FLUID ROWER

FDF Console with ᛒ Bluetooth®
User Guide Version 1.0

PATENTED — TWIN TANK — ADJUSTABLE RESISTANCE

FLUID ROWER

	88:8.8	500M TIME
TIME	88:8.8 — 88:8.8	WATT
CAL	88:8.8 — 1888.8	DIST
PULSE Use chest strap	888♥ 88 888	SPM

LEVEL

RESET   UP   DOWN

ᛒ ♥
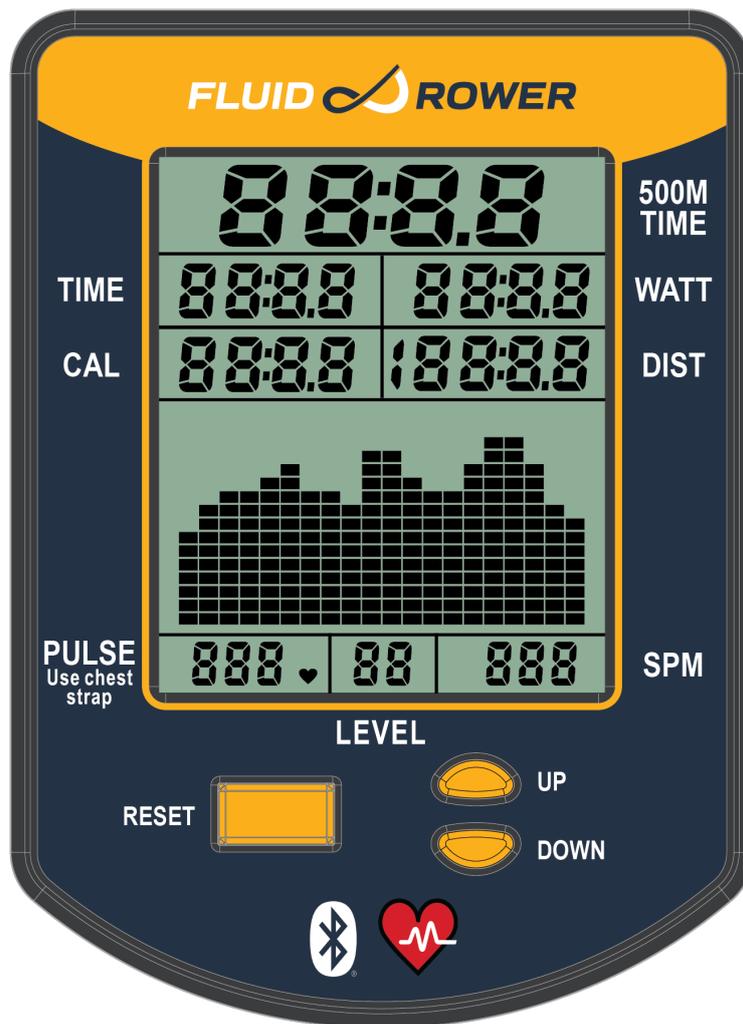
ADJUSTABLE
FLUID RESISTANCE
MACHINES

› CONTENTS

FLUID ROWER

THE RANGE ASCENDING - ENTRY to ADVANCED

PRO MODELS SUITABLE FOR COMMERCIAL USE

5 ADJUSTABLE LEVELS   V SERIES - HORIZONTAL 518mm TWIN TANK

5x FLUID RESISTANCE

Trident PRO V

NEON PRO V

Apollo V

Apollo PRO V

Viking 2 V

Viking 3 V

Viking PRO V

10 ADJUSTABLE LEVELS   XL SERIES - HORIZONTAL 540mm TWIN TANK

10x FLUID RESISTANCE XL

Apollo PRO XL

Viking PRO XL

MEGA PRO XL

10 ADJUSTABLE LEVELS COMMERCIAL SERIES - VERTICAL 525mm TWIN TANK

10x FLUID RESISTANCE XL

E350

VX-2
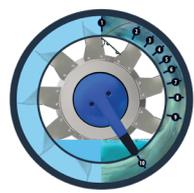
E550

VX-3

Bluetooth® FTMS (FiTness Machine Service protocol) Consoles are compatible with Apple and Android Devices plus BT Heart Rate Straps/Monitors.

