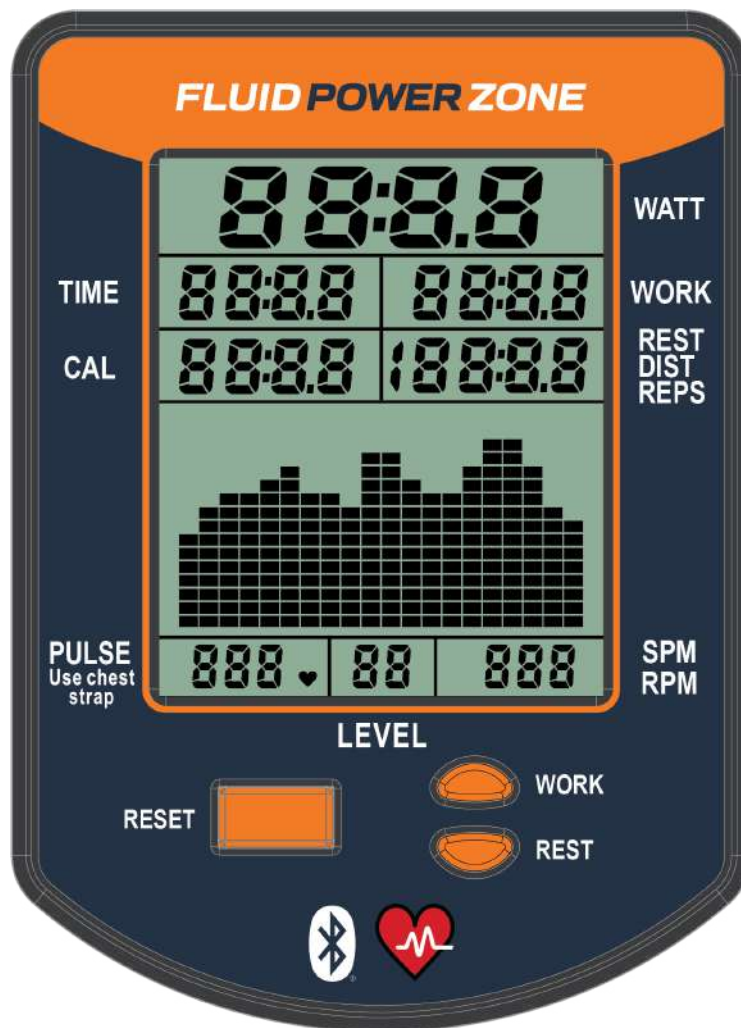




FDF Console with Bluetooth® User Guide Version 1.0



ADJUSTABLE FLUID RESISTANCE MACHINES

UPDATED - 100621

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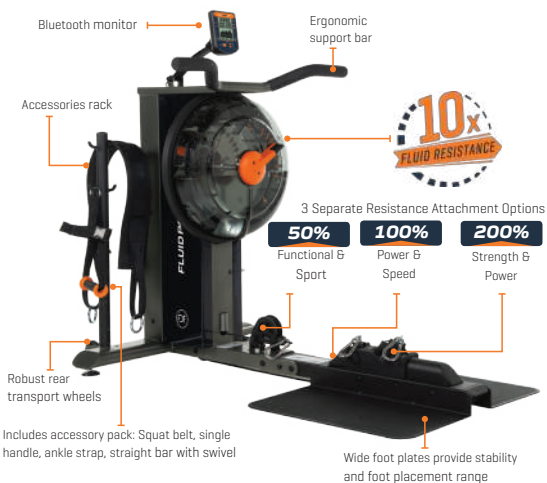
CLIMB CONTRALATERAL CLIMBER



