



FDF E685 Arm Cycle Fluid Exercise User Guide

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FDF

**E685 Arm Cycle Fluid Exercise
User Guide**



REGISTER YOUR PRODUCT AT WWW.FIRSTDEGREEFITNESS.COM/SUPPORT

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Introduction

WELCOME TO YOUR E685

Congratulations on your purchase E685 is constructed for high-intensity, powerful workouts. The unit step on

design, small footprint, and wide foot plates provide instant access and total stability as power is transmitted from the ground up.

Perfect for circuit training as well as CrossFit, E685 offers a bulletproof platform to achieve an entire body workout allowing integrated movement of the user's core and upper body. Its bi-directional function offers a huge advantage for rehabilitation purposes, enabling reciprocal muscle group balance and support of major joints.

Whether you are a veteran, athlete, or somewhere in between, E685 is designed to target strength, endurance, intensity, agility, stability, flexibility, and balance through each workout. 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 If you are making a warranty claim, please contact your local FDF Dealer In the first instance.

Safety

All users should read the operating instructions contained within this manual and understand how to use the E685 before use. 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 an 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 the physician recommended a 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, and chains for signs of wear and tear. Should defective components be identified, replace and/or keep the unit out of use until it is repaired.
4. Wear comfortable clothing that allows freedom of movement and shoes with non-slip soles.
5. The E685 is not suitable for therapeutic purposes. Perform exercises with the correct technique and consult a personal trainer for guidance if unsure.
6. Do not remove hands from the handles while the crank is in motion. The crank will continue to rotate and could cause injury.
7. For maximum stability always assemble and operate your E685 on a stable, flat surface.
8. For your safety always ensure your E685 has adequate space around it. The free area should be no less than 600mm on either side of the unit's access points. This must also include the area for an emergency dismount.
NOTE: Where equipment is placed adjacent to each other, the free area may be shared.
9. Keep fingers clear of pivot points during both assembly and use as indicated by the warning decals on the main frame.
10. Do not leave children alone to operate the machine.
11. Use only the adjustment settings as described in the instructions.
12. Never leave any adjustment devices projecting from the unit.
13. **WARNING:** Injuries to health may result from incorrect or excessive training.

Assembly

Product Specifications

Product Class: SC

Note: Class SC crank training equipment is not suitable for high accuracy purposes

Braking System: Speed Independent

Product Net Weight: 78.12kg (172.23lb)

Product Gross Weight: 96.76kg (213.32lb)

Maximum Safe Operating Surface Area: 2690mm (105.91") Length x 2010mm (79.13")

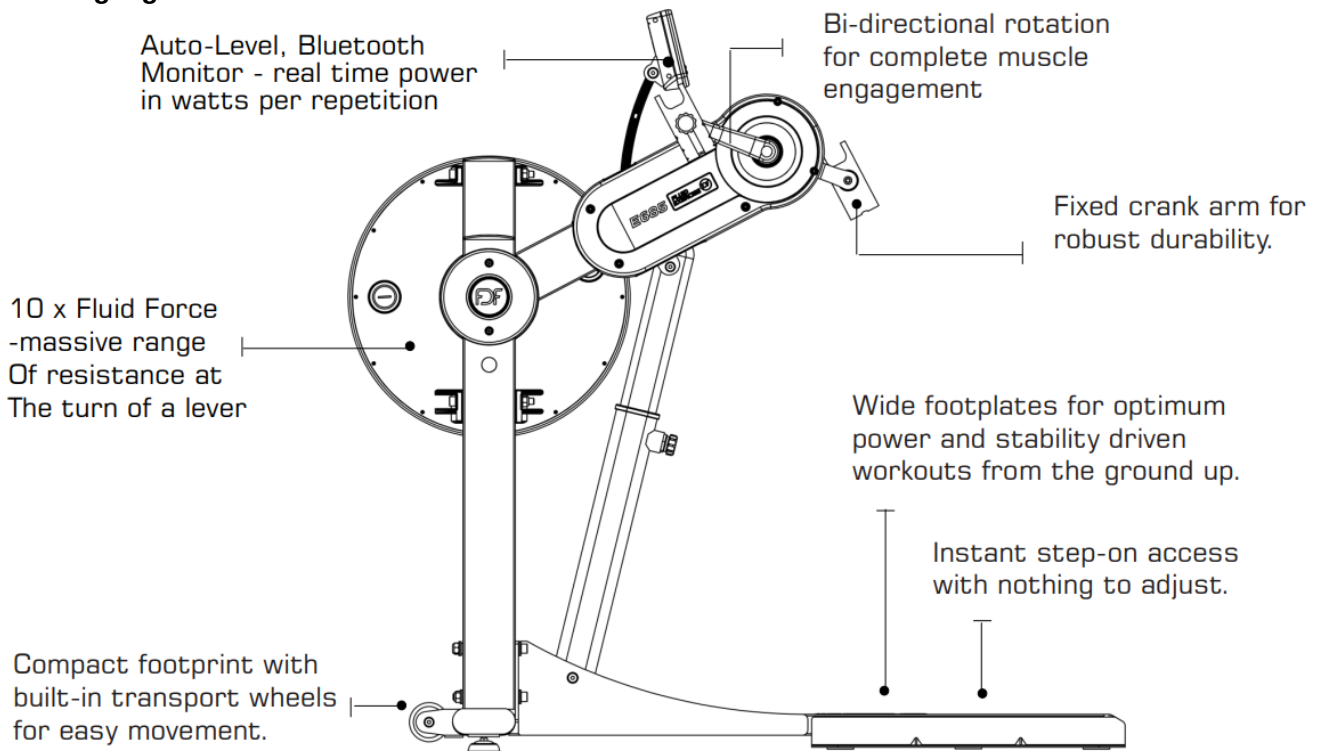
Width Dimensions: 1490mm (58.66") Length x 810mm (31.89") Width x 1242mm (48.8") Height

Maximum User Weight: 150kg (330lb)

