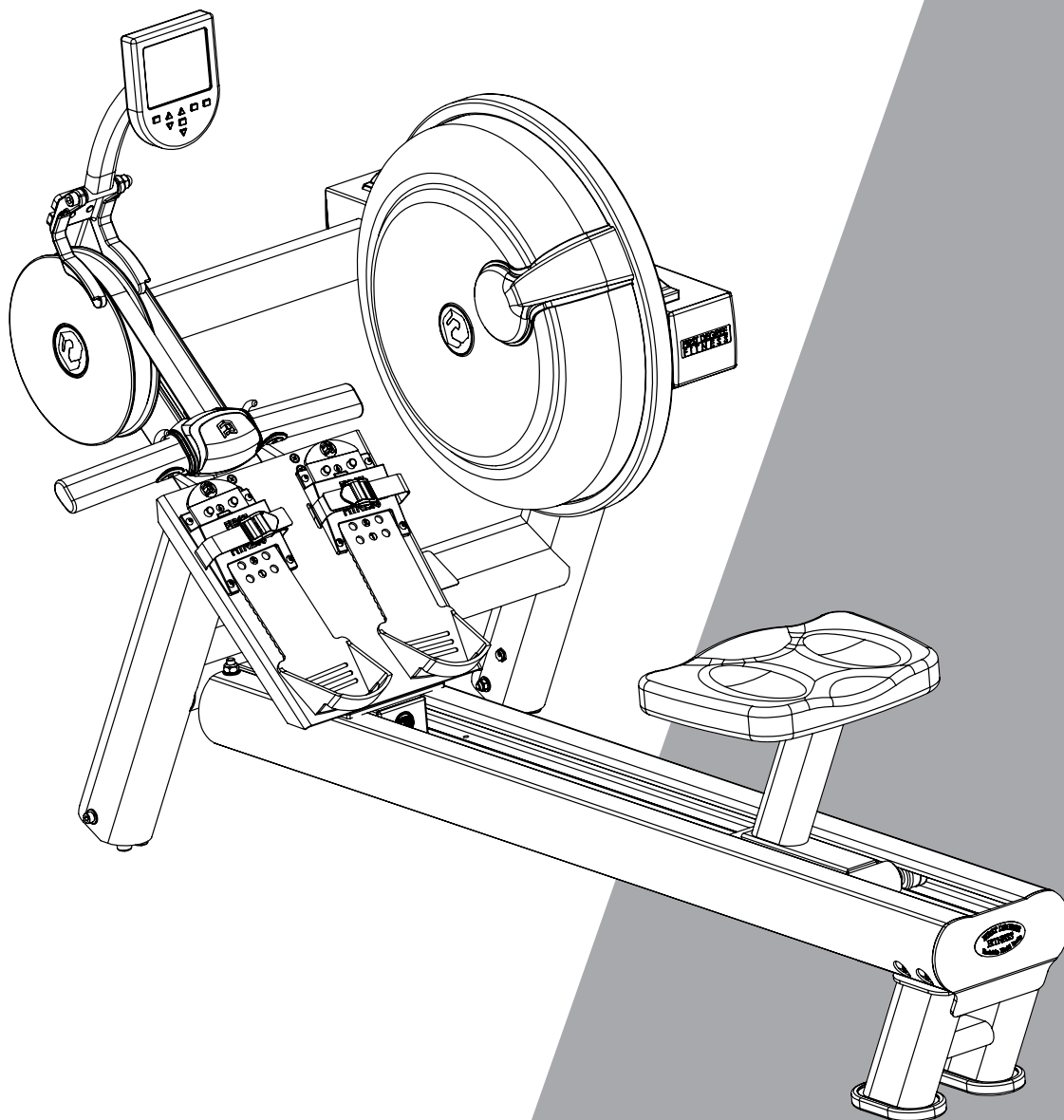


FIRST DEGREE FITNESS
Fluid INNOVATION



» USER GUIDE

VORTEX VX-3 FLUID ASSIST® INDOOR ROWER
WITH SMART HANDLE AND EXTERNAL POWER



REGISTER YOUR PRODUCT AT
FIRSTDEGREEFITNESS.COM/SUPPORT

» WELCOME TO YOUR VX-3 FA

Congratulations on your purchase – Never miss a stroke again with your new Vortex VX-3 FA Indoor Rower, which boasts an industry-first wireless smart handle for instant resistance level change and Fluid Assist® motorised resistance control. Pick up the pace at the press of a button and our wireless smart handle will instantaneously emulate the same resistance you'd feel on the water.

This Fluid Rower's design has been inspired by the form and movement of professional rowers to achieve optimal rowing simulation. Once you've experienced the instant catch and consistent resistance throughout the VX-3 FA's entire stroke, our patented fluid innovation will challenge your perception of just how real indoor rowing can feel.

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 OR READ THE WARRANTY SECTION OF THIS MANUAL [PAGE 27]

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





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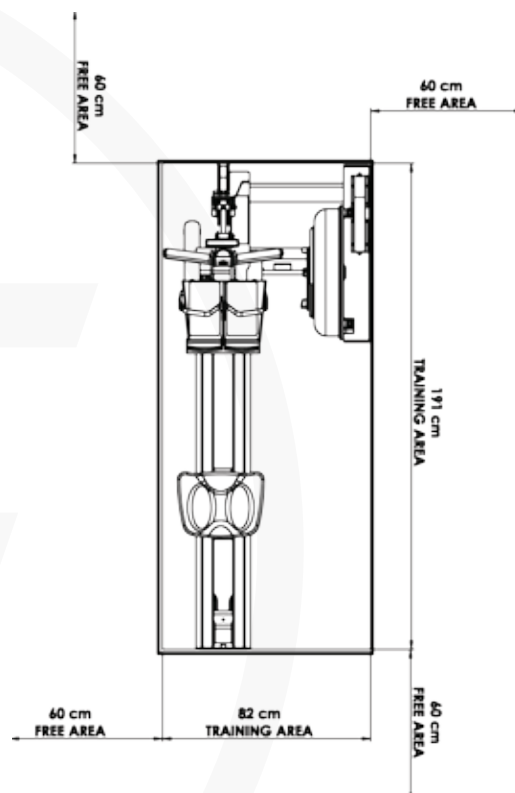
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» IMPORTANT SAFETY INSTRUCTIONS

All users should read and consider all operating instructions contained within this manual. 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.
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 Rower out of use until it is repaired.
4. The Rower can stand vertically for storage purposes. Make sure a secure location is chosen, such as the corner of a room or against a wall on an even surface.
5. Wear comfortable clothing that allows freedom of movement and shoes with non-slip soles.
6. The VX-3 FA is not suitable for therapeutic purposes. Perform exercises with correct technique and consult a personal trainer for guidance if unsure.
7. For maximum stability always assemble and operate your VX-3 FA on a stable, flat surface.
8. Always ensure your VX-3 FA has adequate space around it. The free area should be no less than 600mm on either side of the Rower'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. Refer to image below.
9. Always fasten the foot straps before using the rower and once finished, loosen the foot straps before getting off the rower.
10. Keep fingers clear of all moving parts during both assembly and use as indicated by the warning decals on the main-frame.
11. Do not leave children alone to operate the machine.
12. Use only the adjustment settings as described in the instructions.
13. Never leave any adjustment devices projecting from the unit.



» IMPORTANT ELECTRICAL SAFETY INSTRUCTIONS



Please read the instructions below before using this appliance to reduce the risk of electric shock, burns, fire, or injuries.

1. Unplug this appliance from the electrical outlet immediately after use, before cleaning, and before changing removable parts.
2. To disconnect, turn all controls to the off position, then remove plug from outlet.
3. Do not operate under a blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
4. Close supervision is necessary when this appliance is used by, or near, children, invalids, or disabled persons.
5. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
6. Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service centre for examination and repair.
7. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and foreign objects.
8. Do not use outdoors.
9. Do not operate where aerosol [spray] products are being used or where oxygen is restricted.
10. This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Keep children under the age of 13 away from this machine. Children should not play with the appliance. Cleaning and user maintenance should not be done by children without supervision.
11. Connect this appliance to a properly grounded outlet only. See Grounding Instructions.

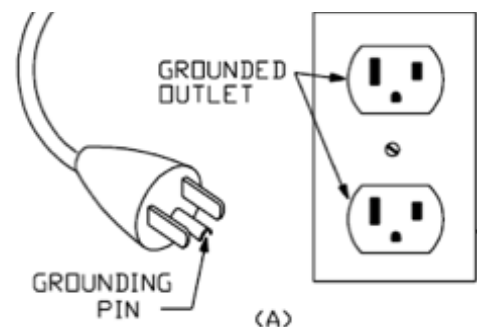
GROUNDING INSTRUCTIONS

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord containing an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and regulations.

DANGER

Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 120-V circuit and has a grounding plug as shown in the illustrated sketch A to the right. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.



» GET TO KNOW YOUR VX-3 FA

PRODUCT SPECIFICATIONS

Product Class: SC

Braking System: Speed Independent

Product Gross Weight: 77.3kg

Maximum Safe Operating Surface Area: 122.83" [312cm] L x 79.13" [201cm] W

Dimensions: 75.2" [191cm] L x 32.28" [82cm] W x 33.86" [86cm] H

Maximum User Weight: 150kg [330lbs]

Footprint: 2510mm x 1420mm, or upright 855mm x 820mm

PRODUCT HIGHLIGHTS

Smart Handle

Wirelessly change resistance level without missing a stroke.

