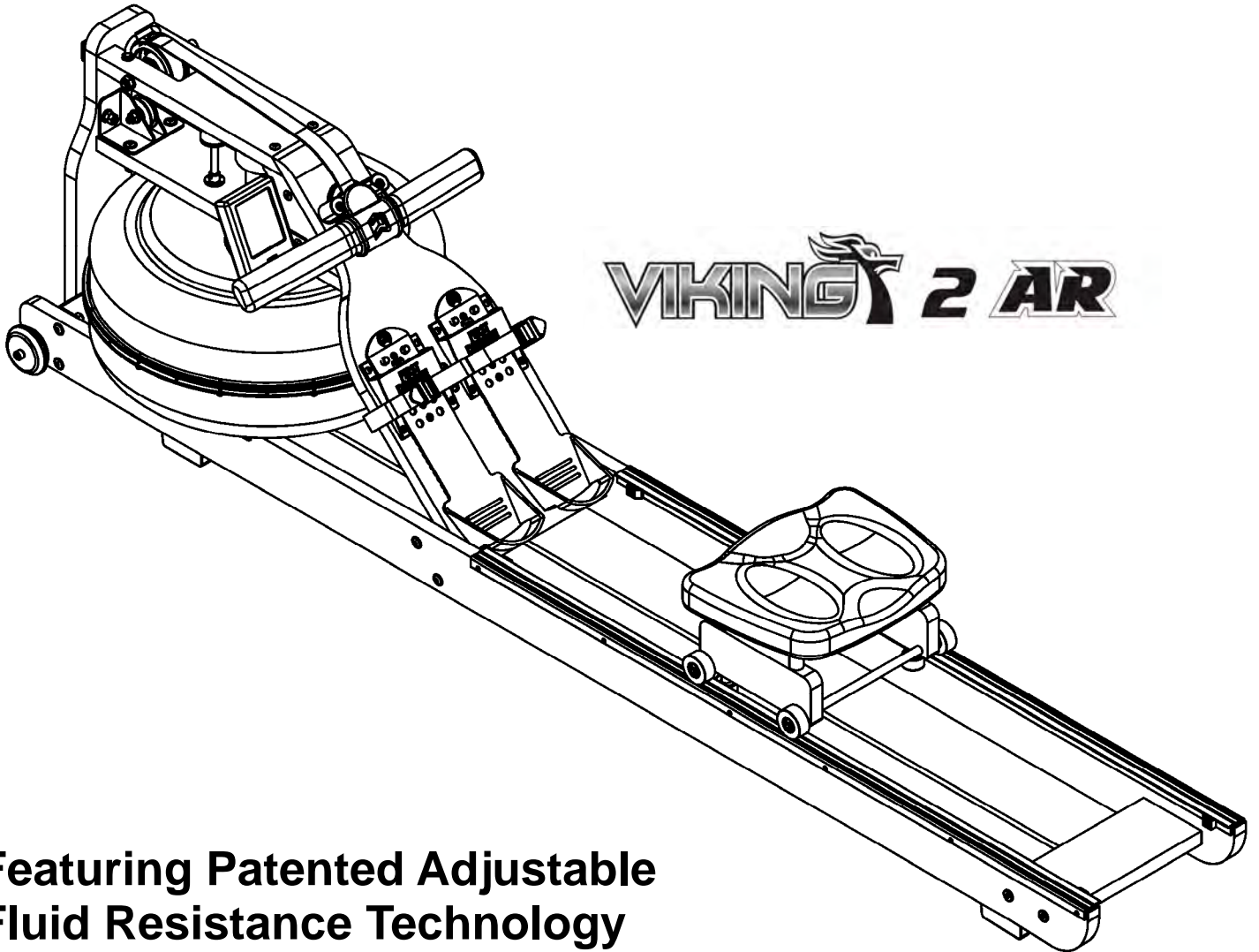


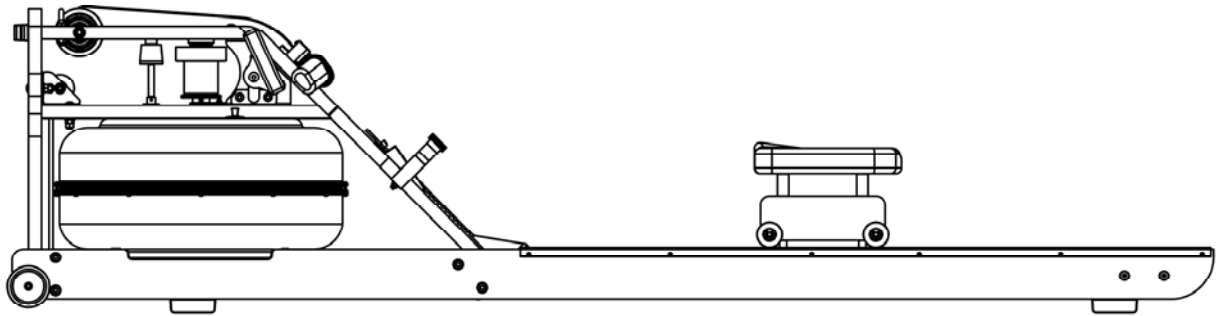
Owners Manual



**Featuring Patented Adjustable
Fluid Resistance Technology**



VIKING 2 AR



Congratulations on your purchase of the Viking 2 AR Rower. First Degree Fitness is proud to present the Viking 2 AR Rower as part of our exclusive range of commercial and home use products featuring patented Adjustable Resistance.

Our solid wood frames incorporate only the highest quality American Ash which is collected using the latest technology in sustainable harvesting from renewable plantations.

Note that slight variations of colour are normal and part of Mother nature's artistry. The wood grain patterns and subtle hues of each Viking 2 AR Rower makes every unit highly individual and designed to compliment any environment.