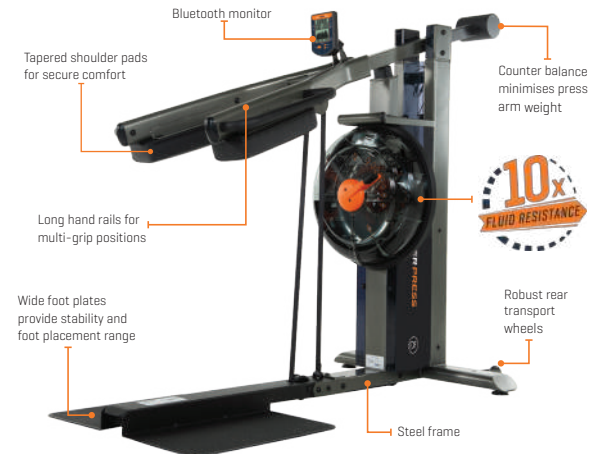
ERG SKI ERGOMETER



CUBE TRAINING PLATFORM



PRESS SQUAT TO OVERHEAD



ROW TOTAL BODY ROWER



UBE STANDING ARM CYCLE



*DFZ reserves the right to modify any product design, manufacture or aesthetic without notice or consultation. Product specifications and warranties may vary from country to country.

> **CONSOLE OVERVIEW**

- + First Degree Fitness Fluid Rower Models
- + Bluetooth® FTMS Rower Data Compatibility
- + Bluetooth® Heart Rate Monitor Compatibility - Including Polar Bluetooth® Monitors
- + Automatic Resistance Level Detection
- + Numeric Display of Workout Data and Heart Rate
- + Real-Time Speed and Watts History Scrolling Charts
- + WORK/REST Interval Workouts
- + Simple 3 Button User Interface
- + Auto power down after 5 minutes of no activity [ONLY if Bluetooth® is not connected]
- + 2 x D Cells for Extended Battery Life

> **WORKOUT OPERATION**

A user will exercise during active **WORK** Intervals and is expected to rest the during active **REST** Intervals.

> **START UP SCREEN**

Press any button or begin exercising to power on the console. The startup screen displays firmware version information, selected equipment model, and battery level.



Firmware Version:
 August 11, 2020 @ 7:40pm
 Model: 2301 [FluidPowerZone CUBE]
 Battery Level: 93%

➤ **USING THE CONSOLE**

➤ **WORKOUT DISPLAY**



➤ **DISPLAY READINGS**

- TIME:** Workout elapsed time in minutes and seconds.
- WATTS:** While exercising, this shows the Power for the previous repetition. When a workout is paused or stopped, this shows average power based on average split time.
- CALS:** While exercising this shows kCals/hr burned. When a workout is paused or stopped this shows total kCals burned.
- WORK:** Shows active Work Time remaining.
- REST** Shows active Rest Time remaining,
- DIST:** Accumulated Distance (FluidPower - ROW & UBE)
- REPS** Number of repetitions while Work is ongoing.
- PULSE:** Heart Rate from a Bluetooth® connected heart rate monitor.
- LEVEL:** Current resistance level which automatically updates when adjusted on the FluidPower - ROW, UBE, CLIMB, ERG, PRESS & CUBE
- SPM:** Current cadence as Reps Per Minute, crank RPM (Power UBE), or Strokes per Minute (Power Row)
- CHART:** Shows real time Speed/Effort or Watts history.

➤ **BATTERY WARNING**

Remove Batteries from the console when the equipment will not be used for 30 days or more.

› USING CONSOLE BUTTONS

› CONSOLE BUTTONS



PRESS ANY BUTTON TO TURN ON CONSOLE

RESET BUTTON: Press and hold RESET to reset console readings to zero. Click RESET to toggle between the two chart types, Watts or Speed.

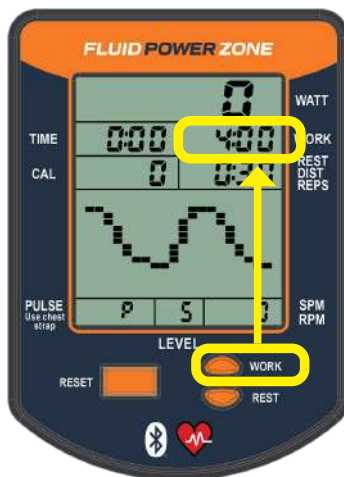
WORK BUTTON: Press WORK to change the WORK interval.

REST BUTTON: Press REST to change the REST interval.

+ **WORK:** Cycle Work interval through 0:15, 0:30, 1:00, 1:30, 2:00, 2:30, 3:00, 3:30, 4:00, 0:15, etc.

+ **REST:** Cycle Rest interval through 0:15, 0:30, 1:00, 1:30, 2:00, 2:30, 3:00, 3:30, 4:00, 0:15, etc..