Integrated Performance Monitor (IPM) with USB Port

- New sensor support
- Power-on GO button

Fluid Assist®

Motor controlled resistance level.

External Power Socket



EXTERNAL POWER

- Single 6V external PSU
- Socket at base of tank support leg
- Easy connect and power on procedure

Press for Level Down Level Up



SMART HANDLE

- Ergonomic design
- Resistance level buttons positioned for thumbs
- Easy-to-remove protective cover for battery change
- Quick belt release mechanism for easy belt or handle replacement

Red and Green LED Indicators

Integrated Motor, Control Board and RF Communications



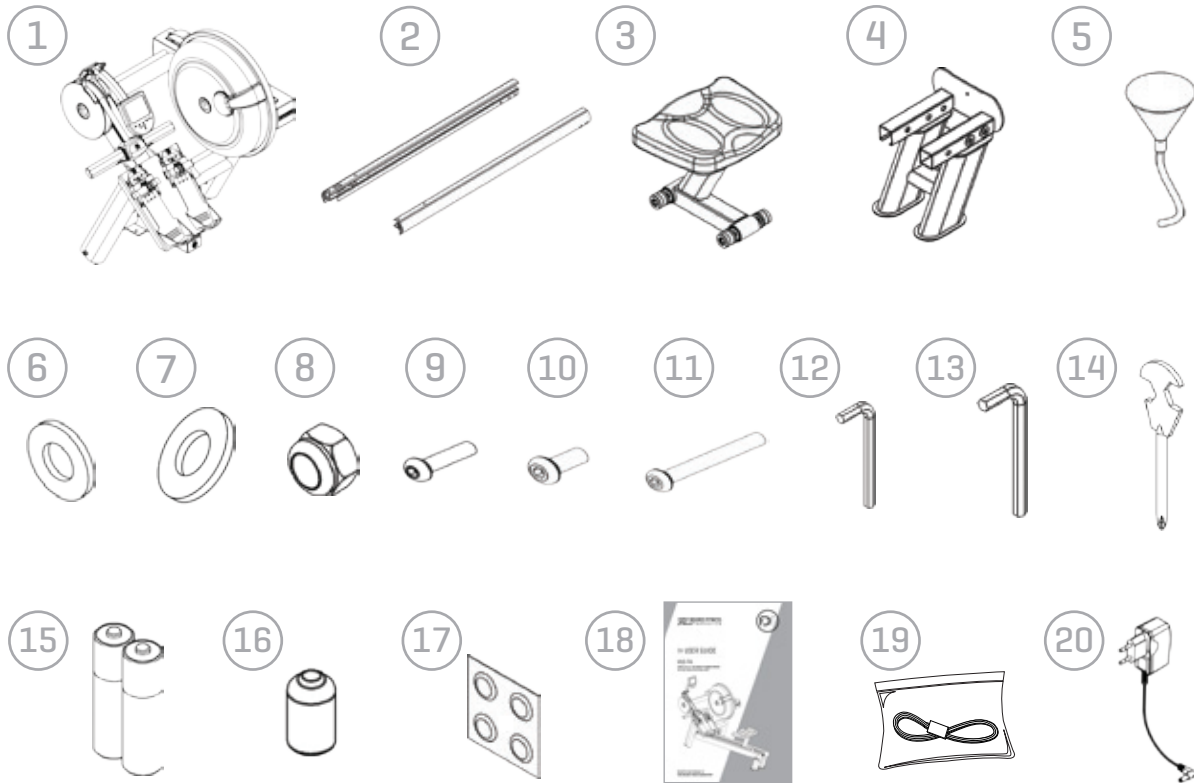
FLUID ASSIST®

- Removable motorised resistance control module
- Green LED to indicate correct function
- Red LED to indicate a fault
- Both LED Indicators are visible through the tank shell
- Integrated 2.4GHz wireless communications

» UNPACKING YOUR VX-3 FA



BOX CONTENTS



ITEM	QTY	DESCRIPTION	ITEM	QTY	DESCRIPTION
1	1	Main Frame	11	4	M10 x 80mm Bolt
2	2	Left/Right Side Rail	12	1	4mm Allen Key
3	1	Rower Seat	13	1	6mm Allen Key
4	1	Rear Leg	14	1	Multi-tool
5	1	Funnel and Hose	15	2	AAA Batteries
6	9	M6 Washer	16	1	Touch Up Paint
7	11	M10 Washer	17	4	Water Treatment Tablets
8	4	M10 Nylock Nut	18	1	User Guide
9	9	M6 x 20mm Bolt	19	1	Heart Rate Receiver Kit
10	5	M10 x 47.5mm Bolt	20	1	Power Supply

NOTE: HARDWARE PACK CONTAINS 2 BOLTS ONLY. THE REMAINING BOLTS ARE PRE-INSTALLED ON THE ROWER SEAT RAILS FOR ASSEMBLY CONVENIENCE.

» ASSEMBLY

STEP 1

REMOVE MAINFRAME FROM THE BOX

REQUIRED

Mainframe ①

Left/Right Seat Rail ②

- Remove the Mainframe ① and all components from Box 1. Check all parts against the box contents.
- Slowly stand the rower mainframe upright.

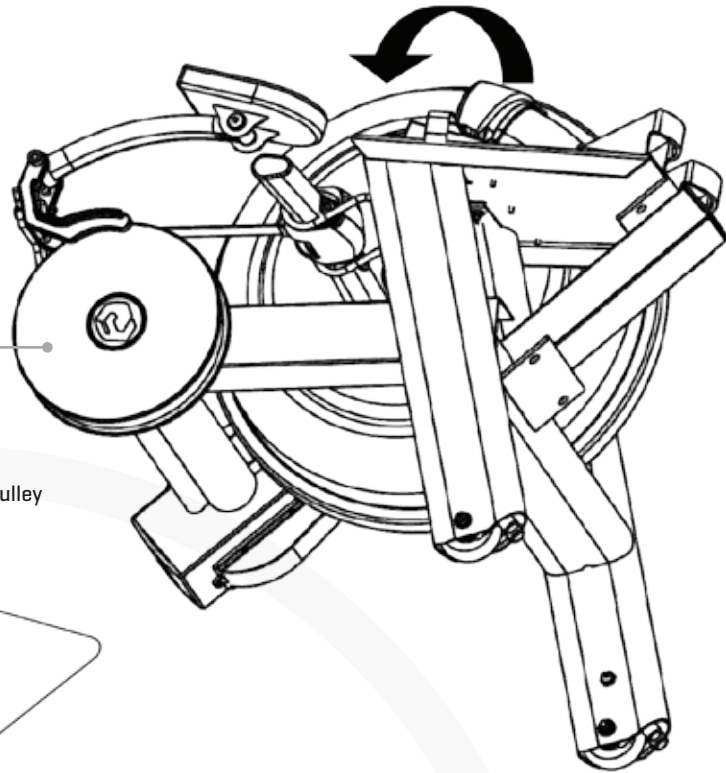
⚠ CAUTION

DO NOT FREE THE ROWING HANDLE, HEEL ADJUSTER OR COMPUTER STALK BEFORE THE ASSEMBLY IS COMPLETE.

THE ROWER COMPONENTS SUCH AS MAINFRAME AND SEAT RAILS ARE HEAVY. USE CARE DURING ASSEMBLY.

⚠ WARNING

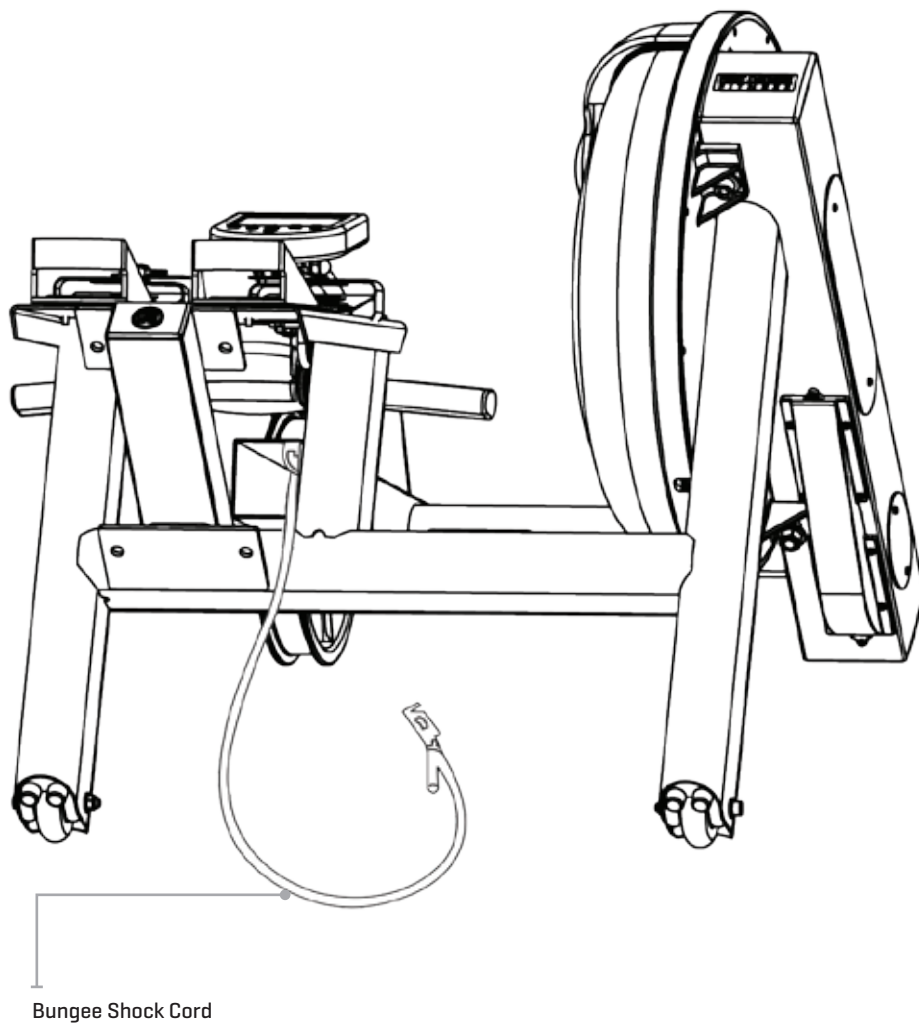
ROWER SEAT RAILS CAN HAVE SHARP EDGES ON THE FRONT PORTION FACING THE MAINFRAME. USE CAUTION DURING ASSEMBLY.



