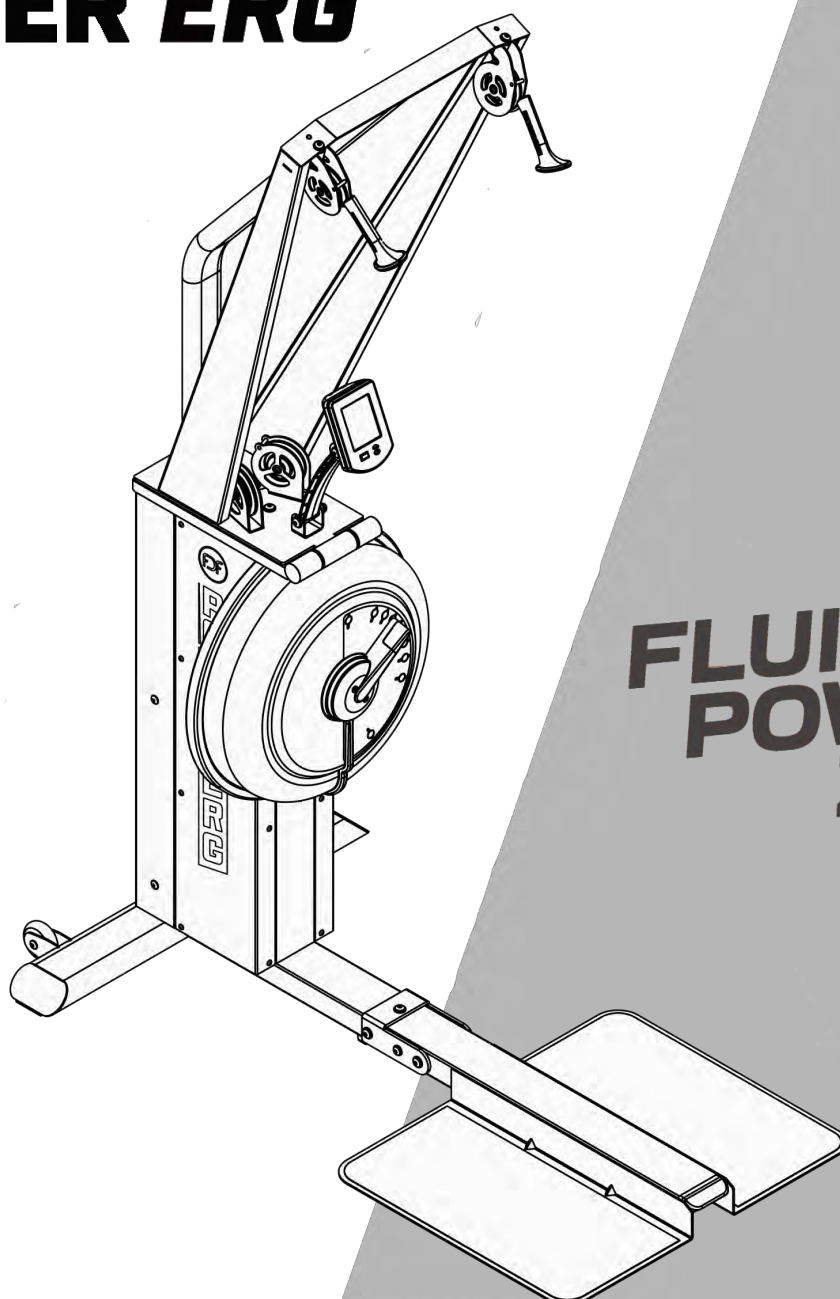


FIRST DEGREE FITNESS
Fluid INNOVATION



» USER GUIDE

POWER ERG



**FLUID
POWER
ZONE**

REGISTER YOUR PRODUCT AT WWW.FIRSTDEGREEFITNESS.COM/SUPPORT

WELCOME TO YOUR POWER ERG

Congratulations on your purchase – the POWER ERG is an anterior chain and functional trainer, supporting full body pulling movements that combine body weight and fluid resistance to achieve an impact free workout. The adjustable Fluid Force allows the user to create greater resistance throughout the entire range of motion while training at peak power.

Targeting the core, triceps, lats, glutes and quads, the design of POWER ERG™ creates an inertial mass that is not only influenced by Fluid Force but also by the load of your own body weight as you push up from a squat position.

Whether you are a veteran, athlete or somewhere in between, POWER ERG 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 BELOW AND SAVE YOUR ORIGINAL RECEIPT.

SERIAL NO.

DATE OF PURCHASE

TO REGISTER YOUR PRODUCT WARRANTY ONLINE OR UNDERSTAND THE TERMS OF YOUR WARRANTY VISIT

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 ERG before use. Visit 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.

WARNING: Injuries to health may result from incorrect or excessive training!
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 ERG 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 ERG on a stable, flat surface.
7. For your safety always ensure your POWER ERG 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. It shall only be used in supervised areas. The extend of control depends on the users. E.g. degree of reliability, age, experience.

