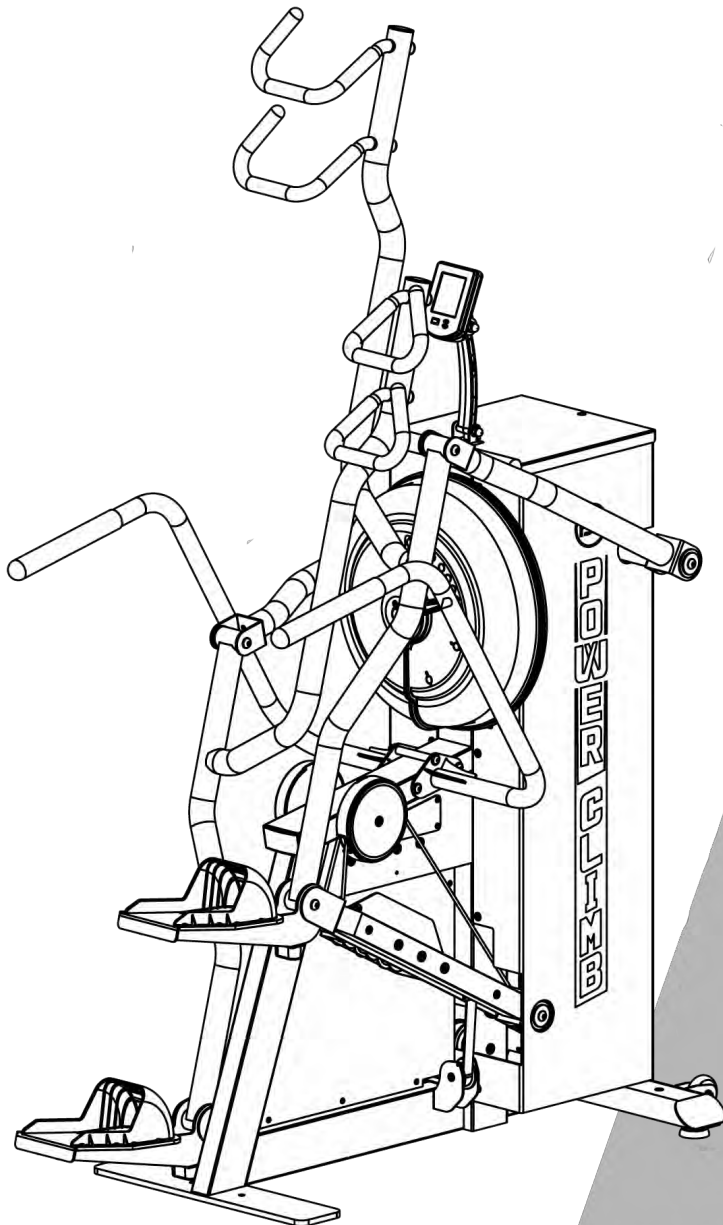


FIRST DEGREE FITNESS  
*Fluid* INNOVATION



## » USER GUIDE

# POWER CLIMB



**FLUID  
POWER  
ZONE**

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



## WELCOME TO YOUR POWER CLIMB

Congratulations on your purchase – the POWER CLIMB is a fluid resistance climbing machine, challenging users to a high intensity workout with tremendous full body muscle activation. Founded on compound, multi-joint movement the POWER CLIMB builds core stability and demands contralateral integration of the upper and lower extremity.

Unlike any other climber on the market, POWER CLIMB keeps the user's centre of gravity in a neutral position, encouraging and reinforcing good form such that knees and feet are stabilised and weight is stacked through the heels to demand the muscles, not the joints, do the work.

Whether you are a veteran, athlete or somewhere in between, POWER CLIMB is designed to target strength, endurance, intensity, agility, stability, flexibility and balance through each workout.

Visit our website for workout tips and product support.

## PRODUCT REGISTRATION AND SERIAL NUMBER

TO VALIDATE WARRANTY SUPPORT, RECORD YOUR UNIQUE PRODUCT PURCHASE  
SERIAL NO.

---

DATE OF PURCHASE

---

BELOW AND SAVE YOUR ORIGINAL RECEIPT.

TO REGISTER YOUR PRODUCT WARRANTY ONLINE OR UNDERSTAND THE TERMS OF  
YOUR WARRANTY VISIT  
**[WWW.FIRSTDEGREEFITNESS.COM/SUPPORT](http://WWW.FIRSTDEGREEFITNESS.COM/SUPPORT)**

If you are making a warranty claim, please contact your local FDF Dealer In the first instance.

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All users should read the operating instructions contained within this manual and understand how to use the POWER CLIMB before use. Visit [www.firstdegreefitness.com](http://www.firstdegreefitness.com) for additional information on technique and training instruction.

## NOTE THE FOLLOWING SAFETY PRECAUTIONS:

1. **CAUTION:** As with all fitness programs it is advisable to consult a physician before undertaking exercise of a strenuous nature.  
  
If you experience any pain or dizziness while exercising, stop immediately and consult your physician. Warm up before undertaking any strenuous exercise.
2. Know your heart rate and/or pulse, and physician recommended heart rate training zone. Note that heart rate monitoring systems may be inaccurate and cannot be fully relied upon.
3. Our safety guarantee is based on the user conducting routine checks on key components such as belts, pulleys and bungee cords for signs of wear and tear. Should defective components be identified, replace and/or keep the unit out of use until it is repaired.
4. Wear comfortable clothing that allows freedom of movement and shoes with non-slip soles.
5. The POWER CLIMB is not suitable for therapeutic purposes. Perform exercises with correct technique and consult a personal trainer for guidance if unsure.
6. For maximum stability always assemble and operate your POWER CLIMB on a stable, flat surface.
7. For your safety always ensure your POWER CLIMB has adequate space around it. The free area should be no less than 600mm on either side of the unit's access points. This must also include the area for emergency dismount.  
  