Rower Belt Pulley

HINT: USE MOUSE PAD OR SOFT CLOTH UNDER ROWER BELT PULLEY TO PROTECT FROM SCRATCHES/SCUFFING

- c) Locate and unwrap the Bungee Shock Cord from the frame before moving onto the installation of the seat rails.



- d) Once the Mainframe is safely standing upright on a stable surface, unpack the Left/ Right Seat Rails (2) and hardware kit from Box 2 for the next step of assembly.

» ASSEMBLY

STEP 2

ATTACH SEAT RAILS TO FRAME

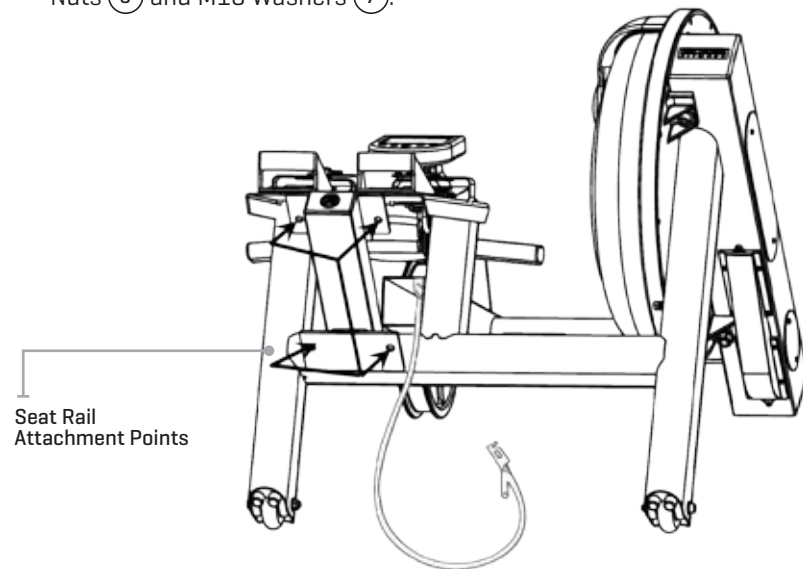
REQUIRED

- Mainframe (1)
- Left/Right Seat Rail (2)
- 2 x M10 x 80mm Bolts (11)
- 4 x M10 Nylock Nuts (8)
- 4 x M10 Washers (7)

⚠ CAUTION

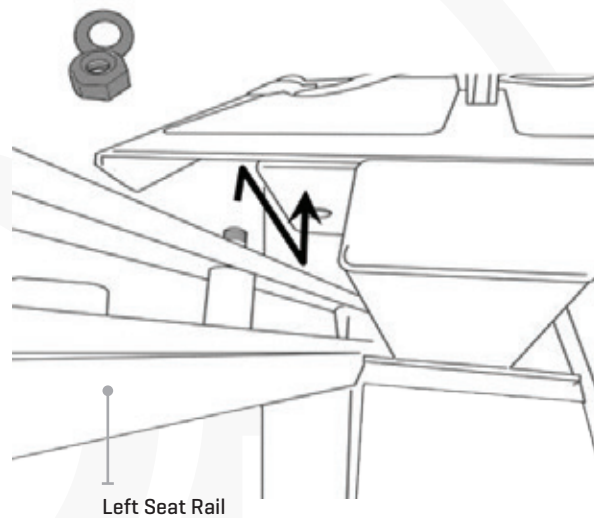
NYLOCK NUTS MUST BE OUTSIDE THE STANDARD NUT AND WASHER TO PROPERLY SECURE ASSEMBLY.

- a) Align and secure lower attachment points using M10 x 80mm Bolts (11), M10 Nylock Nuts (8) and M10 Washers (7).



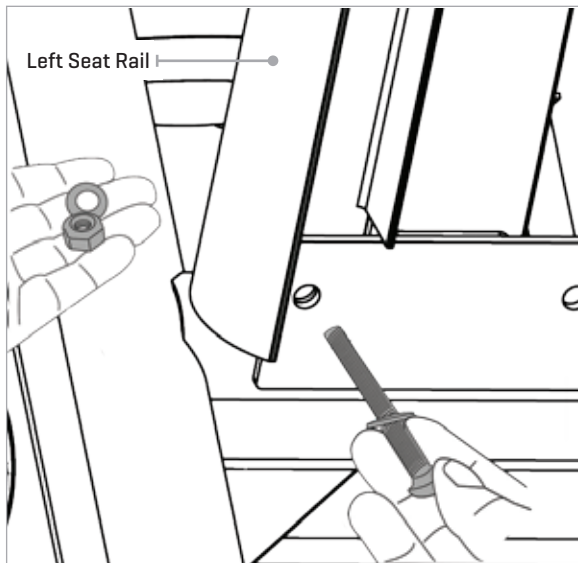
NOTE: 2 X M10 X 80MM BOLTS ARE PREINSTALLED ON THE SEAT RAILS FOR YOUR CONVENIENCE.

- b) Begin with left Seat Rail (2). Align using the preinstalled M10 x 80mm (11). Secure from behind with M10 Nylock Nut (8).



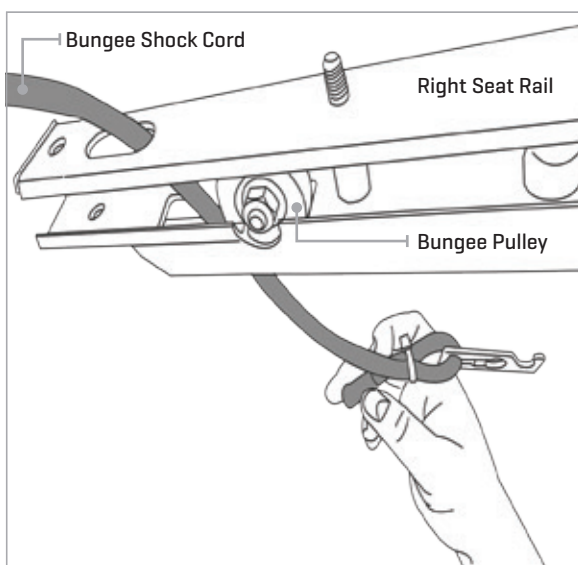
ATTACH SEAT RAILS TO FRAME

- c) Install lower left Seat Rail (2) using M10 x 80mm Bolts (11), Nylock Nuts (8) and M10 Washers (7).



NOTE: 2 X M10 X 80MM BOLTS ARE PREINSTALLED ON THE SEAT RAILS FOR YOUR CONVENIENCE.

- d) Before installation of the right Seat Rail (2), thread the Bungee Shock Cord through the top of the Seat Rail, around the Bungee Pulley and out the bottom as shown.



- e) Once this is complete, follow the same assembly procedure for the left Seat Rail.

