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› Viking Pro Indoor Rower User Manual

First Degree Fitness VIKPRO_Ash Wood

Viking Pro Indoor Rower User Manual

Model: VIKPRO_Ash Wood

1. INTRODUCTION

Thank you for choosing the First Degree Fitness Viking Pro Indoor Rower. This manual provides essential information for the safe and effective use, assembly, operation, and maintenance of your new rowing machine. The Viking Pro is designed to offer a comprehensive, low-impact, total-body cardiovascular workout, utilizing a unique water resistance system for a smooth and natural rowing experience. Crafted from high-quality American Ash, this rower combines durability with elegant design, suitable for both home and commercial environments.

2. SAFETY INFORMATION

Before operating the Viking Pro Indoor Rower, please read and understand all safety instructions. Failure to follow these instructions may result in injury or damage to the equipment.

- Consult with a physician before starting any exercise program.
- Keep children and pets away from the equipment during operation.
- Ensure the rower is placed on a stable, level surface.
- Inspect the equipment for any loose or damaged parts before each use. Do not use if damaged.
- Wear appropriate athletic footwear and clothing.
- Do not overexert yourself. If you feel faint, dizzy, or experience pain, stop exercising immediately.
- Keep hands and feet clear of moving parts, especially the seat rollers and foot straps.
- The maximum user weight capacity for this rower is 330 pounds (150 kg).

3. SETUP AND ASSEMBLY

The Viking Pro Rower is designed for relatively straightforward assembly. Follow these steps to set up your rower.

3.1 Unpacking and Component Check

Carefully remove all components from the packaging. Verify that all parts are present according to the packing list (not provided in this manual, refer to your product's included documentation).

3.2 Assembly Steps

1. Attach the main rail assembly to the front frame, ensuring all bolts are securely tightened.
2. Install the seat onto the rail, ensuring it glides smoothly.
3. Connect the footplates and handle to their respective attachment points.
4. Fill the water tank: Use the provided funnel and pump to fill the water tank with clean tap water. Do not overfill. The water level indicates the resistance.
5. Insert 2 AA batteries into the monitor unit.



Figure 3.2.1: The First Degree Fitness Viking Pro Indoor Rower fully assembled. This image displays the rower's elegant wooden frame, the clear water tank at the front, the comfortable black seat on its rail, and the adjustable footplates with straps. The monitor is visible above the footplates.



Figure 3.2.2: A detailed view of the Viking Pro Rower's water tank and the integrated LCD monitor. The water tank, made of clear plastic, shows the internal impeller system responsible for water resistance. The monitor, positioned above the footplates, displays workout metrics.

4. OPERATING INSTRUCTIONS

The Viking Pro Rower offers an intuitive and effective workout.

4.1 Adjusting Resistance

The resistance on the Viking Pro is determined by the amount of water in the tank. To increase resistance, add more water. To decrease resistance, remove water. Use the adjustable dial on the water tank to fine-tune the resistance level during your workout.

4.2 Using the LCD Monitor

The integrated LCD monitor tracks your workout progress.

- **Time:** Duration of your current workout.
- **Distance:** Estimated distance covered.
- **500M Split Time:** Time taken to row 500 meters.

- **Strokes Per Minute (SPM):** Your current rowing cadence.
- **Calories Per Hour:** Estimated calories burned per hour at your current intensity.
- **Watts:** Power output generated during your workout.

Press the mode button (refer to monitor diagram in your product's quick start guide) to cycle through different display metrics.

4.3 Proper Rowing Technique

For an effective and safe workout, maintain proper form:

1. **Catch:** Sit tall, arms extended, shins vertical, shoulders relaxed.
2. **Drive:** Push off with your legs, then swing your back, and finally pull with your arms.
3. **Finish:** Lean back slightly, handle to your lower ribs, elbows past your body.
4. **Recovery:** Extend arms, then pivot forward from hips, then bend knees to slide forward.



Figure 4.3.1: A user demonstrating the proper form during the drive phase of a rowing stroke on the Viking Pro Rower. This image highlights the leg drive, back swing, and arm pull, showcasing the full body engagement required for effective rowing.

5. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your Viking Pro Rower.