**NOTE:** Where equipment is placed adjacent to each other, the free area may be shared.
8. Keep fingers clear of pivot points during both assembly and use as indicated by the warning decals on the main-frame.
9. Do not leave children alone to operate the machine.
10. Use only the adjustment settings as described in the instructions.
11. Never leave any adjustment devices projecting from the unit.

**KEEP THESE INSTRUCTIONS**

# » Assembly

## Product Specifications

**Product Class:**

SC

**Braking System:**

Speed Independent

**Product Net Weight:**

156.22kg (344.41lb)

**Product Gross Weight:**

183.22kg (403.93lb)

**Minimum Safe Operating Surface Area:**

2750mm (108.27") Length

x 1990mm (78.35") Width

**Dimensions:**

1550mm (61.02") Length

x 790mm (31.10") Width

x 2480mm (97.64") Height

**Maximum User Weight:**

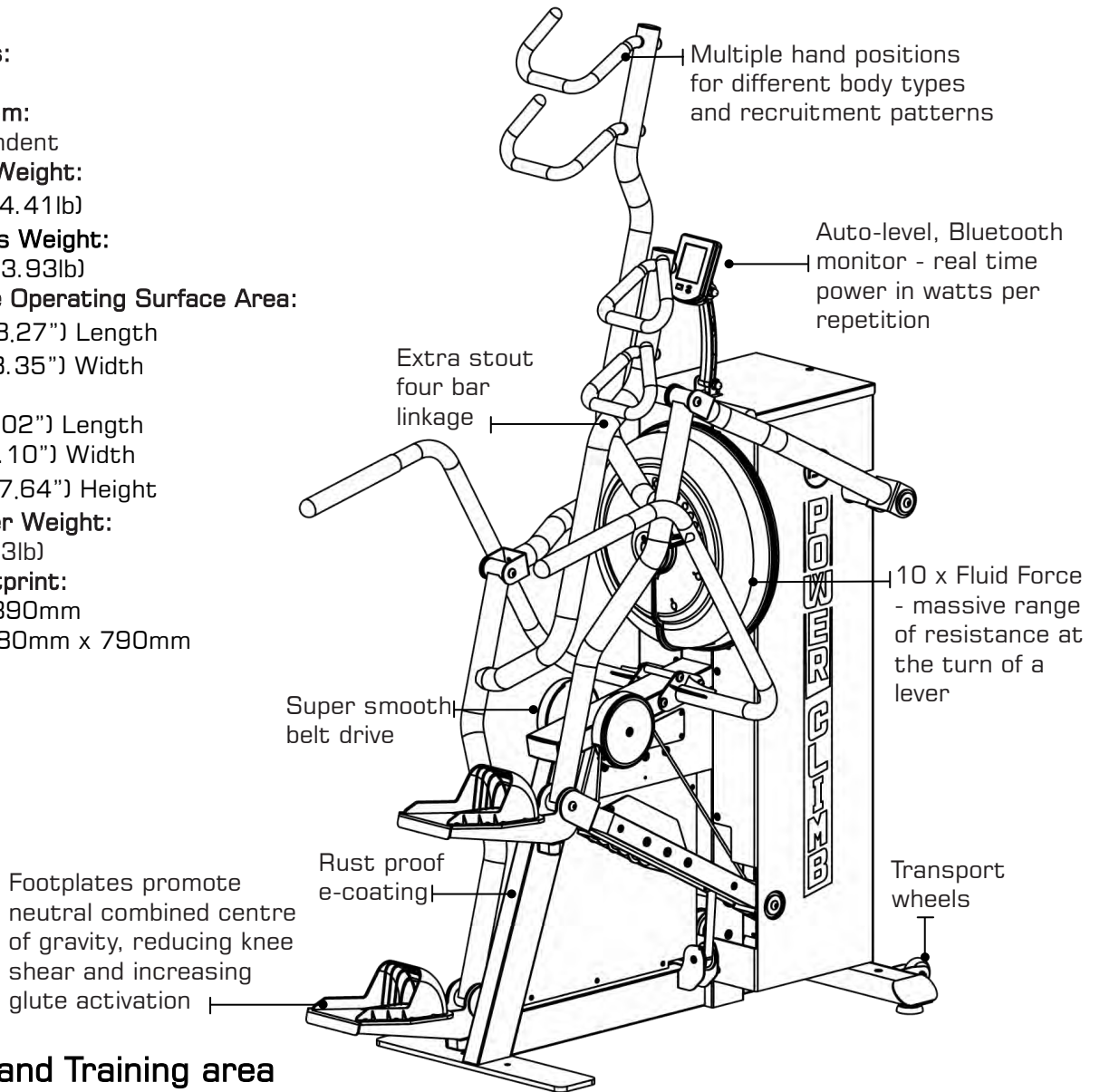
180kg (396.83lb)