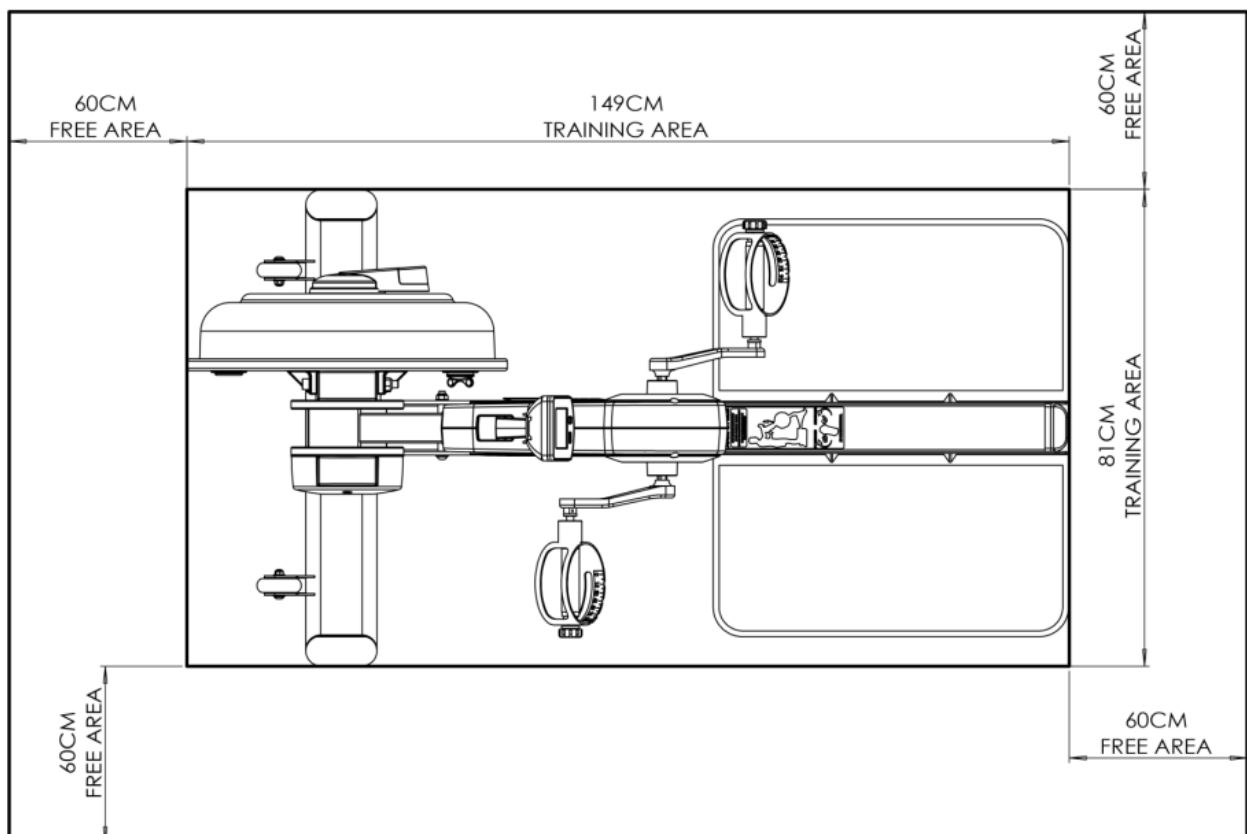
Footprint: 1940mm x 1490mm or upright 1490mm x 810mm

