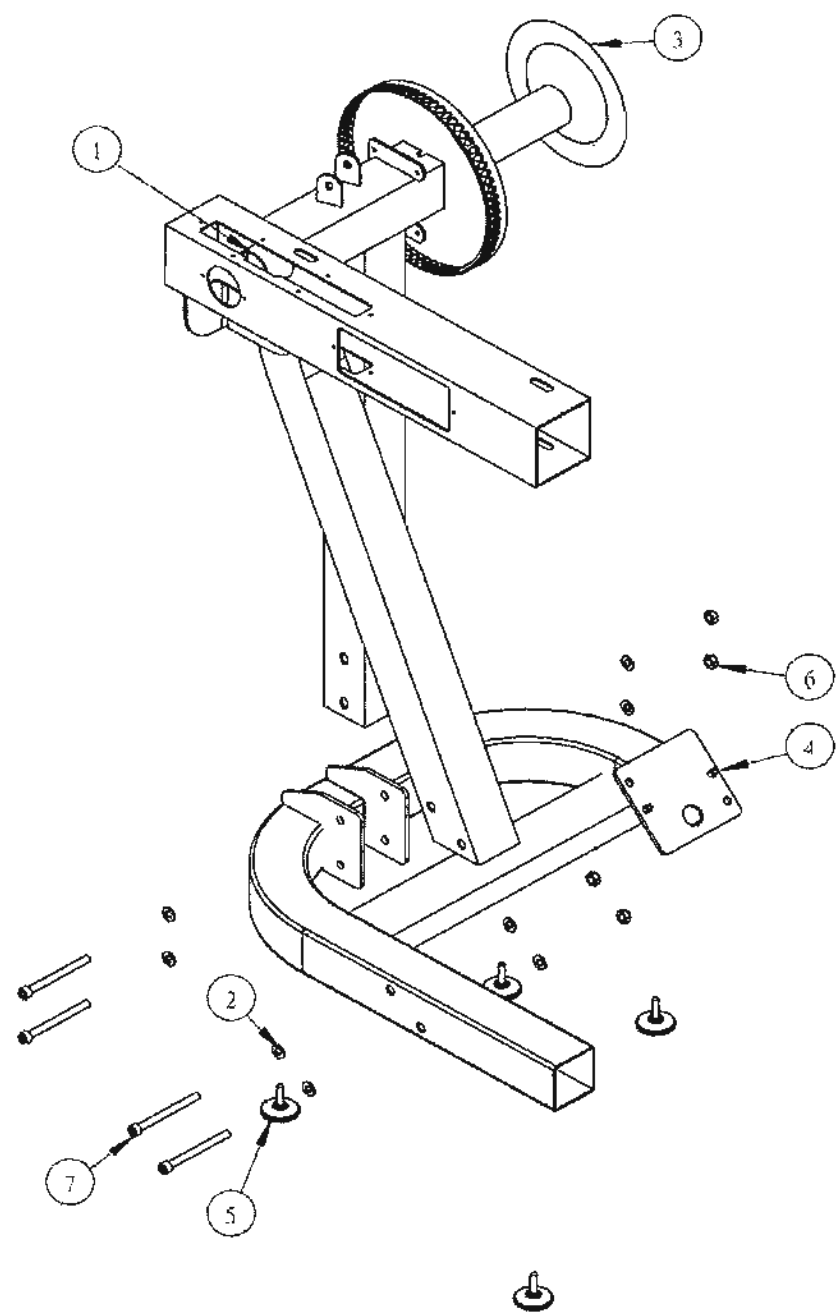
Tip: Twist the belt by hand to gauge tightness. Correct tension should be obtained when no longer able to twist more than 60 degrees.