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.
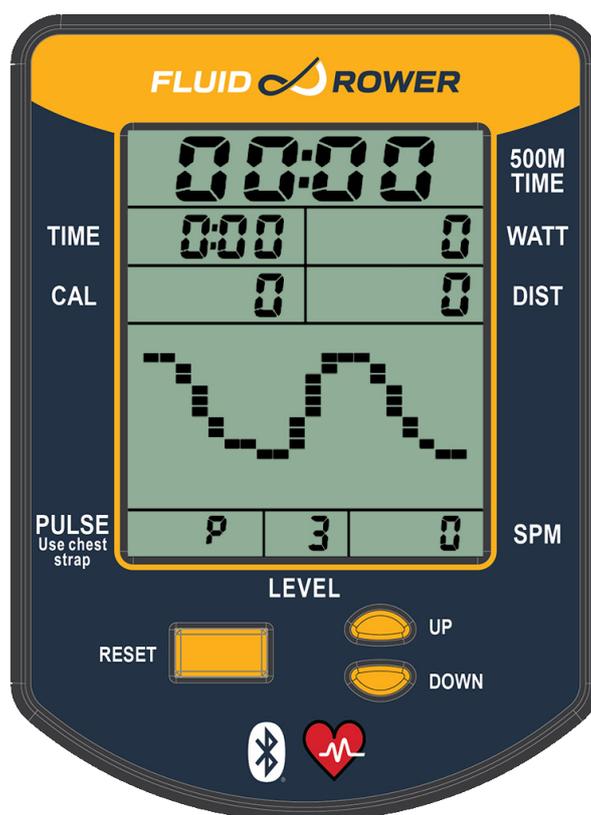
START UP SCREEN

Press any button or begin exercising to power on the console. The startup screen displays firmware version information, selected equipment model, and battery level.
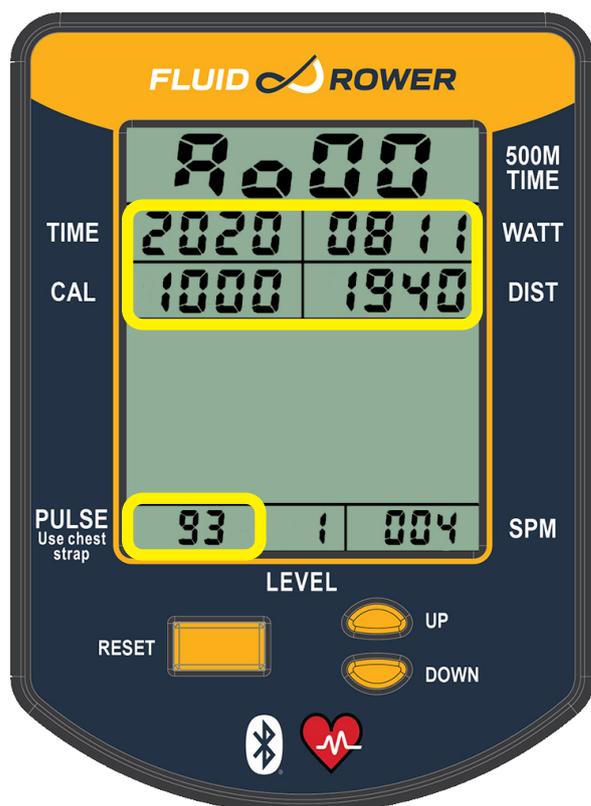
Firmware Version:
August 11, 2020 @ 7:40pm
Model: 1000 (Pro V, 5 Level Rower)
Battery Level: 93%

❯ 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.