Follow all instructions carefully for correct assembly, tank filling, water treatment, service and safety.

Access to our world-wide distributor and service network is available at www.firstdegreefitness.com

Check contents of Box 1 and 2 to assure all parts are present and correct prior to assembly.

Training with the Viking 2 AR Rower

1. As with any piece of fitness equipment, consult a physician before beginning your Viking AR Rower exercise program.
2. Follow instructions provided in this manual for correct foot position and basic rowing techniques.

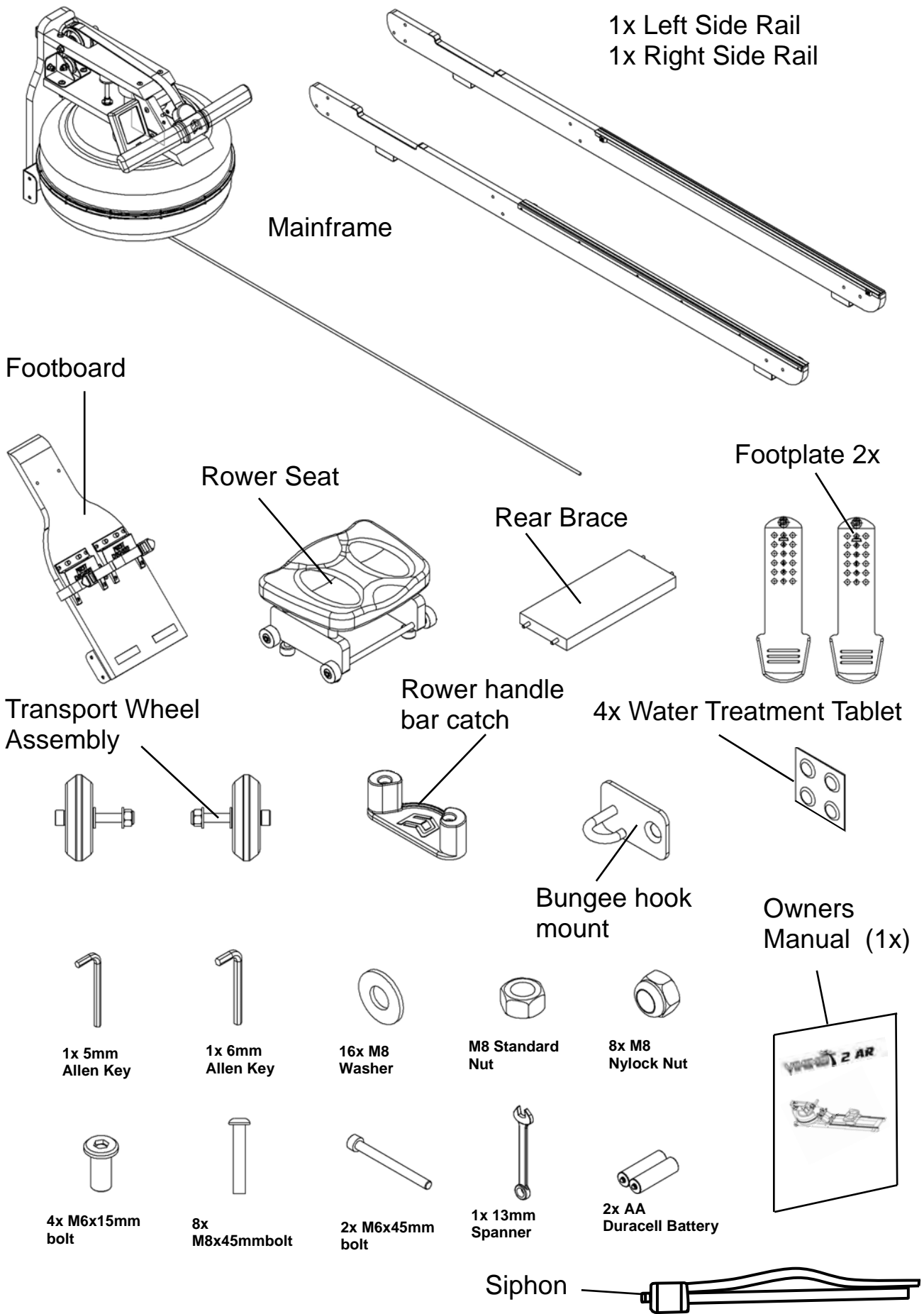


1. The Viking 2 AR Rower can stand vertically for storage. Make sure a secure location is chosen, such as the corner of a room or against a wall.
2. Keep hands and fingers away from moving parts, as indicated in this manual

Contents

1. Contents of Viking 2 AR Rower Pack.
2. Assembly.
3. Tank Filling and Water Treatment.
4. Operational Instructions.
5. The Viking 2 AR Rower Computer with Optional USB function
6. Replacing Rower Belt.
7. Maintenance and Troubleshooting.
8. Parts List.
9. Warranty.