NOTE: Where equipment is placed adjacent to each other, the free area may be shared.
9. Keep fingers clear of pivot points during both assembly and use as indicated by the warning decals on the main-frame.
10. Do not leave children alone to operate the machine.
11. Use only the adjustment settings as described in the instructions.
12. 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:

90.25kg (198.97lb)

Product Gross Weight:

108.25kg (238.65lb)

Minimum Safe Operating Surface Area:

2650mm (104.33") Length

x 2010mm (79.13") Width

Dimensions:

1450mm (57.09") Length

x 810mm (31.89") Width

x 2200mm (86.61") Height

Maximum User Weight:

180kg (396.83lb)

Compact Footprint:

2050mm x 1410mm

or upright 2200mm x 810mm

Product Highlights

Independent arm resistance for bilateral and unilateral movement

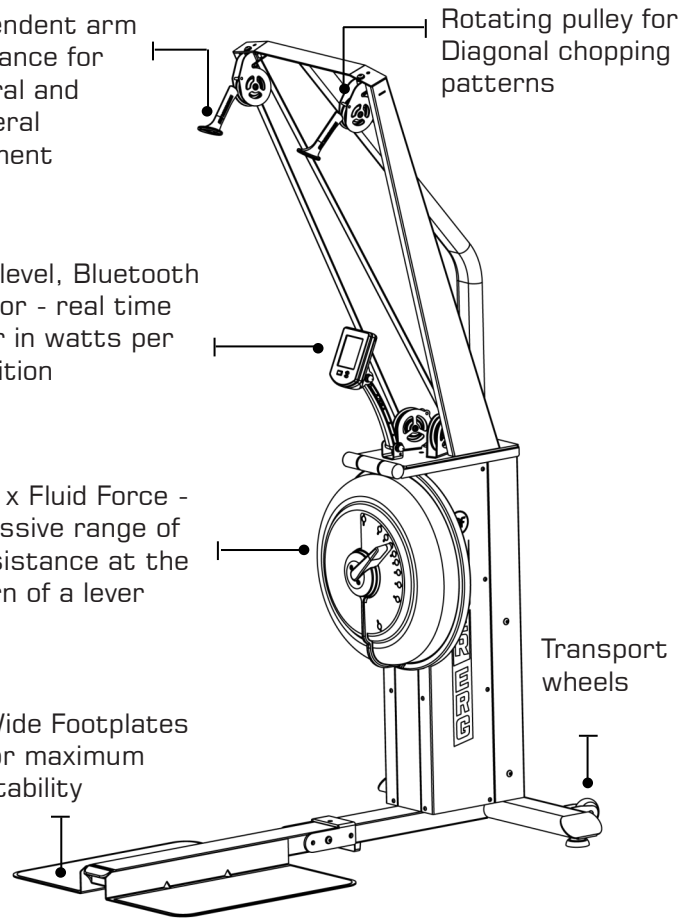
Rotating pulley for Diagonal chopping patterns

Auto-level, Bluetooth monitor - real time power in watts per repetition

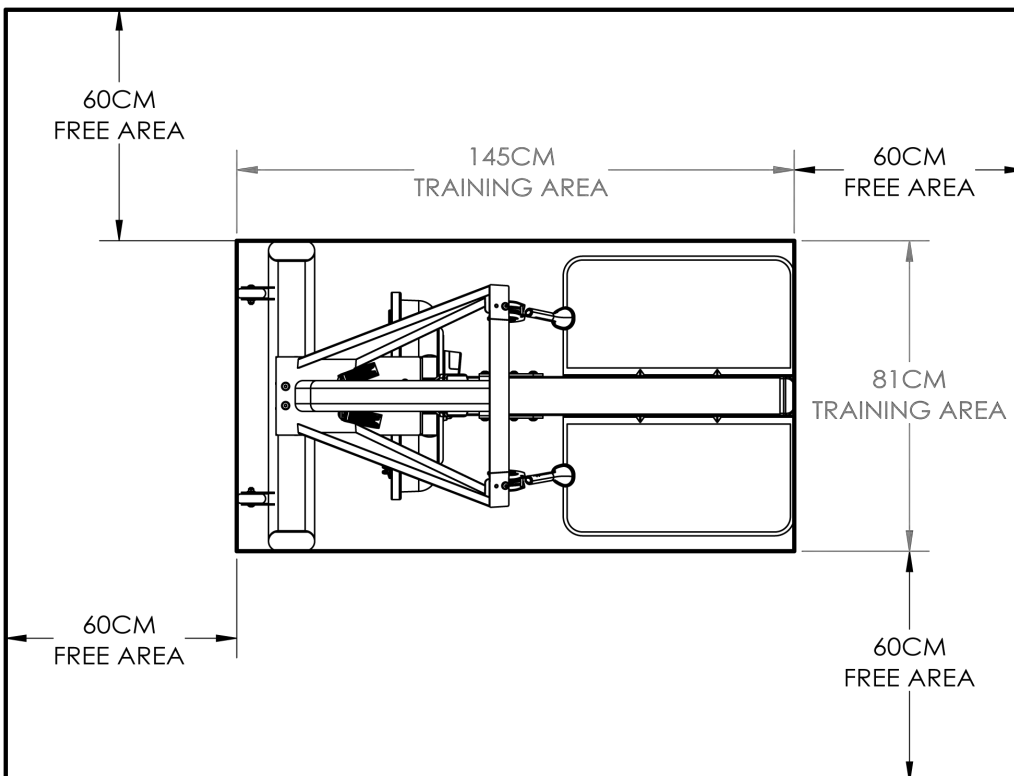
10 x Fluid Force - massive range of resistance at the turn of a lever

