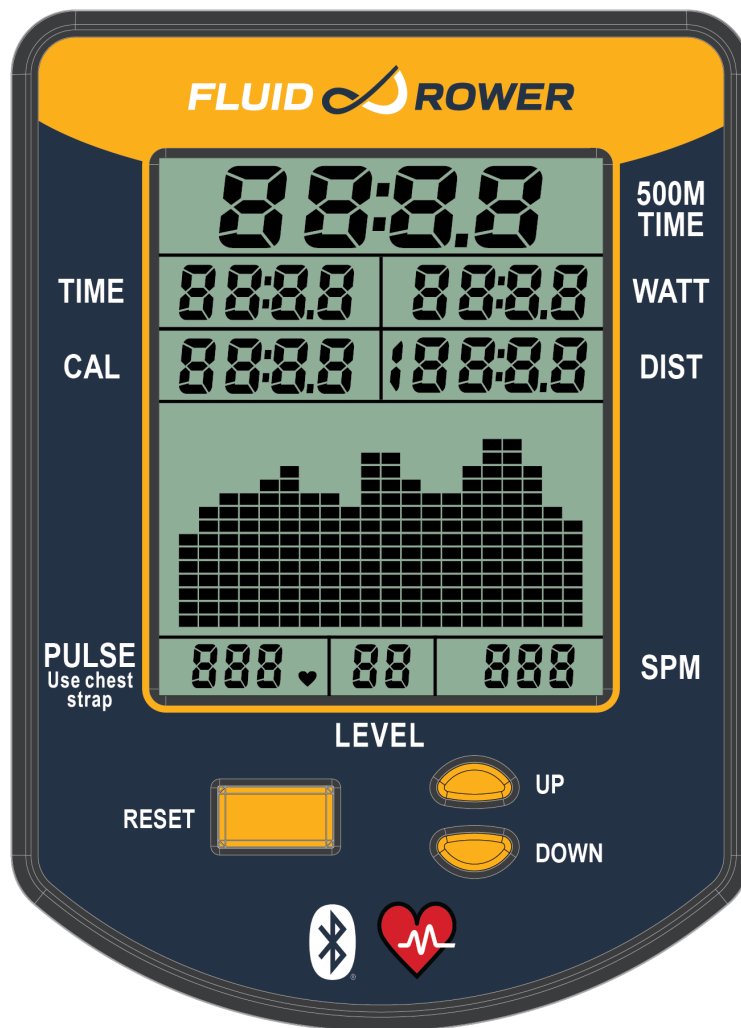




FLUID ROWER



FDF Console fitted with Bluetooth® User Guide Version 1.0



ADJUSTABLE FLUID RESISTANCE MACHINES

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› 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, Stroke Metrics and Heart Rate
- + Real-Time Speed and Watts History Scrolling Charts
- + Set Distance 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

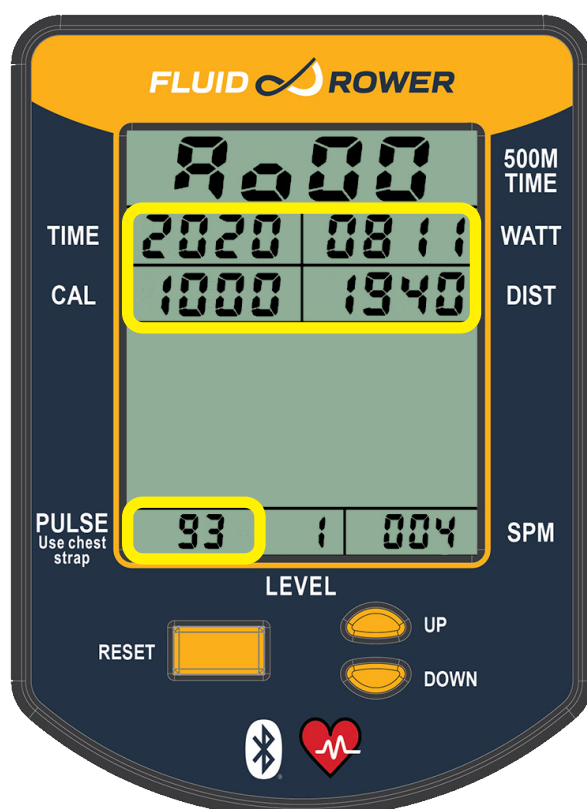
This console has 2 modes of operation.

