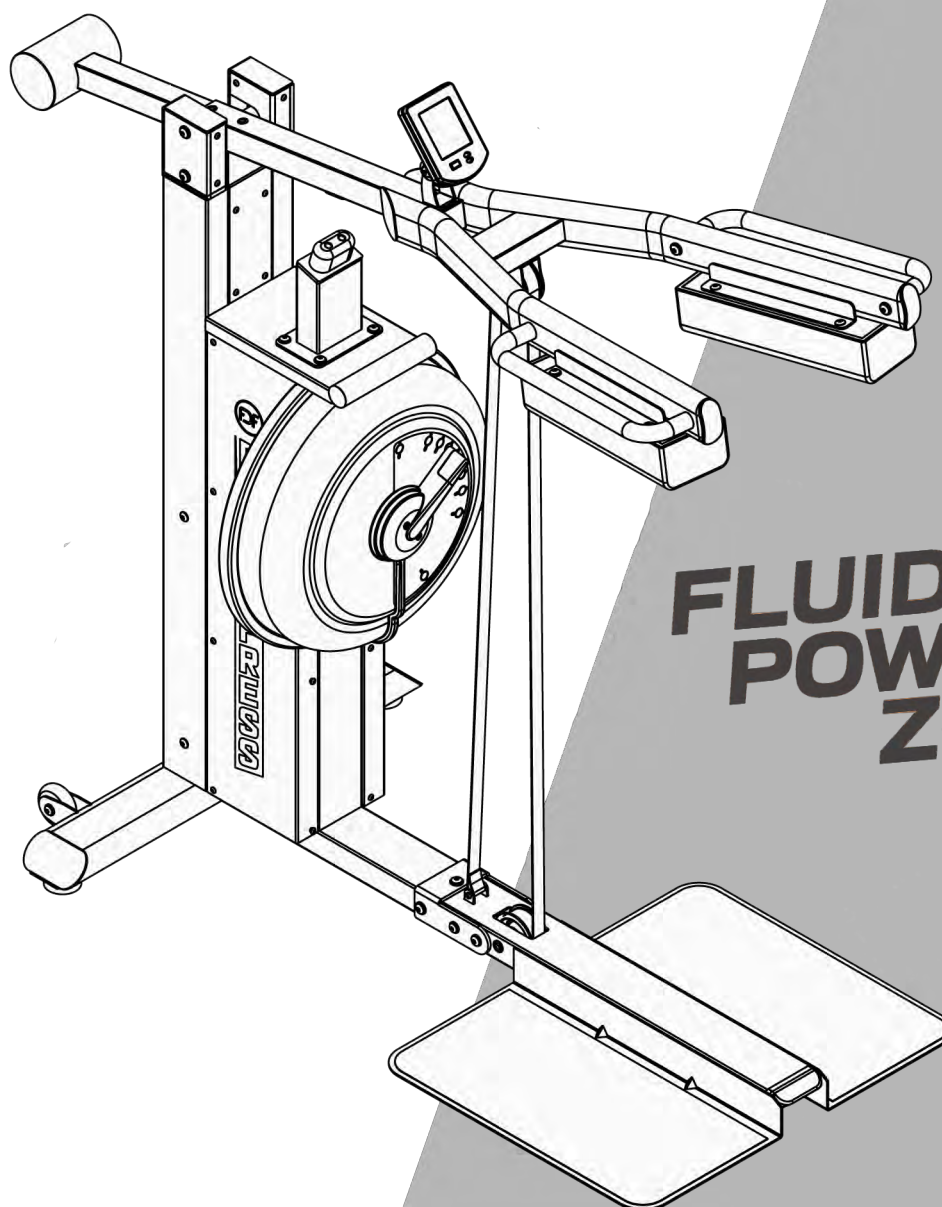


FIRST DEGREE FITNESS  
*Fluid* INNOVATION



## » USER GUIDE

# POWER PRESS



**FLUID  
POWER  
ZONE**

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



## WELCOME TO YOUR POWER PRESS

Congratulations on your purchase – the POWER PRESS 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 PRESS™ 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 PRESS 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](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 PRESS 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 PRESS 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 PRESS on a stable, flat surface.
7. For your safety always ensure your POWER PRESS 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:**

104.20kg (229.72lb)

**Product Gross Weight:**

124.70kg (274.92lb)

**Minimum Safe Operating Surface Area:**

2910mm (114.57") Length

x 2030mm (79.92") Width

**Dimensions:**

1710mm (57.09") Length

x 830mm (32.68") Width

x 2450mm (96.46") Height

**Maximum User Weight:**

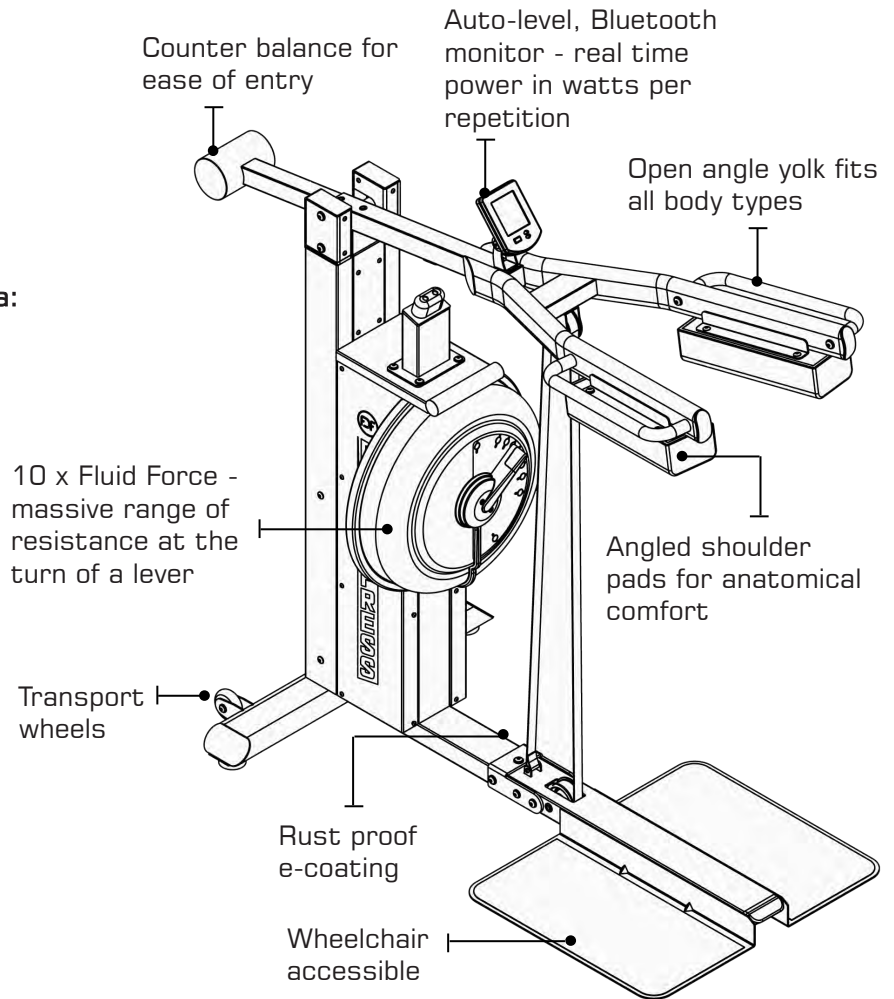
180kg (396.83lb)