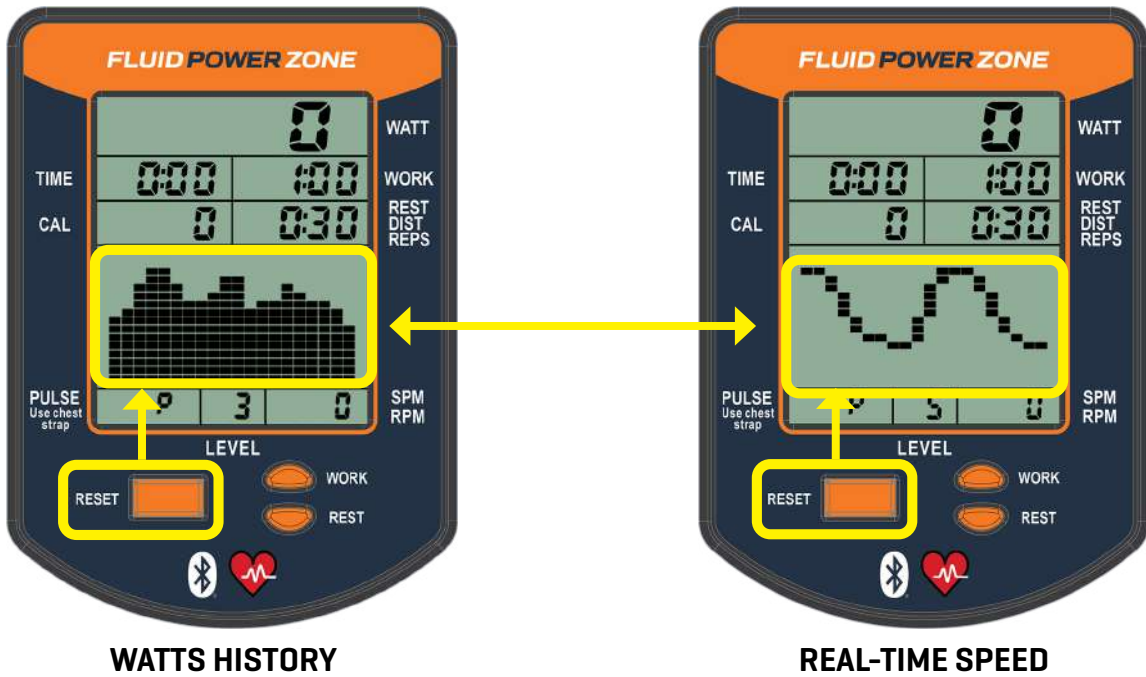
› CHANGING WORK REST INTERVALS



- + Turn on console.
- + Press and hold **RESET** to clear console data.
- + Use the **WORK** button to set WORK interval.
- + Use the **REST** button to set REST interval.
- + When exercise begins the Work Interval will start counting down and REST/DIST will display accumulated distance.
- + When the Work Interval reaches 0, the console will beep, and the Rest Interval will start to count down and will be shown in REST/DIST/REPS. When this reaches 0 the console will beep and will wait for exercise to resume before starting the Work Interval count down.