For indoor use

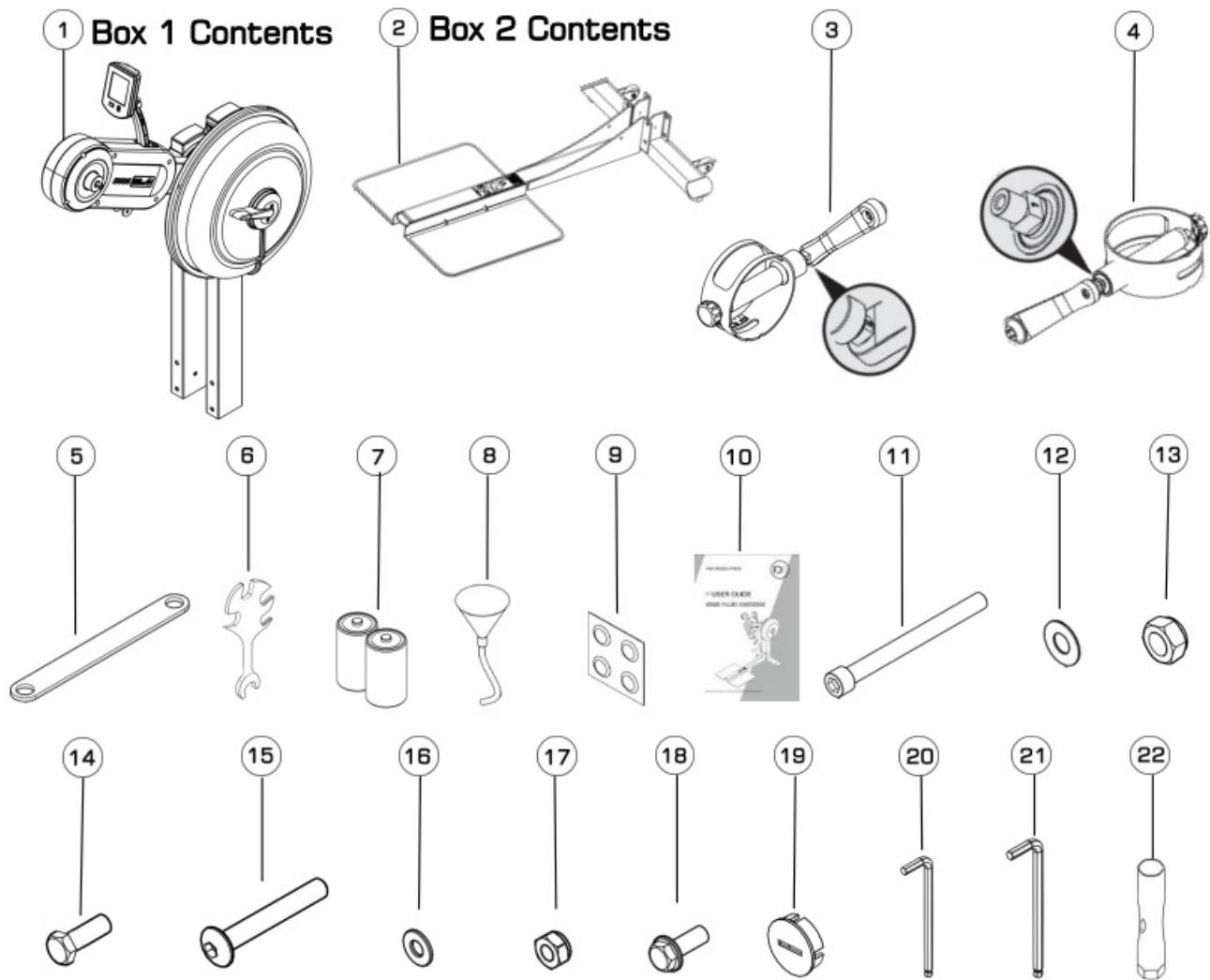
Product Highlights



Live area and Training area



E685 Box 1 & 2 Contents



Item	Oty	Description Upper Main	Item	Oty	Description
1	1	Frame	6	1	Multi-Wrench
2	1	Lower Main Frame	7	2	D Cell Batteries
3	1	Right Handle	6	1	Funnel and Hose
4	1	Left Handle	9	1	Water Treatment Tablets
5	1	Shipping Plate	10	1	Assembly Instructions
Hardware KIT					
11	2	M12 x 130mm Bolt	17	1	MB Nyloc Nut
12	8	M12 Washer	18	2	M8 x 20mm French Screw
13	2	M 12 Nyloc Nut	19	2	Crank Cap
14	2	M8 x 15mm Bolt	20	1	6mm Allen Key
15	1	M8 x 55 Bolt	21	1	10mm Allen Key
16	5	M8 Washer	22	1	Crank Tool

Assembly Instructions

ATTACH THE LOWER FRAME TO THE UPPER FRAME

REQUIRED

Multi-Wrench[6]

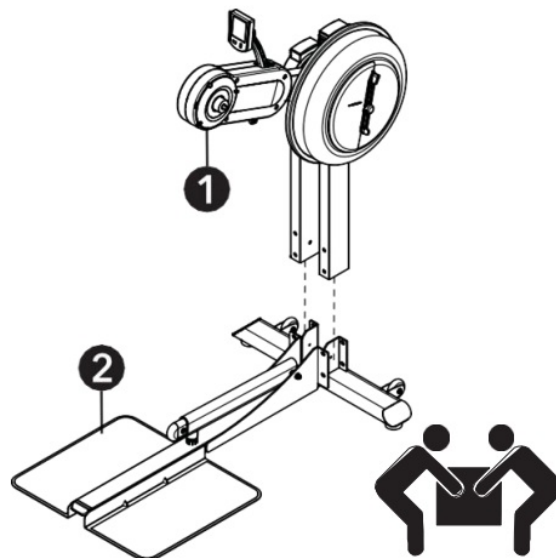
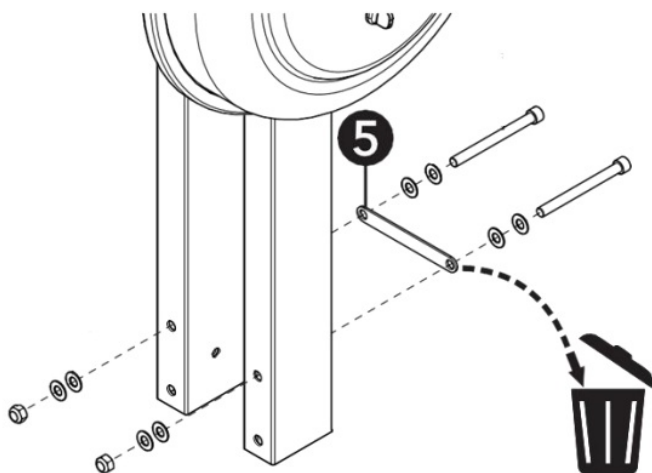
2xM12x130mm Bolts [11]

8xM12 Washers [12]

2xM12 Nyloc Nuts[13]

10mm Hex Key[21]

- a) Loosen the M12 Bolts[11], washers[12] and nuts[13], Discard the shipping plate[5].
- b) Place the Lower Frame [2] on a flat surface.
- c) Lift the Upper Frame[1] carefully and insert it slowly into the Lower Frame"s [2] Bracket.



STEP 2 SECURE UPPER AND LOWER FRAME REQUIRED

Multi-Wrench[6]

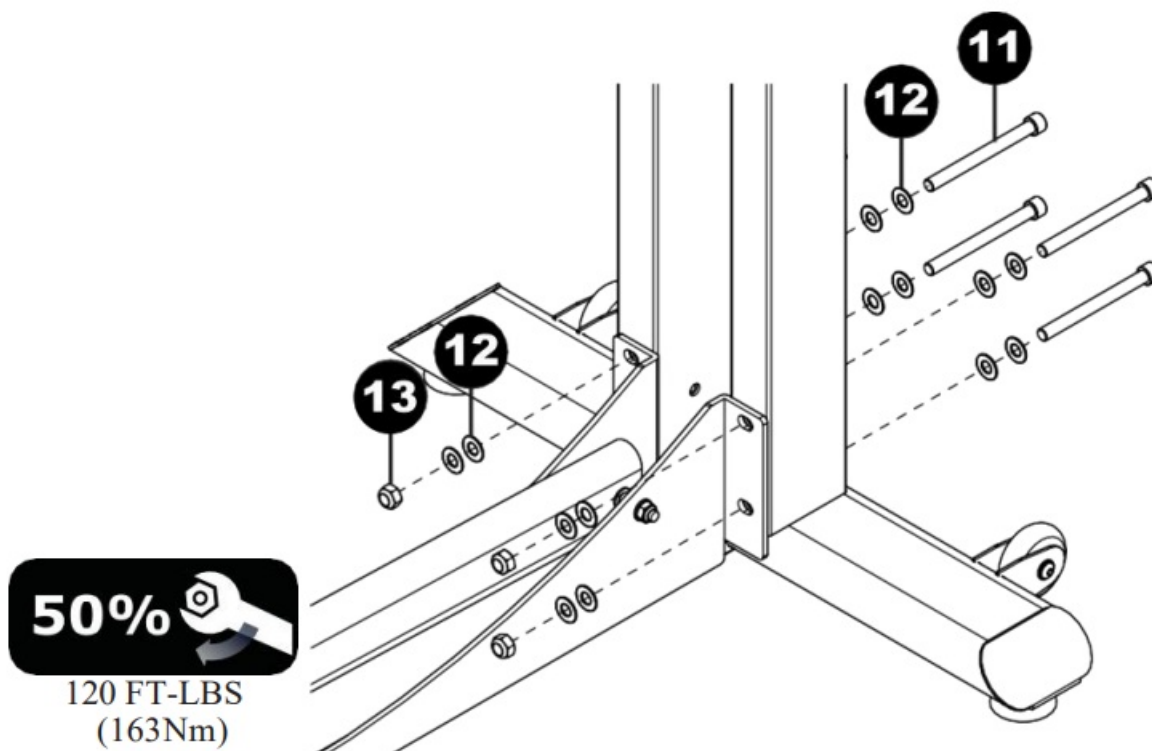
4xM12x130mm Bolts [11]