**Compact Footprint:**

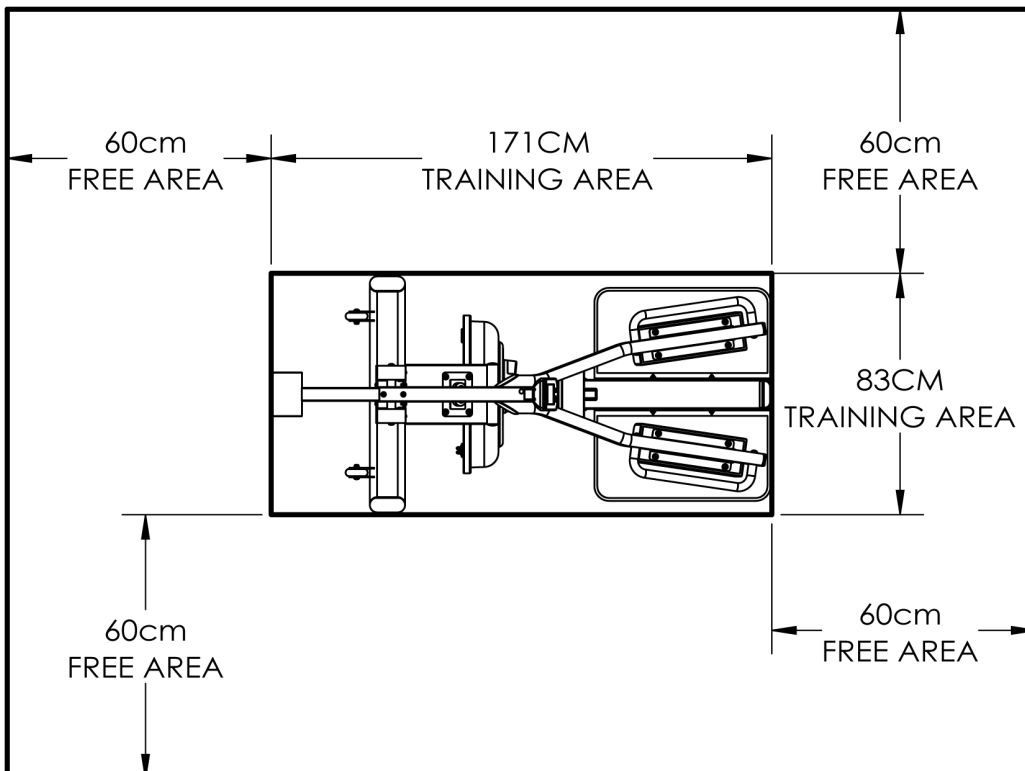
2310mm x 1430mm

or upright 2450mm x 830mm

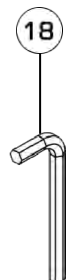
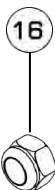
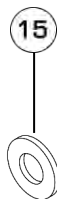
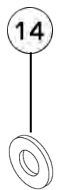
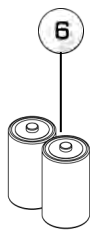
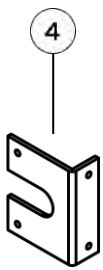
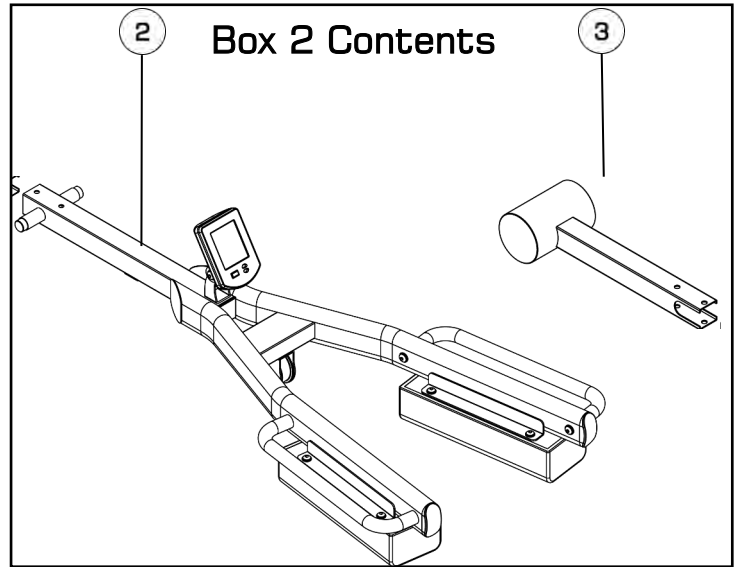
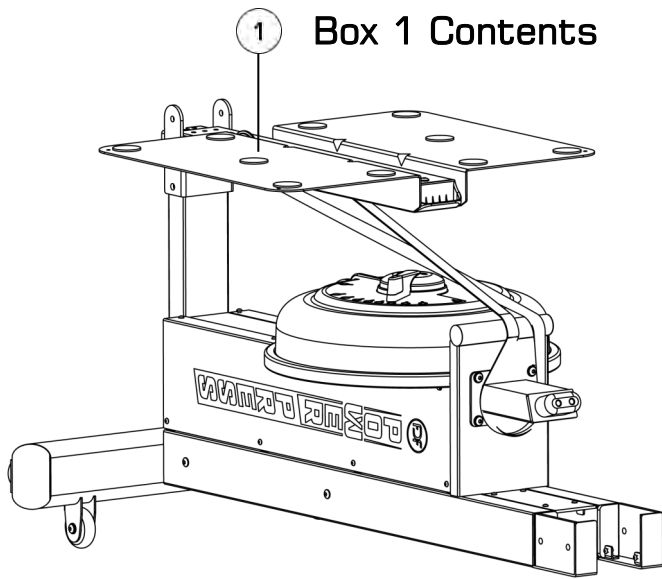
## Product Highlights