Wide Footplates for maximum stability

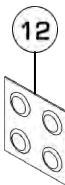
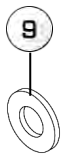
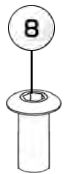
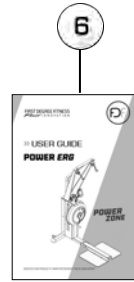
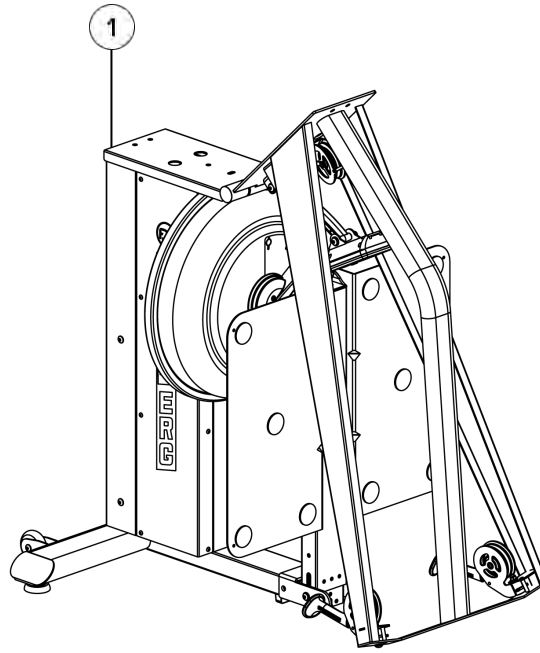
Transport wheels



Live area and Training area



POWER ERG Box Contents



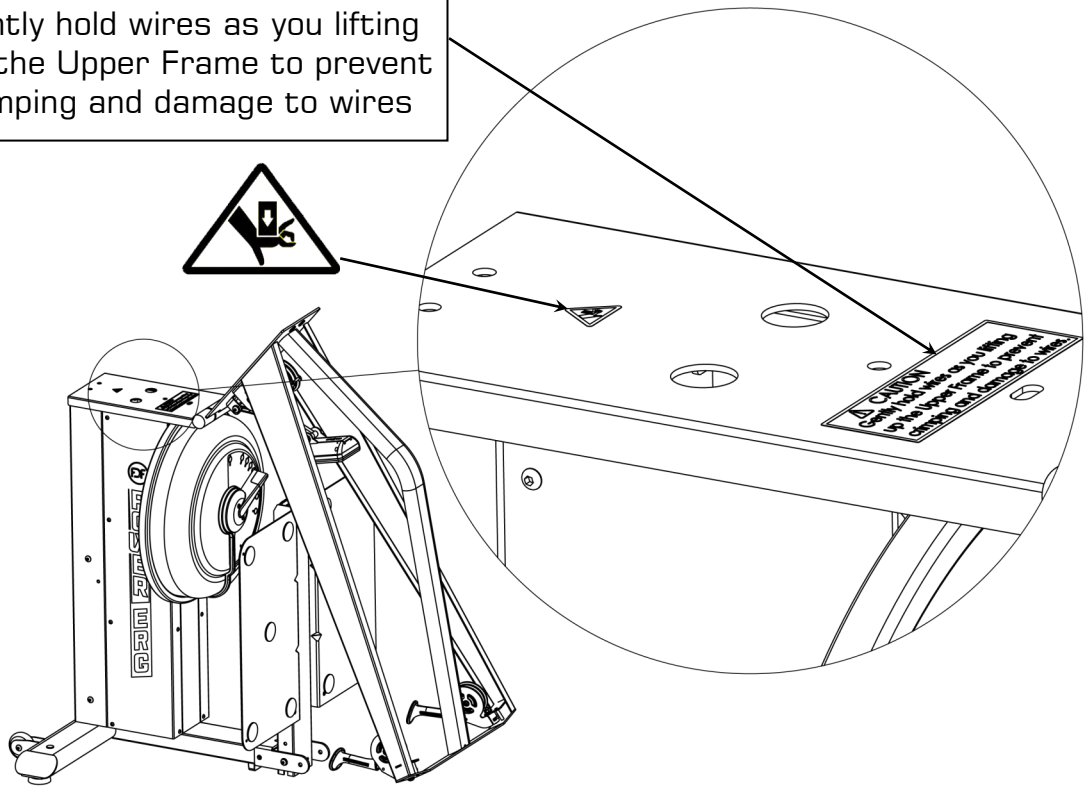
Item	Qty.	Description	Item	Qty.	Description
1	1	Touch Up Paint	4	1	Funnel and Hose
2	2	D Cell Duracell Battery	5	1	User Guide
3	1	Multi-Wrench			
Hardware KIT					
6	1	Main Frame	10	3	M10 Nyloc Nut
7	9	M10x25 Bolt	11	1	6mm Allen Key
8	1	M10x60 Bolt	12	4	Water Treatment Tablet
9	13	M10 Washer			

Assembly Instructions

STEP 1

Secure Upper Main Frame and Lower Main Frame

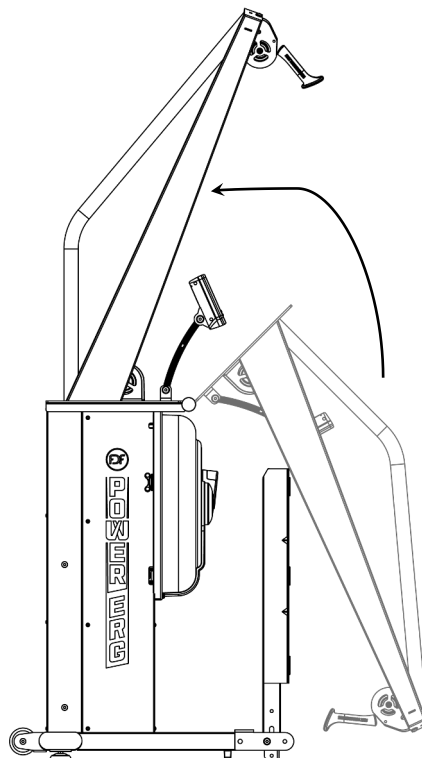
CAUTION
Gently hold wires as you lifting up the Upper Frame to prevent crimping and damage to wires



CAUTION
Attention to the Dyneema Rope and cables when pulling the Upper Main Frame upright.

