

Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

manuals.plus /

- › [First Degree Fitness](#) /
- › [E920 Full Commercial Evolution Series E-920 Medical UBE Rehab User Manual](#)

First Degree Fitness E-920

E920 Full Commercial Evolution Series Medical UBE Rehab

Model: E-920

Brand: First Degree Fitness

INTRODUCTION

The First Degree Fitness E920 Upper Body Ergometer is a versatile and robust fitness machine designed for commercial and rehabilitation environments. It offers adaptability for seated, standing, or wheelchair access, making it suitable for a wide range of users, including those undergoing medical rehabilitation.

Key features of the E920 include:

- 20 levels of patented Adjustable Resistance.
- Operates in both forward and reverse directions for complete muscle engagement.
- Interactive Performance Monitor (IPM) with USB port.
- Contoured 'soft-touch' seat with lumbar support.
- Access ramps are coated with durable non-slip material.

SETUP AND ASSEMBLY

Upon receiving your E920, ensure all components are present. Assembly typically involves attaching the main frame, seat, and handle mechanisms. Refer to the included assembly guide for detailed, step-by-step instructions.

Placement: Position the E920 on a flat, stable surface. The unit features access ramps coated with durable non-slip material and a sturdy operating platform, suitable for various wheelchair designs. Ensure adequate space around the machine for safe operation and access.



Image: The First Degree Fitness E920 Upper Body Ergometer, showcasing its robust design, adjustable seat, water resistance tank, and integrated ramps for wheelchair accessibility. The machine is designed for full commercial and medical rehabilitation use.

OPERATING INSTRUCTIONS

Resistance Adjustment

The E920 features 20 levels of patented adjustable fluid resistance. To change the resistance level, locate the yellow adjustment knob on the water tank. Turn the knob to increase or decrease the resistance as desired. Higher numbers indicate greater resistance.

Operation Direction

The machine operates in both forward and reverse directions, allowing for comprehensive muscle engagement. Simply rotate the handles in your preferred direction to begin your workout.

Interactive Performance Monitor (IPM)

The IPM displays key workout metrics including time, speed, distance, stroke rate, calories per hour, watts, and level. It also features a built-in heart rate receiver. The IPM supports quick start, manual programs, interval training, and has a USB port for interactive programming. Consult the IPM specific manual for detailed operation of programs and connectivity.

Seat and Handle Adjustments

- **Seat Adjustment:** The gas-assisted multi-height adjustment arm allows for seated or standing operation. The seat unit is removable to facilitate wheelchair access. It also offers 4-position horizontal adjustment and features a contoured 'soft-touch' seat with lumbar support for comfort.
- **Handle Adjustment:** The handle angle is adjustable, and the grips are self-leveling to reduce strain on wrists and forearms, allowing for full pronation or supination. The crank arms have a variable length adjustment from 12 to 24cm (5-10 inches), which is ideal for medical and rehabilitation applications. The system quickly converts from an opposed hand position to parallel hand movement.

MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your E920. Always disconnect the power source before performing any maintenance.

- **Cleaning:** Wipe down the machine regularly with a damp cloth and mild detergent. Avoid abrasive cleaners or solvents.
- **Water Tank:** Periodically check the water level in the tank. If necessary, add distilled water. Do not use tap water.
- **Moving Parts:** Inspect all moving parts, bolts, and connections regularly for tightness and wear. Tighten any loose fasteners.
- **Ramps and Platform:** Keep the access ramps and operating platform clean and free of debris to maintain their non-slip properties.

TROUBLESHOOTING

This section addresses common issues you might encounter with your E920. For problems not listed here, please contact customer support.

- **No Display on IPM:** Ensure the power source is connected and the unit is turned on. Check for any loose cable connections to the monitor.
- **Resistance Feels Inconsistent:** Verify the water level in the tank. Ensure the resistance adjustment knob is securely set to your desired level.
- **Unusual Noises:** Inspect all moving parts for any obstructions or loose components. Lubricate as per the detailed maintenance guide if specified.

SPECIFICATIONS

Feature	Detail
Brand	First Degree Fitness
Model Name	E-920
Resistance Mechanism	Water (20 levels adjustable)
Maximum Weight Recommendation	330 Pounds
Metrics Measured	Distance, Heart Rate, Speed, Time, Stroke Rate, Calories per Hour, Watts
Item Weight	292 Pounds
Power Source	Corded Electric
Display Type	LCD (Interactive Performance Monitor)
Item Dimensions (LxWxH)	46 x 30 x 31 inches
UPC	030043374196

WARRANTY AND SUPPORT

First Degree Fitness products are built to high standards. For specific warranty details, please refer to the warranty card included with your product or visit the official First Degree Fitness website. Keep your proof of purchase for warranty claims.

For technical support, parts, or service inquiries, please contact First Degree Fitness customer service. Contact information can typically be found on their official website or in the product packaging.

© 2024 First Degree Fitness. All rights reserved.

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