## Live Area and Training Area



# POWER PRESS Box 1 & 2 Contents



Item	Qty.	Description	Item	Qty.	Description
1	1	Main Frame	6	2	D Cell Duracell Battery
2	1	Press Arm	7	1	Touch Up Paint
3	1	Counterweight	8	1	Funnel and Hose
4	2	L-Shaped PVC Cover	9	1	User Guide
5	1	Multi-Wrench			
Hardware KIT					
10	10	M6x15mm Bolt	16	4	M10 Nyloc Nut
11	6	M10x25mm Bolt	17	2	Shaft
12	4	M10x35mm Bolt	18	1	6mm Allen Key
13	1	M10x60mm Bolt	19	1	4mm Allen Key
14	4	M6 Washer	20	1	3mm Allen Key
15	11	M10 Washer	21	4	Water Treatment Tablet

# Assembly Instructions

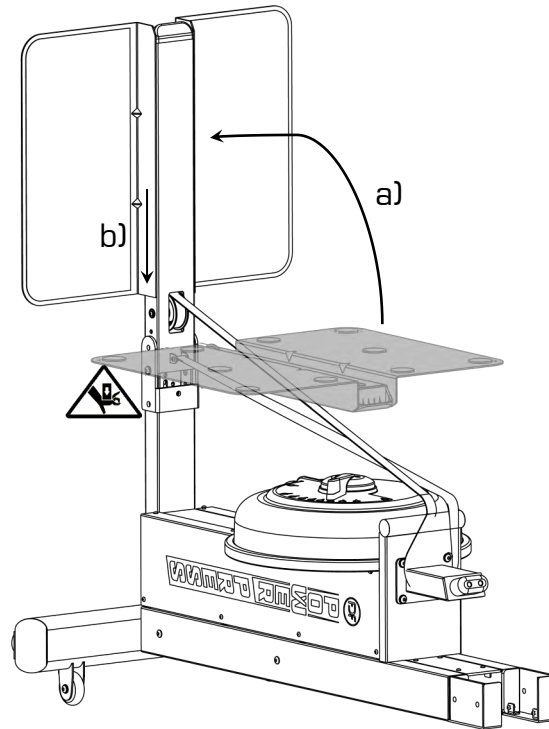
## STEP 1 Secure Main Frame and Foot Plate

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

⚠ **WARNING**  
Watch your hand.

Tip: Requires two people

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.

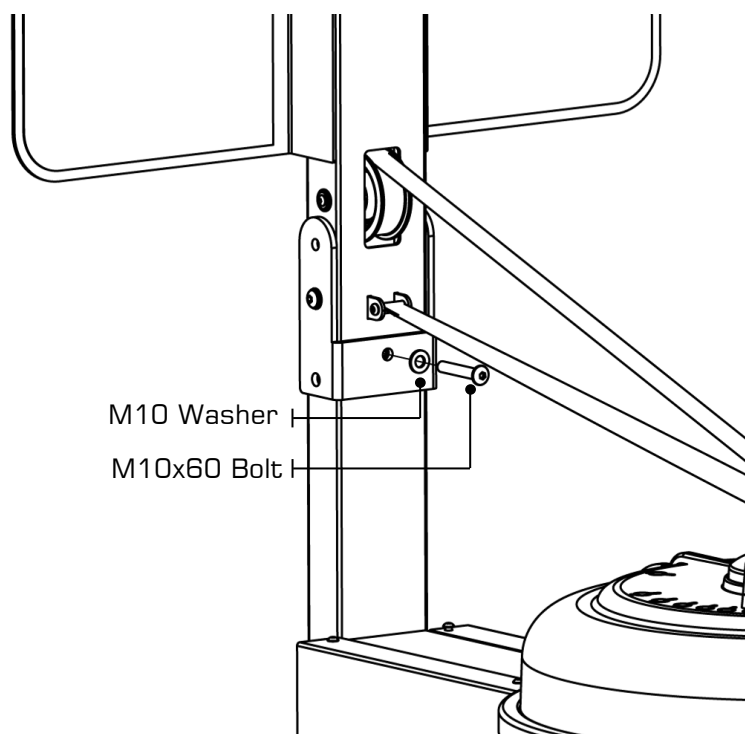


## STEP 2 Secure Main Frame and Foot Plate

**REQUIRED**  
M10x60mm [13]  
M10 Washer [15]

**Torque**  
180 Kgf · cm  
[13 lbf.ft]  
[17.6Nm]

Secure the front of the Foot Plate using the **M10x60mm Bolt [13]** and **M10 Washer [15]**, and tighten securely.