» ASSEMBLY

STEP 3

ASSEMBLE ROWER SEAT

REQUIRED

Rower Seat (3)

4 x M6 x 20mm Bolts (9)

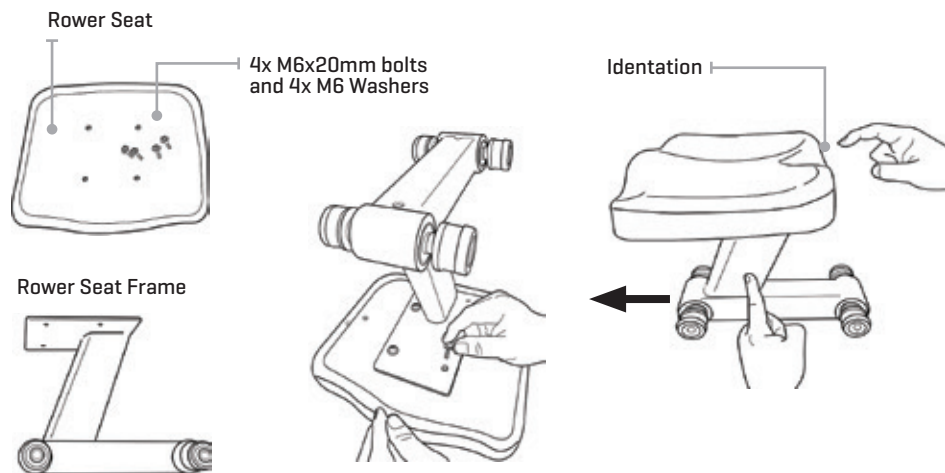
4 x M6 Washers (6)

CAUTION

THE ROWER SEAT (3) IS HEAVY. USE BOTH HANDS AND KEEP FINGERS CLEAR OF THE ROWER CHANNELS WHEN GUIDING THE SEAT DOWN THE SEAT RAILS.

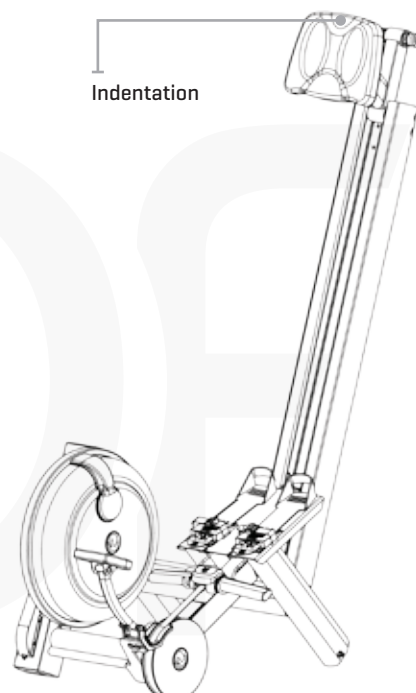
- a) Install the Rower Seat (3) onto the Rower Frame using 4 x M6 x 20mm Bolts (9) and 4 x M6 Washers (6). The seat indentation must be facing towards the rear of machine.

NOTE: THE SEAT ASSEMBLY BOLTS [4 X M6 X 20MM] ARE PRE-INSTALLED ON THE ROWER SEAT.



NOTE: FINISHED ROWER SEAT MUST BE MOUNTED EXACTLY AS SHOWN, RESEMBLING SHAPE OF THE LETTER 'Z'.

- b) Slide the assembled Seat into the Seat Rails (2) facing in the direction of the arrow in the above graphic. The Seat indentation must be towards the rear of the rower.



STEP 4

INSTALL REAR LEG

REQUIRED

Rear Leg (4)

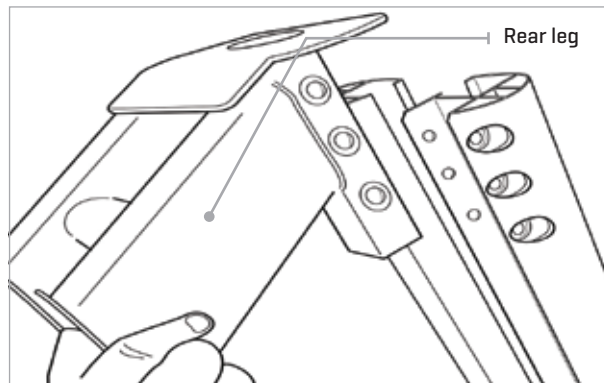
5 x M10 x 47.5mm Bolts (10)

5 x M10 Washers (7)

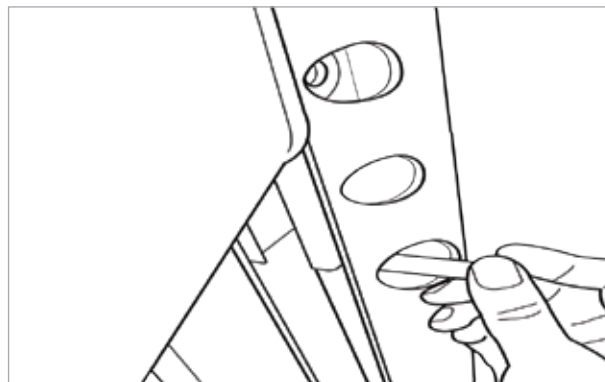
5 x M6 x 20mm Bolts (9)

5 x M6 Washers (6)

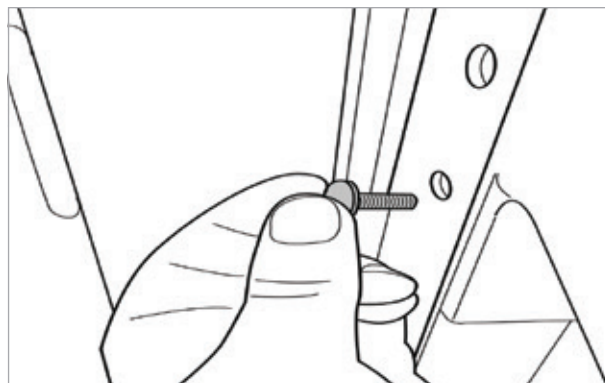
a) Mount the Rear Leg (4) onto the Seat Rails and secure as shown.



b) Install all M10 x 47.5mm Bolts (10) first from the outside to hold the Rear Leg (4) in position.



c) Secure the Rear Leg from the inside with the M6 x 20mm Bolts (9) and M6 Washers (6).



NOTE: THIRD BOLT HOLE ON THE RIGHT OF THE REAR LEG AND SEAT RAIL IS FOR BUNGEE HOOK ATTACHMENT.

» ASSEMBLY

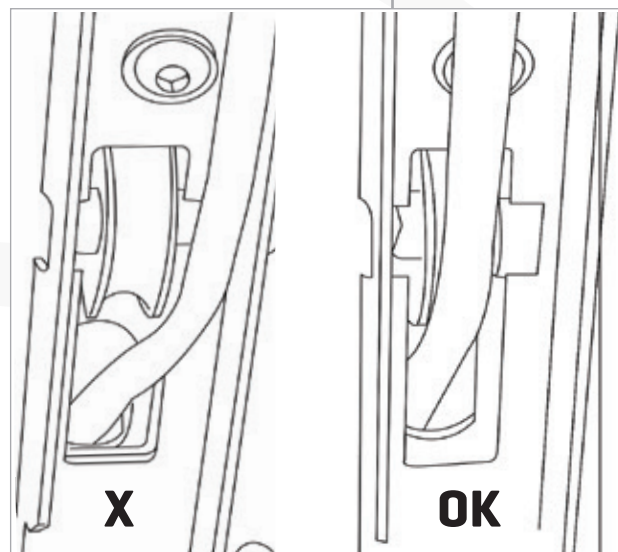
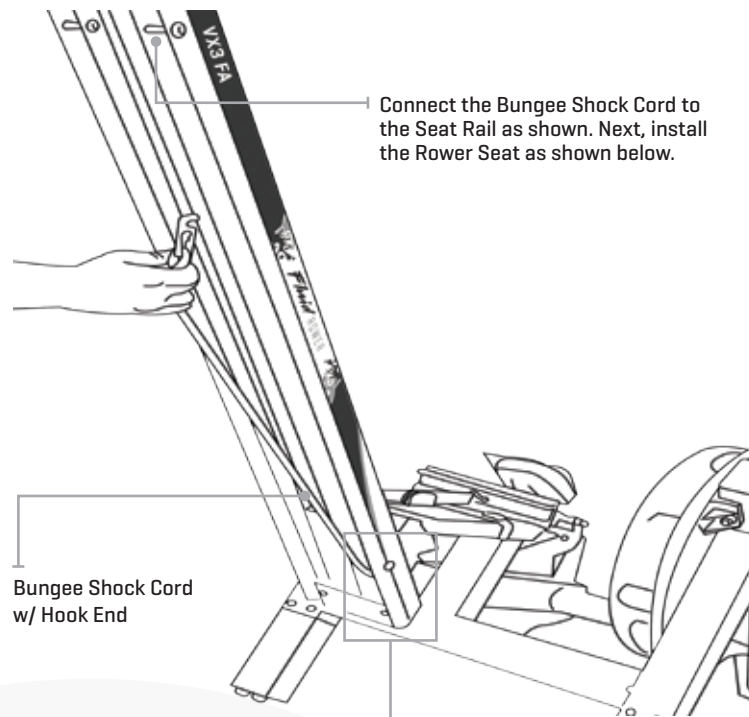
STEP 5

ATTACH BUNGEE SHOCK CORD

⚠ CAUTION

THE BUNGEE SHOCK CORD WILL BE UNDER TENSION WHEN STRETCHED DURING INSTALLATION. DO NOT LET GO OF THE BUNGEE SHOCK CORD WHILE INSTALLING AS THIS COULD CAUSE INJURY AND/OR DAMAGE TO THE ROWER.

- a) Connect the Bungee Shock Cord to the Seat Rail and install the Rower Seat.



- b) When attaching the Bungee Hook, make sure that the Bungee Shock Cord is running correctly over the Bungee Pulley.