JUST ROW - allows users to exercise with no time or distance limits.

SET DISTANCE - allows users to exercise for a desired distance.

› 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:

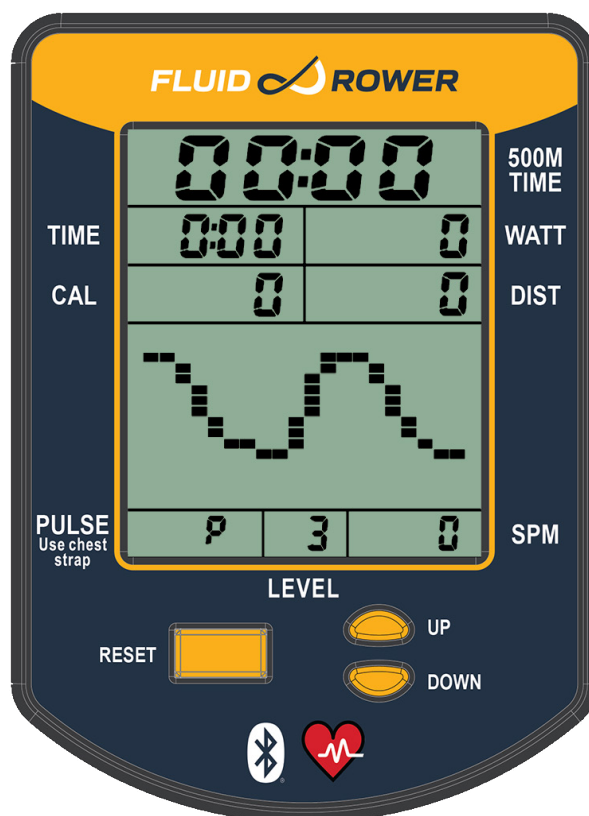
August 11, 2020 @ 7:40pm

Model: 1000 [Pro V, 5 Level Rower]

Battery Level: 93%

› USING THE CONSOLE

› WORKOUT DISPLAY



› DISPLAY READINGS

500M TIME: While a workout is ongoing this will show Time to complete a 500m split based on current Pace. When a workout is paused or stopped this will show average 500m split time based on accumulated distance and elapsed time.

TIME: Workout elapsed time in minutes and seconds.

WATTS: While exercising, this shows the Power for the previous stroke. 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.

DIST: Accumulated Distance.

PULSE: Heart Rate from a Bluetooth® connected heart rate monitor.

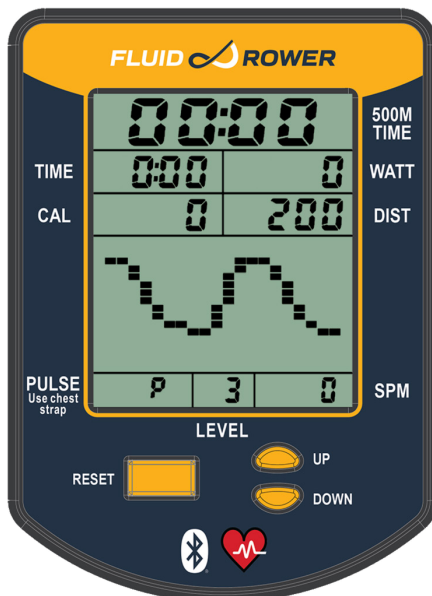
LEVEL: Current resistance level which automatically updates when adjusted on the rower.