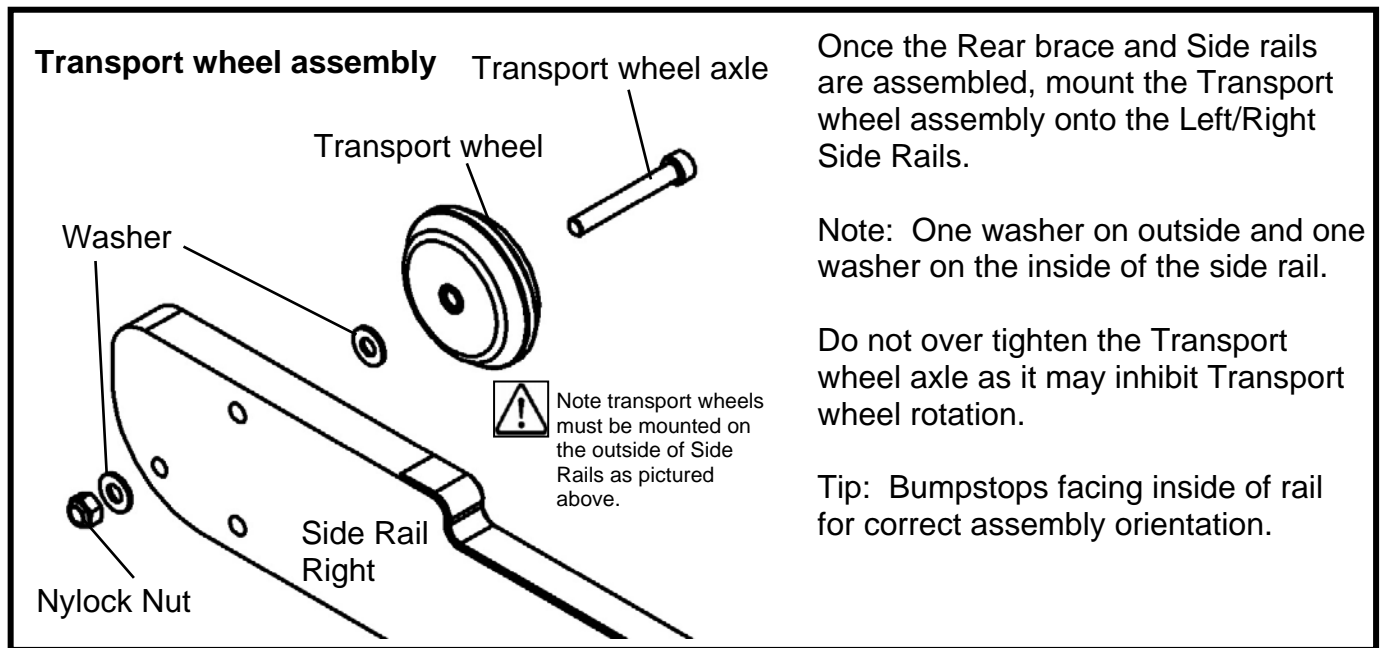
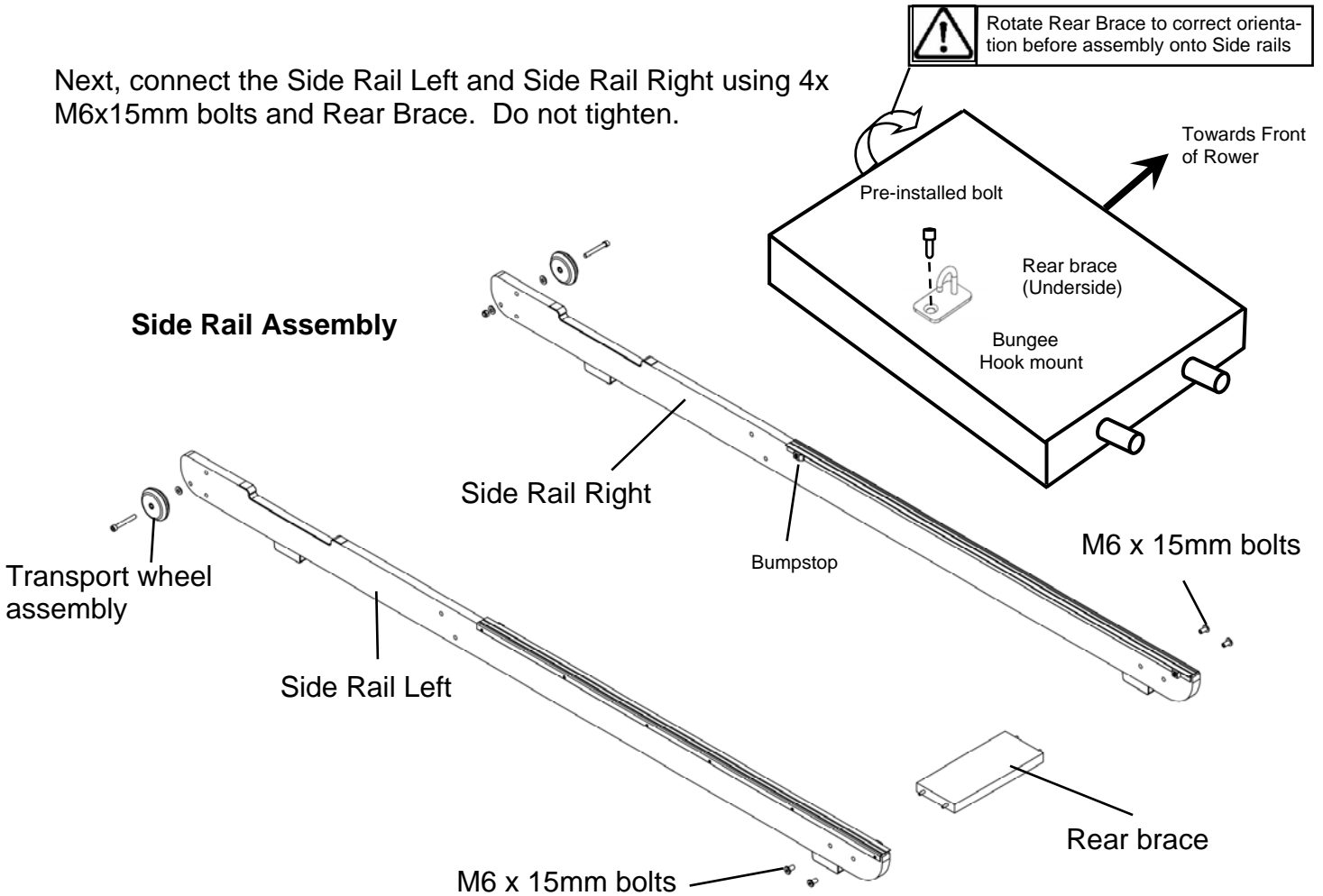
Viking 2 AR Rower Box Contents