8xM12 Washers [12]

4xM12 Nyloc Nuts[13]

10mm Hex Key [21]

- a) Secure the Upper Frame to the Lower Frame using the 4xM12x130mm Bolt [11], 8xM12 Washers[12] and M12 Nyloc Nuts [13]. (Do not tighten at this step)



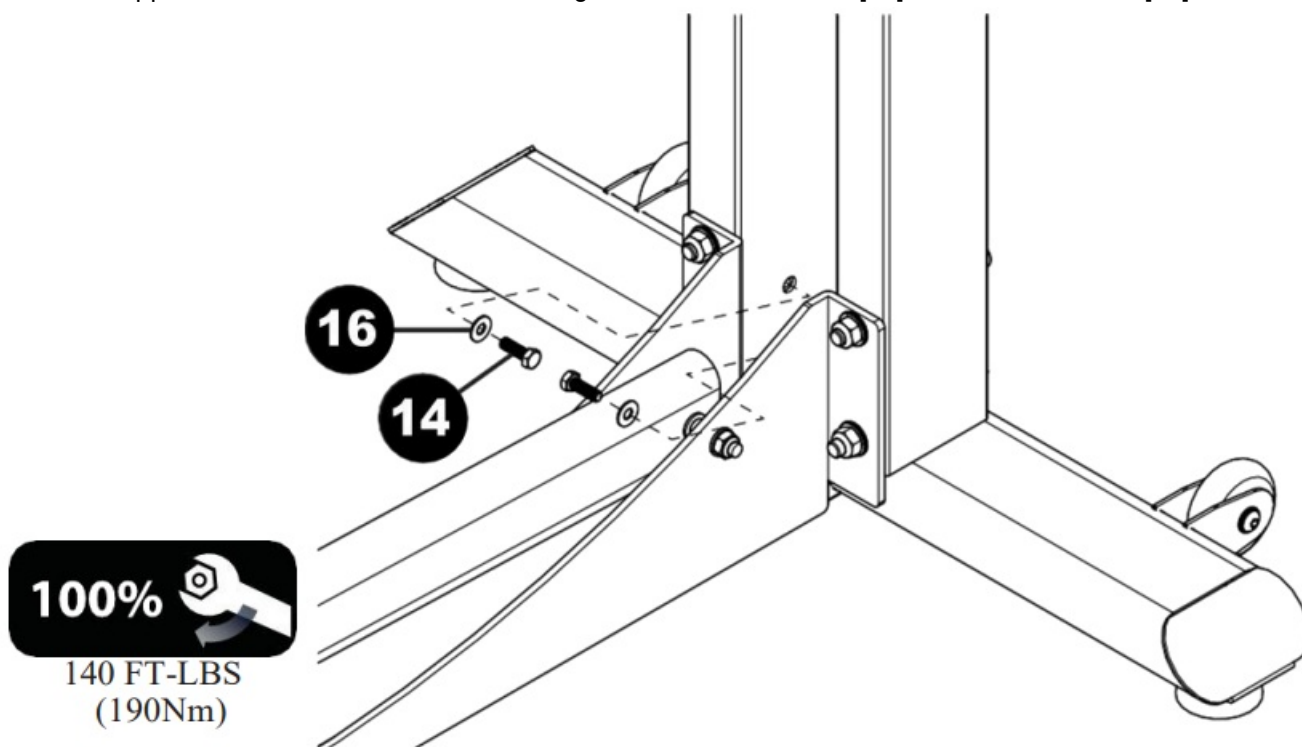
STEP 3 SECURE UPPER AND LOWER FRAME REQUIRED

Multi-Wrench[6]

2xM8x15mm Bolts [14]

2xM8 Washers [16]

Secure the Upper Frame to the Lower Frame using the 2xM8x15mm Bolt [14] and 2xM8 Washers[16].



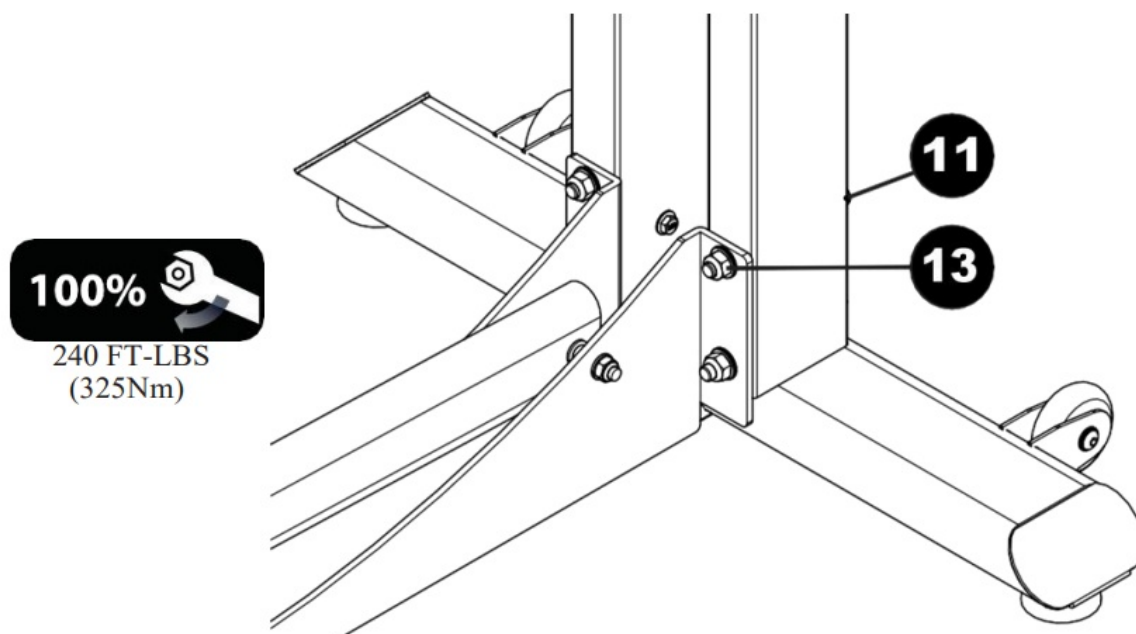
STEP 4 SECURE UPPER AND LOWER FRAME

REQUIRED

Multi-Wrench[6]