Remove the **Main Frame[11]** and all components from the box. Check all parts against the box contents. Carefully Lift the Upper Main Frame into the vertical position.

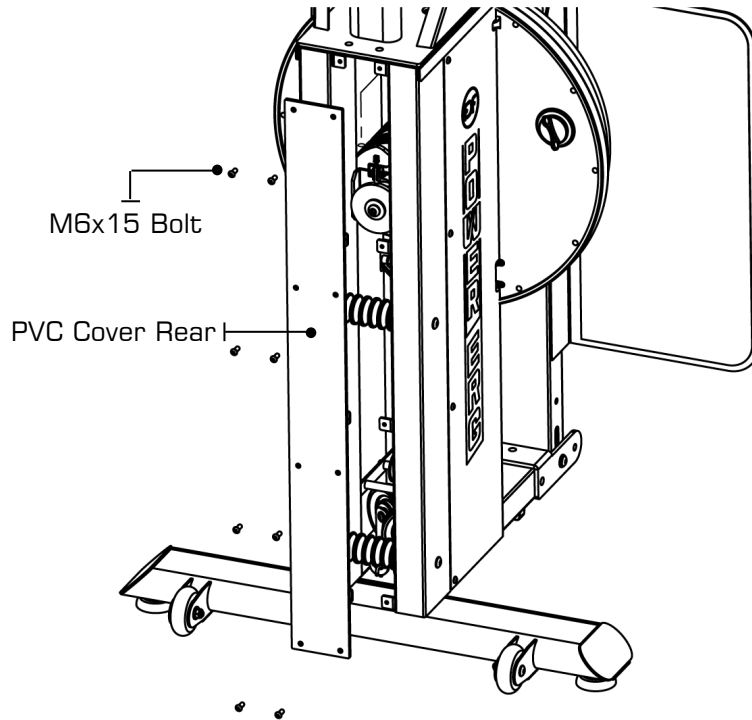
Tip: Requires two people



Assembly Instructions

STEP 2 Secure Upper Main Frame and Lower Main Frame

Unscrew the 8x M6x15mm Bolt from the PVC Cover Rear.



STEP 3 Secure Upper Main Frame and Lower Main Frame

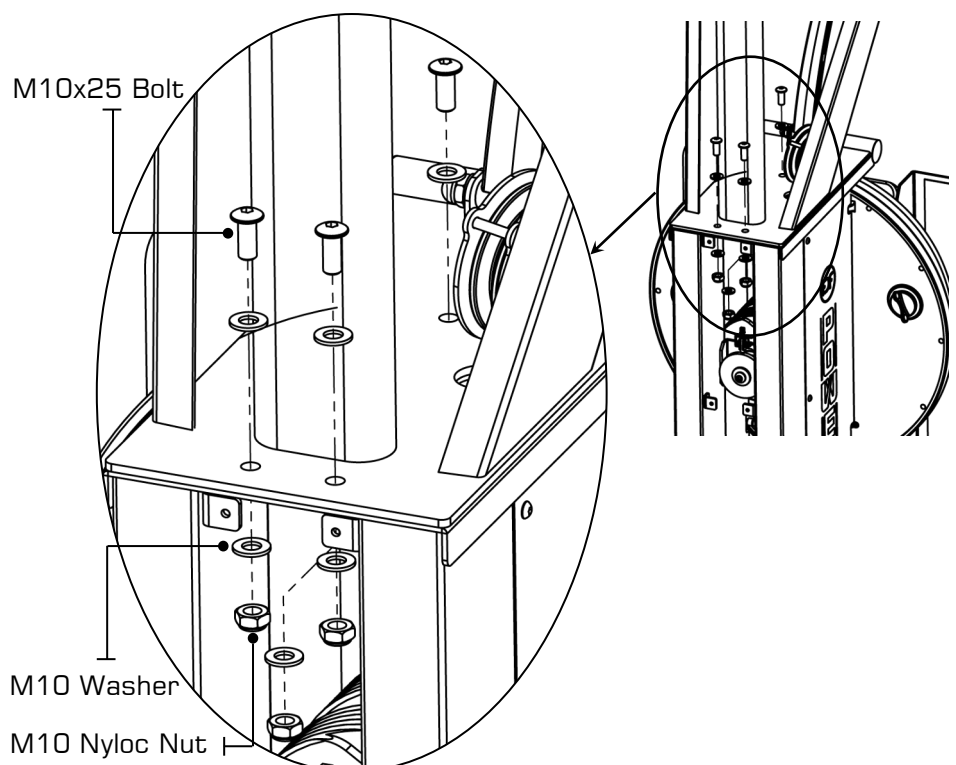
REQUIRED

3 x M10x25mm [7]
6 x M10 Washers [9]
3 x M10 Nyloc Nut [10]