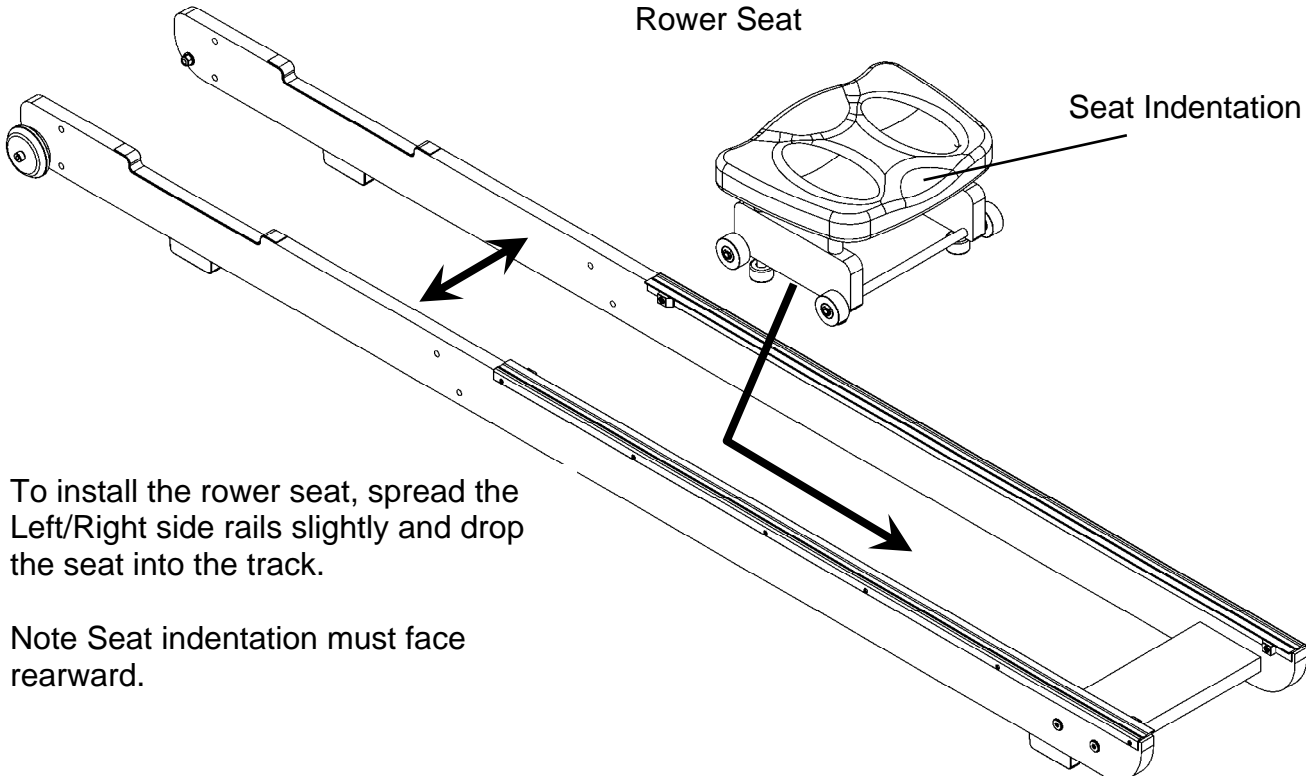
Side Rail/Rear Brace/Transport Wheel assembly:

Start with the Rear brace and on the underside you will find a pre-installed bolt. From the hardware kit, take the Bungee hook mount and install it onto the Rear brace as shown. Note the orientation of the brace and hook must be correct in order to hold the end of the bungee shock cord as depicted by the arrow in the illustration, which points toward the front of rower.

Next, connect the Side Rail Left and Side Rail Right using 4x M6x15mm bolts and Rear Brace. Do not tighten.



Mounting Rower Seat and Upper mainframe:



To install the rower seat, spread the Left/Right side rails slightly and drop the seat into the track.

Note Seat indentation must face rearward.