10mm Hex Key[21]

Tightening the 4xM12x130mm [11] and M12 Nuloc Nut [13] with the 10mm Hex Key[21] and Multi-Wrench[6]



STEP 5 Attach Telescoping Tube to the Control Arm

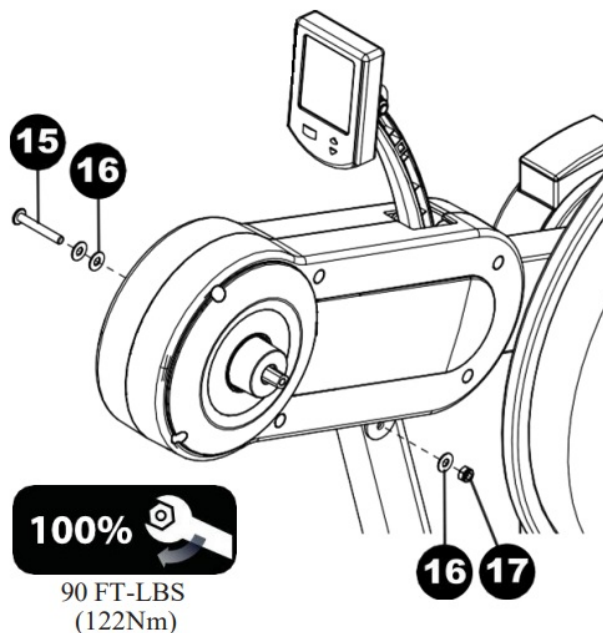
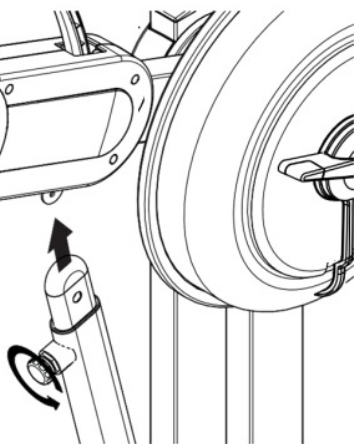
REQUIRED

Multi-Wrench[6] M8x55 Bolt[15] 3 x M8 Washers [16] M8 Nyloc Nut [17] 6mm Allen Key [20]

a) Attach the Telescoping Tube to the control arm and secure with M8x55mm Bolts[15], 3x M8 Spring Washers[16] and M8 Nyloc Nut[17].



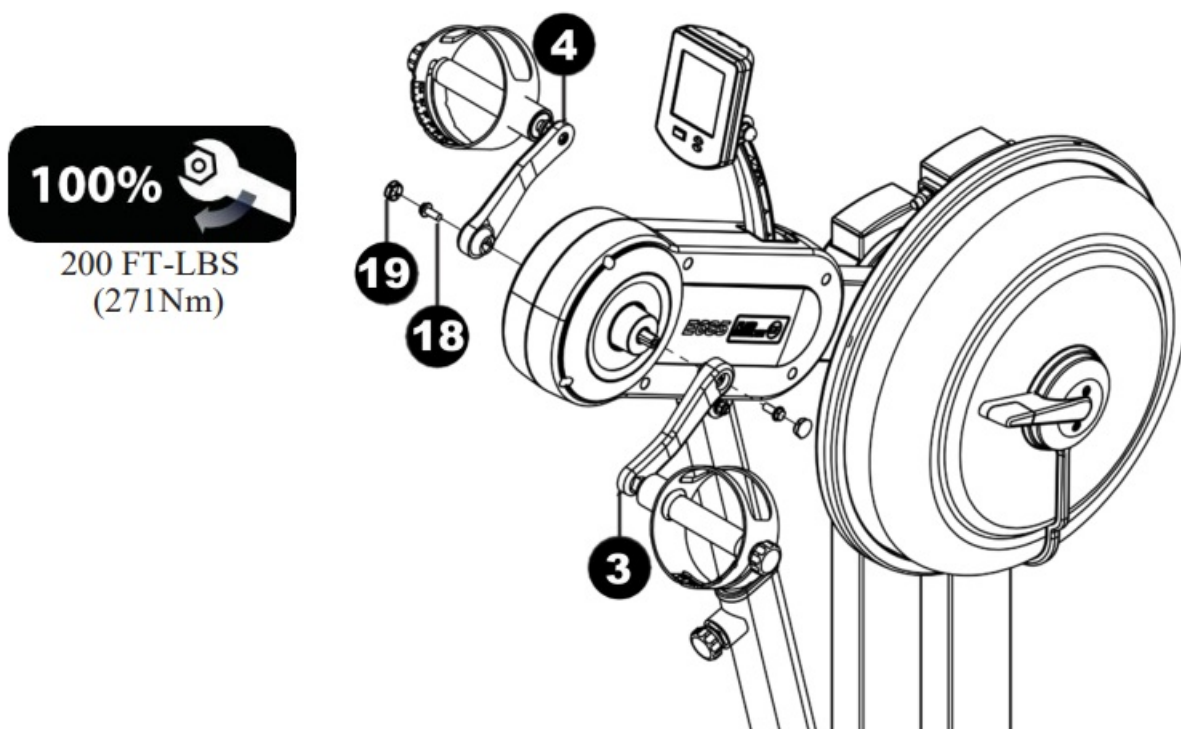
USE CAUTION
WHEN RELEASING
GAS-SPRING KNOB



STEP 5 REQUIRED

- 1 x Right Handle Kit [3]
- 1 x Left Handle Kit [4]
- 2 x M8x20 Screw [18]
- 6mm Allen Key [20]
- Crank Tool [22]

- a) Identify the Right and Left Handle Shafts. There is a „R“ or „L“ marked on each handle shaft. NOTE: Improper installation will result in uneven handle adjustment.
- b) Secure the M8x20 French Screw[18] onto the handle on each side using the 6mm Allen Key [20] and Crank Tool [22]



NOTE: Handle threads have a blue coating which will feel very tight when threaded onto the crank arm. This is a type of thread locker, which once in contact with the crank arm will cause threads to activate. **Note:** Allow 15 minutes for the thread locker to activate before first-time use. Check pedal tightness periodically thereafter with a 15mm wrench. DO NOT USE IT IF NOT TIGHT.