# Assembly Instructions

## STEP 3 Secure Main Frame and Foot Plate

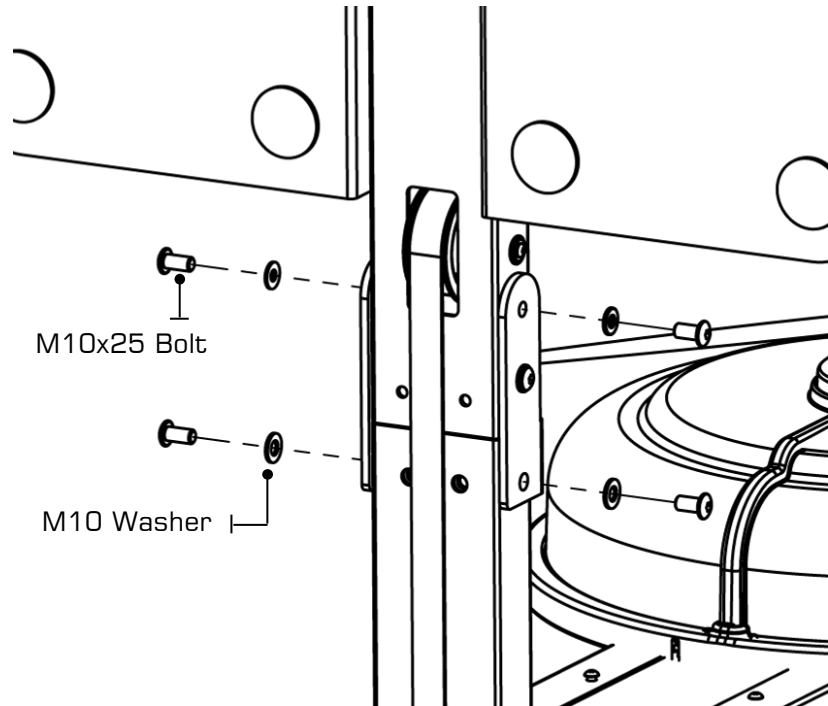
### REQUIRED

4x M10x25mm [11]  
4x M10 Washers [15]

### Torque

180 Kgf · cm  
[13 lbf.ft]  
[17.6Nm]

Secure both sides of the Foot Plate using the **4x M10x25mm Bolt [11]** and **4x M10 Washers [15]**, and tighten securely.



## STEP 4 Secure Main Frame and Foot Plate

### REQUIRED

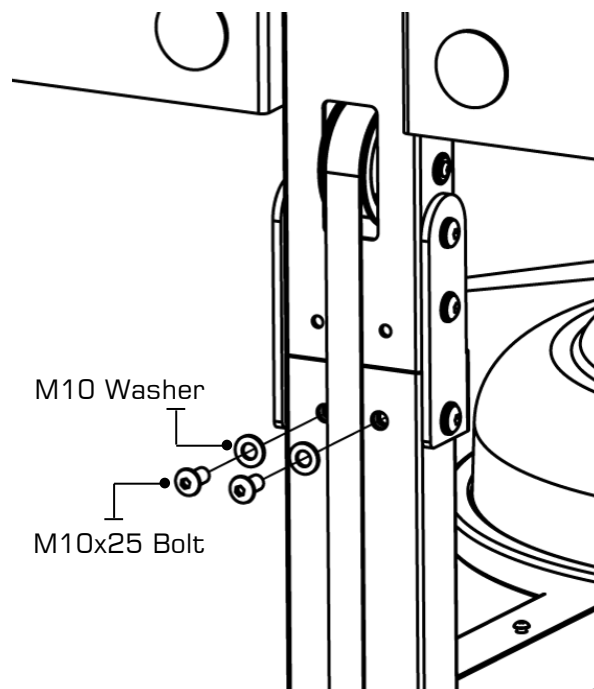
2x M10x25mm [11]  
2x M10 Washers [15]

### Torque

180 Kgf · cm  
[13 lbf.ft]  
[17.6Nm]

Secure the bottom of the Foot Plate using the **2x M10x25mm [11]** and **2x M10 Washers [15]**, and tighten securely.

Carefully stand the unit upright.



# Assembly Instructions

## STEP 5 Installing the Monitor

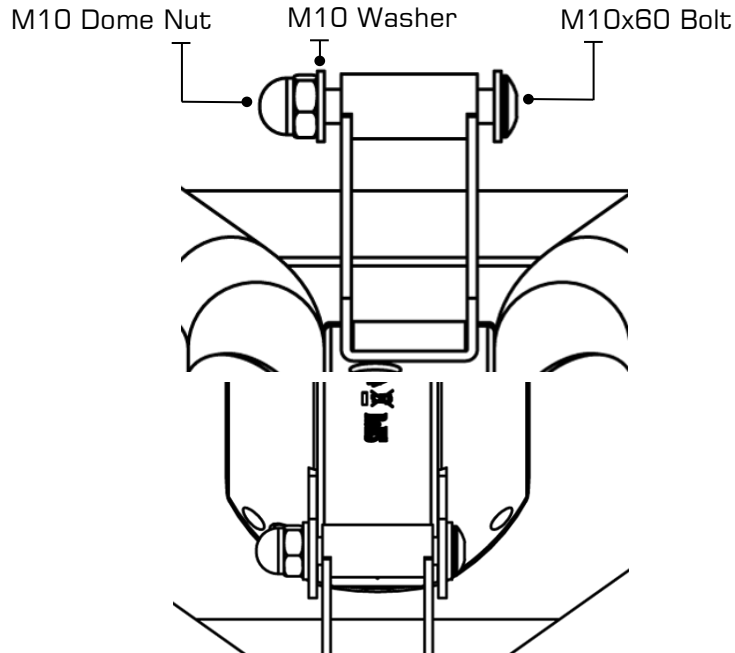
### REQUIRED

M10x60 Bolt  
M10 Dome Nut

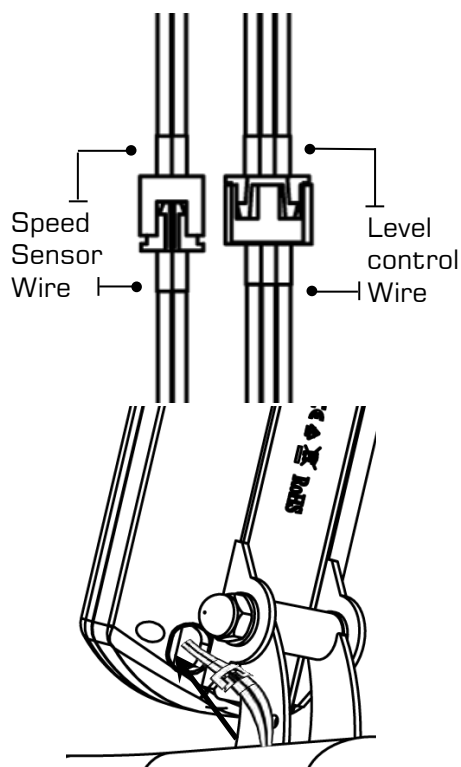
### CAUTION

Do not over tighten.  
The Monitor needs to be adjustable for different viewing angles.