Torque

180 Kgf · cm
[13 lbf.ft]
[17.6Nm]

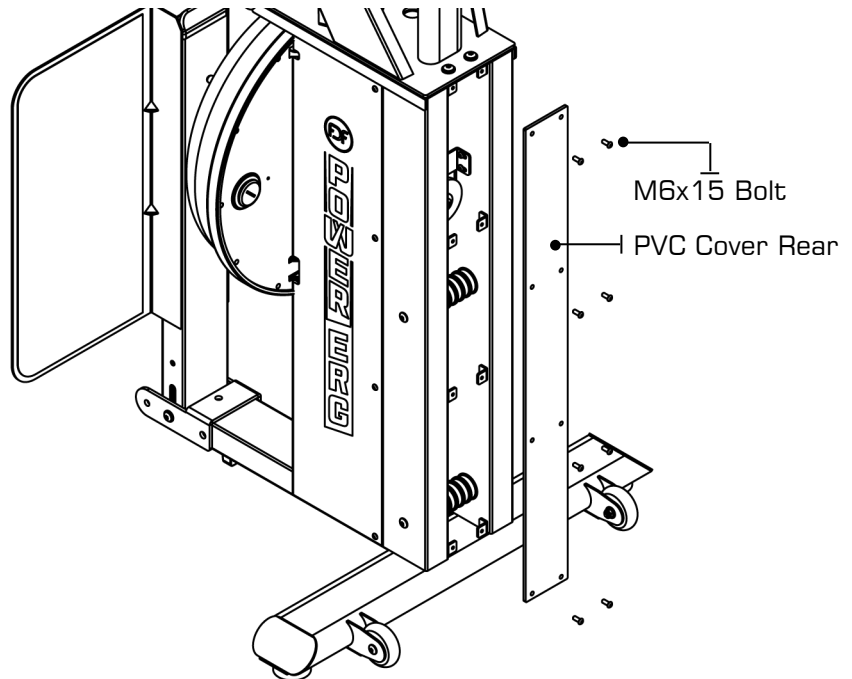
Secure **Upper Main Frame** using the 3x M10x25mm [7], 6x M10 Washers [9] and 3x M10 Nyloc Nut [10], and tighten securely.




Assembly Instructions

STEP 4 Secure Upper Main Frame and Lower Main Frame

Reassemble and secure the PVC Cover Rear (Step 2) back to the Main Frame.

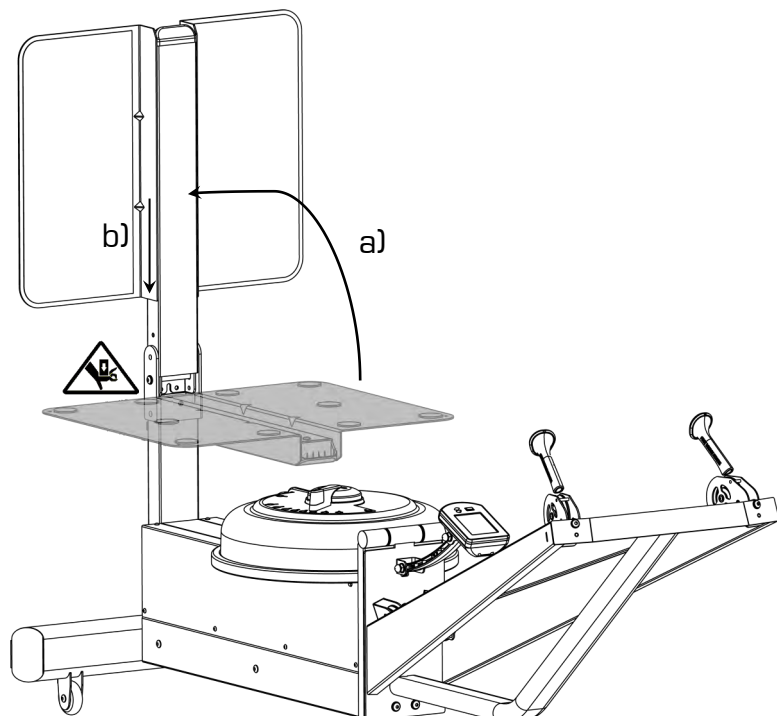


STEP 5 Secure Lower Main Frame and Foot Plate

 Use any soft material underneath the Main Frame to avoid scratching the paint.

Carefully lower down the Main Frame onto its back
a) Pull the Foot Plate into the vertical position.
b) Put and insert the Foot Plate downward and make sure the Bolt holes are aligned.

Tip: Requires two people.



» Assembly Instructions

STEP 6

Secure Lower Main Frame and Foot Plate

REQUIRED

M10x60mm [8]

M10 Washer [9]

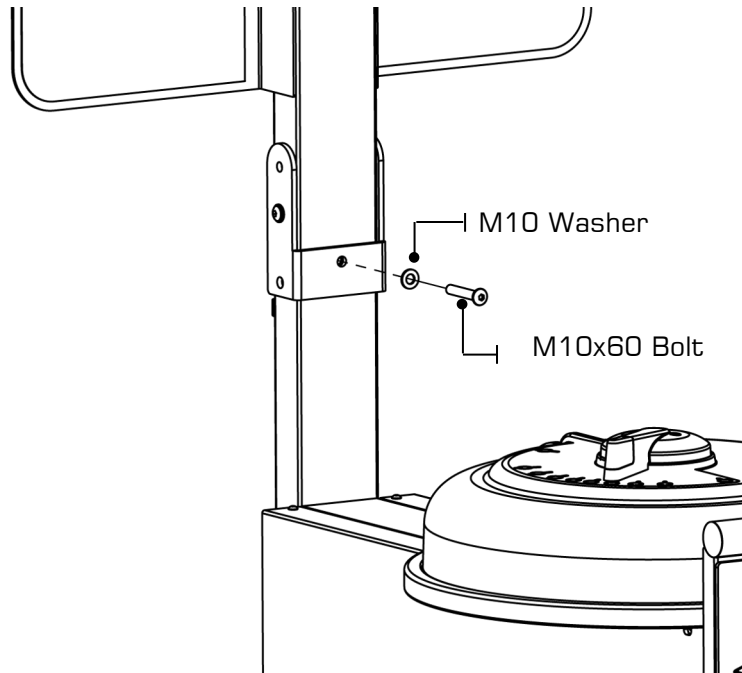
Torque

180 Kgf · cm

[13 lbf.ft]

[17.6Nm]

Secure the front of the Foot Plate using the **M10x60mm Bolt [8]** and **M10 Washer [9]**, and tighten securely.