CAUTION! EXTREME OVER-TIGHTENING COULD DAMAGE THE ALUMINIUM THREADS ON THE CRANK

ARM.

Operation Instructions

Tank Filling and Water Treatment

REQUIRED

Funnel and Hose[8]



CAUTION

Use a drop cloth under the tank when filling to avoid damaging to floor or carpet. Do not fill past the calibration mark as indicated on the tank level sticker or water spillage may occur.



NOTE

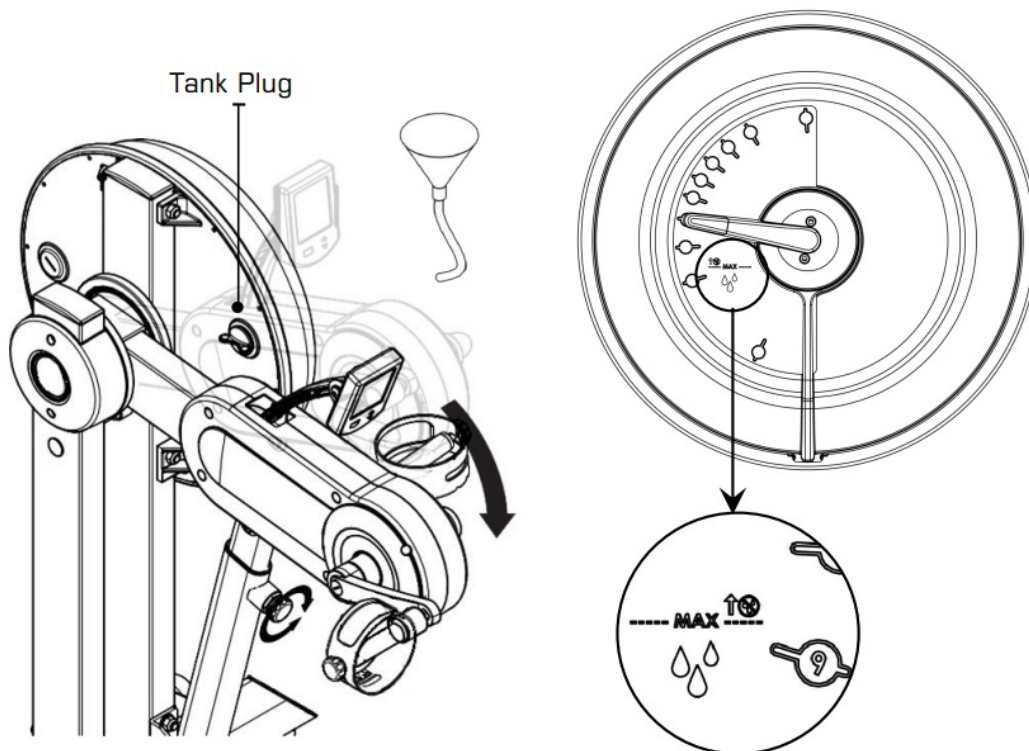
In areas where tap water quality is known to be poor, FDF recommends the use of distilled water.



WARNING

Impeller blades are sharp! Do not Place fingers in the tank to adjust the impeller position. It is recommended to use the end of the hose should the impeller require adjustment

- a) Filling requires a large bucket (not supplied) and the supplied water Funnel and Hose[8]. A filling will take approximately 8 liters of water.
- b) Open the Tank Plug on the back of the tank and insert the hose (rotating the impeller slightly may be necessary to allow the hose to pass). In areas where tap water quality is known to be poor, F D F recommends the use of distilled water.
- c) Move the tank adjuster handle to level 10 and begin filling. Do not fill the tank higher than the level indicator on the front of the clear shell.
- d) Once filling is complete follow the Water Treatment schedule below.



NOTE: For simple, fast and efficient filling and/or drainage of the Fluid Tank, we have a battery-operated pump (rechargeable via USB) available as an option. We recommend this to any commercial facility, with multiple units, that has a need to drain and refill Tanks from time to time. To purchase, contact your nearest First Degree Fitness distributor or go to our website on www.firstdegreefitness.com for details.

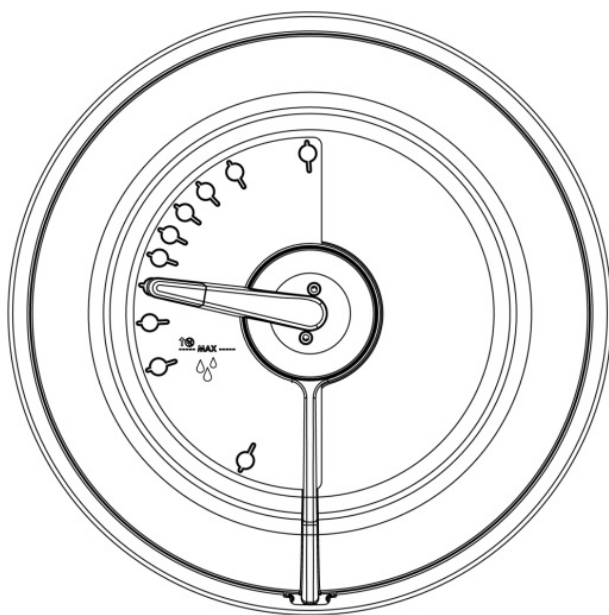
INITIAL WATER TREATMENT

Add One 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 4xWater Treatment Tablets, which is sufficient for several years of use.

To purchase additional Water Treatment Tablets, please consult your nearest regional dealer/distributor or check our website at www.firstdegreefitness.com

CHANGING RESISTANCE LEVEL

Changing resistance on your E685 is simple. The level of resistance is determined by the level indicator located on the side of the tank. Level one indicates the lightest resistance, level ten represents the heaviest resistance. The tank variable fluid resistance technology ensures an instant catch and constant resistance throughout the pedaling.