> USING THE CONSOLE

> CHANGING CHART TYPE

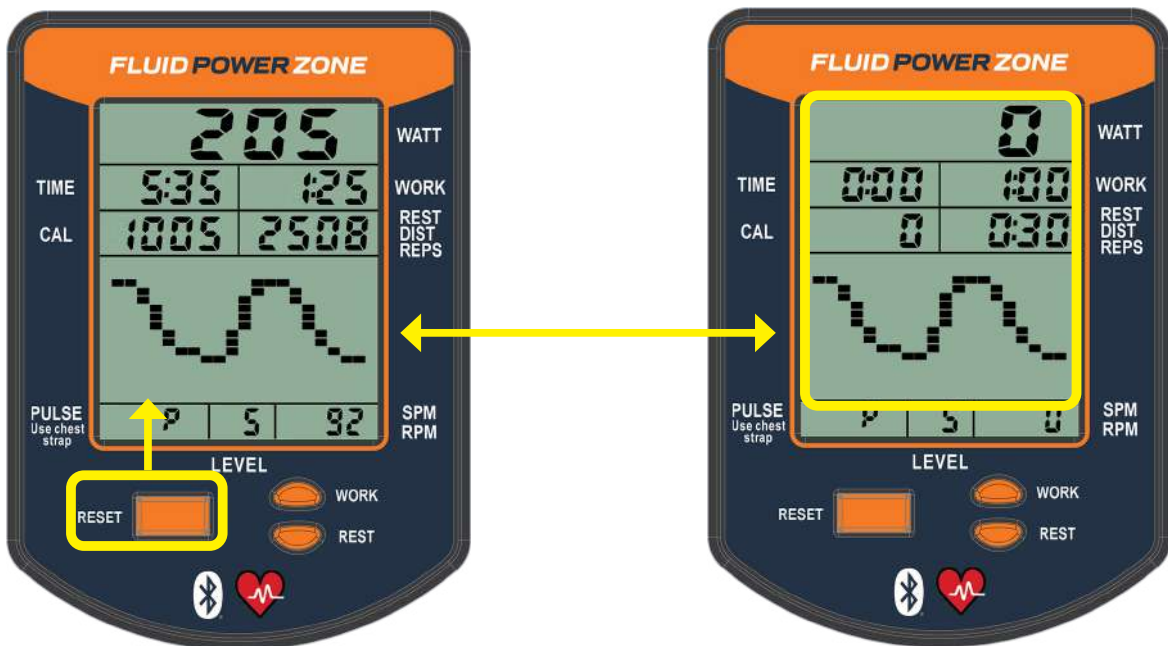


WATTS HISTORY

REAL-TIME SPEED

Click **RESET** to toggle between chart types

> CONSOLE RESET



To clear workout data press and hold **RESET** for **3+ seconds**.

Note - Bluetooth® will be disconnected.

› **SPECIAL FUNCTIONS**

› **EQUIPMENT SELECTION**

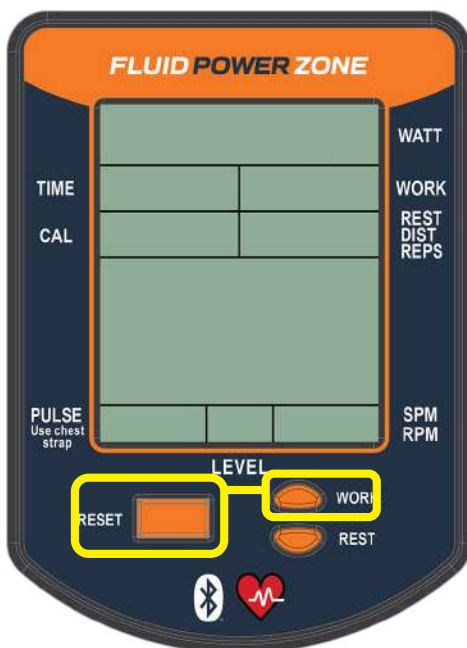
The correct equipment type is set at the factory as part of the manufacturing process so this procedure should not be required by an end user under normal circumstances.

If required, follow these steps

1. Remove the batteries from the console.
2. While reinserting the batteries **press and hold the RESET and WORK buttons for 3+ seconds.**
3. The console will beep twice and the select equipment screen will be displayed.
4. The **CAL** field shows the currently selected equipment.

| EQUIPMENT ID IN CAL WINDOW | EQUIPMENT ID |
|----------------------------|-------------------------------|
| 2301 | FluidPowerZone CUBE |
| 2302 | FluidPowerZone ERG |
| 2303 | FluidPowerZone CLIMBER |
| 2304 | FluidPowerZone PRESS |
| 2305 | FluidPowerZone UBE |
| 2401 | FluidPowerZone ROW |

5. Use the WORK and REST buttons to select the required equipment.
6. Press RESET to confirm selection and the console will reboot with the selected configuration.



HOLD TO REST



SELECT EQUIPMENT

➤ **BLUETOOTH CONNECTIVITY**

➤ **CONNECT TO BLUETOOTH HEART RATE MONITOR**

Follow these steps to connect with a Bluetooth® Hear Rate monitor.