**Compact Footprint:**

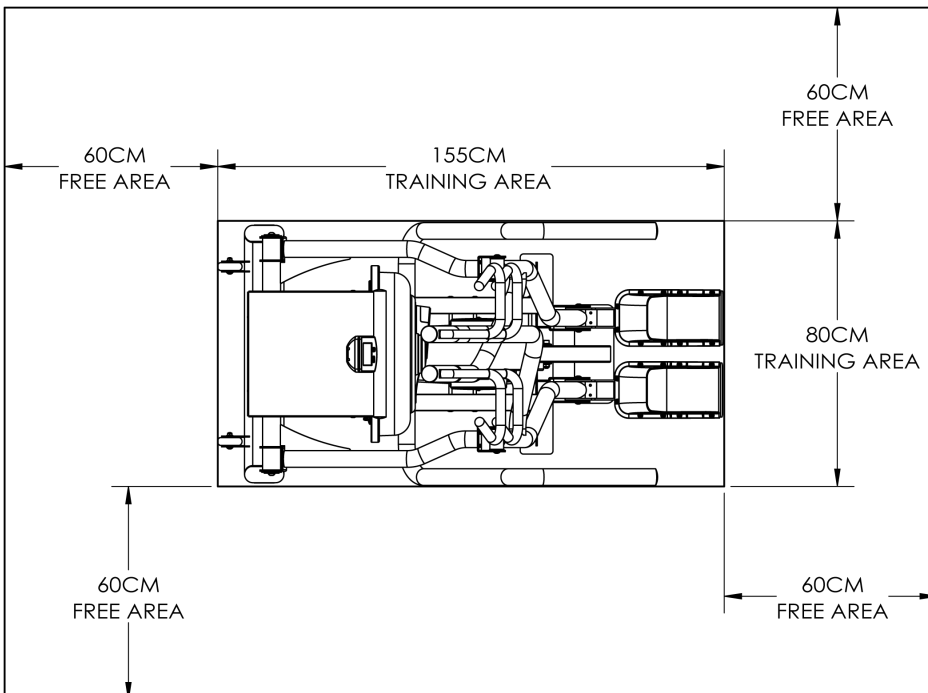
2150mm x 1390mm

or upright 2480mm x 790mm

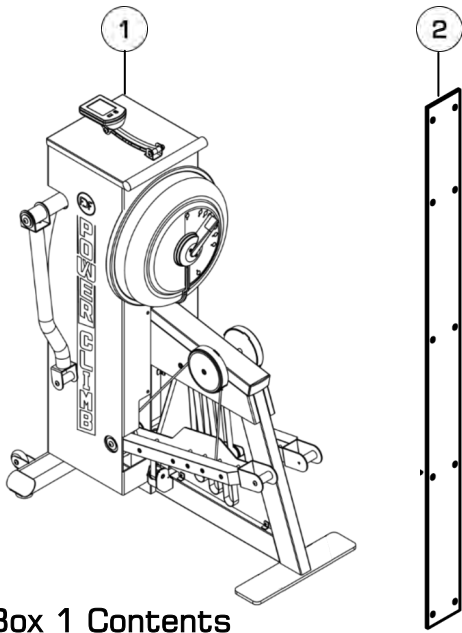
## Product Highlights



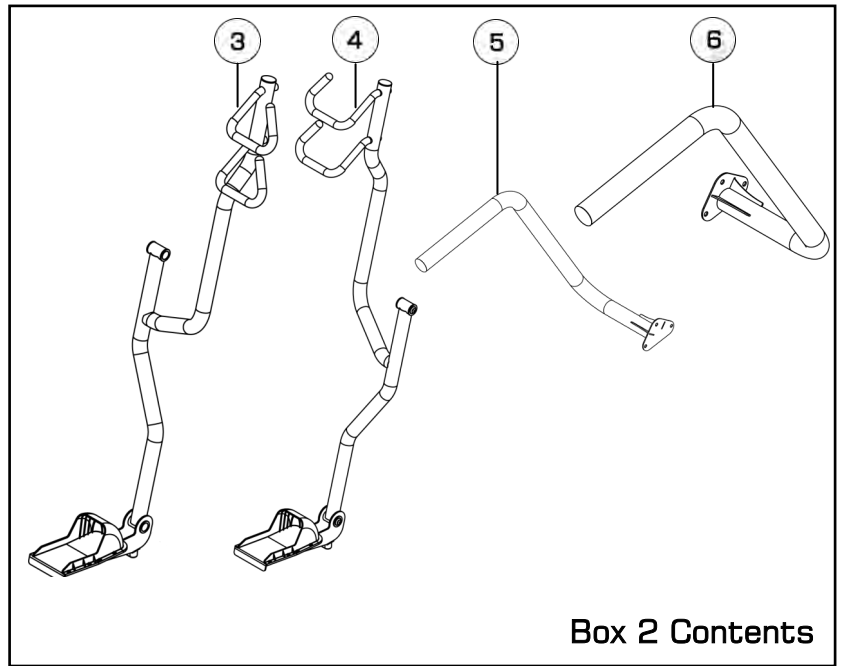
## Live area and Training area



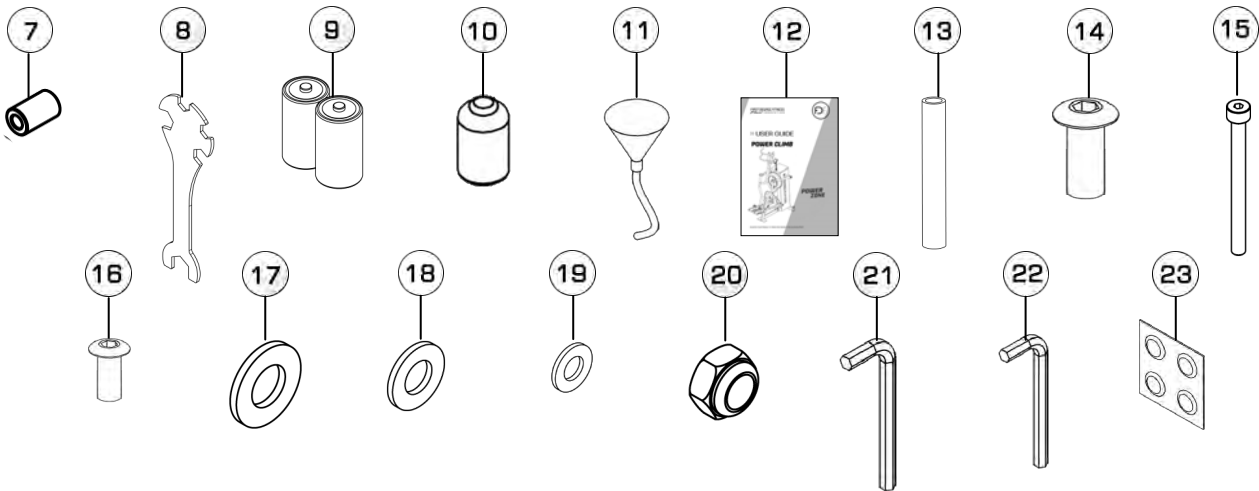
# POWER CLIMB Box 1 & 2 Contents



Box 1 Contents



Box 2 Contents



Item	Qty.	Description	Item	Qty.	Description
1	1	Main Frame	7	4	Shaft 30x68mm
2	1	Rear PVC Cover * Packed inside the Main Frame.	8	1	Multi-Tool
3	1	Left Pedal Assembly	9	2	D Cell Duracell Battery
4	1	Right Pedal Assembly	10	1	Touch Up Paint
5	1	Left Handrail	11	1	Funnel and Hose
6	1	Right Handrail	12	1	User Guide
<b>Hardware KIT</b>					