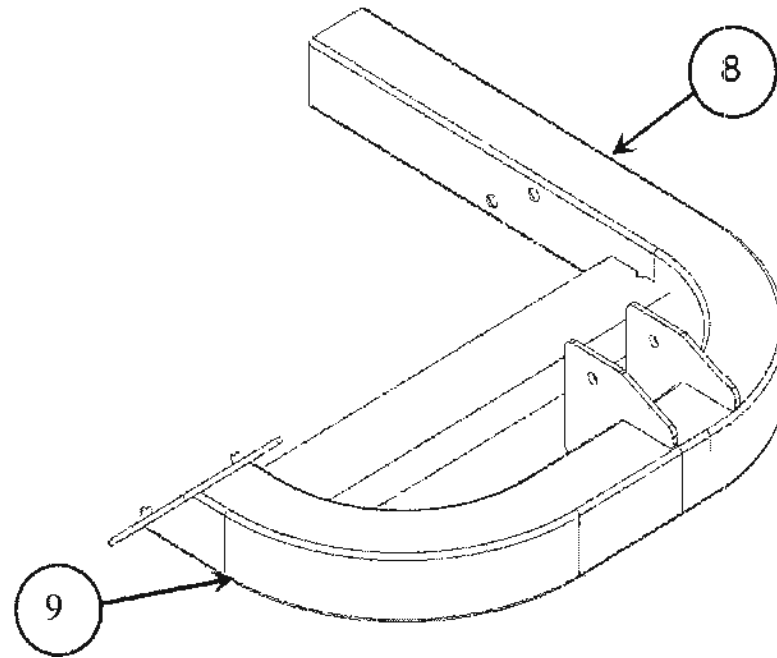
E720 Complete Parts lists

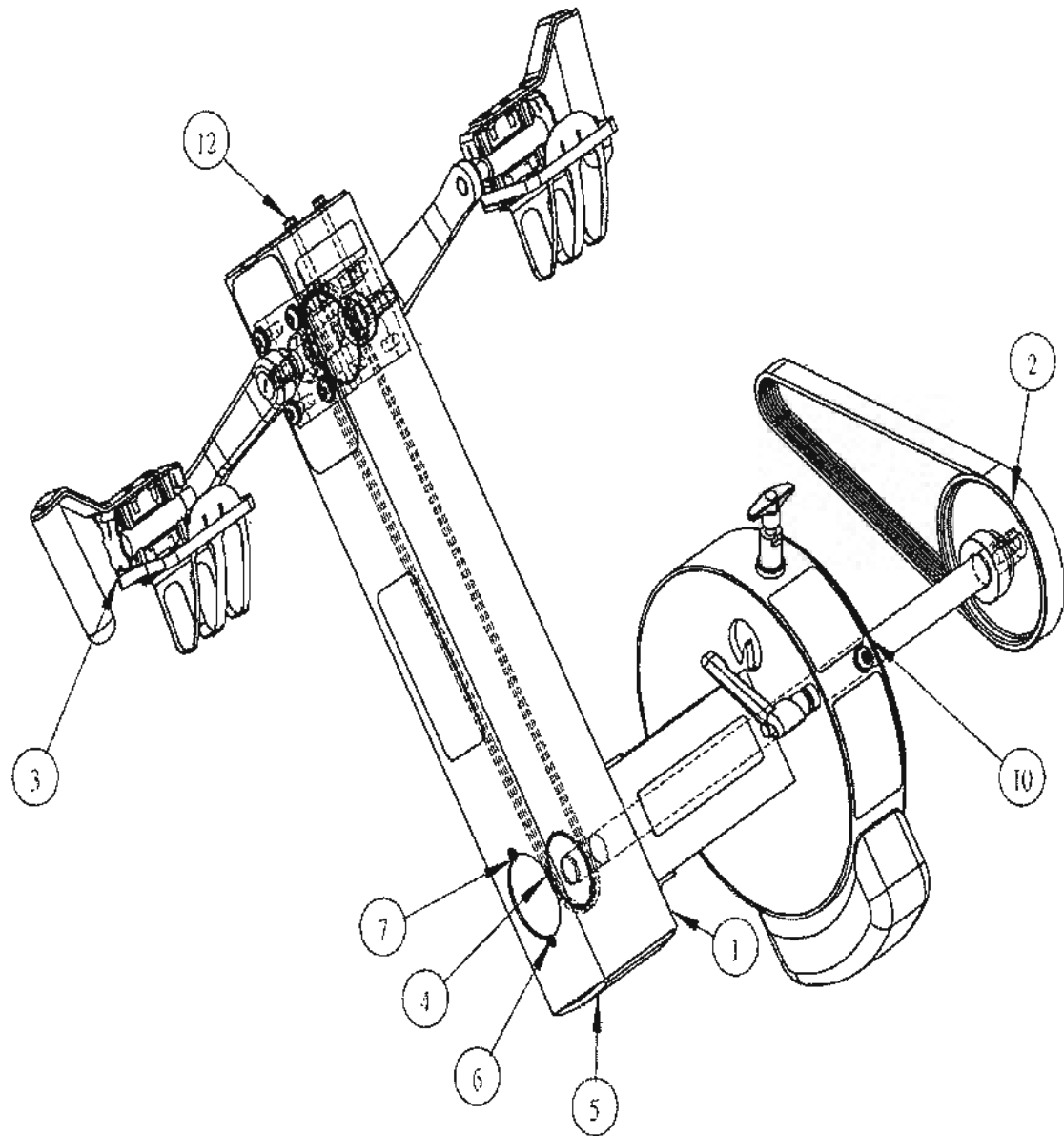


Item	P/N	QTY	Description
1	33100	1	Main Frame Assembly
2	30200	1	Control Arm Assembly
5	33900	1	Computer Assembly
7	20008	1	End Cap 75x75
8	10040	1	Bolt M12x140
10	10043	6	Washer M12
12	10066	3	End Cap 100mm
13	10067	2	Rubber Cover for Large PK Pulley
15	10072	2	Small Steel Side Cover 100mm
16	10170	6	Washer M4
17	10070	18	Screw M4x10
20	20163	2	Semi Circle Cover
22	20850	1	Tension Adjustment
27	33500	1	Seat Frame Complete
28	10082	5	Washer M10
29	20300	1	Tank Assembly
30	10041	4	Nut M10 Nylock
31	71025	2	M10x25mm Main Shaft Rear Bracket Bolt
32	10139	2	Spring Washer Flywheel Shaft
33	30520	1	Right & Left Pedal Assemblies
34	33915	1	Oil Bushing
35	33500	1	Seat Assembly
36	23045	1	L Pin M10x40
37	33913	1	Plastic Spacer 10x25x4T