STEP 7

Secure Lower Main Frame and Foot Plate

REQUIRED

4 x M10x25mm [7]

4 x M10 Washers [9]

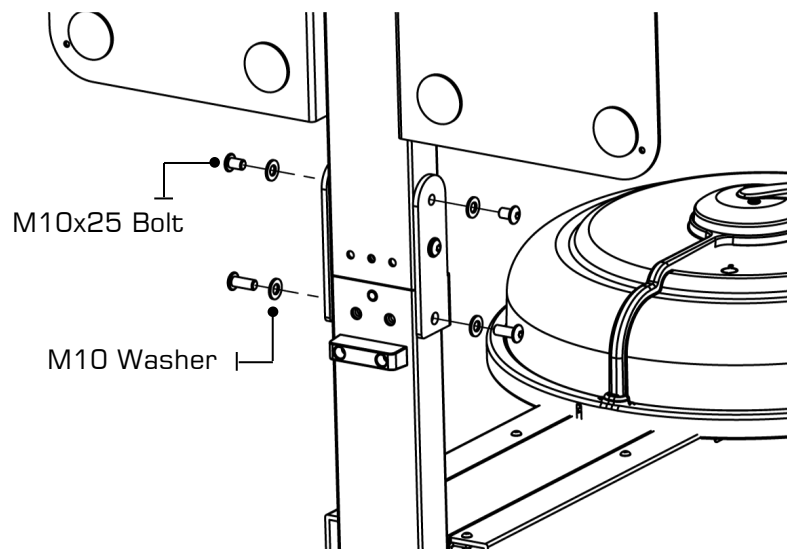
Torque

180 Kgf · cm

[13 lbf.ft]

[17.6Nm]

Secure both sides of the Foot Plate using the **4x M10x25mm Bolt [7]** and **4x M10 Washers [9]**, and tighten securely.



Assembly Instructions

STEP 8 Secure Lower Main Frame and Foot Plate

REQUIRED

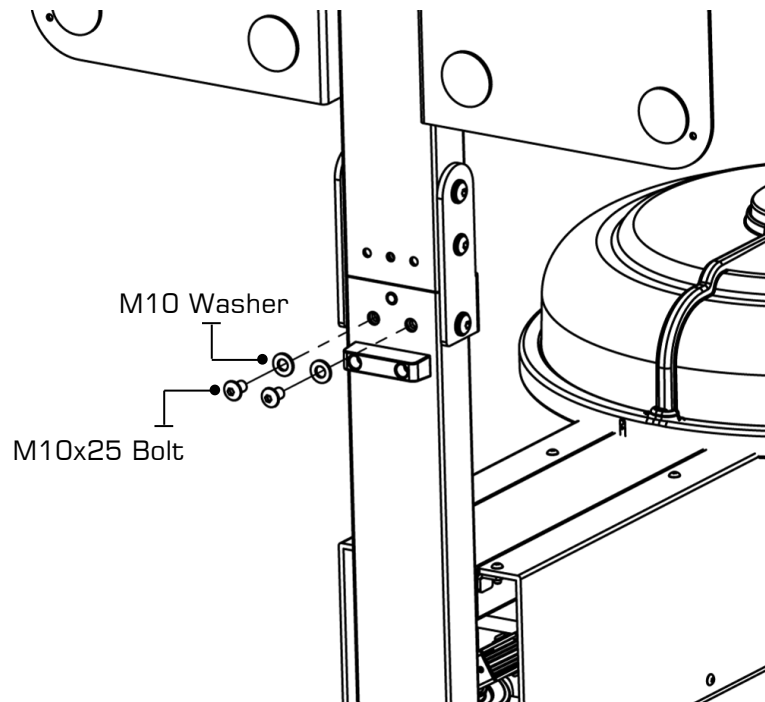
2x M10x25mm [7]
2 x M10 Washers [9]

Torque

180 Kgf · cm
[13 lbf.ft]
[17.6Nm]

Secure the bottom of the Foot Plate using the **2x M10x25mm [7]** and **2x M10 Washers [9]**, and tighten securely.

Carefully stand the unit upright.



»» Operation Instructions

»» Tank Filling and Water Treatment

REQUIRED

Funnel and Hose [5]

! 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.