13	1	Bushing 16x100mm	19	10	M6 Washer
14	8	M12x20mm Bolt	20	3	M10 Nyloc Nut
15	3	M10x130mm Bolt	21	1	8mm Allen Key
16	10	M6x15mm Bolt	22	1	4mm Allen Key
17	8	M12 Washer	23	4	Water Treatment Tablet
18	6	M10 Washer			

# Assembly Instructions

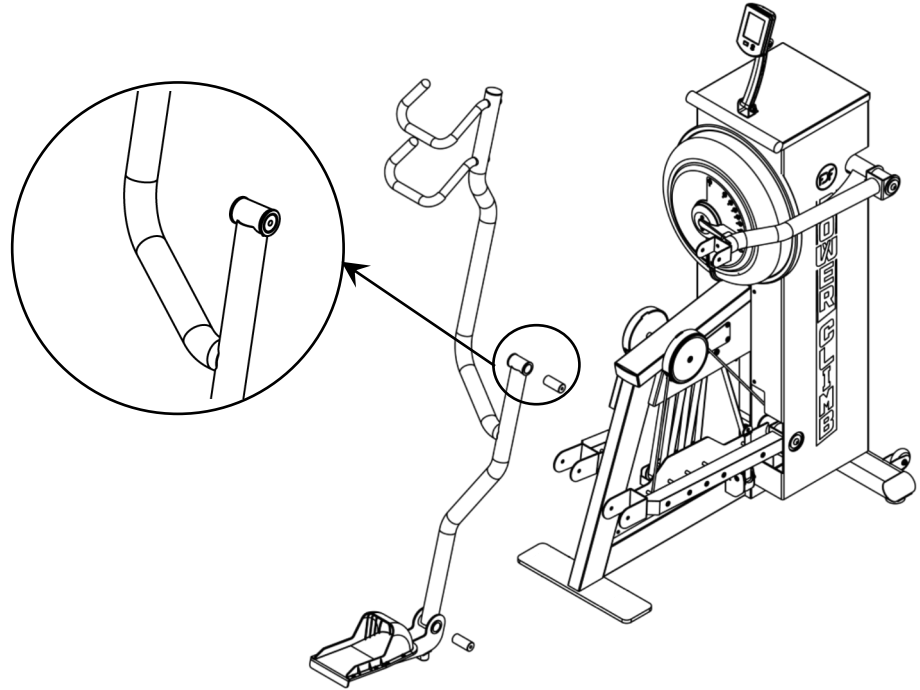
## STEP 1

### Install the Right Pedal Assembly

#### REQUIRED

- 1 x Right Pedal Assembly [4]
- 2 x Shaft 30x68mm [7]

Assemble the **2xShaft 30x68mm[7]** to the **Right Pedal Assembly[4]**.



## STEP 2

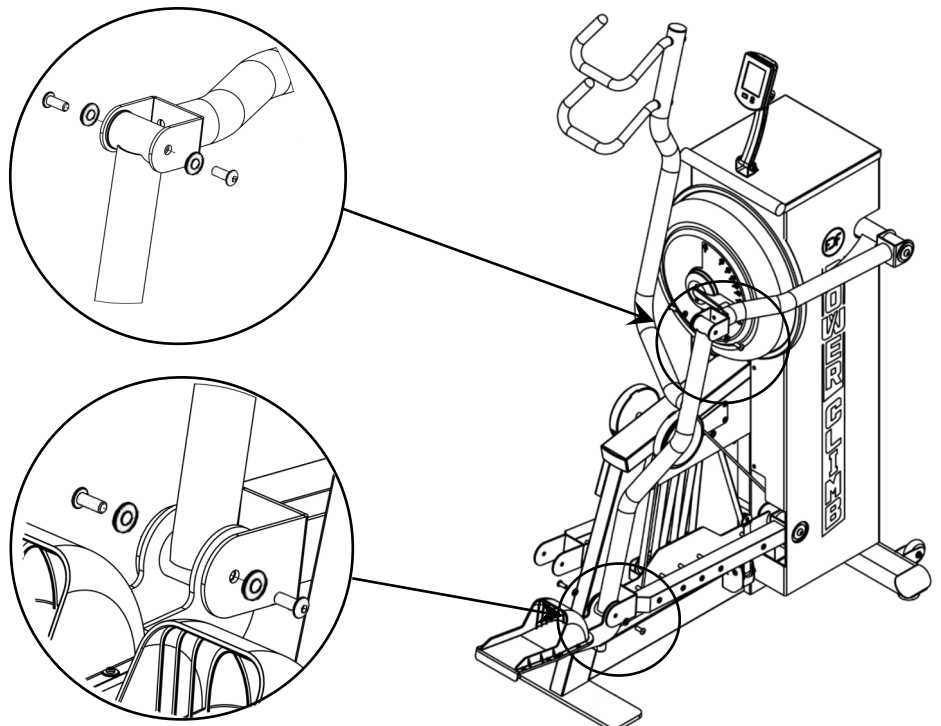
#### REQUIRED

- 4 x M12x20mm [14]
- 4 x M12 Washer [17]

Secure both sides of the Right Pedal Assembly using the **4x M12x20mm Bolt [14]**, **M12 Washer [17]** and tighten securely.