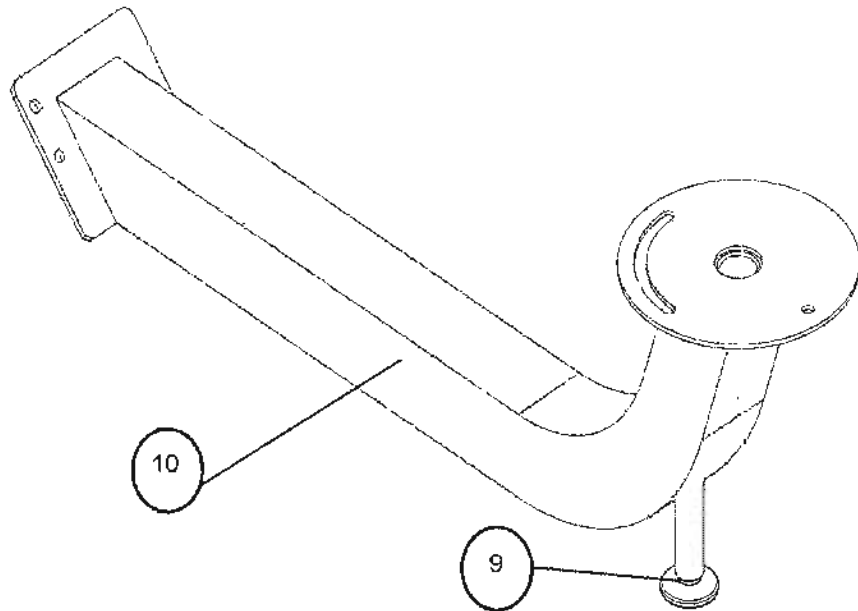
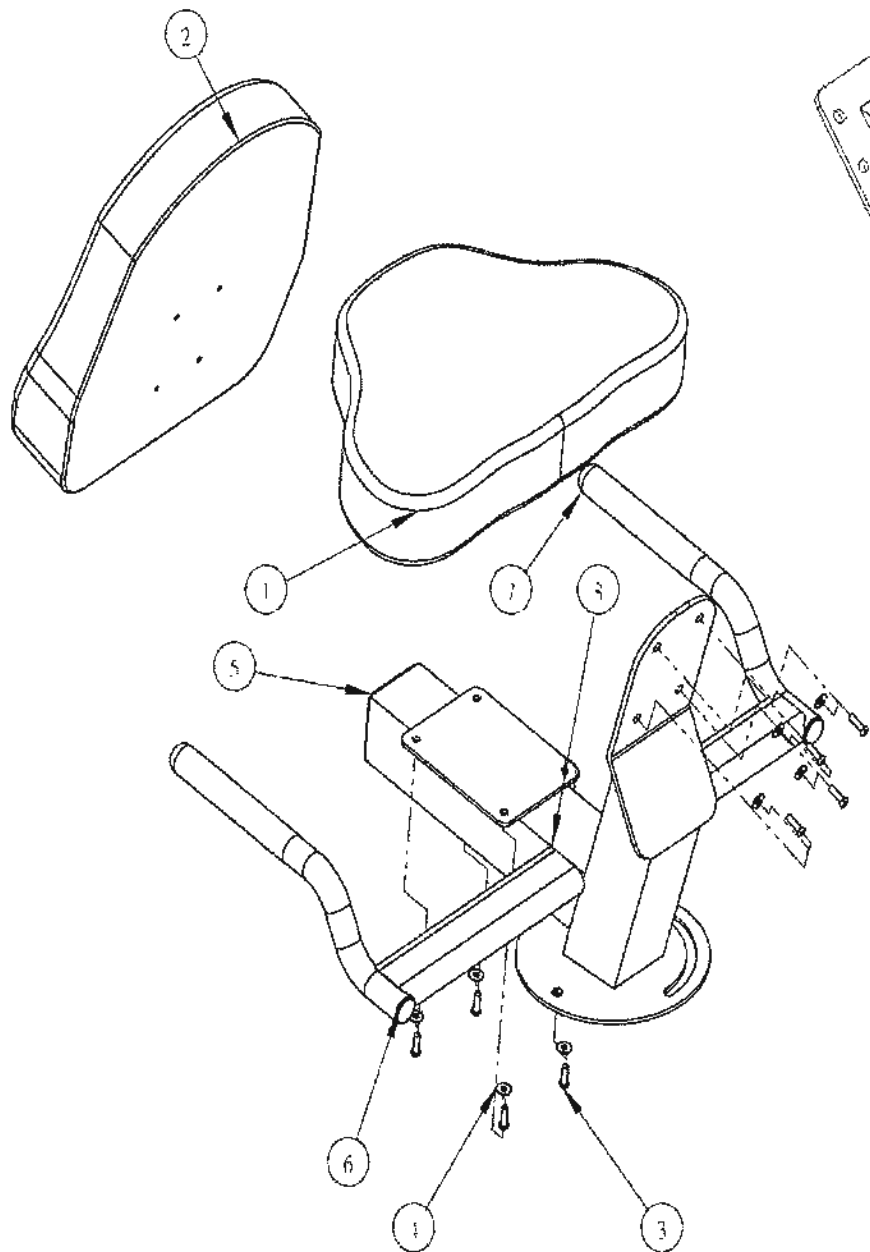


Item	P/N	QTY	Description
1	20101	1	Upper Main Frame
2	10082	8	Washer M10
3	20024	1	Number Decal
4	33101	1	Lower Main Frame
5	20007	4	Levelers M8x30
6	10041	4	Nut M10 Nylock
7	20009	4	Bolt M10x100
8	20014	1	Right Bottom Frame
9	30010	1	Left Bottom Frame