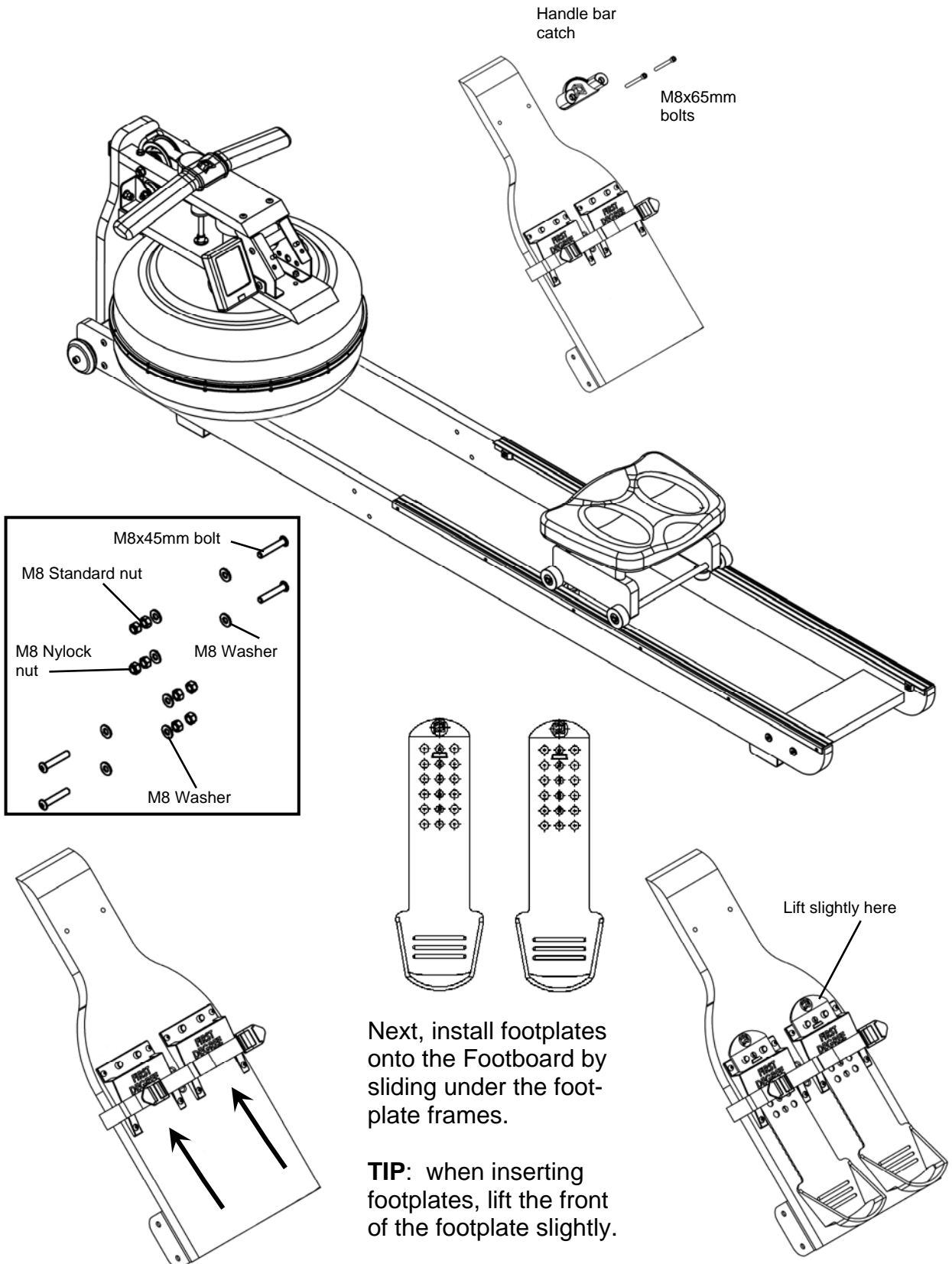
Next, install the Main upper frame onto the Side rail assembly as shown. You will need 4x M8x45mm bolts, 8x M8 washers, 4x M8 standard nuts and 4x M8 Nylock nuts.

Secure but do not tighten. You will find that the lower bracket bolts can be difficult to access. You can tighten these bolts completely with the rower standing in the vertical position easily once the foot-board has been mounted, so for the moment, simply align and loosely thread lower bolts/nuts.

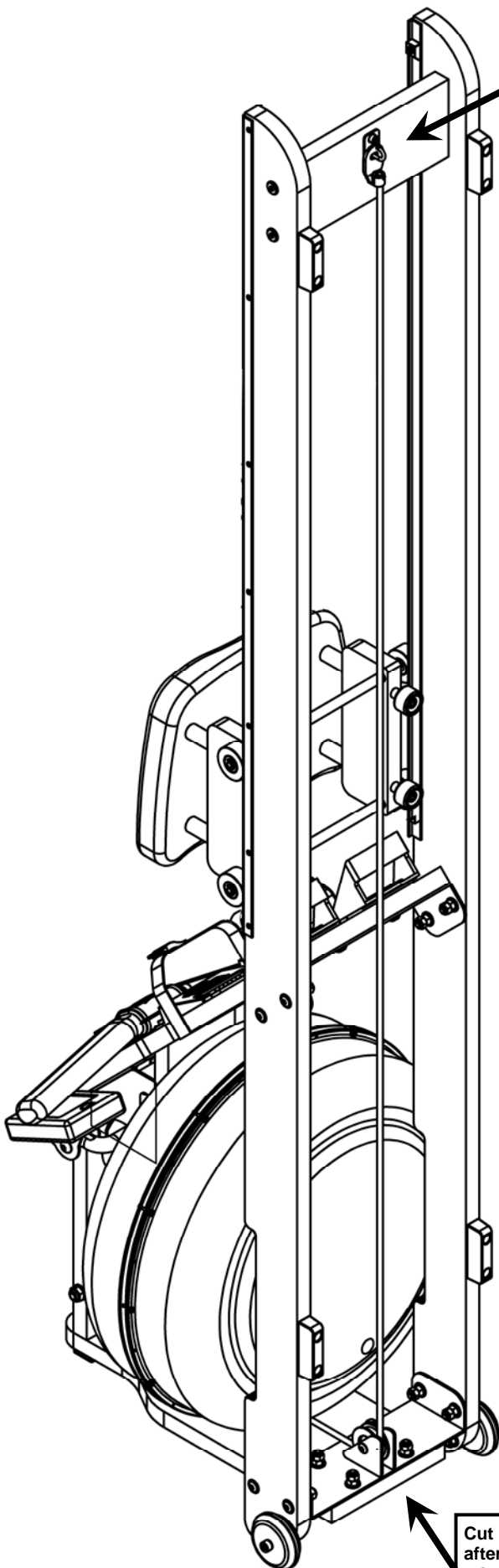
- M8x45mm bolt
- M8 Standard nut
- M8 Nylock nut
- M8 Washer
- M8 Washer

Attaching Footboard to Mainframe

First, undo the rower handle and move forward. Then, install the footboard onto the main frame using the handle bar catch, 2x M8x65mm bolts for the top of the footboard, and 4x M8x45mm bolts, 8x M8 washers, 4x M8 standard nuts, 4x M8 nylock nuts for the lower footboard to side rail assembly. Tighten all assembly bolts once footboard has been installed. **Note** the lower bolts are much easier to tighten with the rower standing in the vertical position.



Completing The Viking 2 AR assembly:



Pull Bungee Cord and hook Bungee end onto the Bungee hook mount as shown.