- **Cleaning:** Wipe down the wooden frame and other surfaces with a damp cloth after each use. Avoid harsh chemicals that may damage the wood finish.
- **Water Tank:** Periodically check the water quality in the tank. If the water becomes cloudy or discolored, it may need to be replaced. Use water purification tablets (often supplied with the rower) to prevent algae growth.
- **Belt Drive:** Inspect the drive belt for any signs of wear or fraying. Ensure it is clean and free of debris. The belt drive is designed for smooth, clean, and quiet performance.
- **Seat Rollers:** Keep the seat rail and rollers clean to ensure smooth movement of the seat.
- **Footplates and Straps:** Check that footplates are secure and straps are not worn.

- **Battery Replacement:** Replace the monitor batteries (2 AA) when the display becomes dim or unresponsive.

6. TROUBLESHOOTING

If you encounter issues with your Viking Pro Rower, refer to the following common problems and solutions.

Problem	Possible Cause	Solution
Monitor not displaying.	Dead batteries; loose battery connection.	Replace AA batteries; ensure batteries are correctly inserted.
Resistance feels inconsistent or too low.	Insufficient water in tank; air bubbles in tank.	Add more water to the tank; allow air bubbles to dissipate.
Squeaking or grinding noise from seat.	Dirty seat rail or rollers.	Clean the seat rail and rollers thoroughly.
Rower feels unstable.	Not on a level surface; loose frame connections.	Move to a level surface; check and tighten all assembly bolts.

7. SPECIFICATIONS

Key specifications for the First Degree Fitness Viking Pro Indoor Rower:

- **Model Name:** Viking Pro
- **Product Dimensions (L x W x H):** 84" x 22" x 21" (213.4 cm x 55.9 cm x 53.3 cm)
- **Upright Dimensions (Storage):** 22" x 21" (55.9 cm x 53.3 cm)
- **Rower Weight:** Approximately 48.5 Pounds (22 kg)
- **Maximum User Weight Capacity:** 330 Pounds (150 kg)
- **Resistance Mechanism:** Water
- **Frame Material:** American Ash Wood
- **Monitor:** LCD Display (Time, Distance, 500M Split Time, Strokes Per Minute, Calories Per Hour, Watts)
- **Power Source (Monitor):** 2 AA batteries (included)
- **Special Features:** Adjustable fluid resistance, textured seat, active recoil system, height adjustable footplates with straps, transport wheels.

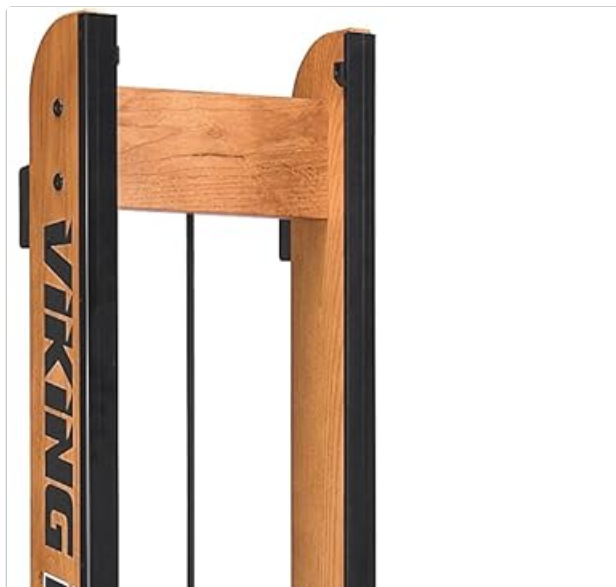




Figure 7.1: The Viking Pro Rower shown in its upright storage position. This demonstrates the rower's ability to be stored compactly against a wall or in a closet, utilizing its transport wheels for easy movement.

8. WARRANTY AND SUPPORT

First Degree Fitness provides a manufacturer's warranty for the Viking Pro Indoor Rower. Specific warranty terms and

conditions, including duration and coverage details, are typically provided with your product documentation at the time of purchase. Please retain your proof of purchase for warranty claims.

For technical support, parts replacement, or warranty inquiries, please contact First Degree Fitness customer service.

Contact information can usually be found on the manufacturer's official website or in the documentation included with your rower.

Note: Extended protection plans may be available from third-party providers. These plans are separate from the manufacturer's warranty.

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This manual is for informational purposes only. Product specifications are subject to change without notice.