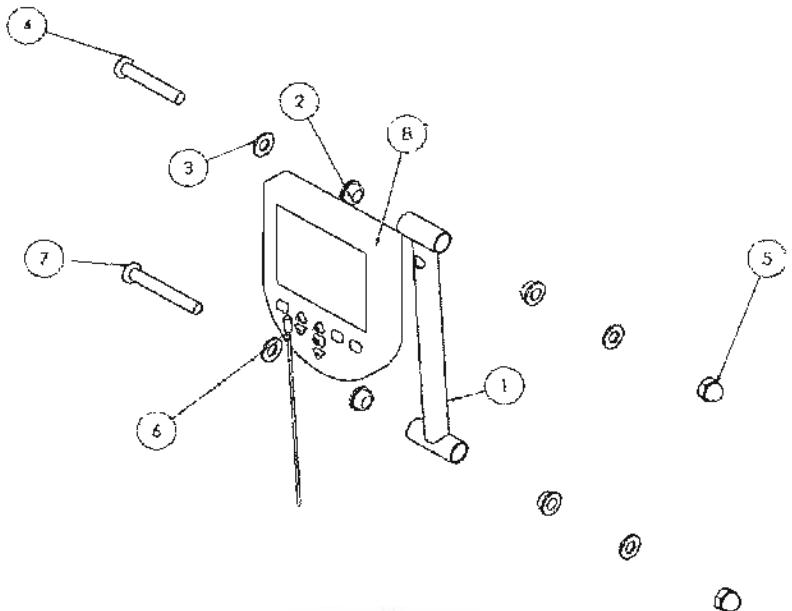




Item	P/N	QTY	Description
1	30200	1	Control Arm Assembly
2	20103	1	Main Shaft Assembly
3	30600	1	Crank Arm Assembly
4	30012	1	DID-25 Chain 178
5	10066	1	End Cap 100mm
6	10170	2	Washer M4
7	10070	2	Screw M4x10
10	20183	2	Semi Circle Cover
12	20850	1	Tension Adjustment

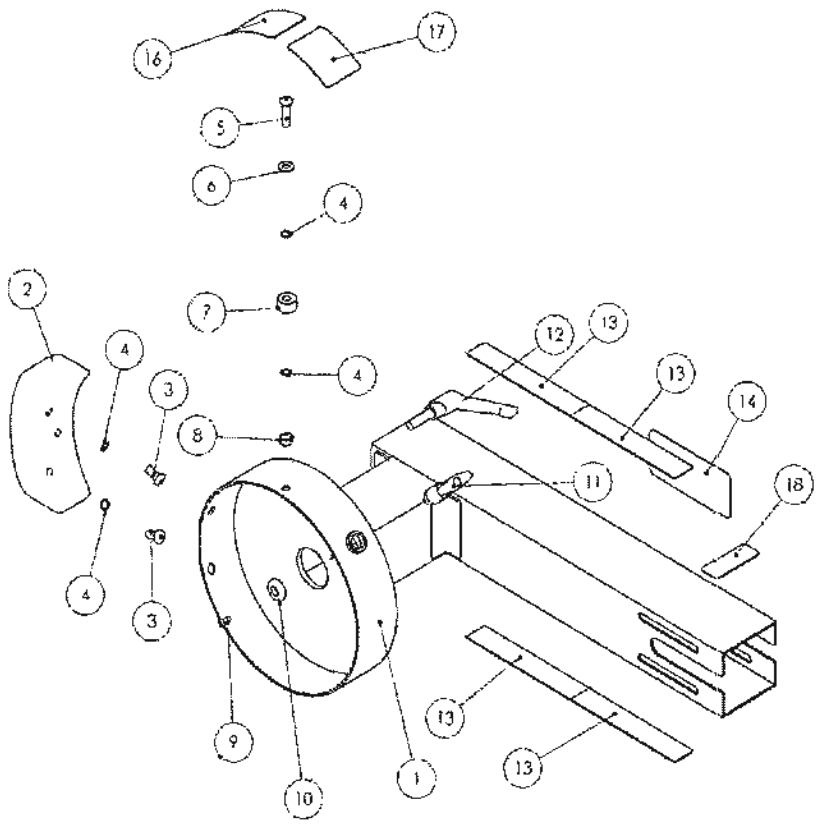


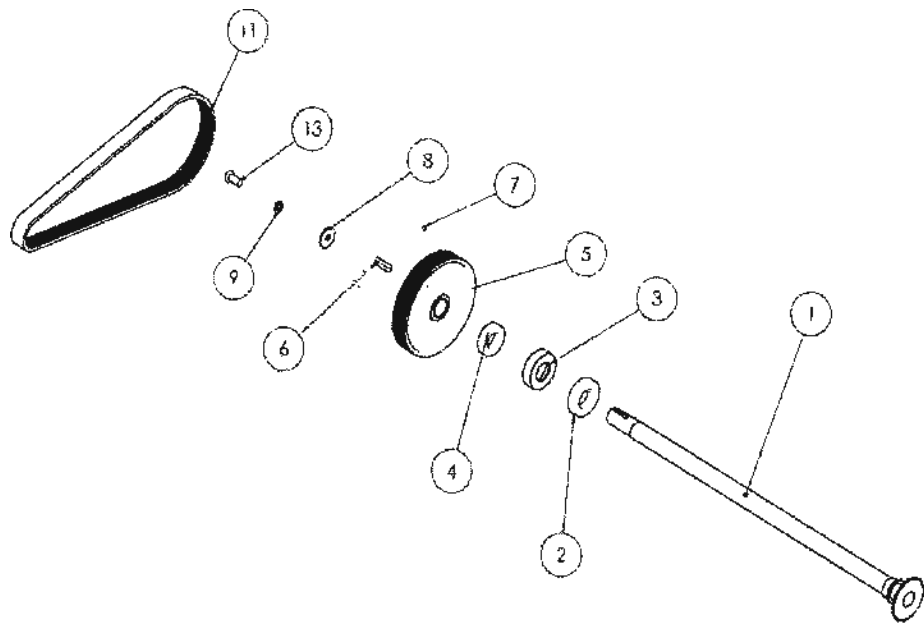
Item	P/N	QTY	Description
1	20115	1	Seat LS-622
2	20117	1	Seat Back LS-622
3	10090	8	Bolt M6x20 for Seat
4	10031	8	Washer M6
5	20008	1	End Cap 75x75
6	30014	2	End Cap
7	30002	2	Handle Grip
8	33910	1	Rotating Seat Frame Upper
9	20007	1	Levelers M8x30
10	33902	1	Seat Lower Frame