SPM: Current cadence as Strokes per Minute.

CHART: Shows real-time Speed or Watts history.

› USING CONSOLE BUTTONS

› CONSOLE BUTTONS



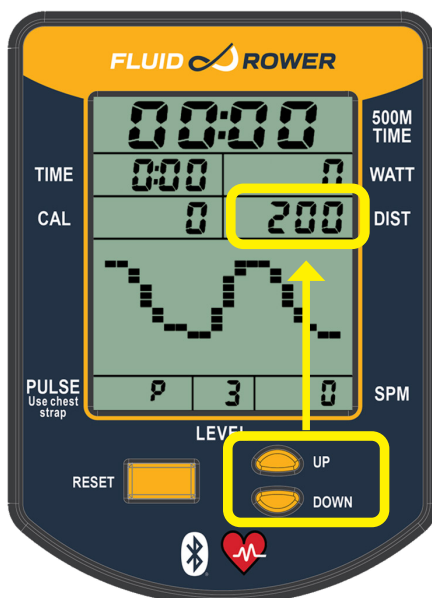
PRESS ANY BUTTON TO TURN ON CONSOLE

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

UP BUTTON: Press UP to increment display fields.

DOWN BUTTON: Press DOWN to decrease display fields.

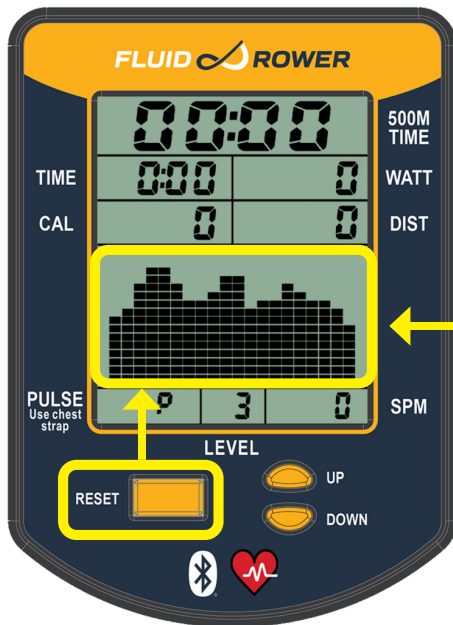
› CHANGING TARGET DISTANCE



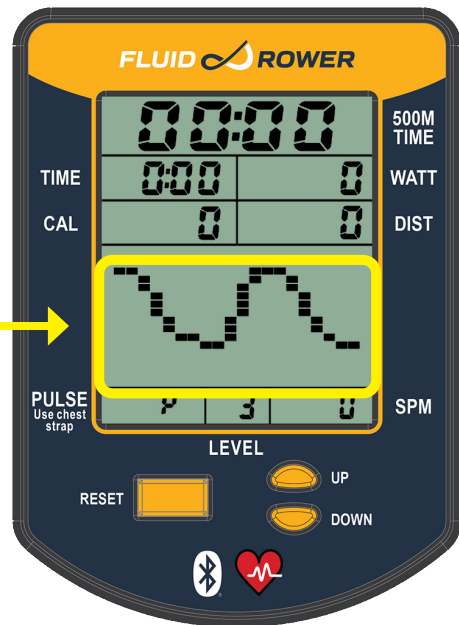
- + Turn on console.
- + Press and hold **RESET** to clear console data.
- + Use the **UP/DOWN** buttons to set target distance.
- + Press **UP** to add 100m to distance [+500m when distance is ≥ 1000].
- + Press **DOWN** to subtract 100m from distance [-500m when distance is > 1000].
- + When exercise begins the distance will decrease until it reaches 0.
- + At this point the console will stop recording and must be **RESET** before commencing further exercise.