START CRANKING

- Stand on the footplates with feet shoulder width apart (feet, hips and shoulders should be square to the machine).
- Grip ergonomic handles comfortably and commence rotating the cranks forward or backward.
- Stand close enough so that when either arm is at its furthest point away from you, your arm is comfortably extended and your shoulders are still square.
- If you are seeking a „ full body workout, try applying pressure from your hips and feet to engage a fully integrated crank.
- To stop the crank action, gradually slow motion and apply tension in the opposite direction.

LONG-TERM WATER TREATMENT

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

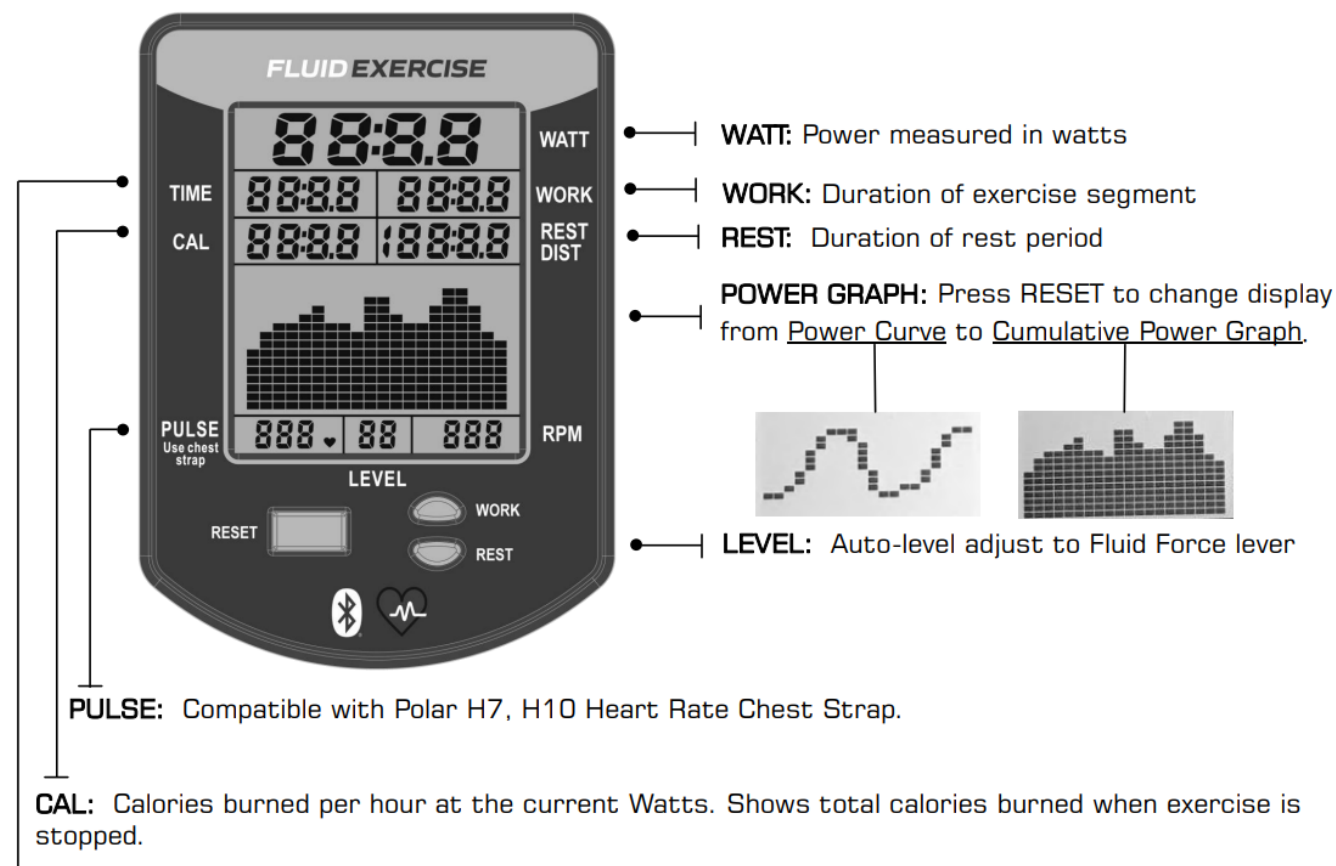
The amount of time between water treatments can vary greatly depending on the location and exposure of your unit to sunlight. Typically you can expect to treat your tank water every 12-24 months. If the water becomes discolored or shows signs of algae / bacterial growth simply add one Water Treatment Tablet.

Bluetooth Auto-Adjust Monitor

Auto Start: Commence exercise to activate.

Reset all values: Press and hold the RESET button for 3 seconds.

Auto Power Down: Over 5 minutes. All values revert to zero after restart.



TIME: Auto start elapsed time.

WATT: Measures peak power in watts, calculating the strength and acceleration provided to accurately measure a user's power.

TRAINING DATA: Data gathered from each workout is displayed in a power curve and cumulative power graph, enabling real-time comparisons for effective progressive training.

AUTO ADJUST LEVEL: Built-in potentiometer automatically adjusts the Monitor's resistance level according to the position of the Fluid Force Lever on the tank.

BLUETOOTH CONNECTIVITY: Each unit is fitted with the most advanced Monitor technology, enabling Bluetooth connectivity with any compatible smart device. The Monitor will assist with effective training progression, capturing and comparing data for the competitive individual. It is compatible with 3rd party APP and Software Updates via Bluetooth.

NOTE: Heart Rate Chest Strap is sold separately.

BATTERY WARNING: To prevent batteries from leaking, remove them from the console if you plan on not using the equipment for more than 30 days.