Item	P/N	QTY	Description
4	13112	1	Computer Mounting Arm
5	10114	4	Bushing 20x16x13x10
1	10082	4	Washer M10
6	10116	1	Bolt M10x60
3	10097	2	Nut M10
7	10117	1	Sensor Wiring
2	10096	1	Bolt M10x70 for Aluminum Rail
8	30903	1	Computer

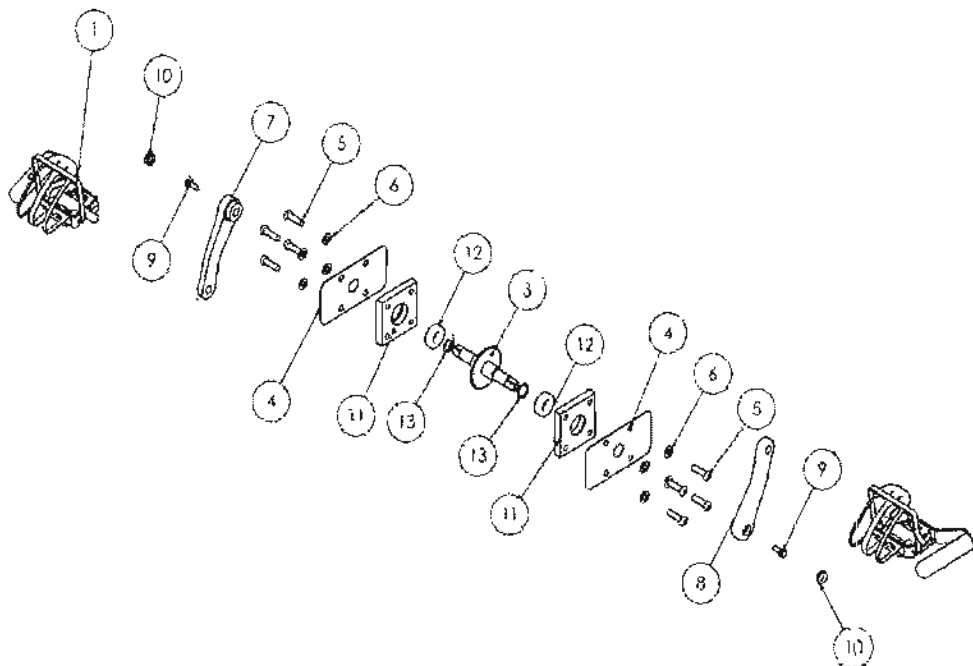
Item	P/N	QTY	Description
1	20291	1	Rotating Arm
2	20064	1	Weight Block
3	10083	2	Bolt M10x20
4	20151	4	Washer M10
5	20020	1	Bolt M10x35
6	10082	1	Washer M10
7	20174	1	Eccentric Bushing
8	10041	1	Nut M10 Nylock
9	10120	1	Screw M6x15
10	20125	1	Plastic Washer 30°8*6
11	20068	1	T-Pin
12	20045	1	L-Pin
13	20170	4	Chain Protection
14	30013	1	CXT Decal
16	20032	1	Warning Decal
17	20033	1	Arm Moving Decal
18	20036	1	Small Warning Decal