➤ **USING THE CONSOLE**

➤ **CHANGING CHART TYPE**



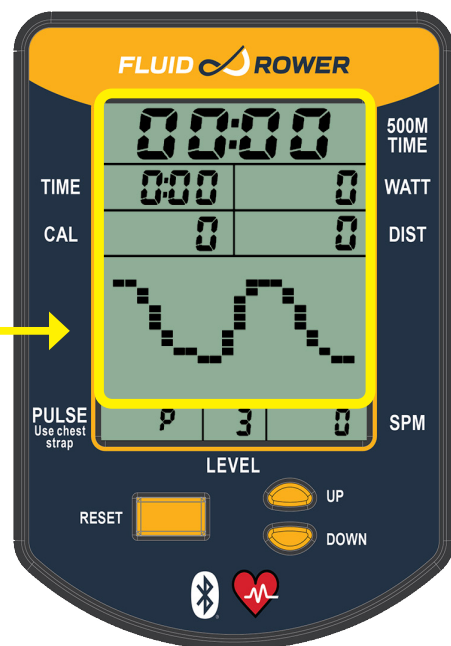
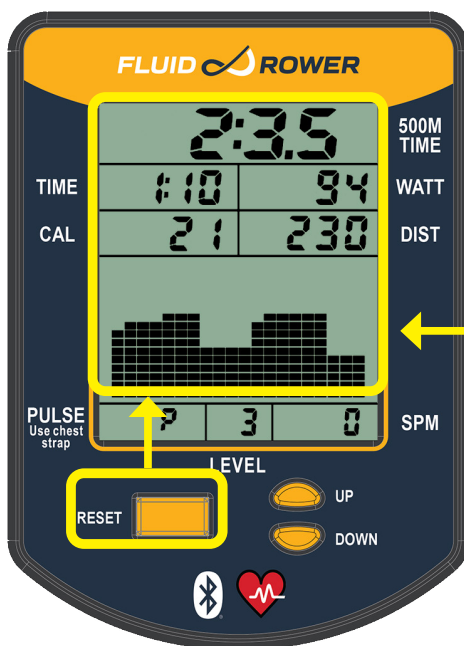
WATTS HISTORY



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**

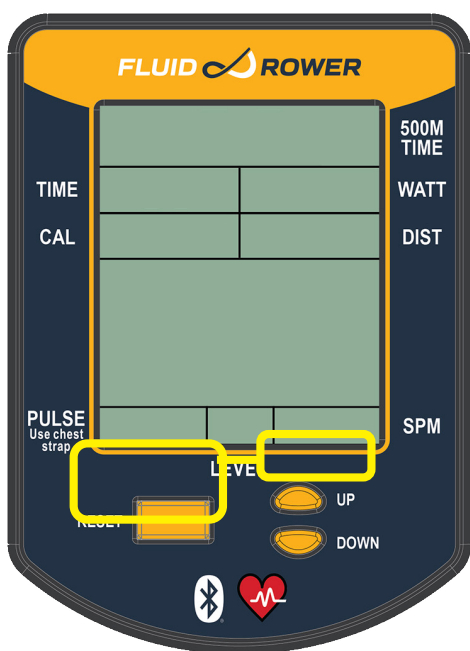
The correct equipment type is set at the factory as part of the manufacturing process so this procedure should not be required by an end user under normal circumstances.