- Remove M10x60 Bolt, M10 Washer and M10 Dome Nut.
- Attach the Monitor to the Computer Stalk using M10x60 Bolt and M10 Dome Nut.



Locate the Level control Wire and Speed Sensor Wire from the Monitor and the Upper Main Frame. Connect the Level control Wire and Sensor Wire. Hide the wiring inside the rear of the Monitor as shown



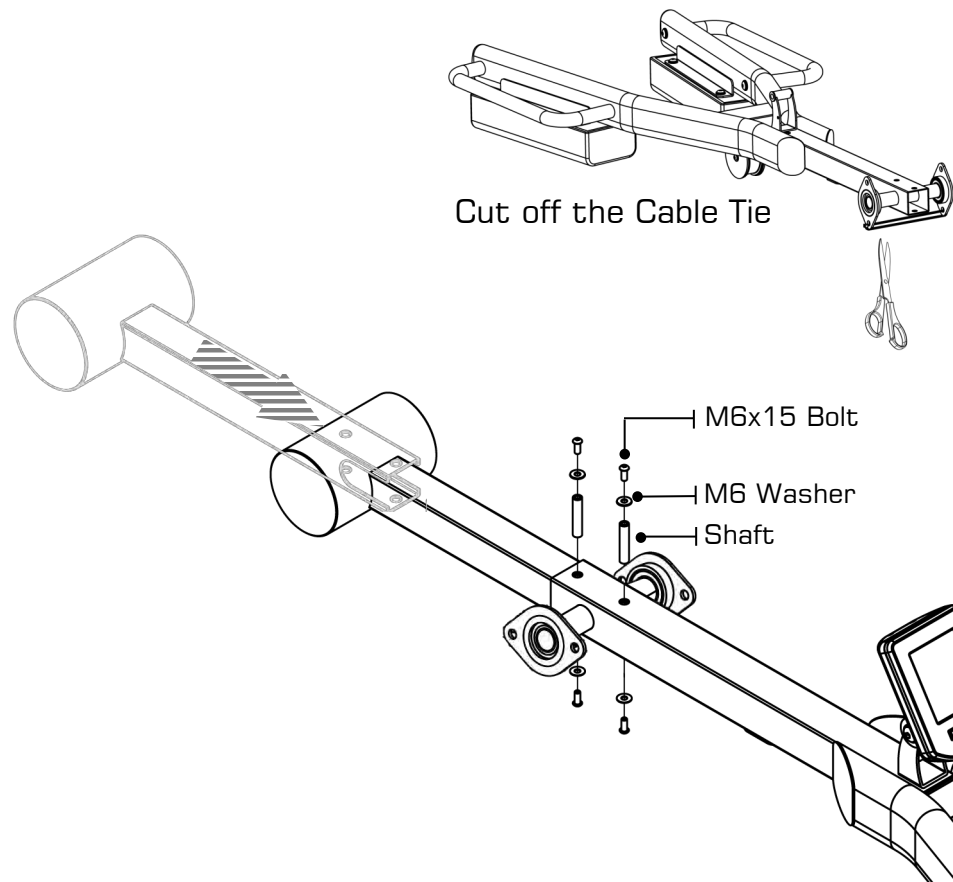
# » Assembly Instructions

## STEP 6 Secure Press Arm and the Counterweight

### REQUIRED

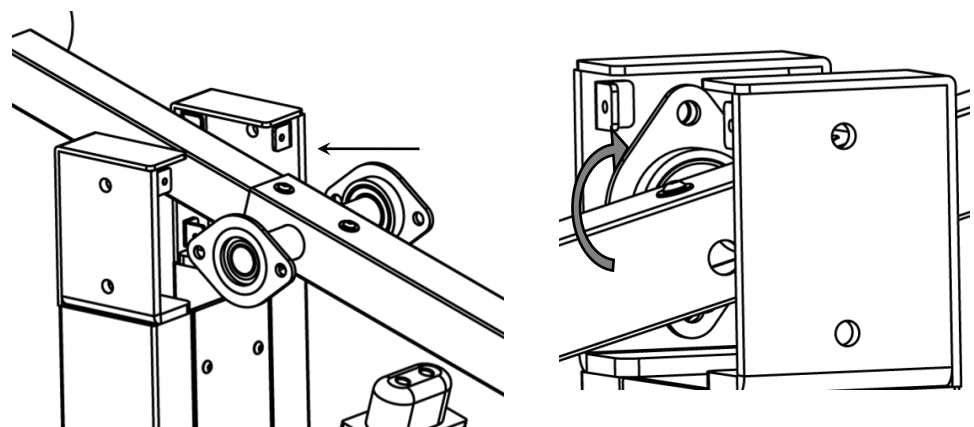
- Press Arm [2]
- Counterweight [3]
- 4x M6x15mm Bolt [10]
- 4x M6 Washers [14]
- 2x Shaft [17]

Install the Counterweight [3] onto the Press Arm [2], Secure using 4x M6x15mm Bolt [10] 4x M6 Washer [14], 2x Shaft [17], tighten securely.



## STEP 7 Installing the Press Arm

Install Press Arm onto the Main Frame. Turn the bearing housing 90 degree to align with the Bolt holes on both sides of the frame.