#### Torque

- 240 Kgf · Cm
- [17.28 lbf.ft]
- [23.52Nm]





# » Assembly Instructions

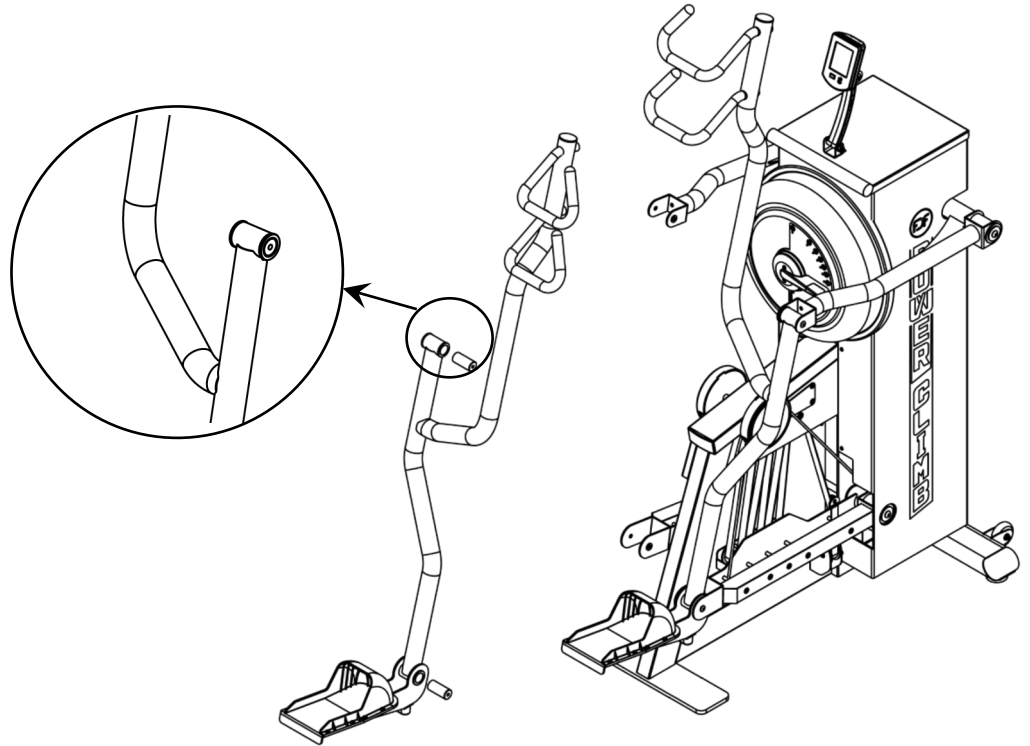
## STEP 3

### Install the Left Pedal Assembly

#### REQUIRED

- 1 x Left Pedal Assembly [3]
- 2 x Shaft 30x68mm [7]

Assemble the 2xShaft 30x68mm[7] to the Left Pedal Assembly[3].



## STEP 4

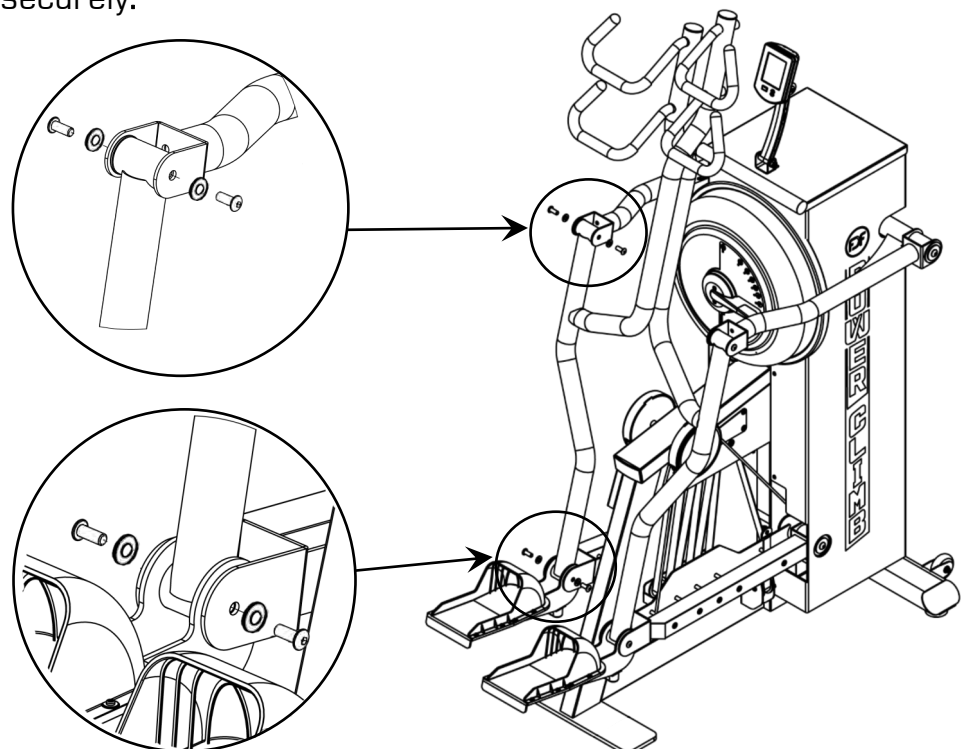
#### REQUIRED

- 4 x M12x20mm [14]
- 4 x M12 Washer [17]

#### Torque

- 240 Kgf · Cm
- [17.28 lbf.ft]
- [23.52Nm]

Secure both sides of the Right Pedal Assembly using the 4x M12x20mm Bolt [14], M12 Washer [17] and tighten securely.