Do not cut Bungee tie wrap before Bungee cord is attached to rear of rower as shown here.

Once the Bungee cord is attached to the Rear Brace, tighten the bolts holding the Footboard, the Mainframe to Side rail bolts as they are easier to access from the vertical position.

Lower the V2 back to the Horizontal position and test for proper bungee recoil.

Check Seat rollers/running boards for dirt or debris before sitting on the rower seat. Small objects captured between the seat rollers and runners can damage the wheels or running surface. Check runners for debris prior to each use and clean regularly.

Note: The V2's frame bolts require periodic checking for tightness. Do this at the end of the first month of use and again after every 12 months

Choose a suitable location when standing the product for storage.

The V2 frame can be polished with any high grade furniture polish to further highlight the rich luster of the wood finish.

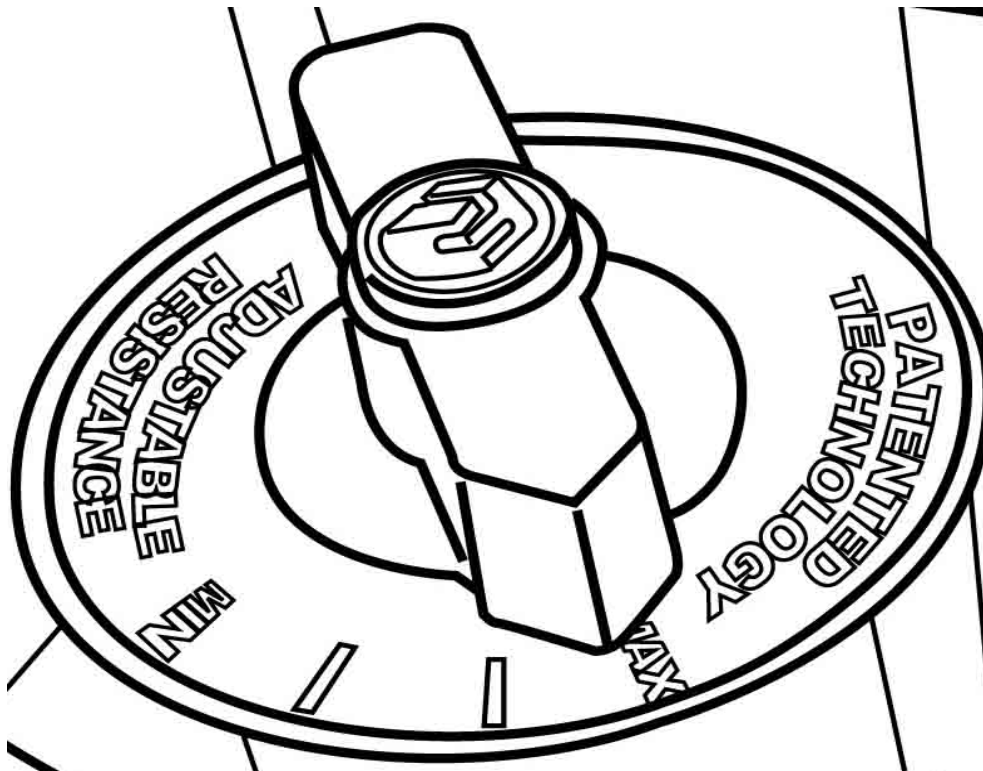
Install supplied 2x AA Duracell batteries and check computer function. Details regarding can be found in the Computer section of this manual.

Choose a flat, level surface on which to use your Viking Rower, to avoid rocking and potential premature wear.

Cut Bungee tie wrap ONLY after Bungee hook is properly connected to Rear Brace.

Adjustable Resistance (AR) Tank:

The Adjustable Resistance (AR) Tank, developed and patented by First Degree Fitness, offers a true multi-level experience. Water is moved between the "storage" and "active" chambers of the AR Tank. Your new Rowing Ergometer can adapt - at the turn of a dial - to the resistance preferred by each user in the home environment.



MAX: This setting allows the maximum amount of water to reach the Impeller for heaviest resistance

MIN: Keeps a portion of the water in reserve creating light resistance.

GETTING STARTED

To achieve minimum resistance, select "MIN" on the tank adjuster. It takes 10 strokes to fill the central (storage) tank, leaving a minimal amount of water in the outer (active) tank. This process is always required if minimum resistance is desired. Row hard at a steady pace (20 to 25 strokes per minute [SPM]) and put some effort into the stroke, ensuring that good form is maintained. You can make adjustments to the resistance level while you row. Your Rowing Ergometer will adapt almost instantly to increases in resistance but will take up to 10 strokes to reduce the effort required, as the central (storage) tank fills up.