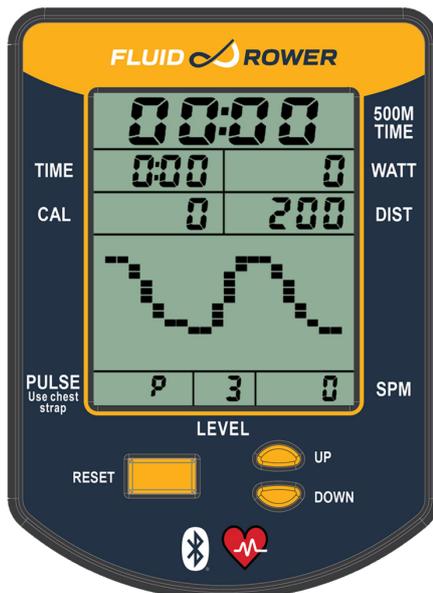**PULSE:** Heart Rate from a Bluetooth® connected heart rate monitor.

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.
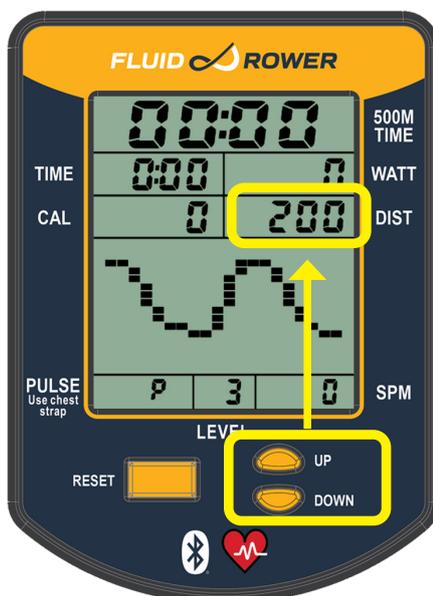
❯ USING CONSOLE BUTTONS