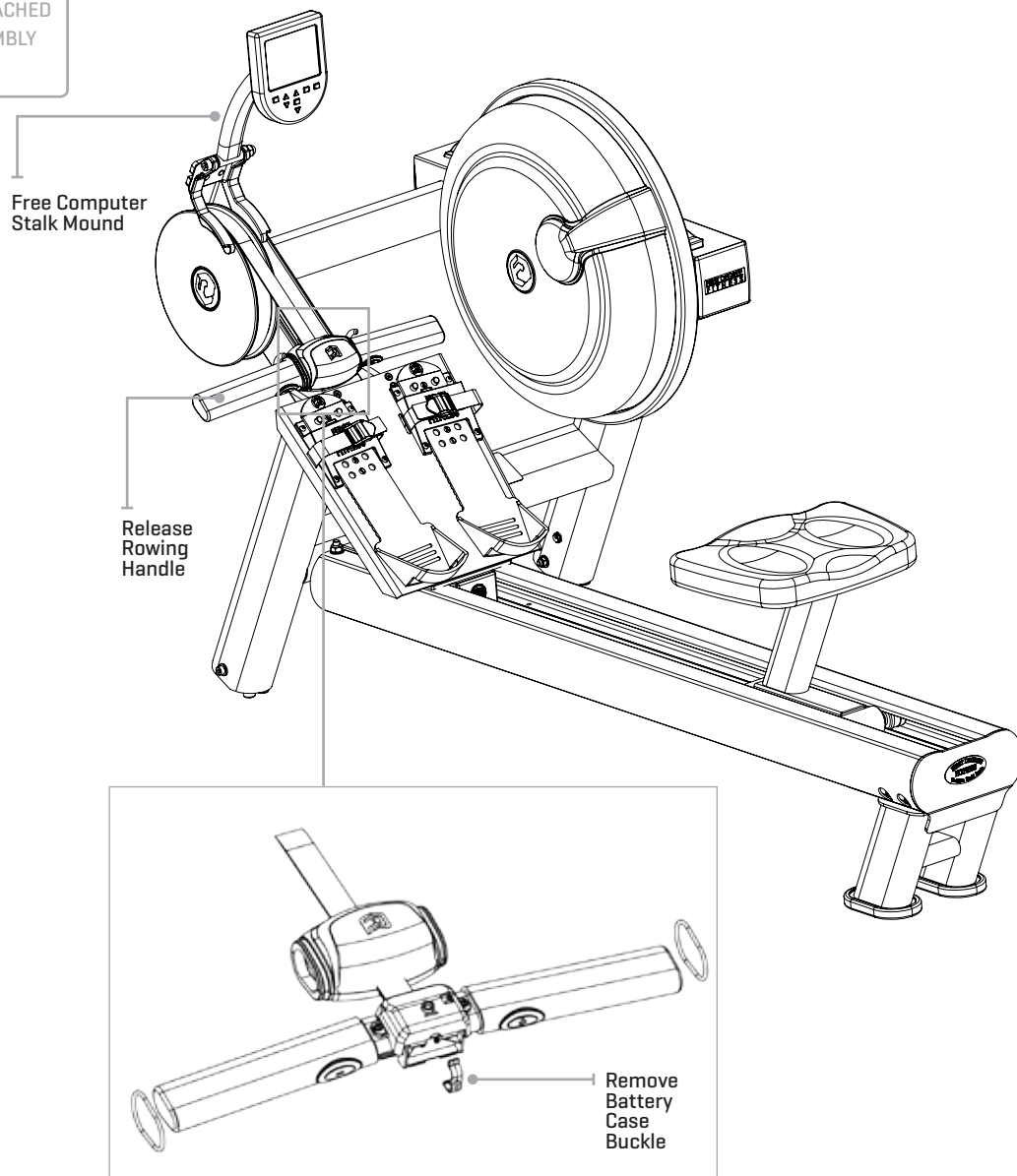
STEP 6

COMPLETE THE ASSEMBLY

⚠ WARNING

DO NOT FREE THE ROWER HANDLE BEFORE THE BUNGEE SHOCK CORD HAS BEEN CORRECTLY ATTACHED [SEE STEP 5 OF ASSEMBLY INSTRUCTIONS].

- a) Lower the rower to the operational position and free the Rowing Handle and Computer Stalk Mount.



- b) Install handle battery
1. Remove the O-ring.
 2. Pull the Handle Rubber Cover back to reveal the battery compartment.
 3. Remove the Battery Case Buckle.
 4. Install AAA Battery x2.

» ASSEMBLY

STEP 7

TANK FILLING AND WATER TREATMENT

⚠ CAUTION

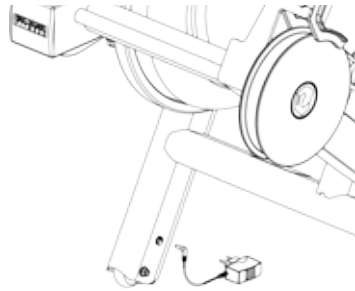
USE A DROP CLOTH UNDER THE TANK WHEN FILLING TO AVOID STAINING FLOOR COVERING.

DO NOT FILL PAST THE CALIBRATION MARK AS INDICATED ON THE TANK LEVEL STICKER OR WATER SPILLAGE MAY OCCUR.

⚠ 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.

- a) Connect the rower to the power using the Power Supply (20).



- b) Press LEVEL + on the IPM or handle to change the level to 20.

- c) Unplug the Power Supply.

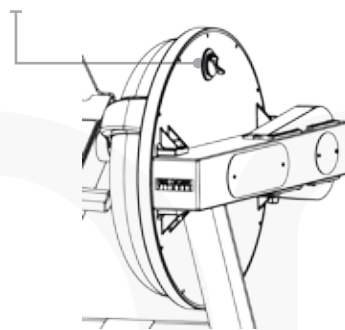
- d) Filling requires a large bucket [not supplied] and the supplied water funnel and hose (5). Filling will take approximately 8 litres of water.

- e) Open the yellow fill plug on the back of the tank and insert hose [rotating the impeller slightly may be necessary to allow the hose to pass]. NOTE: In areas where tap water quality is known to be poor, FDF recommends the use of distilled water.

- f) Do not fill the tank higher than the level indicator on the front of the clear shell.

- g) Once filling is complete follow the water treatment procedure below, then replace the tank plug.

Yellow Tank Plug



Filling Hose and Funnel



NOTE: THE LOWER BLACK TANK PLUG IS PERMANENTLY SEALED.

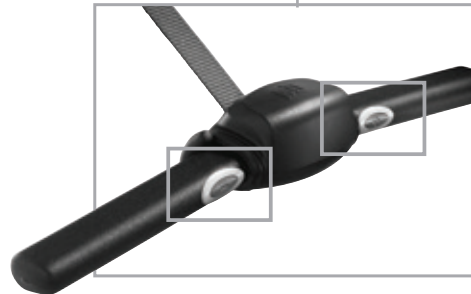
INITIAL WATER TREATMENT

Add 1 x 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 4 x Water Treatment Tablets, which is sufficient for several years of use. Refer to Long Term Water Treatment on page 17 for further advice on maintenance.



CHANGING RESISTANCE LEVEL

Changing the resistance on your VX-3 FA is very simple with use of the wireless Smart Handle. You can easily increase or decrease resistance level mid workout by adjusting the levels on your Smart Handle or on your Integrated Performance Monitor (IPM).



SMART CONTROLS

- Ensure the rower is connected to the external power supply.
- Press GO to power on.
- Press + or - on the Smart Handle to activate the rower.
- Press Level + or - on the IPM to change level.
- Press Level + or - on the Smart Handle to change level.



! WARNING

THE BATTERY LEVEL INDICATOR WILL SHOW 0 TO 4 BARS DEPENDING ON SMART HANDLE BATTERY STATUS. IF THIS INDICATOR FLASHES THEN THE SMART HANDLE BATTERIES REQUIRE REPLACEMENT.

ADJUST FOOTPLATES

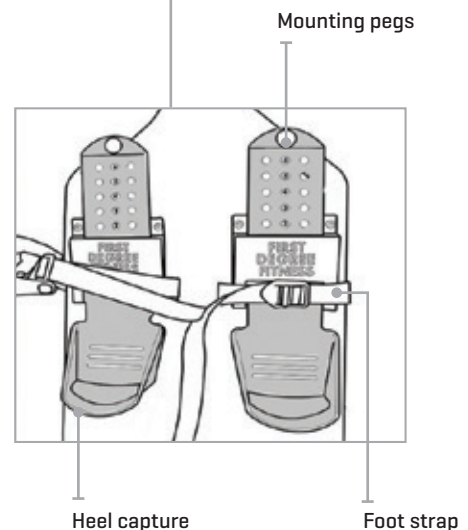
The Slider Footplate accommodates most foot sizes, and is designed to keep your feet securely in place as you row.

TO ADJUST:

Lift the top of the footplate from the mounting peg and slide vertically between 1-6 to suit your foot length. Secure by hooking the footplate back onto the mounting peg and pushing down firmly to lock it into position.

Place feet on the foot plates and tighten the foot straps to ensure your feet sit firmly against the heel captures.