# » Assembly Instructions

## STEP 5

### Install the Left/Right Handrail Assembly

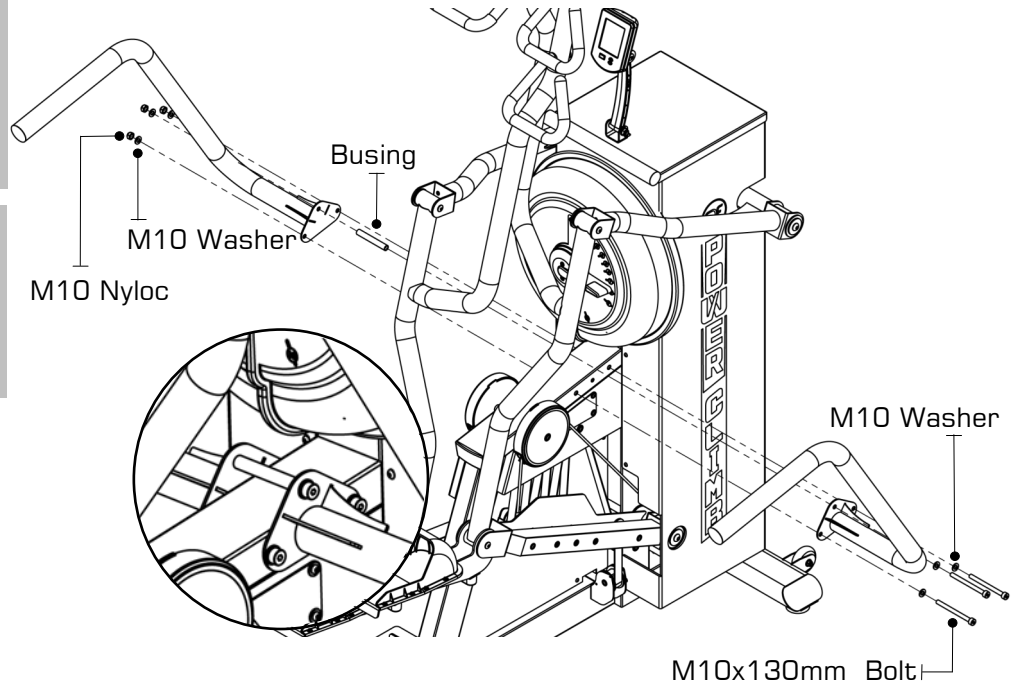
#### REQUIRED

- 1 x Left Handrail [5]
- 1 x Right Handrail [6]
- 1 x Bushing 16x100 mm [13]
- 3 x M10x130mm Bolt [15]
- 6 x M10 Washer [18]
- 3 x M10 Nyloc Nut [20]

#### Torque

- 240 Kgf · Cm
- [17.28 lbf.ft]
- [23.52Nm]

Secure both sides of Left/Right Handrail Assembly using the Bushing 16x100mm[13], 3x M10x130mm Bolt [15], 6x M10 Washer [18], 3x M10 Nyloc Nut[20] as shown.



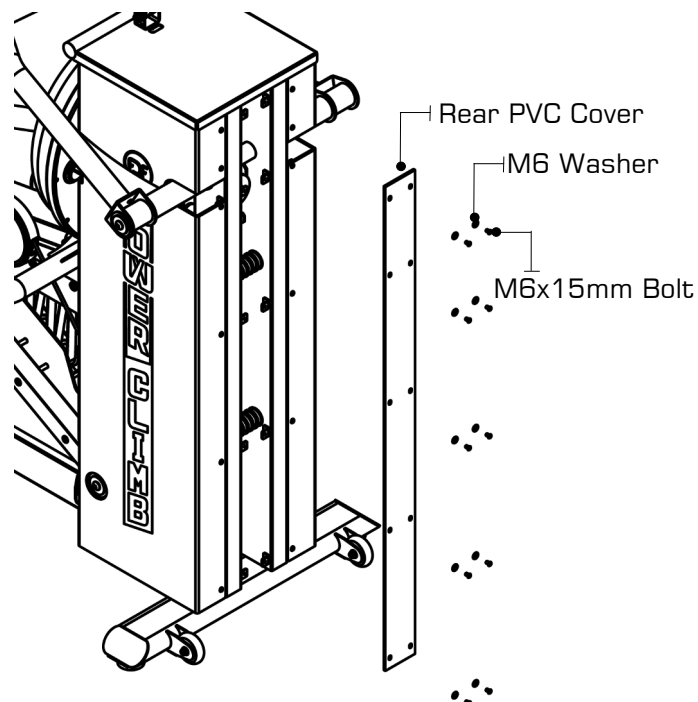
## STEP 6

### Install the Rear PVC Cover

#### REQUIRED

- 1 x Rear PVC Cover [2]
- 10 x M6x15mm Bolt [16]
- 10 x M6 Washer [19]

Secure the Rear PVC Cover[2] using 10x M6x15mm Bolt[16], 10x M6 Washer[19] as shown.



# »» Operation Instructions

## »» Tank Filling and Water Treatment

### REQUIRED

Funnel and Hose [1 1]

### ! CAUTION

Use a drop cloth under the tank when filling to avoid damage to floor or carpet. Do not fill past the calibration mark as indicated on the tank level sticker or water spillage may occur.