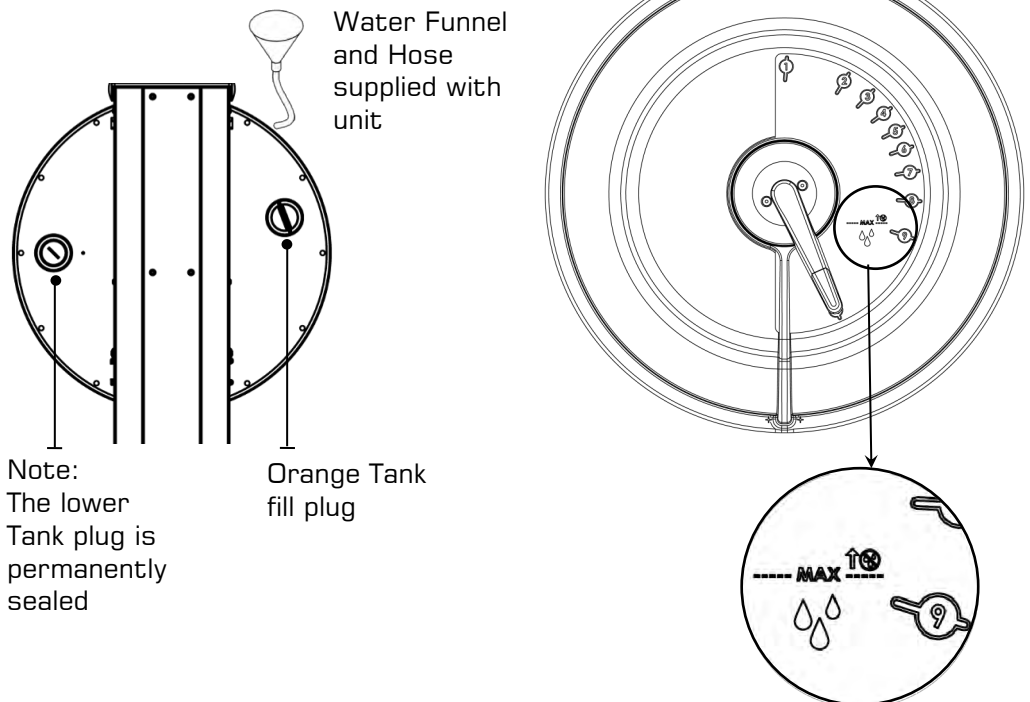
! NOTE

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 [5]. 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 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 4xWater 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

» Operating Instructions

CHANGING RESISTANCE LEVEL

Changing resistance on your Power ERG 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 Erg 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

- a) Adjust the resistance on the fluid Tank as described above.
- b) Stand on the platform with your feet shoulder width apart or, optionally, in a split fore/aft stance.
- c) Grasp the handles and pull down a few times to get a feel for the resistance.

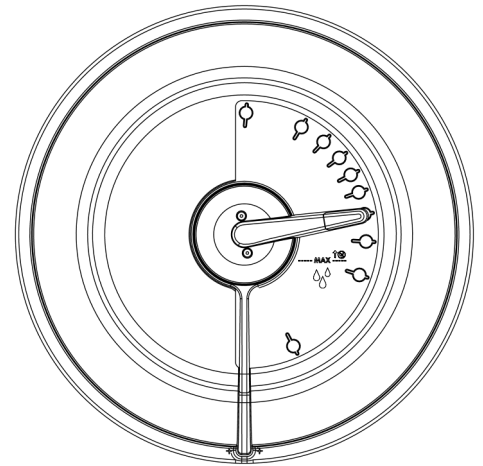
Your *dynamic of power* is determined by these three factors – load (resistance), range of motion (ROM) and rate (speed).

d) As you pull the handles down, remember the keys to good form

- Weight evenly distributed through your feet for a balanced center of gravity
- Chest up/shoulders back orientation for a strong spine position
- Tight core to support the spine and effectively transfer power

e) Pull down with your entire body, hinging at the hips, into a partial squat position. Spring back up from the partial squat position into full extension to take the next pull. String this pattern together to develop a rhythm, adjusting the factors of load, ROM and speed to dial in your preferred power application.

You may also perform an alternating freestyle stroke pattern, mimicking Nordic style ski poling.