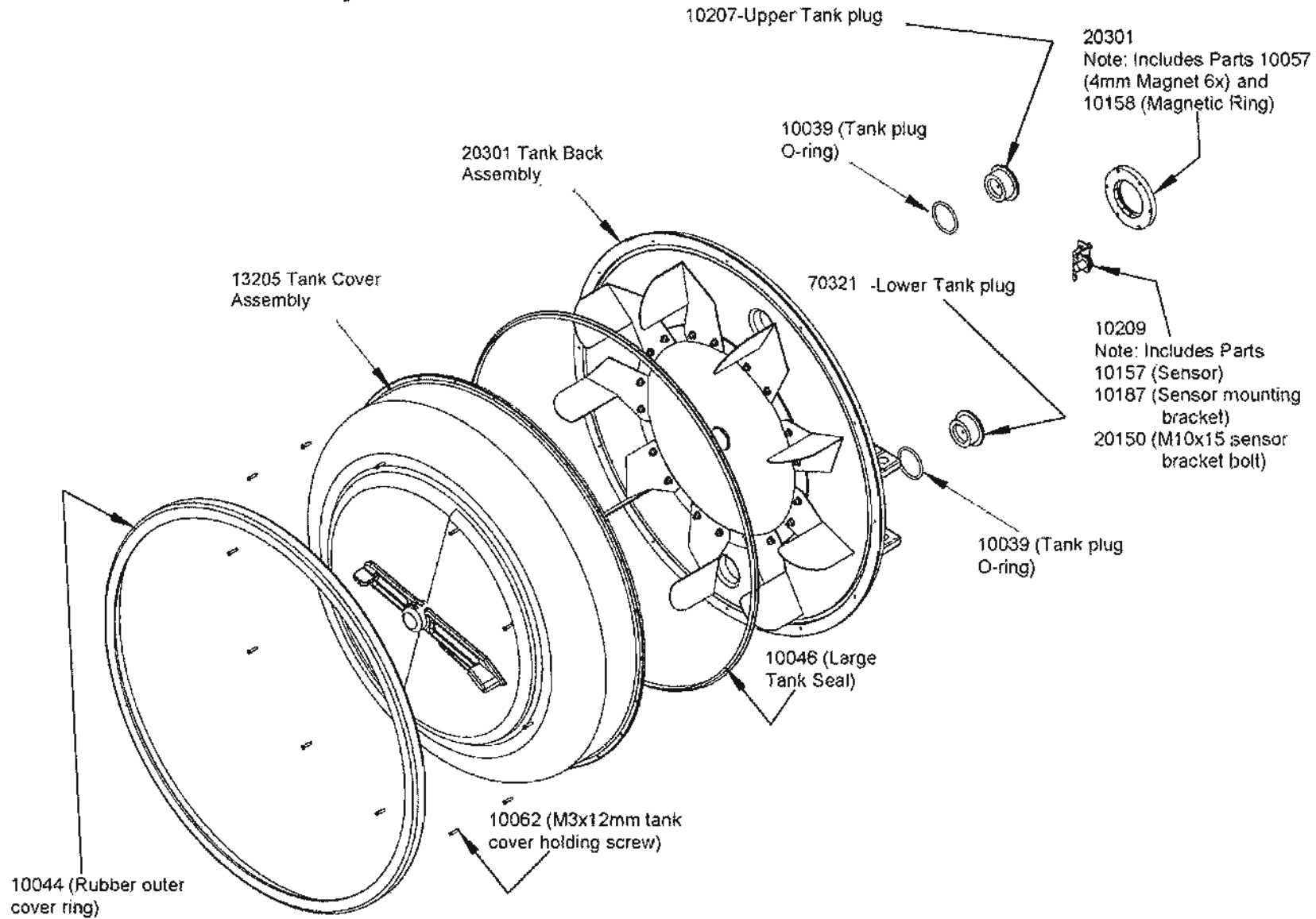


Item	P/N	QTY	Description
1	20157	1	Shaft+Sprocket
2	10146	1	Ball Bearing NSK6006ZZ
3	10011	1	Bearing Housing
4	10012	1	NSK 6005ZZ Bearing
5	10015	1	150mm Large PK Transmission Pulley
6	10017	1	Key way 7x7x32
7	10052	1	Grub Screw M4x6
8	10138	1	Shaft washer
9	10139	1	Spring Washer Flywheel shaft
11	10109	1	Belt 7PK 926mm HUTCHINSON
13	10083	1	Bolt M10x20

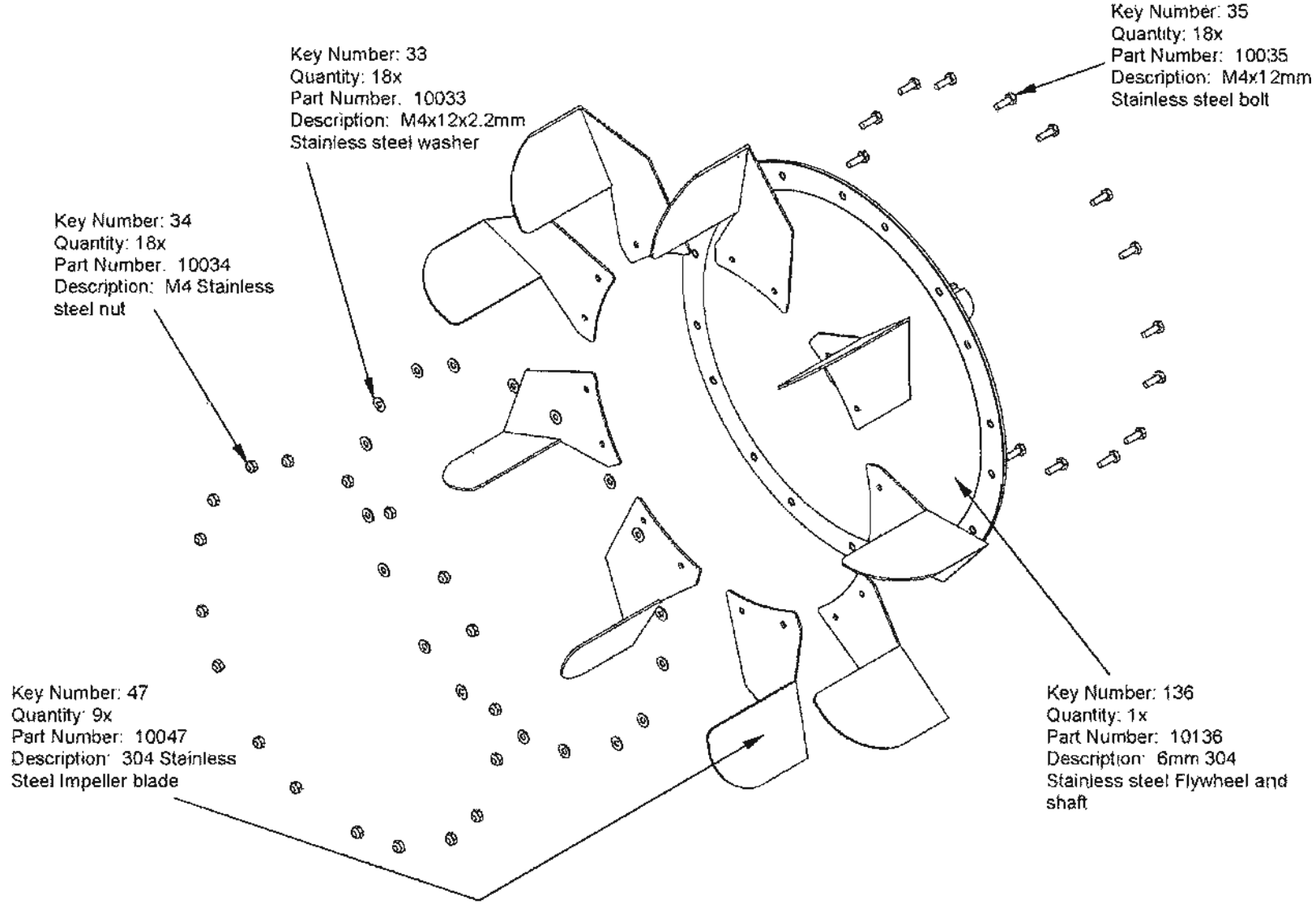
Item	P/N	QTY	Description
1	30611/2	1	Right/Left Pedal Assembly
3	30610	1	Cycle Axle + Cog
4	20052	2	Side Bearing Cover
5	10082	8	Washer M10
6	20020	8	Bolt M10x35
7	20134	1	Crank-Left
8	20135	1	Crank-Right
9	20132	2	France Screw M8x20xP1 0
10	20133	2	Crank End Cap
11	20190	2	Aluminum Block Bearing Housing
12	20193	2	NSK 6004ZZ Aluminum Block Housing Bearing
13	20196	2	Wave Washer 20mm