1. Power on the console.
2. Ensure the Heart Rate monitor is in close proximity with the console.
3. Press and hold WORK and REST buttons for 3+ seconds.
4. The console will beep once and display the BT connect screen.
5. Press the REST button to select Bluetooth® Heart Rate connection.
6. Follow the connect instructions of the Heart Rate Monitor.
+ Compatible monitors should automatically connect if within range.



7. When a successful connection is made the console will return to the workout screen with the heart symbol displayed in the PULSE field
8. If no connection is made within 60s the console will return to the standard workout screen.

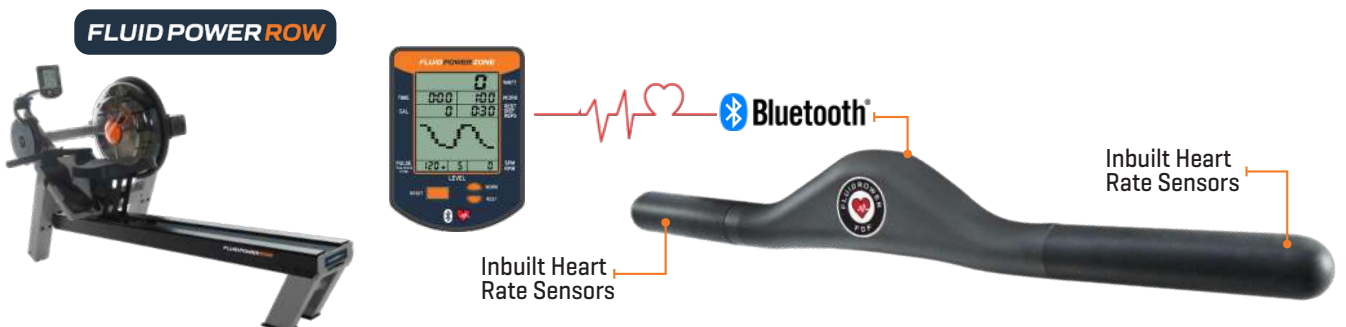
➤ **CONNECT TO BLUETOOTH CHEST STRAP**

When connecting Bluetooth Console with Bluetooth Chest Strap, make sure the distance between the two is no further than 30cm.



➤ **FDF FLUIDPOWERZONE ROW FITTED WITH FDF HEART RATE HANDLE**

1. If the **FDF FluidPowerZone ROW** is fitted with the **FDF Heart Rate Handle** this will also transmit battery level information
2. Standard Bluetooth Heart Rate protocol with encrypted BT communication



➤ **CONSOLE SUPPORT**

➤ **CONSOLE FIRMWARE UPDATE**

The Firmware for the FDF FluidPowerZone consoles can be updated, using the FDF Fluid Connect App. FDF Fluid Connect App is available on Apple App Store and Google Play.

Apple - <https://apps.apple.com/ke/app/fluid-connect/id1514909463>

Google - https://play.google.com/store/apps/details?id=no.unichamp.android.fdf&hl=en_AU&gl=US

➤ **FDF FLUID CONNECT APP**



To update the Firmware simply follow the instructions provided by the App.



START



TURNING CONSOLE ON



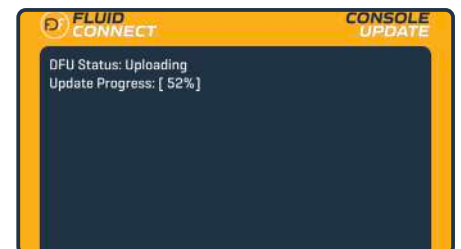
GETTING INTO OPTIONS



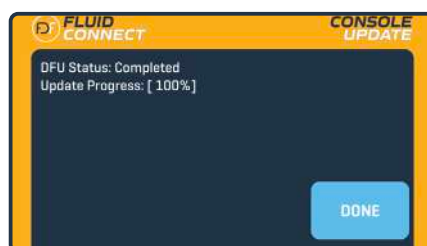
SELECT BT OPTION



SELECT EQUIPMENT



DFU/FIRMWARE UPLOADING



DFU/FIRMWARE COMPLETE

➤ FLUID RESISTANCE LEVEL CALIBRATION PROCEDURE

Calibration of the resistance level sensor should not be required under normal circumstances.

TO DO THIS FOLLOW THESE STEPS.