# Assembly Instructions

## STEP 8 Secure Bearing Housing

### REQUIRED

4x M10x35mm Bolt [12]

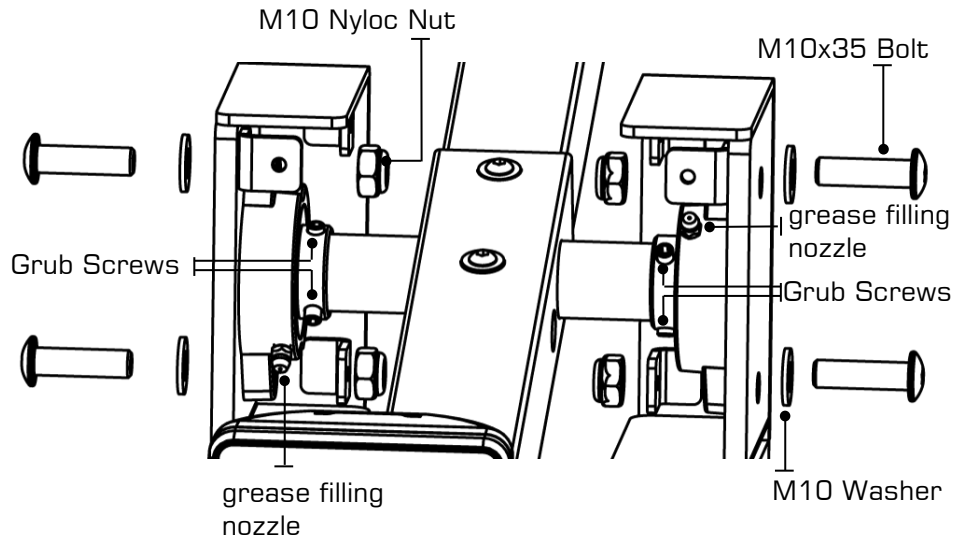
4x M10 Washers [15]

4x M10 Nyloc Nut [16]

### CAUTION

Bearing Housing grease filling nozzle should be installed to face outside (gap)

- Secure using 4x M10x35mm Bolt [12], 4x M10 Washer [15], 4x M10 Nyloc Nut [16], and tighten securely.
- Tighten securely 4x Grub Screws



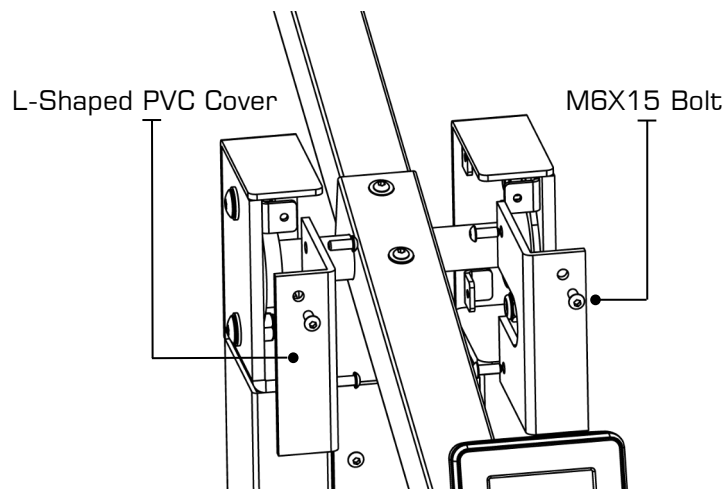
## STEP 9 Secure L-Shaped PVC Cover

### REQUIRED

2x L-Shaped PVC Cover [4]

6x M6x15mm Bolt [10]


Installing 2x L-Shaped PVC Cover [4] onto the Main Frame. Secure using the 6x M6x15mm Bolt [10], and tighten securely.



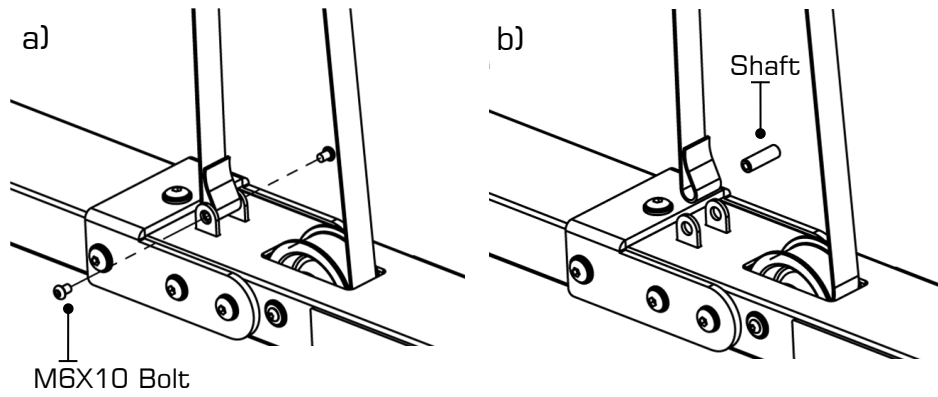
# Assembly Instructions

## STEP 10 Remove the Belt End

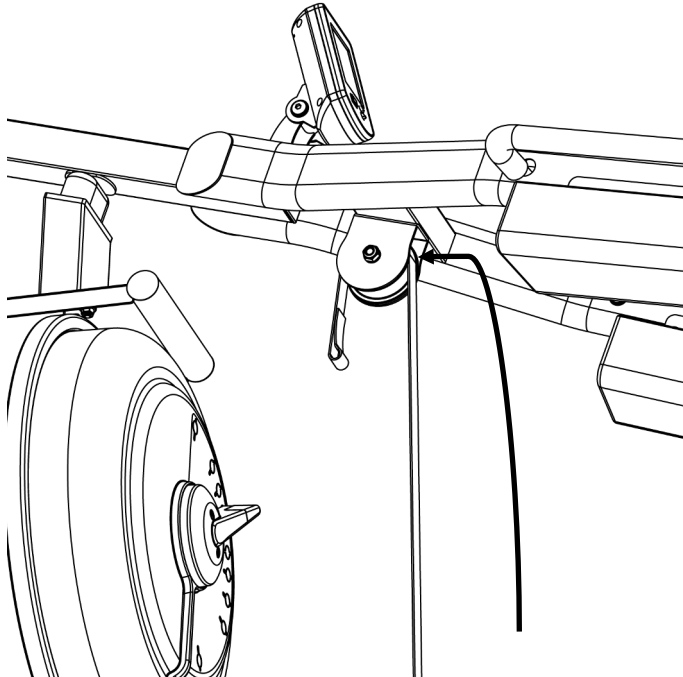
REQUIRED  
2x M6x10mm Bolt  
Shaft

 Do Not loose the Belt

Hold the Belt. Remove 2x M6x10mm Bolt and the Shaft.