If required, follow these steps

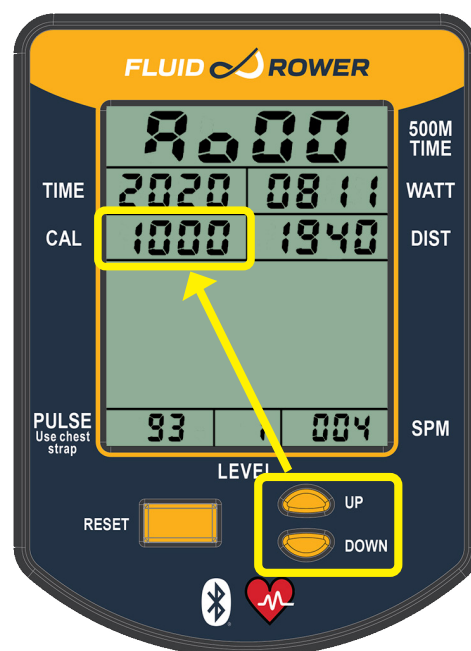
1. Remove the batteries from the console.
2. While reinserting the batteries **press and hold the RESET and UP buttons for 3+ seconds.**
3. The console will beep twice and the select equipment screen will be displayed.
4. The **CAL** field shows the currently selected equipment.

EQUIPMENT ID IN CAL WINDOW	EQUIPMENT ID
1000	5 Level Horizontal Tank Rowers - V and Pro V Models
1001	10 Level Horizontal Tank Rower - XL and Pro XL Models
1002	10 Level Angled Tank Rowers - E350 and V2 Models
1003	10 Level Vertical Tank Rowers - E550 and V3 Models

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



HOLD TO REST



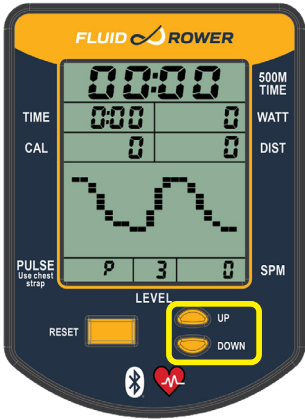
SELECT EQUIPMENT

➤ **BLUETOOTH CONNECTIVITY**

➤ **CONNECT TO MOBILE DEVICE**

For connection to a recognized fitness app running on a mobile device follow these steps.

1. Power on the console.
2. Press and hold UP and DOWN buttons for 3+ seconds.
3. The console will beep once and display the BT connect screen.
4. Press the UP button to select Bluetooth® FTMS connection.
5. Follow the equipment select instructions of the app. See example below.



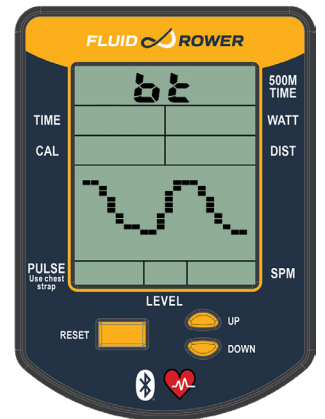
POWER ON



BLUETOOTH CONNECT SCREEN



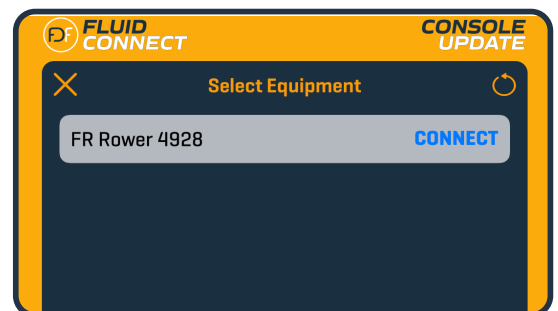
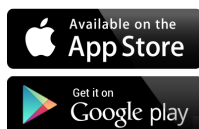
WAITING FOR CONNECTION



CONNECTED

6. When a successful connection is made the console will show a simplified workout screen, charts only with no readings. It is assumed the connected app will show workout data in a suitable format.
7. If no connection is made within 60s the console will return to the standard workout screen.

For the **DFD FLUID CONNECT** app, the user will be presented with the following equipment select screen. Click **CONNECT** to complete the connection.