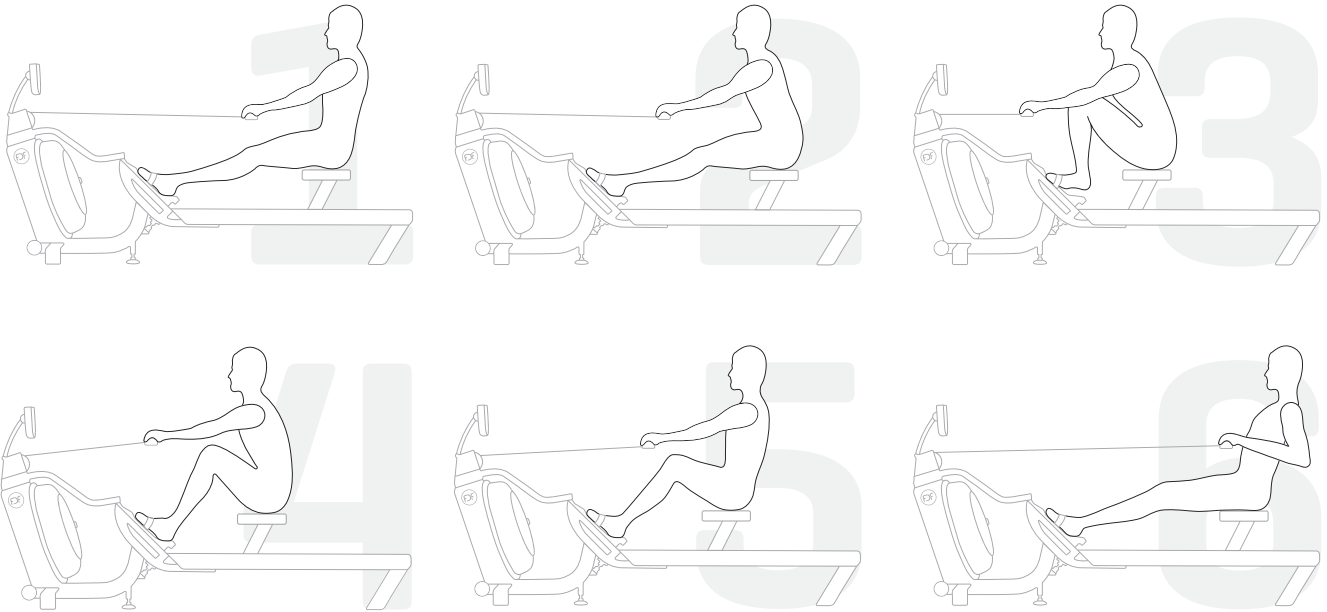
NOTE: THE HEEL CAPTURE SHOULD BEND TO ALLOW YOUR FOOT TO PIVOT NATURALLY AS YOU ROW.



» OPERATING INSTRUCTIONS

START ROWING

There are six phases to completing a rowing stroke.



1. Sit with straight legs and back, leaning forward slightly at the hips with arms out straight and hands level with the lower ribs. Swing back.
2. Legs and back straight, leaning slightly forward from the hips, arms out in front. Lean and slide forward.
NOTE: HANDS SHOULD NOW BE AROUND YOUR KNEES, KEEPING LEGS STRAIGHT.
3. Legs come forward, aiming to get the shins vertical. Back is still straight, and posture leaning slightly forward with arms still out front. Now drive hard, this is the CATCH.
4. Knees partially straightened so seat is now at mid-point of travel, back and arms still straight. Maintain the stroke.
5. Knees are nearly straight, back is still straight but now leaning slightly back from the hips. Arms straight. Now squeeze through.
6. Legs now fully extended. Back straight and leaning slightly back, now pull with the arms so they are close to the chest, forearms horizontal and elbows close in to the rib cage. This is the FINISH.

For more information on correct rowing technique and workout tips visit our website
www.firstdegreefitness.com/indoor-rowing-technique

LONG-TERM WATER TREATMENT

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 discoloured or shows signs of algae/bacterial growth simply add one Water Treatment Tablet.

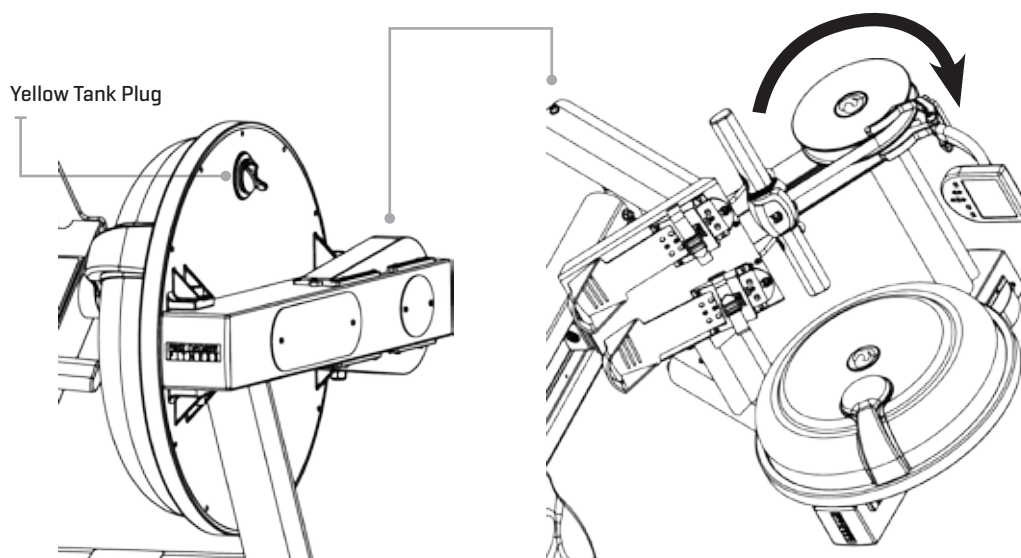
Please consult your nearest regional dealer to arrange the purchase of further treatment tablets or visit www.firstdegreefitness.com/support for further advice and assistance.

WARNING

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

DRAINING/ CHANGING TANK WATER

1. Open the Yellow Tank Plug.
2. Turn the rower onto its side. Once the rower is in this position, the tank can be drained.
3. For refill instructions refer to the tank filling section of this manual [Step 7, page 14].



CAUTION: THE ROWER IS HEAVY, DO NOT ATTEMPT TO DRAIN THE TANK ALONE. IT IS RECOMMENDED TWO PEOPLE MOVE THE ROWER INTO THE DRAINAGE POSITION.

STORAGE

The rower is designed for compact storage in the vertical position. To ensure your safety, choose a suitable location, such as the corner of a room. It is recommended that something soft [such as carpet or a small towel] be placed under the rowing pulley of the unit to avoid chipping or floor damage.

CAUTION: THE ROWER IS HEAVY, LIFT FROM BACK AND PULL AT 45-DEGREE ANGLE.

»» INTEGRATED PERFORMANCE MONITOR [IPM] OPERATION

BASIC FUNCTIONS

GO: Commence rowing to activate or press GO.

UNITS: Displays WATTS, SPM, HR, 500/m.

LEVEL: Adjustable from 1-20. Press + or - to change level.

SET: Changes time and distance parameters.

PROGRAM: Clears current exercise program.

RESET: Press and hold RESET button for 3 seconds to reset all values.

ADVANCED FUNCTIONS

AUTO POWER DOWN

The IPM will auto power-down after 10 minutes of inactivity. Fluid Assist® will occasionally perform an auto-park to ensure correct calibration during this procedure. If so, the IPM will display a flashing OFF indicator until the auto-park is complete.

MANUAL POWER DOWN

While it is not recommended, it is possible to manually power down the system. Simply press and hold the UNITS button and press RESET until the display goes off, or a flashing OFF is displayed on the screen (see above).

CALIBRATION CHECK

- a) Set Level 20.
- b) Visually check the position of the reservoir outlet hole.
- c) If this is not correct then follow the Re-calibration Procedure.

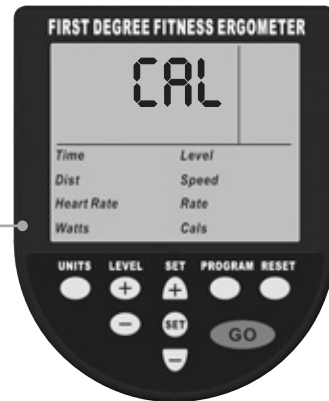


» INTEGRATED PERFORMANCE MONITOR [IPM] OPERATION



RE-CALIBRATION PROCEDURE

1. Preset RESET to clear the monitor.
2. Press and hold SET and LEVEL + for 5 seconds.
3. The display will show CAL.
4. Press SET to start re-calibration OR press any other button to cancel and return to main display screen.



5. During re-calibration the IPM will show animated progress in the upper display and the Green Fluid Assist® LED Indicator will illuminate while the motor is running.
6. Wait until display shows 'dOnE'.



7. On success the display will show Level 10 and the motor speed in the Rate field. This is the equivalent time taken to change from Level 1 to Level 20 in seconds [The ideal range for this value is 15-25s].
8. Press any key to return to main display.



9. When a fault occurs the error number will be shown with the Err message [See the Troubleshooting Section for further information].
10. Press any key to return to main display.