Thread the Belt End through the Belt Pulley as shown.



# Assembly Instructions

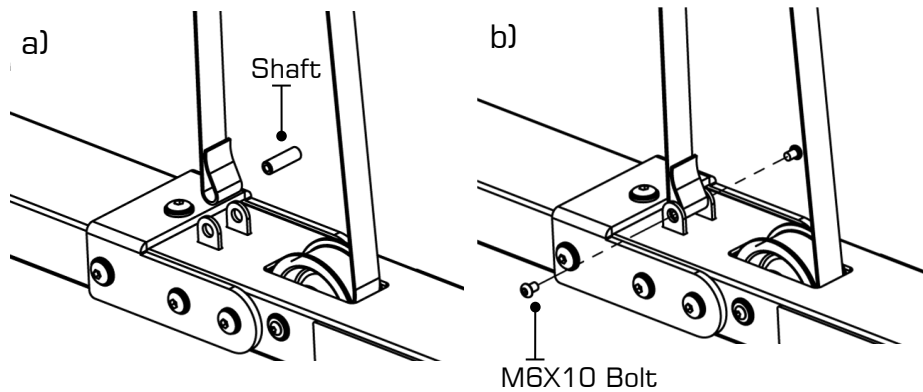
## STEP 11 Securing Belt End

### REQUIRED

2x M6x10mm Bolt

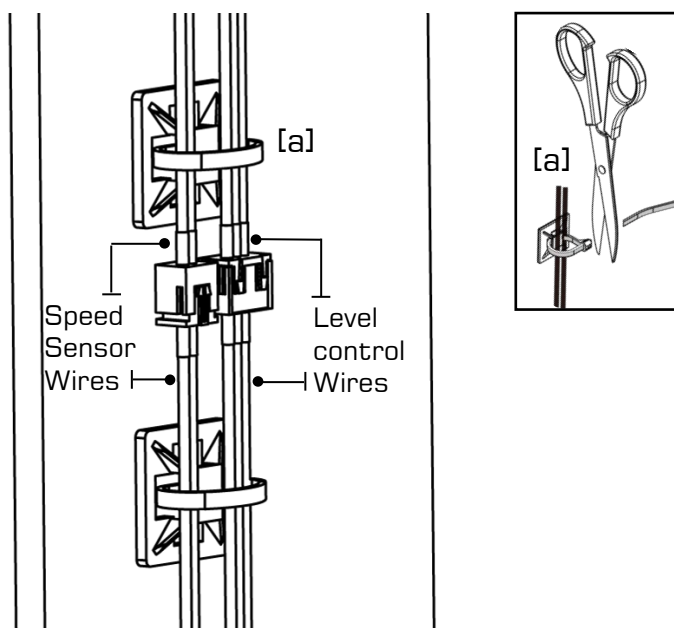
Shaft

- a) Reinstall the **Shaft** thread the Belt
- b) Secure with **2x M6x10mm Bolt**, and tighten securely.



## STEP 12 Secure the Monitor Wire on the Main Frame

Thread the Level control Wire and Speed Sensor Wire through Cable Tie [a]. Connect the Level control Wire and Speed Sensor Wire. Tighten the tie, then cut off extra Cable Tie [a].



# »» Operation Instructions

## »» Tank Filling and Water Treatment

### REQUIRED

Funnel and Hose [8]

#### ⚠ 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.

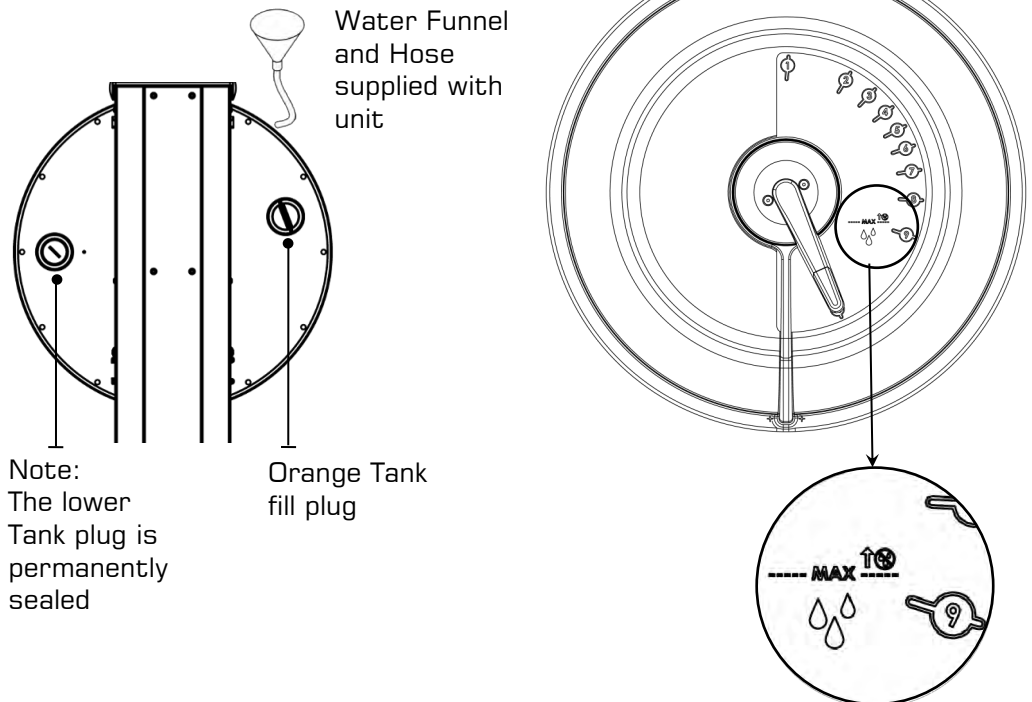
#### ⚠ NOTE

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[8]. 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 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](http://www.firstdegreefitness.com)

# » Operating Instructions

## CHANGING RESISTANCE LEVEL

Changing resistance on your POWER PRESS is simple. The level of resistance is determined by the level indicator located on the side of 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 the pedaling.