1. Power on the console.
2. Press and hold WORK and REST for 3+ seconds.
3. The console will beep once and display the calibration screen.

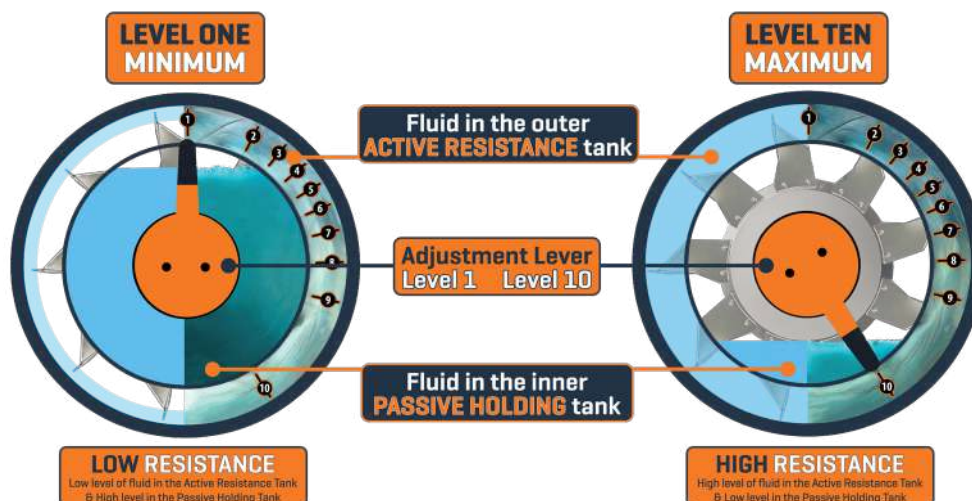


***The numbers below is a non realistic example of calibration of a 10 level tank**

| | |
|----|-----|
| 2 | 26 |
| 3 | 39 |
| 4 | 52 |
| 10 | 205 |

4. Set the Fluid Resistance to level 1 and wait a few seconds before clicking RESET.
5. Set the Fluid Resistance to level 2 and wait a few seconds before clicking RESET.
6. Set the Fluid Resistance to the next level and wait a few seconds before clicking RESET.
7. Repeat #6 until all levels have been done [5 or 10 depending on Fluid Resistance Tank].
8. When all levels are done the console will reboot.
9. Check calibration by cycling through all resistance levels.

PDF - FLUIDPOWERZONE - FLUID RESISTANCE TWIN TANKS



› HANDLING & MAINTENANCE

› GENERAL

- + Do not press or scratch the product with any sharp objects.
- + Do not forcibly bend the product.
- + When the product is stored, make sure it is packed in a packing box and stored within recommended temperature range.
- + Do not use or store the product under conditions where the product will be exposed to water, organic solutions, or acid.
- + Do not use the product under direct sunlight.
- + Clean the product with a soft cloth and neutral detergent or alcohol.
- + When contaminated with chemicals, wipe them off immediately with caution not to cause injury.

› BATTERY REPLACEMENT

1. Slide up rear battery cover
2. Remove old batteries
3. Insert new batteries
4. Reinsert battery cover



› SPECIFICATIONS

| ITEM | RATING | |
|--|--|--|
| Supply Voltage | ~2.5V - 3.3V | 2 x D Cell Batteries |
| Operating Voltage | 3VDC ±5% | 30mV peak to peak maximum ripple and noise |
| Current Consumption | 8mA [typical operation] 3uA [sleep mode] | Bluetooth ON, LCD all ON, Sensor ON |
| Operating Temperature | 0°C to +80°C | Avoid condensation |
| Storage Temperature | 0°C to +80°C | Avoid condensation |
| Speed Sensor | < 100KHz | |
| Level Sensor | 100K Potentiometer | |
| LCD | 28½ x 7 Segment Digits 8 x Annunciators 20 x 16 Dots | |
| Chemical Resistance | Toluene, Trichloroethylene, Acetone, Alcohol, Gasoline, Machine Oil, Ammonia, Glass Cleaner, Mayonnaise, Ketchup, Wine, Salad Oil, Vinegar, Lipstick, etc. | |
| This product is lead-free and compliant with RoHS | | |