❯ 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

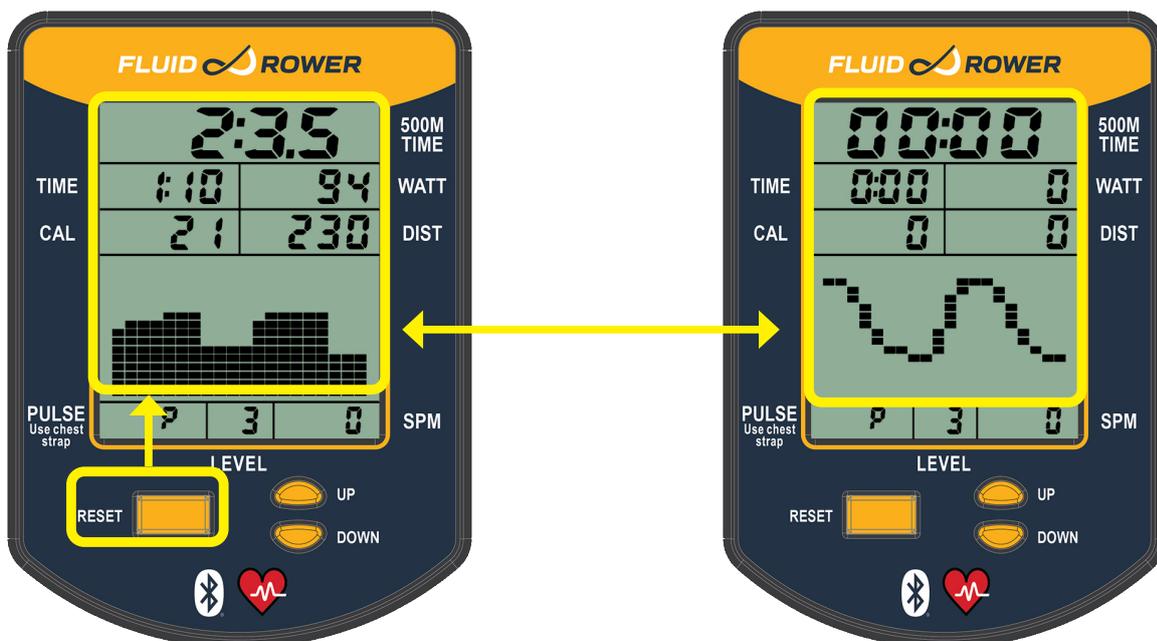## ❯ CHANGING CHART TYPE

WATTS HISTORY   **REAL-TIME SPEED**
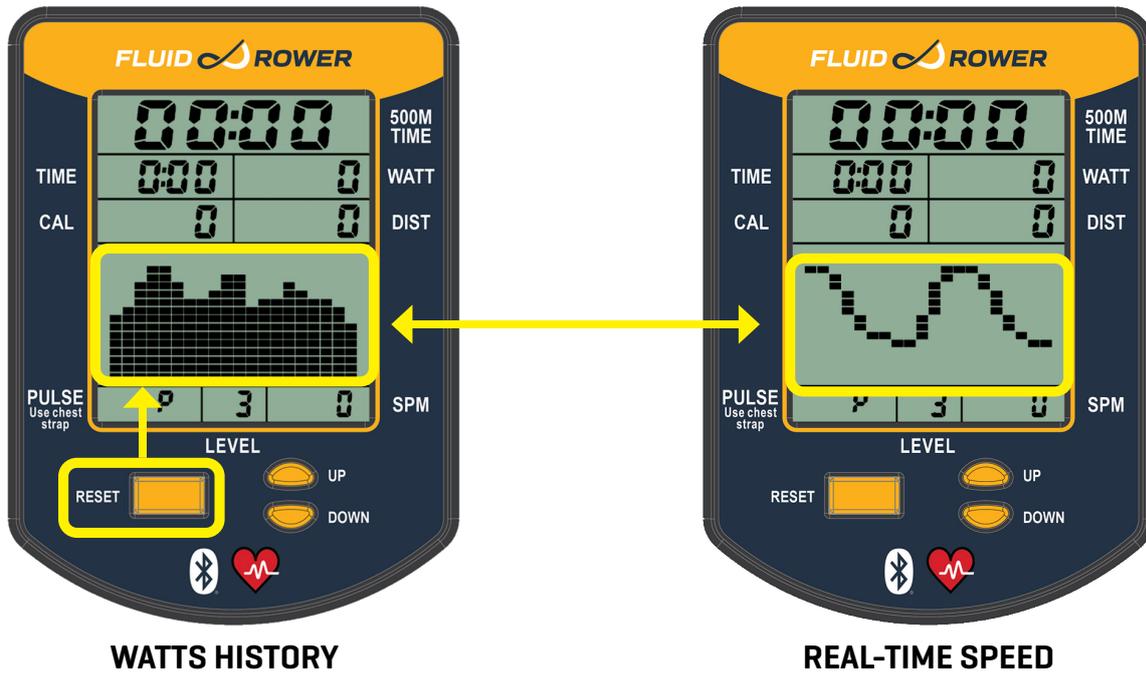
Click **RESET** to toggle between chart types

❯ 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.
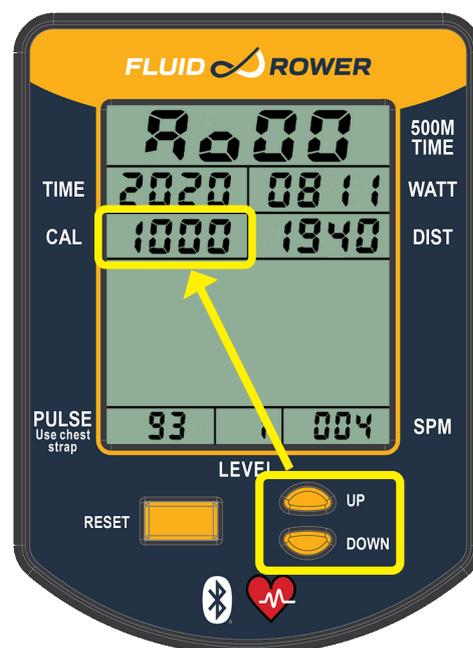
If required, follow these steps

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.
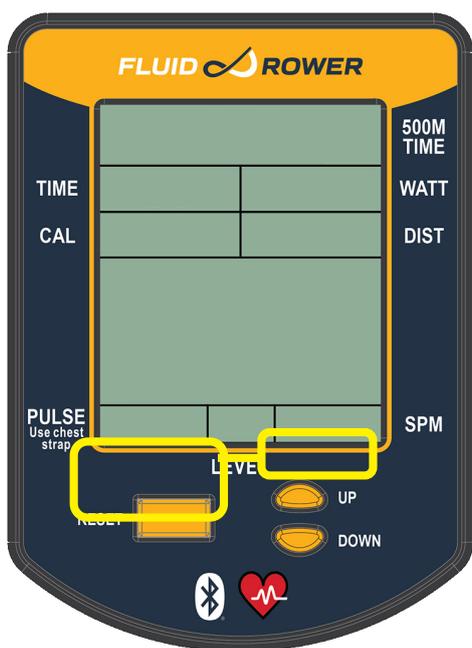
HOLD TO REST