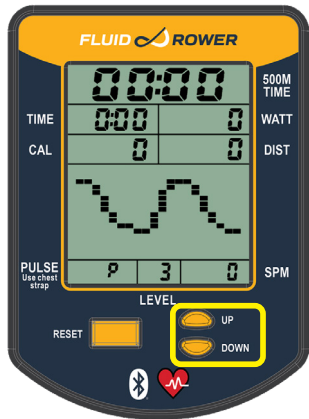
➤ **BLUETOOTH CONNECTIVITY**

➤ **CONNECT TO BLUETOOTH HEART RATE MONITOR**

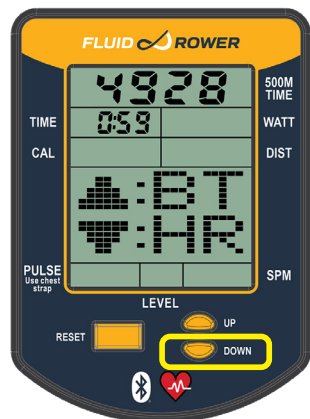


Follow these steps to connect with a Bluetooth® Hear Rate monitor.

1. Power on the console.
 2. Ensure the Heart Rate monitor is in close proximity with the console
 3. Press and hold UP and DOWN buttons for 3+ seconds.
 4. The console will beep once and display the BT connect screen.
 5. Press the DOWN 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



POWER ON



BLUETOOTH CONNECT SCREEN



WAITING FOR CONNECTION

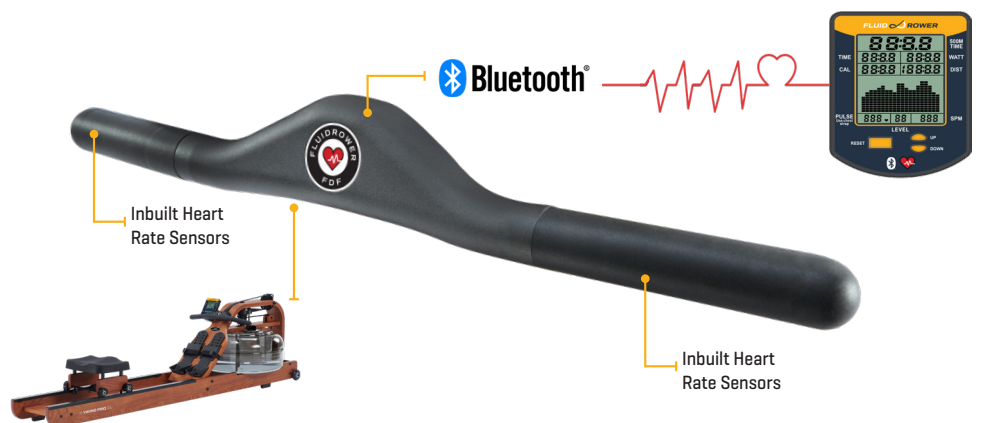


CONNECTED AND HEART RATE DISPLAYED

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 workout screen.

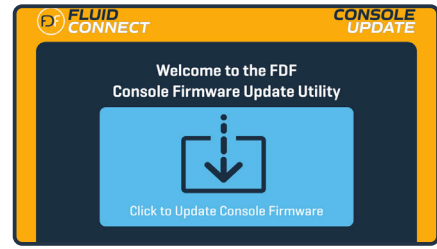
➤ **PDF HEART RATE HANDLE**

1. FDF Heart Rate Handle will also transmit battery level information
2. Standard Bluetooth Heart Rate protocol with encrypted BT communication protocol.



➤ **CONSOLE SUPPORT**

➤ **FDF FLUID CONNECT APP**



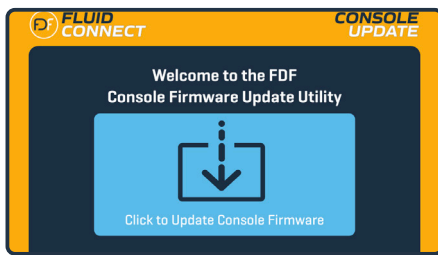
➤ **CONSOLE FIRMWARE UPDATE**

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

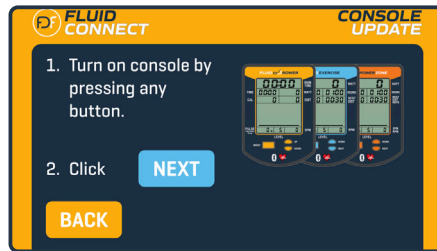
Apple - <https://apps.apple.com/ke/app/fluid-connect/id1514909463>