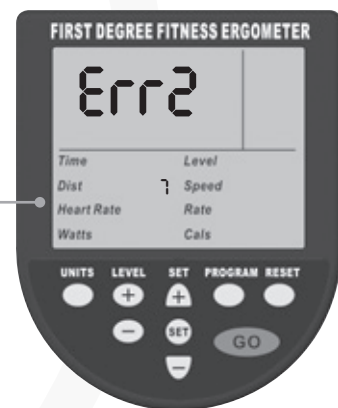
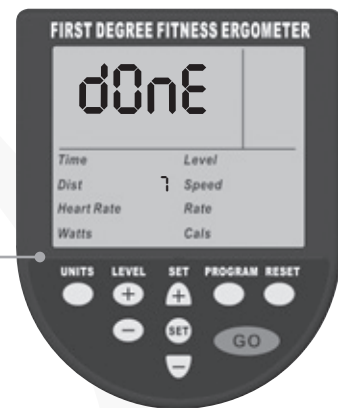
» INTEGRATED PERFORMANCE MONITOR [IPM] OPERATION

PAIRING YOUR SMART HANDLE WITH YOUR IPM

NOTE: PAIRING IS ONLY REQUIRED WHEN THERE IS MORE THAN ONE VX-3 FA IN THE SAME LOCATION.

Where there are multiple VX-3 FA machines in one location, each fluid rower needs to be assigned a different Fluid Assist® ID to avoid cross talk. It is suggested that the assigned IDs range from 1 to n, where n is the number of VX-3 FAs, beginning the pairing process at 1 then repeating for each additional VX-3 FA.

1. Preset RESET to clear the monitor
2. Press and hold UNITS and LEVEL UP for 5 seconds
3. Use + or - (above & below SET) to change the Fluid Assist® ID displayed in the Distance field
4. Press SET to initiate pairing, or any other button to cancel and return to main display screen
5. The display will animate while waiting for a Smart Handle Pairing Signal
6. On the Smart Handle press and hold both buttons to complete the pairing process
7. On success the display will show 'dOnE'
8. Press any key to return to main display
9. On failure, if there is no Smart Handle signal after 20 seconds, the display will show 'Err' with an error number [See the Troubleshooting Section for further information]
10. Press any key to return to main display
11. Repeat from #1 assigning a different Fluid Assist® ID for each VX-3 FA



»» INTEGRATED PERFORMANCE MONITOR (IPM) OPERATION



SYSTEM HEALTH CHECK

1. Preset RESET to clear the monitor.
2. Press and hold SET and LEVEL DOWN for 5 seconds.
3. The Smart Handle battery status is displayed just below Fluid Assist® battery level. [Ideal Voltage Range is 2.2V to around 3.3V. If this is less than 2.2V consider changing the Smart Handle Batteries].
4. Press LEVEL UP or LEVEL DOWN to change Level. This will update the motor speed indicator, shown in the Rate field. [The ideal range for this value is 15-25s]
5. Press any other key to return to main display.



A simple timer will also be displayed.

CONNECTING A HEART RATE RECEIVER TO YOUR ROWER

A heart rate receiver kit is included with your rower. To install, refer to the instructions within the box contents or visit the support section of our website www.firstdegreefitness.com/support under the section USB/IPM Support.

USB CONNECTIVITY

Our advanced computer consoles and performance monitors provide a motivational platform from which to improve your fitness and interact with peers via web-racing software and applications. Your VX3-FA has USB connectivity allowing you to connect your training sessions to your personal Windows PC or Laptop via standard USB cable.

SETTING UP USB CONNECTIVITY AND CONNECTING YOUR CONSOLE

- a) To connect your FDF Console to a host PC or Laptop download the USB device driver from www.firstdegreefitness.zendesk.com under the section USB/IPM Support.
- b) The USB connector is located on a flying lead at the rear of the IPM, along with the heart rate monitor connectors.
- c) Use a standard USB cable to connect your PC or Laptop to the USB connection. There may be a delay while Windows starts the USB Device Driver.

APPLICATIONS

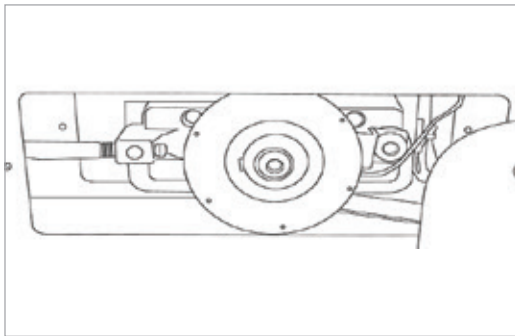
FDF ergometers are compatible with several third-party applications that simulate web-racing as well as enable you to participate in web-based logging and ranking systems.

For more information visit www.firstdegreefitness.zendesk.com and view the section **USB/IPM Support > Applications**.

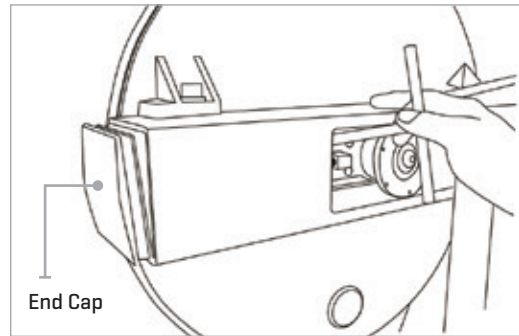
» ROWER MAINTENANCE

TANK BELT ADJUSTMENT

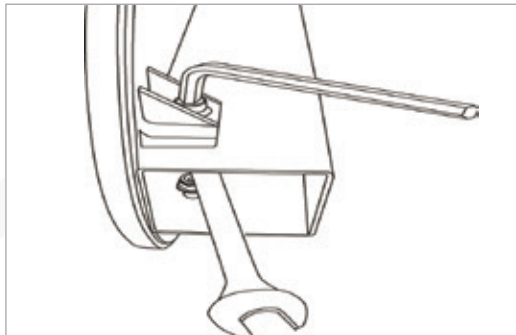
1. Remove large metal inspection plate.



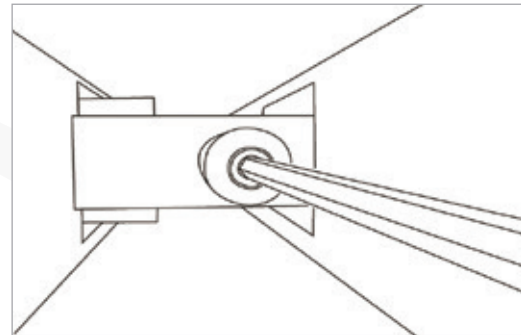
2. Using a long tool, push out the rear end cap as pictured below left. This will give you access to the tank tensioning bolt [shown lower right].



3. Loosen both the rear and front tank bolts slightly as shown left. Remove front Rubber Belt Cover.



4. Using a 6mm Allen Key, tighten the Belt using the Tank Tensioning Bolt until the belt no longer slips during hard rowing.



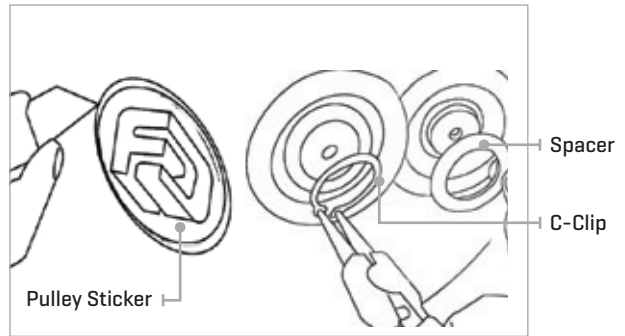
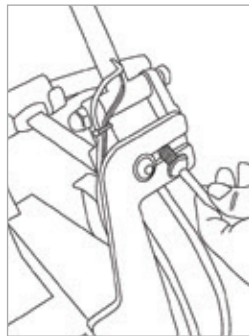
NOTE: DO NOT OVER TIGHTEN TANK BOLTS.

TIP: TWIST THE BELT BY HAND TO GAUGE TIGHTNESS. CORRECT TENSION SHOULD BE OBTAINED WHEN NO LONGER ABLE TO TWIST MORE THAN 60 DEGREES.

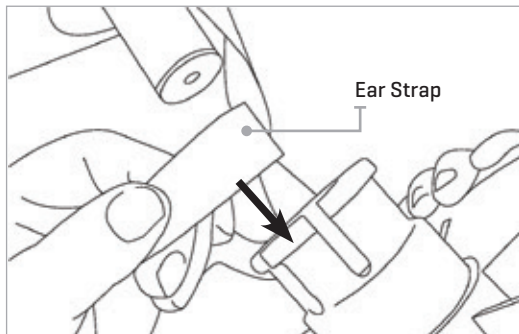
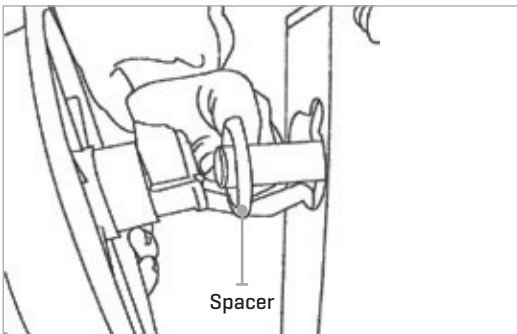
BUNGEE CORD REPLACEMENT – DEALER ASSISTANCE REQUIRED

NOTE: EXPECT 2-5 YEARS BUNGEE LIFE IN COMMERCIAL USE. DAMAGE DURING INITIAL ROWER ASSEMBLY IS NOT COVERED UNDER WARRANTY.