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
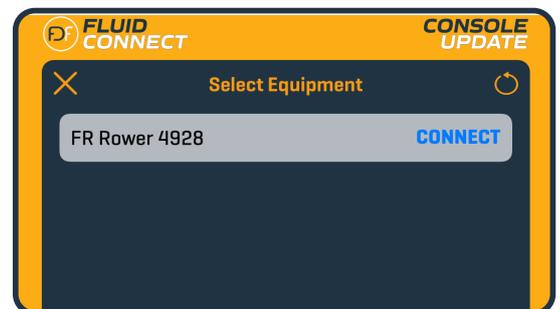
BLUETOOTH CONNECT SCREEN

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 **FDF 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
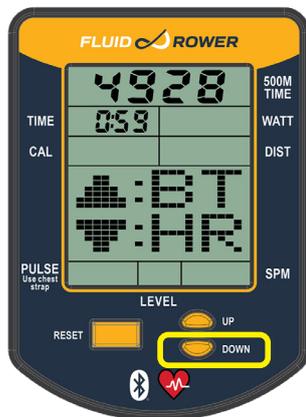
BLUETOOTH CONNECT SCREEN

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.

FDF HEART RATE HANDLE

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

Inbuilt Heart Rate Sensors

Inbuilt Heart Rate Sensors
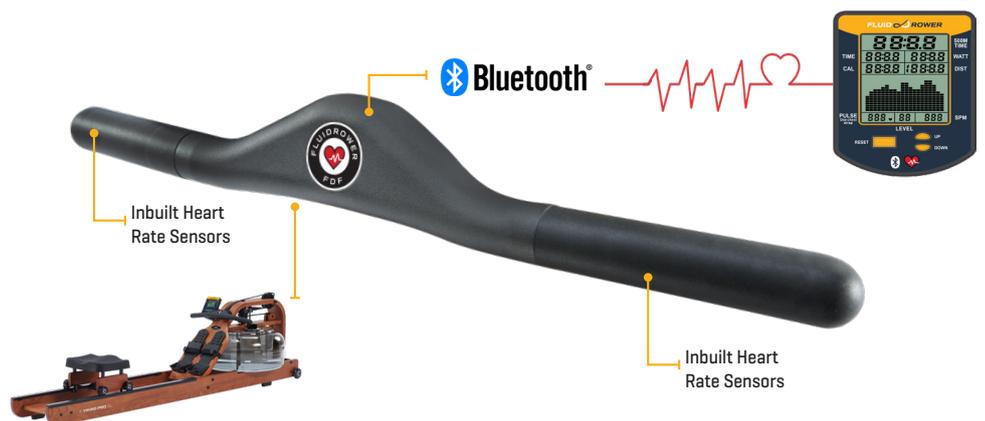
CONSOLE SUPPORT

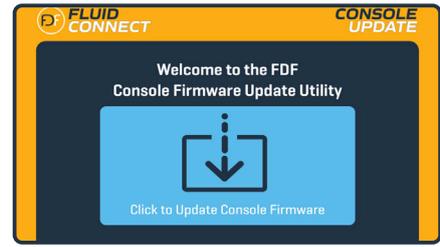## FDF FLUID CONNECT APP

Available on the App Store

Get it on Google play

Welcome to the FDF
Console Firmware Update Utility

Click to Update Console Firmware

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

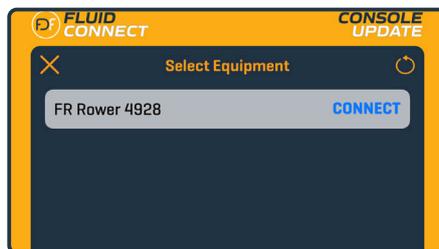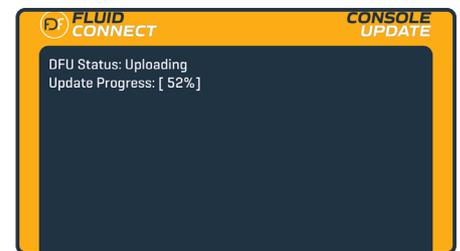## To update the Firmware simply follow the instructions provided by the App.