Be sure to set the level +/- buttons on the POWER PRESS computer to match the resistance setting on the fluid Tank lever for accurate readings. Allow three to four seconds after adjusting resistance handle for the correct resistance level to be achieved.

## START EXERCISING

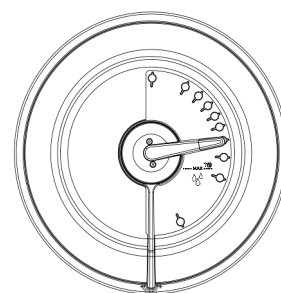
Set the fluid power Tank to its lowest resistance setting. Standing on the platform, lift the yoke up to shoulder height and let the yoke come to rest comfortably on your shoulders. **Do not lift the yoke without first standing on the platform, as this might lift the platform off the ground.** Grasp the handles alongside the shoulder pads. This is your start position.

From here go through your form checklist

- 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

Lower your body into a squat position that you are comfortable with, then press up to a standing position. This is the squat phase. In addition to the form checklist above, make sure that, while squatting, **your butt drops down and back and your knees stay over your feet.**

This protects your knees from shear and ensures that your glutes and quads are doing the work!



From the standing position press the yoke up off your shoulders until your arms are completely extended overhead. This is the overhead press phase.

Combining these two phases forms the squat press.

Variations on the squat press would be the squat by itself, the press by itself, the reverse split squat, or lunge squat, and the single arm squat press, to name a few. Your *dynamic of power* is determined by these three factors – load (resistance), range of motion (ROM) and rate (speed).

This *dynamic of power* will also help you to determine the number of repetitions in a given set, typically between five and fifteen reps.

## 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.

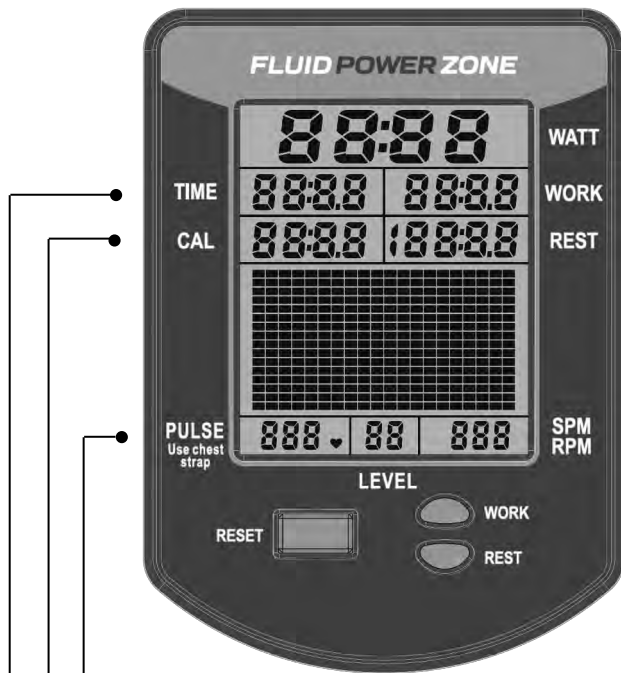


# » Bluetooth Auto-Adjust Monitor

**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.



- | **WATT:** Power measured in watts
- | **WORK:** Duration of exercise segment
- | **REST:** Duration of rest period
- | **POWER GRAPH:** Press RESET to change display from Power Curve to Cumulative Power Graph
- | **LEVEL:** Auto-level adjust to Fluid Force lever

**PULSE:** Compatible with Polar Heart Rate Receiver and T34 Polar Transmitter Chest Strap.

**CAL:** Calories burned per hour at the current Watts. Shows total calories burned when exercise is stopped.

**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)

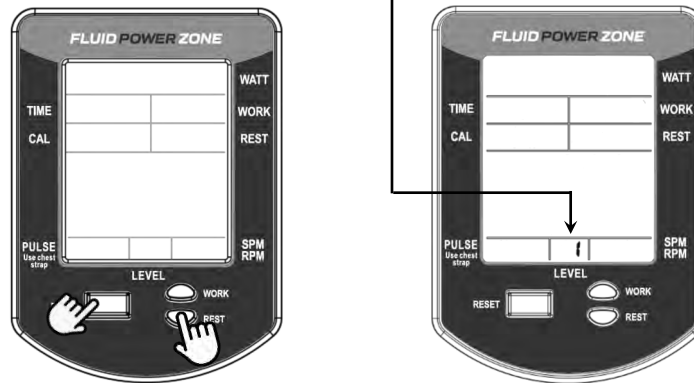
**NOTE:** T34 Polar Heart Rate Transmitter Chest Strap is sold separately.

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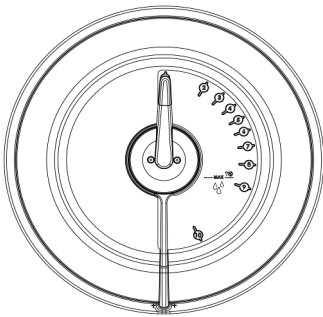
# Calibration Procedure

## STEP 1

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

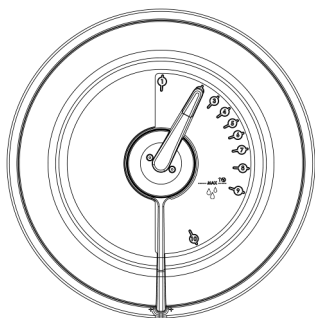


## STEP 2



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](http://www.firstdegreefitness.com/support)

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 PRESS.	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 18 of this manual.

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

1. Keep your POWER PRESS 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 15.
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 PRESS (model PZ-PRE )**, 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









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*Fluid* INNOVATION

*FITNESS PRODUCTS INSPIRED BY REAL LIFE*

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