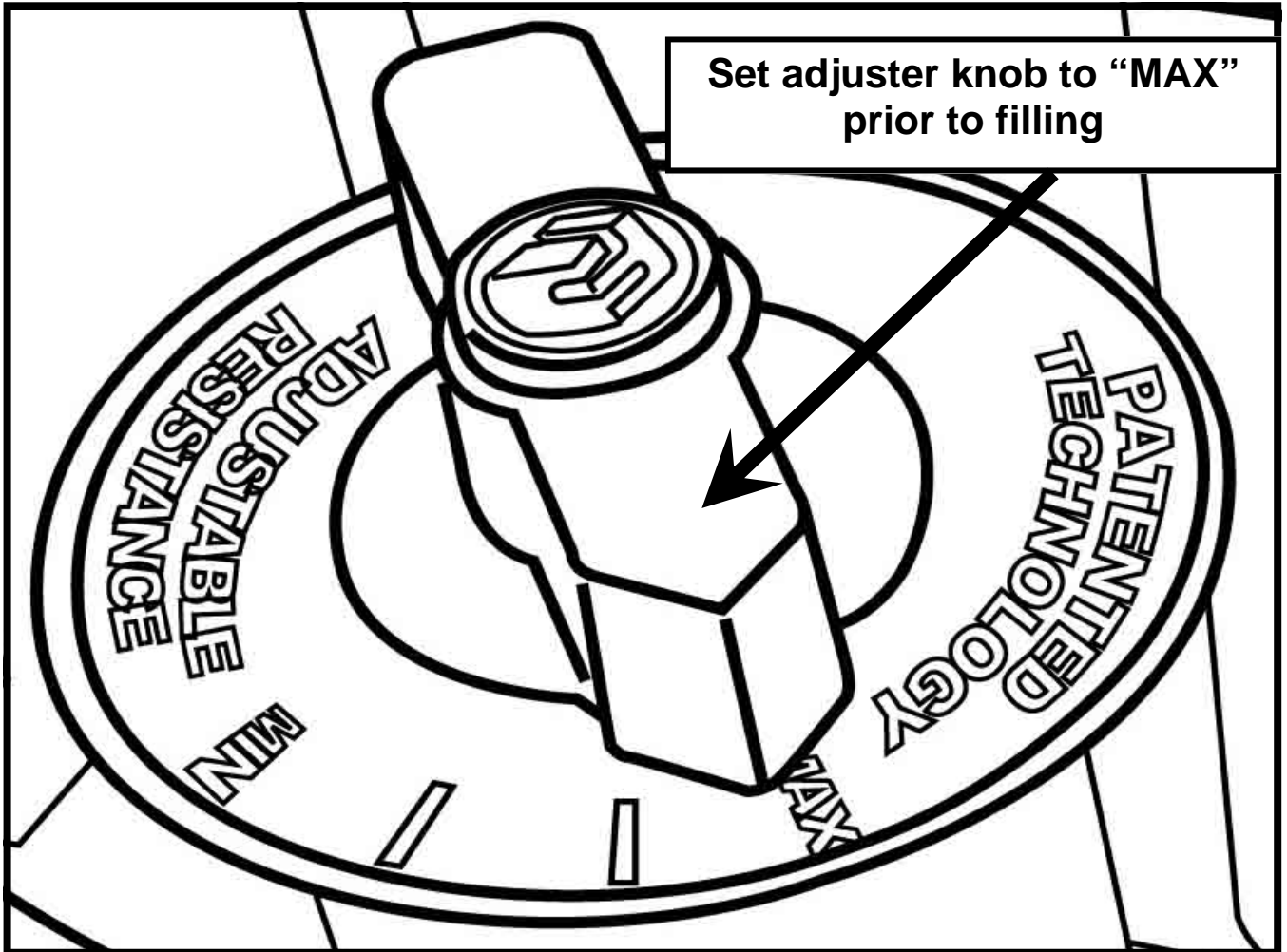
DEVELOPING YOUR ROUTINE

Once you have found a level that gives you the exercise required, changes can be made to SPM and to stroke intensity to further vary your energy input. Interval training is used by most Rowers, where a period of low intensity is combined with short intervals of high intensity. Your FDF Rowing Ergometer allows for changes 'on the fly', to achieve multi-level resistance profiles during a single workout. For more information on exercise routines, please visit our website at www.firstdegreefitness.com

Note on Filling the A/R Tank:



Important: Please Read Before Filling Tank:



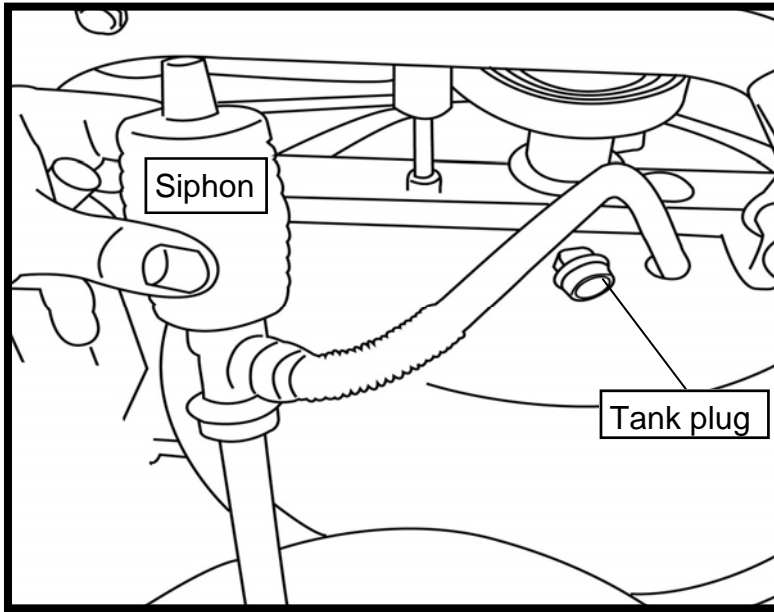
Caution:

When filling the A/R tank, the **adjuster handle must be set to the "MAX" position as shown to allow accurate fill levels.**

Using any other setting other than "MAX" will result in inaccurate fill levels and in extreme cases could cause leakage to occur during use or when stored in the standing position.

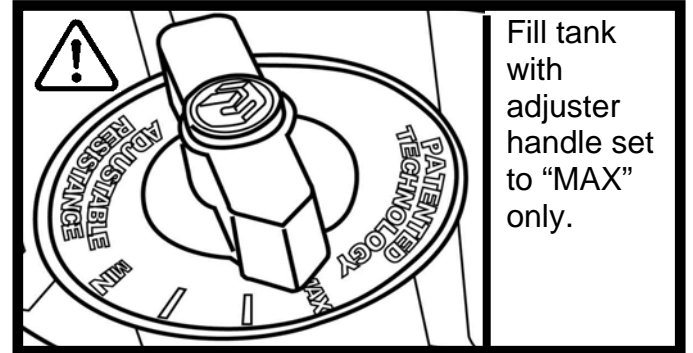
DO NOT overfill the tank beyond the maximum indicated level. Refer to the Tank Level Decal on the lower side of the tank

Tank filling and Water Treatment:



Note: 17 liters of water are required for filling.