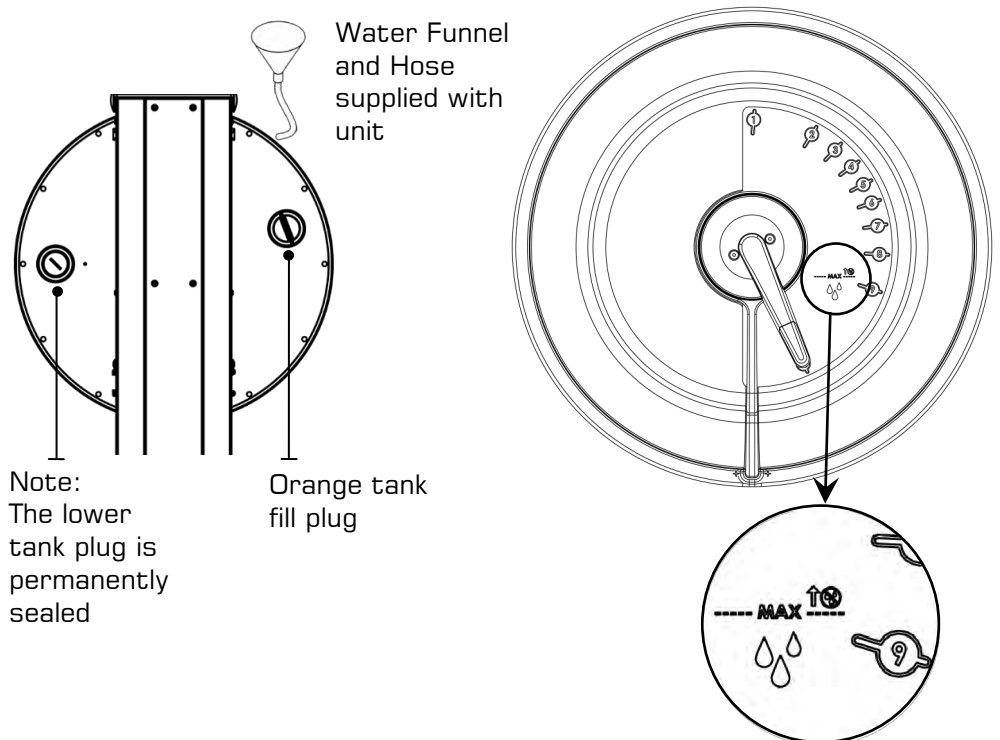
### ! NOTE

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**[1 1]. Filling will take approximately 8 liters of water.
- Open the yellow fill plug on the back of tank and insert hose (rotating the impeller slightly may be necessary to allow the hose to pass). **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 schedule below.



**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)

# » Operating Instructions

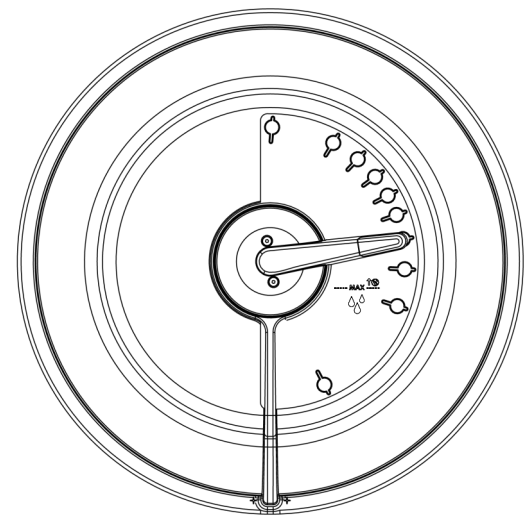
## CHANGING RESISTANCE LEVEL

Changing resistance on your Power CLIMB 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 each movement.

Your Power CLIMB 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.

## START EXERCISING

Before getting on the Power Climb, make sure that either one of the steps is all the way down to the floor. Adjust the fluid tank resistance to a low setting, preferably 0-5. Step on the lower step and grasp one of the handles, then place your second foot on the upper step. Handle options allow user to grasp in prone (palms down horizontal), 45 degree neutral, and supine (palms up horizontal). Apply pressure to the upper step until you are standing with both steps even with each other. This is your start position.



From this position start stepping in a comfortable, controllable range of motion. Remember your Dynamic of Power variables – load, range of motion and speed. The Dynamic of Power will determine the duration of your exercise as well as the intensity of that exercise. As you get comfortable with the movement, work on extending the ROM until you can achieve 90 degrees of flexion at the knee and hip. Once achieved with consistency, adjust the load and the speed to accommodate your increased fitness levels.

As with the squat, remember that good form/ biomechanics will protect and strengthen your joints and supporting musculature. Bad form/ biomechanics will do the opposite!