Welcome to the FDF
Console Firmware Update Utility

Click to Update Console Firmware

START

1. Turn on console by pressing any button.
2. Click **NEXT**
BACK

TURNING CONSOLE ON

3. Press both the UP & DOWN or WORK & REST buttons for 2 to 3 seconds.
4. Click **NEXT**
BACK

GETTING INTO OPTIONS

5. Press the UP or WORK buttons to select BT for Bluetooth Connect.
6. Click **NEXT**
BACK

SELECT BT OPTION

Select Equipment
FR Rower 4928   **CONNECT**

SELECT EQUIPMENT

DFU Status: Uploading
Update Progress: [52%]

DFU/FIRMWARE UPLOADING

DFU Status: Completed
Update Progress: [100%]
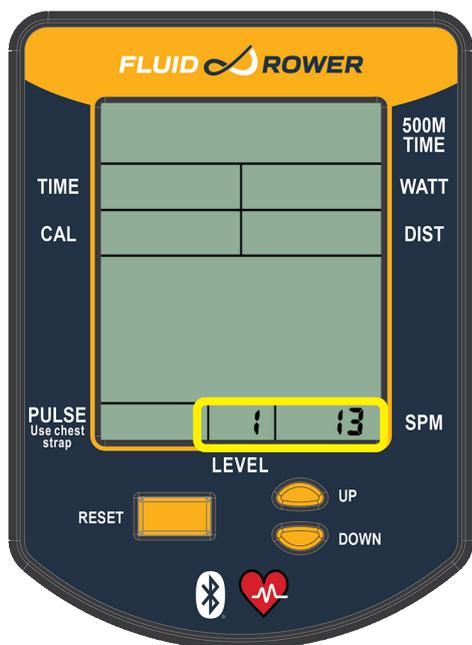
DONE
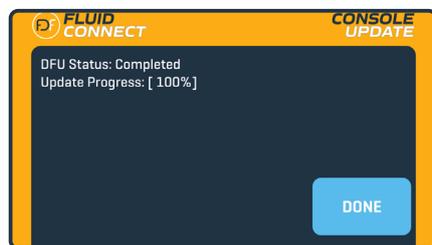
DFU/FIRMWARE COMPLETE

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FLUID RESISTANCE LEVEL CALIBRATION PROCEDURE

If needed the following procedure is to calibration the resistance level sensory.

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

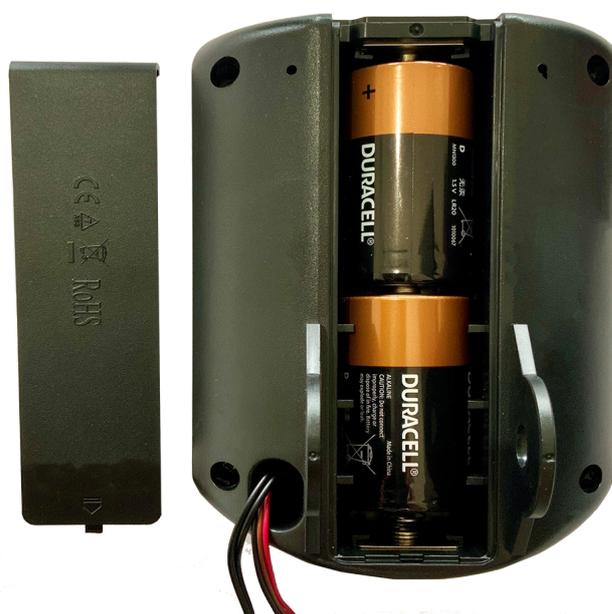**LEVEL 10 XL HORIZONTAL**

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

SLIDE UP

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 20 x 16 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		