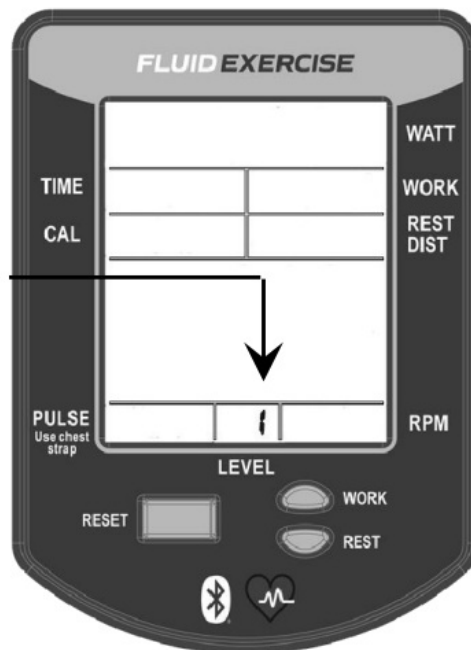
WARNING:

Heart rate monitoring systems may be inaccurate, Over exercising may result in serious injury or death. If you feel faint stop exercising immediately and seek professional medical advice.

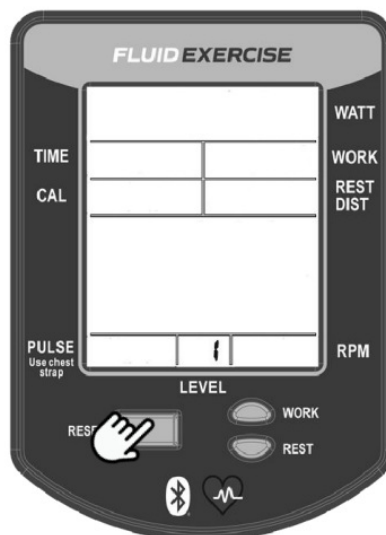
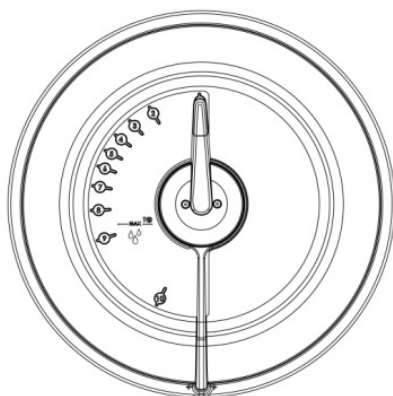
Calibration Procedure

STEP 1 Press and hold RESET and REST for 5 seconds.

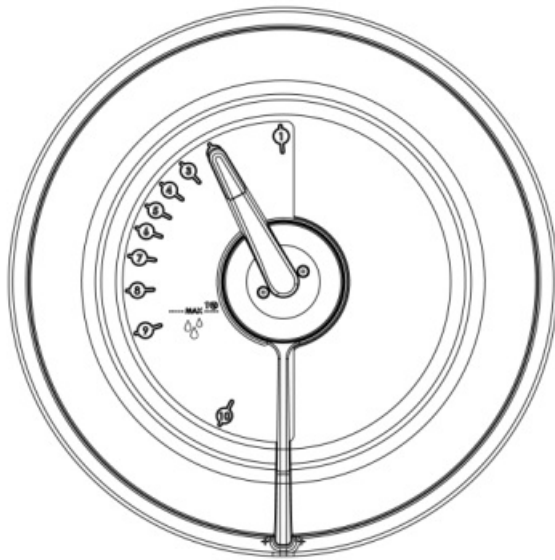
The display will show "Level 1"



STEP 2 Turn the handle to Level 1.
Press Reset.
The display will now show Level 2.
Level 1 Calibration is complete.



STEP 3 Turn the handle to Level 2.
Press Reset. The display will now show Level 3.
Level 2 Calibration is complete.



STEP 4 Repeat for 3,4,5,6,7,8,9,10. Level 10 Press Reset.
Repeat the steps back to level 1. Calibration is complete.

Maintenance & Troubleshooting

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

Problem	Solution
Water changer color or becomes cloudy.	Change Rower location to reduce direct exposure to sunlight. Add Water Treatment or change tank water as directed in the Water Treatment section of this manual. Consider using distilled water to refill tank.
I want to drain the Fluid Tank on my E685.	It is recommended to take your unit outdoors, open the Fill Plug, and lay unit on its back to facilitate draining process. For simple, fast and efficient filling and/or drainage of the Fluid Tank, we have a battery operated pump (rechargeable via USB) available as an option. We recommend this to any commercial facility, with multiple units, that has a need to drain and refill Tanks from time to time. To purchase, contact your nearest First Degree Fitness distributor or go to our website on www.firstdegreefitness.com for details.
The Monitor display is erratic and illuminates, but does not register with movement.	It is possible that there is a loose connection. Check that the Monitor lead is connected properly to the unit. If connected properly check sensor gap. Contact your local dealer if this fails to address the problem.
The Monitor does not illuminate after battery installation.	Replace/reinstall Batteries in correct position and try again. If the LCD screen fails to illuminate, try rotating the batteries slightly in the Monitor. If this fails, contact your local service center.
The Bluetooth Auto-Adjust Monitor LEVEL is not synchronized with the tank LEVEL	Bluetooth Auto-Adjust Monitor LEVEL needs to be recalibrated. Please refer to "Calibration Procedure" on page 14 of this manual.

To ensure maximum lifespan and optimal performance follow these steps:

1. Keep your E685 in a dry, clean climate controlled environment at room temperature.
2. Only treat water with FDF genuine Water Treatment Tablets. Refer to , the water treatment section on page 11.
3. Periodically clean your machine with disinfectant, applied using a lint-free cloth.
4. Wipe dust off the machine.
5. For information on how to service your machine visit firstdegreefitness.com/support

International Warranty

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 E685 Fluid Exercise (model E685), purchased from an authorized 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 5 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 5 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

Hand grip assemblies
All rubber components
Monitor & speed Sensor (excluding replaceable batteries)
All drive belts & chains
Crank arms
All pulleys, rollers & bearings

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 labor cost associated with a warranty claim

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
- The 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
- The manufacturer's warranty automatically commences upon sale of the product to the end user or upon the

expiration of one (1) year from the month of manufacture, whichever occurs first

CONTACT US

For customer support please visit firstdegreefitness.com/support

TAIWAN


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Taiwan R.O.C.

Documents / Resources

	<p>FDF E685 Arm Cycle Fluid Exercise [pdf] User Guide E685, Arm Cycle, Cycle, Arm Cycle Fluid Exercise, E685 Arm Cycle Fluid Exercise, Cycle Fluid Exercise, Fluid Exercise, Exercise</p>
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References

-  [Product Support | Fluid Resistance Help Centre - FDF Fluid Resistance](#)
-  [FDF Fluid Resistance](#)
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