FDF-9B Tank Assembly



Flywheel Assembly



Key Number: 33
Quantity: 18x
Part Number: 10033
Description: M4x12x2.2mm
Stainless steel washer

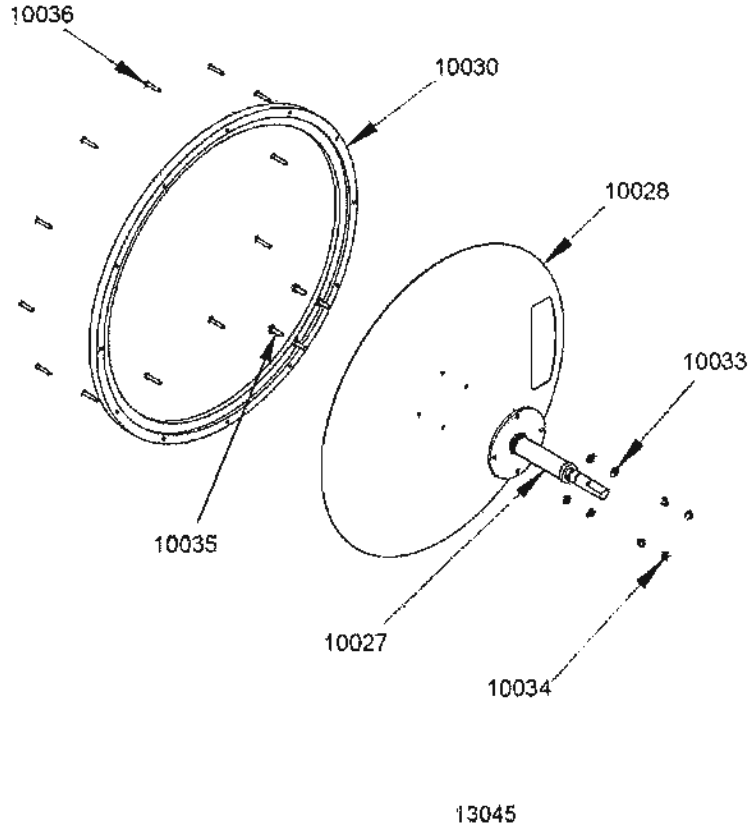
Key Number: 34
Quantity: 18x
Part Number: 10034
Description: M4 Stainless
steel nut

Key Number: 35
Quantity: 18x
Part Number: 10035
Description: M4x12mm
Stainless steel bolt

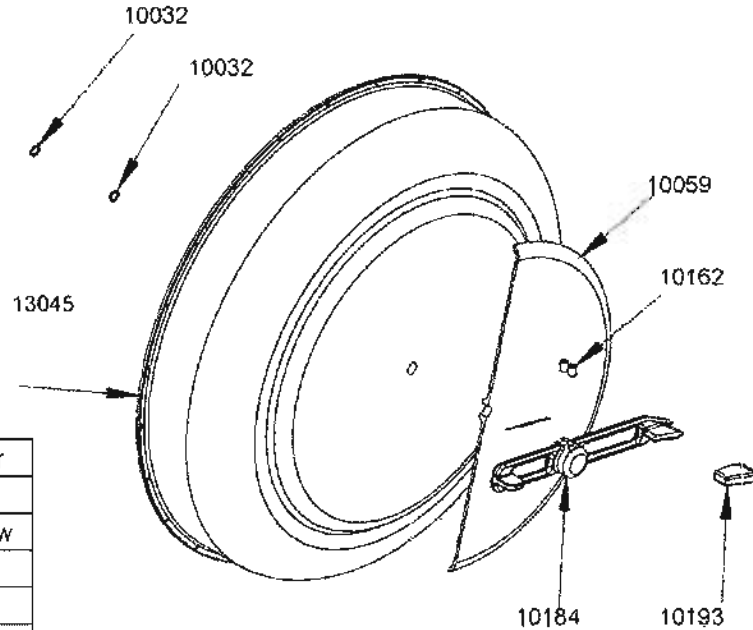
Key Number: 47
Quantity: 9x
Part Number: 10047
Description: 304 Stainless
Steel Impeller blade

Key Number: 136
Quantity: 1x
Part Number: 10136
Description: 6mm 304
Stainless steel Flywheel and
shaft