LONG-TERM WATER TREATMENT

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

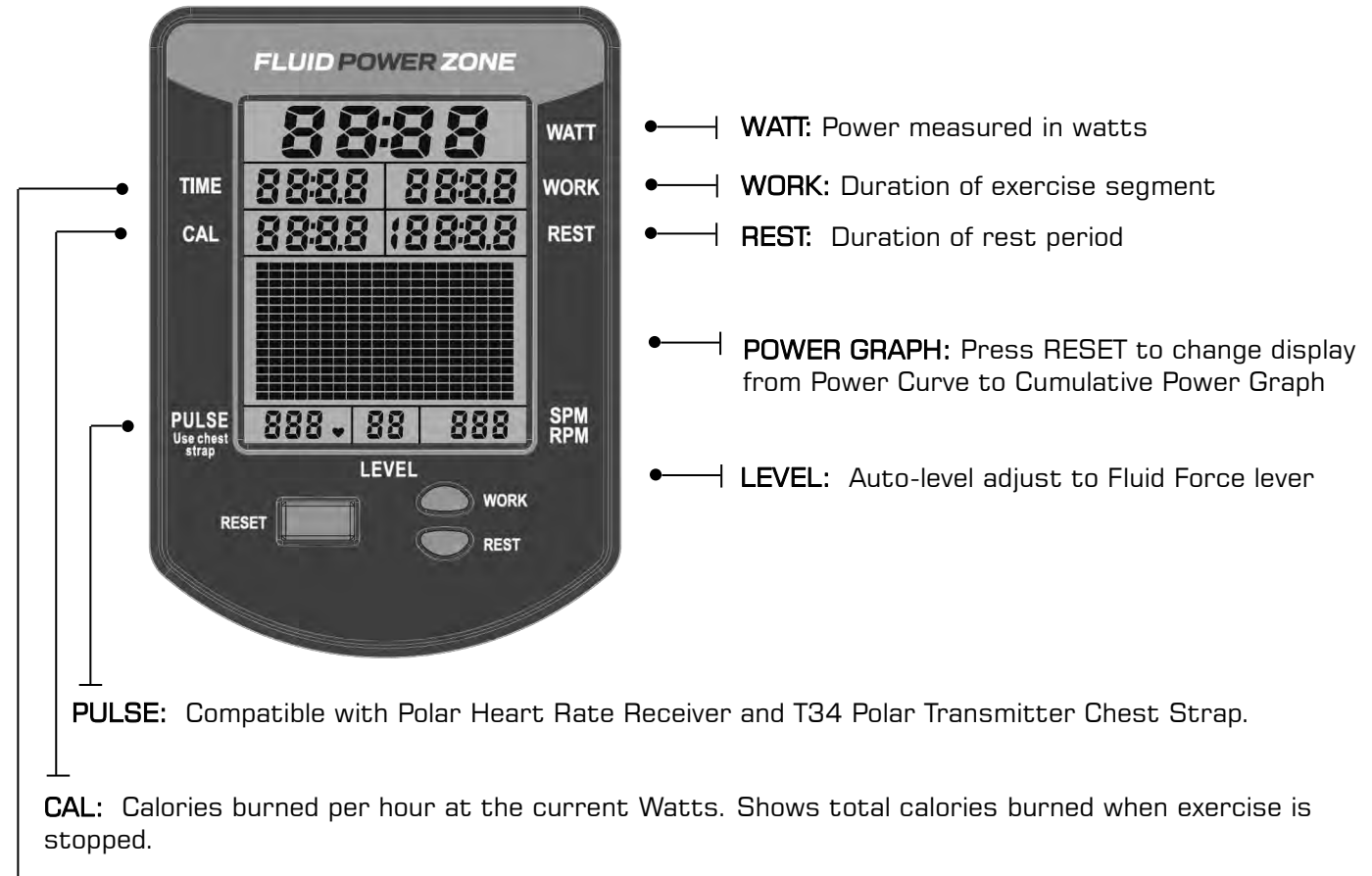
The amount of time between water treatments can vary greatly depending on your unit's location and exposure to sunlight. Typically you can expect to treat your Tank water every 12-24 months. If water becomes discolored or shows signs of algae / bacterial growth simply add one Water Treatment Tablet.

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 WATT, 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)

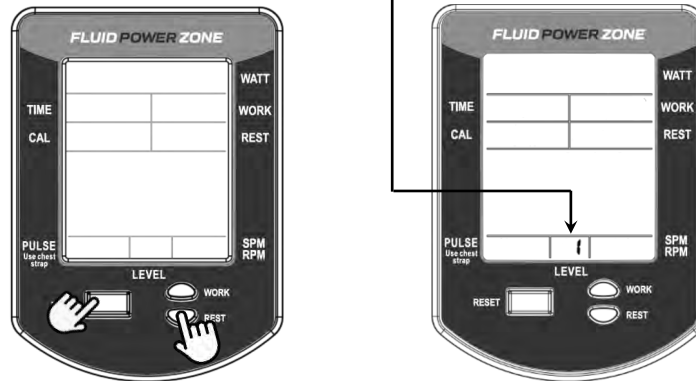
NOTE: T34 Polar Heart Rate Transmitter Chest Strap is sold separately.

 <p>WARNING:</p>	<p>Heart rate monitoring systems may be inaccurate, Over exercising may result in serious injury or death. If you feel faint stop exercising immediately and seek professional medical advice.</p>
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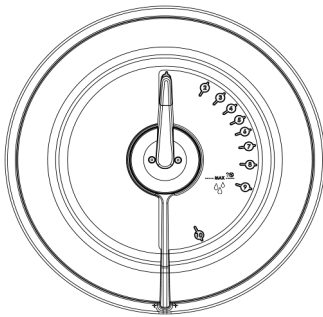
» Calibration Procedure

STEP 1

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

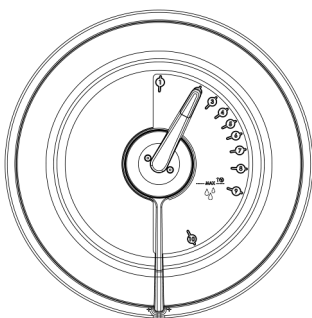


STEP 2



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

Please pay special attention to components most susceptible to wear, e.g. Dyneema Rope.

Problem	Solution
Water changes 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 ERG.	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 www.firstdegreefitness.com 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 16 of this manual.

To ensure maximum lifespan and optimal performance follow these steps:

1. Keep your POWER ERG 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 12.
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

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 ERG (model PZ-ERG)**, 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 unit should it fail due to any defect in materials or workmanship within 10 years of the original purchase. Warranty does not apply to frame coating.

Polycarbonate Tank & Seals – 5 Year Limited Warranty

FIRST DEGREE FITNESS will repair or replace the polycarbonate Tank or seals should they fail due to any defect in materials or workmanship within 5 years of the original purchase.

Mechanical Components (of a non-wearing nature) – 2 Year Limited Warranty

FIRST DEGREE FITNESS will repair or replace any mechanical component should it fail due to any defect in materials or workmanship within 2 years of the original purchase.

All Other Components (of a wearing nature) – 2 Year Limited Warranty

FIRST DEGREE FITNESS will repair or replace any component should it fail due to any defect in materials or workmanship within 2 years of the original purchase.

Specific Inclusions

- Bungee recoil cord & 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

CONTACT US

For customer support please visit
firstdegreefitness.com/support

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