## LONG-TERM WATER TREATMENT

**WARNING: DO NOT USE ANY OTHER WATER TREATMENT TABLET OTHER THAN THOSE SUPPLIED WITH YOUR UNIT.**

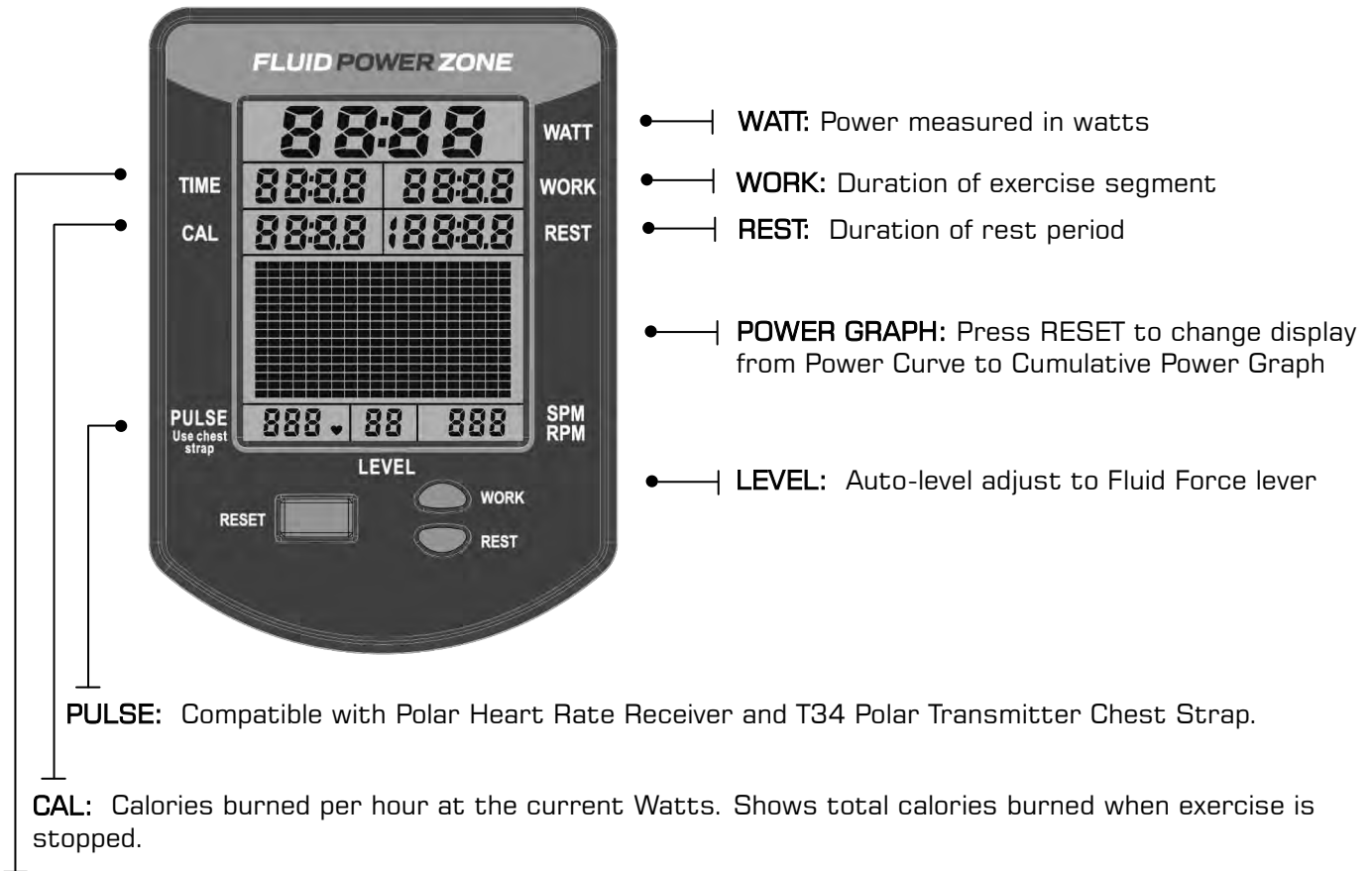
The amount of time between water treatments can vary greatly depending on your unit's location and exposure to sunlight. Typically you can expect to treat your tank water every 12-24 months. If water becomes discolored or shows signs of algae / bacterial growth simply add one Water Treatment Tablet.

# » 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 computer's resistance level according to the position of the Fluid Force Lever 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 Power Zone APP available via FDF Website)

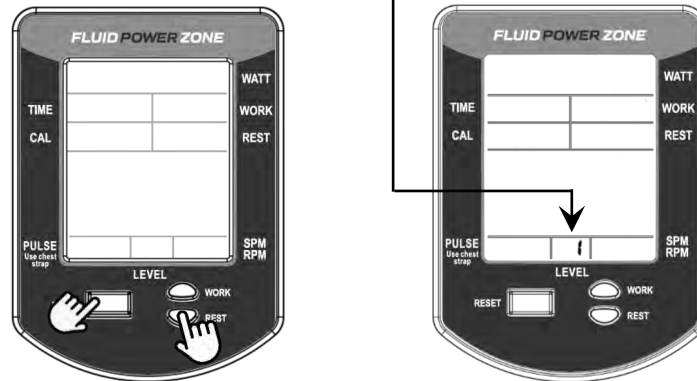
**NOTE:** T34 Polar Heart Rate Transmitter Chest Strap is sold separately.

 <b>WARNING:</b>	<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>
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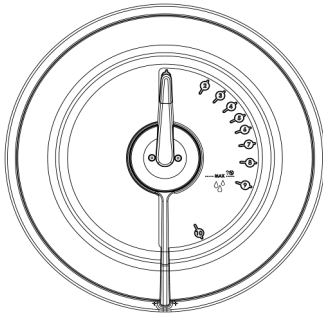
# » Calibration Procedure

## STEP 1

Press and hold 「RESET」 and 「REST」 for 5 seconds.  
Display will show LEVEL " 1 "

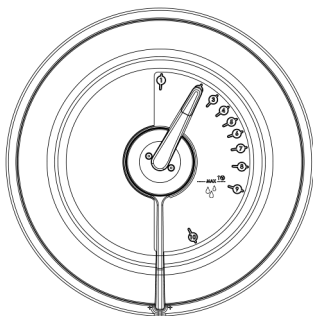


## STEP 2



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.

Calibration is complete.

# » Maintenance & Troubleshooting

For further information, manuals and warranty requests visit [www.firstdegreefitness.com/support](http://www.firstdegreefitness.com/support)

Problem	Solution
Water changer color or becomes cloudy.	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.
I want to drain the fluid tank on my POWER CUBE.	It is recommended to take your unit outdoors, open the Orange fill plug, and lay unit on its back to facilitate draining process. 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 <a href="http://www.firstdegreefitness.com">www.firstdegreefitness.com</a> for details.
The computer display is erratic and illuminates, but does not register with movement.	It is possible that there is a loose connection. Check that the computer lead is connected properly to the unit. If connected properly check sensor gap. Contact your local dealer if this fails to address the problem.
The computer does not illuminate after battery installation.	Replace/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 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 14 of this manual.

**To ensure maximum lifespan and optimal performance follow these steps:**

1. Keep your POWER CLIMB in a dry, clean climate controlled environment at room temperature.
2. Only treat water with FDF genuine Water Treatment Tablets. Refer to 'water treatment' section on page 10.
3. Periodically clean your machine with disinfectant, applied using a lint free cloth.
4. Wipe dust off the machine.
5. For information on how to service your machine visit [firstdegreefitness.com/support](http://firstdegreefitness.com/support)

## 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 **POWER CLIMB (model PZ-CLI )**, 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.

### **General Exclusions**

- Bungee recoil cord & Dyneema
- Hand grips
- All pulleys & bearings
- Computer & speed sensor (excluding replaceable batteries)

### **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)

CONTACT US

For customer support please visit  
[firstdegreefitness.com/support](http://firstdegreefitness.com/support)

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