13205 Tank Cover Assembly



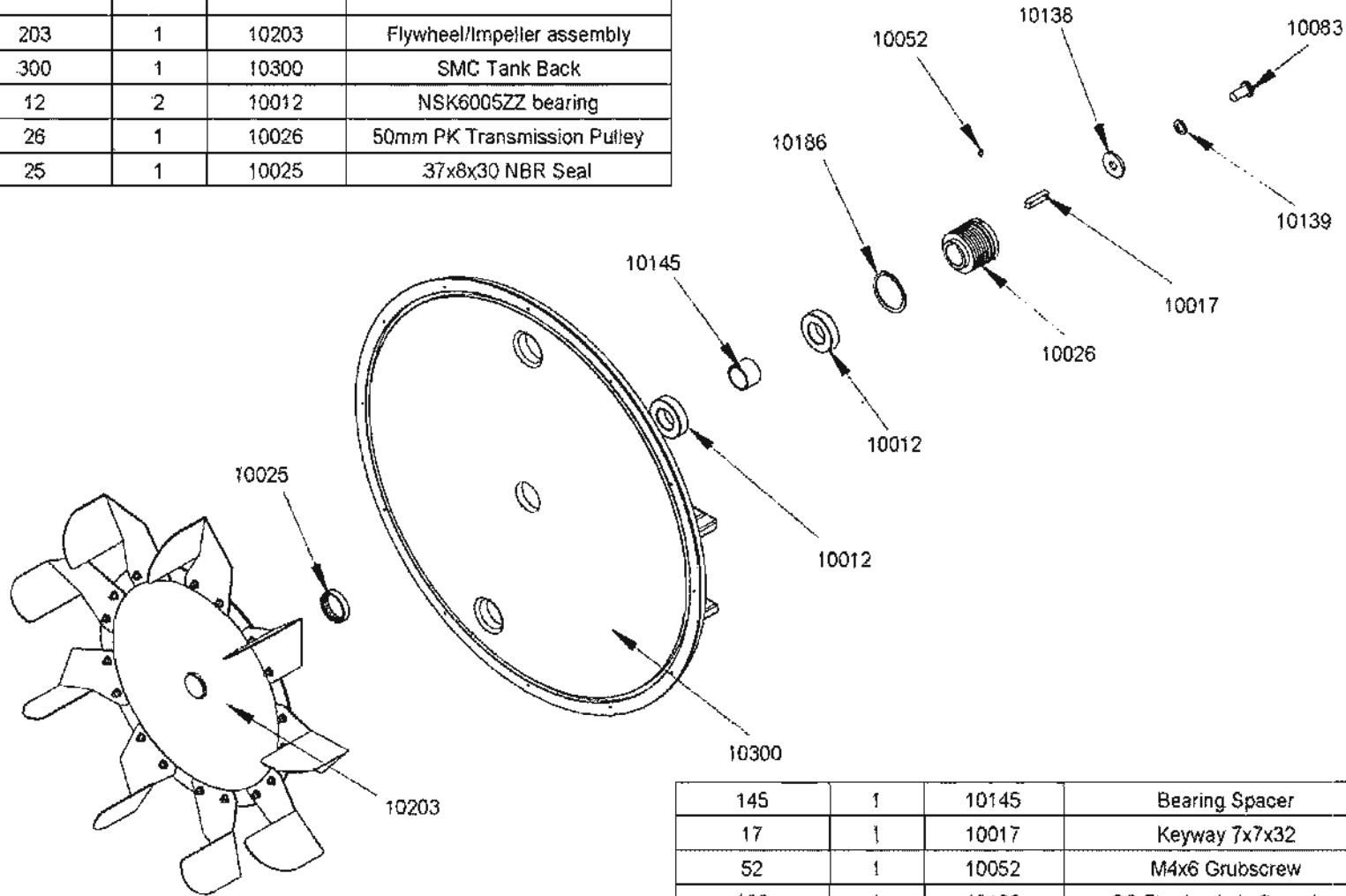
Key Number:	QTY:	Part Number	Description
27	1	10027	Stainless Steel adjuster shaft
28	1	10028	Stainless 0.8mm backing plate
33	4	10033	Stainless Washer 10x4.2x1
34	4	10034	M4 Stainless Nylock nut
35	4	10035	M4x12 Stainless bolt
32	2	10032	Adjuster O-ring 12x9x1.5



45	1		Polycarbonate Clear tank cover
30	1	10030	Blue PP Tank Ring
36	12	10036	M3x20mm PP ring holding screw
59	1	10059	Resistance level tank decal
162	2	10162	M8x10 grub screw
184	1	10184	Tank level resistance handle
193	1	10193	PU Yellow resistance handle cover

20301 Tank Back Assembly

Key Number	QTY:	Part Number	Description
203	1	10203	Flywheel/Impeller assembly
300	1	10300	SMC Tank Back
12	2	10012	NSK6005ZZ bearing
26	1	10026	50mm PK Transmission Pulley
25	1	10025	37x8x30 NBR Seal



145	1	10145	Bearing Spacer
17	1	10017	Keyway 7x7x32
52	1	10052	M4x6 Grub screw
138	1	10138	SS Flywheel shaft washer
139	1	10139	Flywheel Shaft Spring Washer
83	1	10083	M10x20mm bolt
186	1	10186	RTW-48 C-clip

FLUID Product (model E720)
INTERNATIONAL WARRANTY – COMMERCIAL USE

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First Degree Fitness Limited warrants that the E720, 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 – 10 Year Limited Warranty

First Degree Fitness will repair or replace the metal Main Frame of the E720 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

- Hand grips & foot straps
- Seat
- All rubber components
- Computer & speed sensor (excluding replaceable batteries)
- All drive belts, bearings & chains
- Crank housing & Pedal assembly

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