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

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



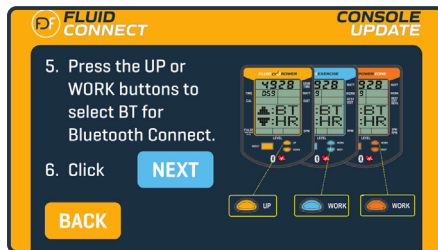
START



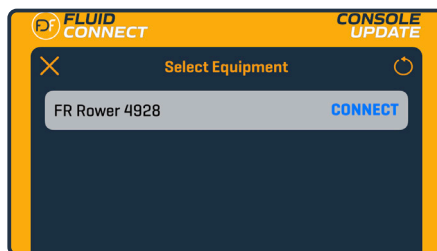
TURNING CONSOLE ON



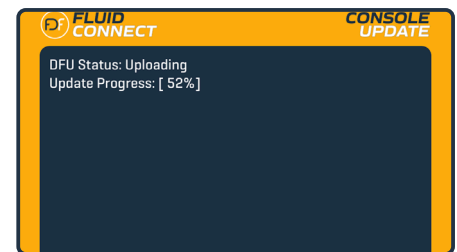
GETTING INTO OPTIONS



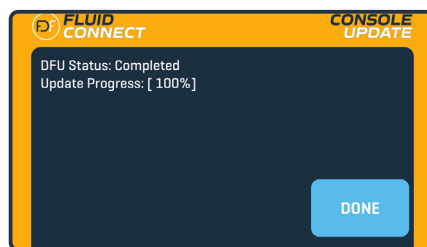
SELECT BT OPTION



SELECT EQUIPMENT



DFU/FIRMWARE UPLOADING



DFU/FIRMWARE COMPLETE

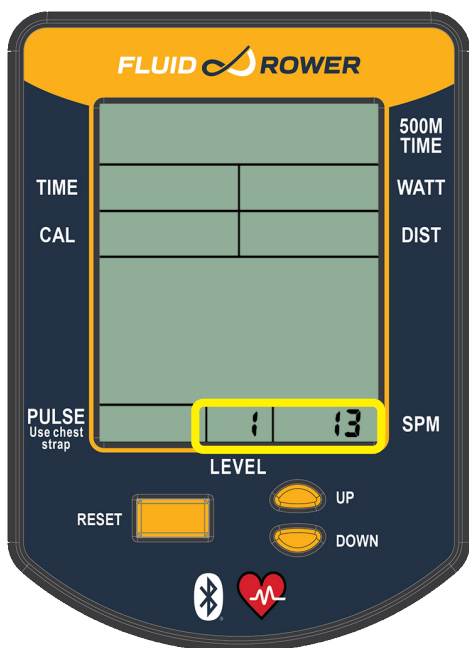
➤ **CONSOLE SUPPORT**

➤ **FLUID RESISTANCE LEVEL CALIBRATION PROCEDURE**

Calibration of the resistance level sensor may need to be done periodically.

TO DO THIS FOLLOW THESE STEPS.

1. Power on the console.
2. Press and hold REST and DOWN 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 5 level tank**

2	26
3	39
4	52
5	65

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.

FDF - FLUID ROWER - FLUID RESISTANCE TWIN TANKS



**LEVEL 5
HORIZONTAL**



**LEVEL 10
XL HORIZONTAL**



**LEVEL 10
ANGLED OR VERTICAL**

› 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 68 x 8 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		