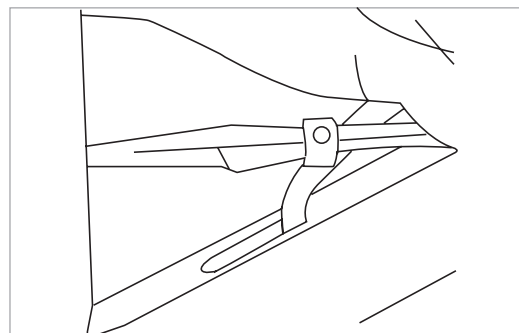
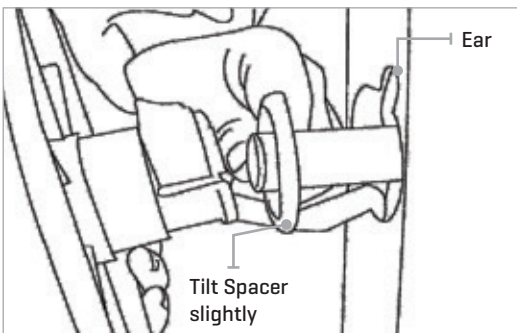
1. Unhook Bungee Cord Hook. Remove computer mount with 6mm Allen Key.
2. Carefully peel back and remove the Belt Pulley Sticker. Then remove C-Clip and Black Spacer as shown.



3. Remove the Belt Pulley and the Spacer. Unhook the Bungee Cord End from the Pulley and remove by pulling out from the bottom.
4. Feed the new Bungee Cord from below and reattach end strap to the Belt Pulley.



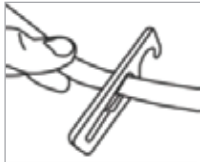

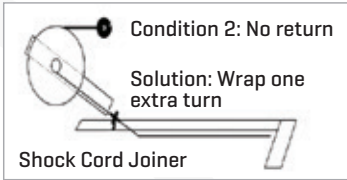
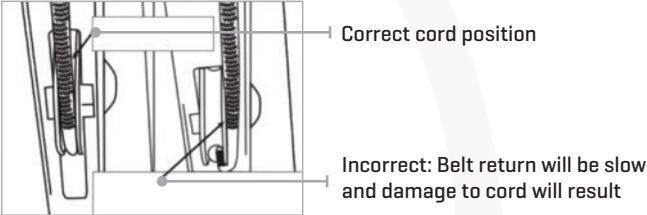
5. Attach the Spacer to the end of the rower pulley and use the “ear” to help thread the strap into the machine. Note that the Spacer may need to be angled slightly to allow it to pass through.
6. Reattach the Bungee Hook to the end of the Seat Rail, install outer Spacer, C-Clip and Sticker. Test for proper installation. If the C-Clip cannot be reinstalled, then remove Pulley and try again as the Strap may be jammed.

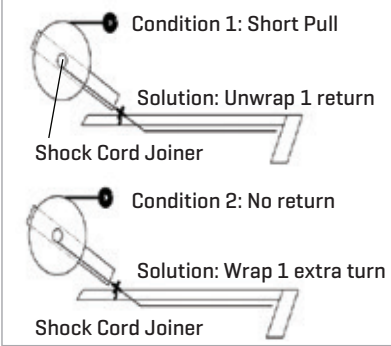
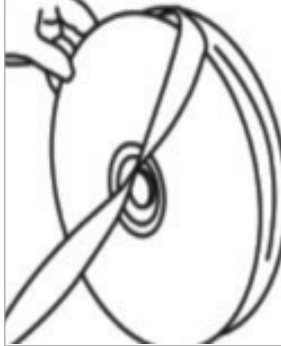


NOTE: A LIGHT TAP MAY BE REQUIRED IF THE BLACK INNER SPACER WILL NOT PASS INSIDE THE FRAME. A TIGHT C-CLIP MOUNTING INDICATES THE PROCESS SHOULD BE REPEATED AS THE BELT IS JAMMED UP.

» TROUBLESHOOTING

For further information, manuals and warranty requests visit www.firstdegreefitness.com/support

Problem	Solution
<p>The water tank appears cloudy or tank water has changed colour.</p>	<p>Check to see that your unit has not been positioned in direct sunlight as this can impact the water quality.</p> <p>Your tank requires a water treatment every 12-24 months. To treat the water, refer to the section in this manual called "Long-Term Water Treatment" on page 17.</p>
<p>The rower belt is slipping off the belt/ bungee pulley.</p>	<p>It is likely your bungee is not under enough tension or the recoil is not strong enough.</p> <p>To fix this refer to our website firstdegreefitness.zendesk.com under Product FAQs.</p>
<p>Rowing stroke return is too light</p>	<p>There are 3 probable causes:</p> <p>a) Bungee not under enough tension. To fix cut Bungee Tie Rack and tighten slightly on Bungee Hook.</p>  <p>b) Rowing Belt is missing one wrap around rower Belt Pulley. To fix wrap the Rowing Belt one extra turn on the Belt Pulley as shown below.</p>   <p>c) Bungee has slipped off the Bungee Pulley Wheel. To fix ensure that the Bungee Cord is positioned as shown below.</p> 
<p>The computer screen is erratic and illuminates, but does not register when rowing.</p>	<p>It is possible that there is a loose connection. Check that the computer lead is connected properly to the Rower. If connected properly check sensor gap. Contact your local dealer if this fails to address the problem.</p>
<p>The computer does not illuminate after battery installation.</p>	<p>Re-install 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 dealer.</p>

Problem	Solution
<p>Rowing Belt cannot extend to the end of rowing stroke or there is no resistance.</p>	<p>Rowing Belt needs to be unwrapped 1 turn or, requires an extra wrap on the Rower Belt Pulley.</p> <div style="display: flex; justify-content: space-around;"> <div data-bbox="644 607 1035 952">  <p>Condition 1: Short Pull Solution: Unwrap 1 return</p> <p>Shock Cord Joiner</p> <p>Condition 2: No return Solution: Wrap 1 extra turn</p> <p>Shock Cord Joiner</p> </div> <div data-bbox="1056 607 1337 952">  </div> </div>

Further instructions can be found at www.firstdegreefitness.zendesk.com. To ensure maximum lifespan and optimal performance follow these steps:

1. Keep your VX-3 FA in a dry, clean climate controlled environment at room temperature.
2. Check your bungee cord and rowing belt every 100 hours for correct tension and signs of wear. Adjust tighten as required. If a Bungee Cord change is required, please contact a local service representative or visit www.firstdegreefitness.com/support
3. Only treat tank water with FDF genuine water tablets. Refer to 'water treatment' section on page 17.
4. Periodically clean your Rower with disinfectant, applied using a lint free cloth.
5. Keep dust off the Rower, especially the seat wheels and runners.
6. For information on how to service your machine visit www.firstdegreefitness.com/support

» SMART HANDLE TROUBLESHOOTING

For further information, manuals and warranty requests visit www.firstdegreefitness.com/support

FLUID ASSIST LED INDICATORS

Green LED	Red LED	Issue	Action Required
ON	OFF	Motor OK	None
ON	ON	Motor OK but requires recalibration	Perform calibration function on IPM
-	Flashing (1s ON/1s OFF)	Motor/position sensor failure If the motor moves while changing level then this is a sensor issue, otherwise it is a faulty motor	Replace motor module
-	Flashing (2s ON/2s OFF)	Calibration sensor error	Replace motor module

SMART HANDLE LED INDICATORS

Green LED	Red LED	Issue	Action Required
OFF	OFF	Either button pressed. Low battery level.	Replace batteries
ON	OFF	Level Down Press OK	None
OFF	ON	Level Up Press OK	None
ON	ON	Button pressed but handle is not paired	Perform Pairing Function on IPM and Smart Handle
Single Flash	OFF	Fluid Assist® is powered down or unavailable	Check Fluid Assist® is powered on
-	Single Flash	Fluid Assist® is powered down or unavailable	Check Fluid Assist® is powered on
ON	ON	Pairing initiated	None
Fast Flashing for 1 second	-	Pairing success	None
-	Fast Flashing for 1 second	Pairing fail – Fluid Assist® is powered down or unavailable	Check Fluid Assist® is powered on



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 VORTEX VX-3 FA, purchased from an authorised 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 – 3 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 3 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, belt and pulley.
- Hand grips & foot straps.
- Polyester rowing belt.
- Seat.
- All pulleys, rollers & bearings.
- All rubber components.
- Computer & speed sensor [excluding replaceable batteries].
- All drive belts.
- Aluminium seat rails.
- Footplates [pivoting & sliding].

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.

» INTERNATIONAL WARRANTY

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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FIRST DEGREE FITNESS
Fluid INNOVATION

FITNESS PRODUCTS INSPIRED BY REAL LIFE

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CONTACT US

For customer support please visit
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