DO NOT, UNDER ANY CIRCUMSTANCES USE ANY OTHER FLUID THEN PURE WATER TO FILL YOUR FLUID TANK.



Fill tank with adjuster handle set to "MAX" only.

1. Remove Rubber Fill Plug from the top of the tank.
2. Place a large bucket of water next to the rower and position siphon with the rigid hose in the bucket and the flexible hose into the tank as shown. Note: Make sure small breather valve on the top of the siphon is closed before filling.

Note: Where water quality is known to be poor, FDF recommends the use of distilled water.

3. Begin filling tank by squeezing siphon. Use Level Gauge Decal on side of tank to measure volume of water in tank. Important: Do not overfill tank!
4. After filling tank to the desired water level, open the valve on the top of the siphon to allow excess water to escape.
5. Ensure that tank plug is replaced once filling and water treatment procedures are complete.

Tips on Siphon use: Putting the fill bucket higher than the tank will allow the siphon to "self-pump" when adding water to the tank.

Water Treatment Procedures:

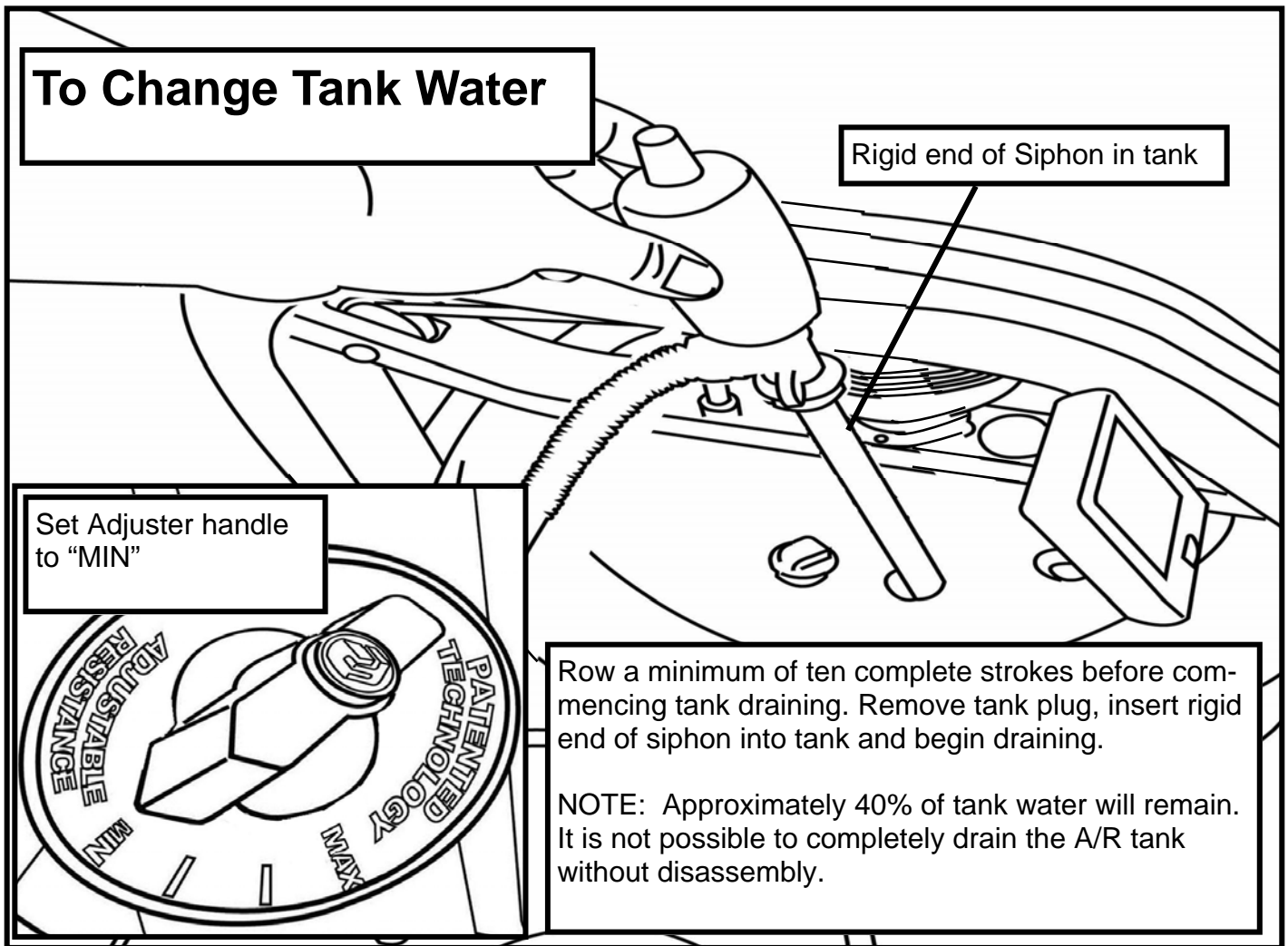
Add Chlorine tablet.

- *Note: The amount of water treatment can vary widely depending on the Rower's location and exposure to sunlight. DO NOT, UNDER ANY CIRCUMSTANCES USE OTHER TREATMET TABLETS OTHER THAN THOSE SUPPLIED WITH YOUR ROWER. Your rower box contents include 4x water treatment tablets, which is sufficient for several years of water treatment. Treat when water becomes discolored or shows signs of Algae/Bacterial growth.*



Caution:

Use a drop cloth under the tank when filling or emptying the tank to avoid staining floor or carpet



Removing/Changing Tank Water:

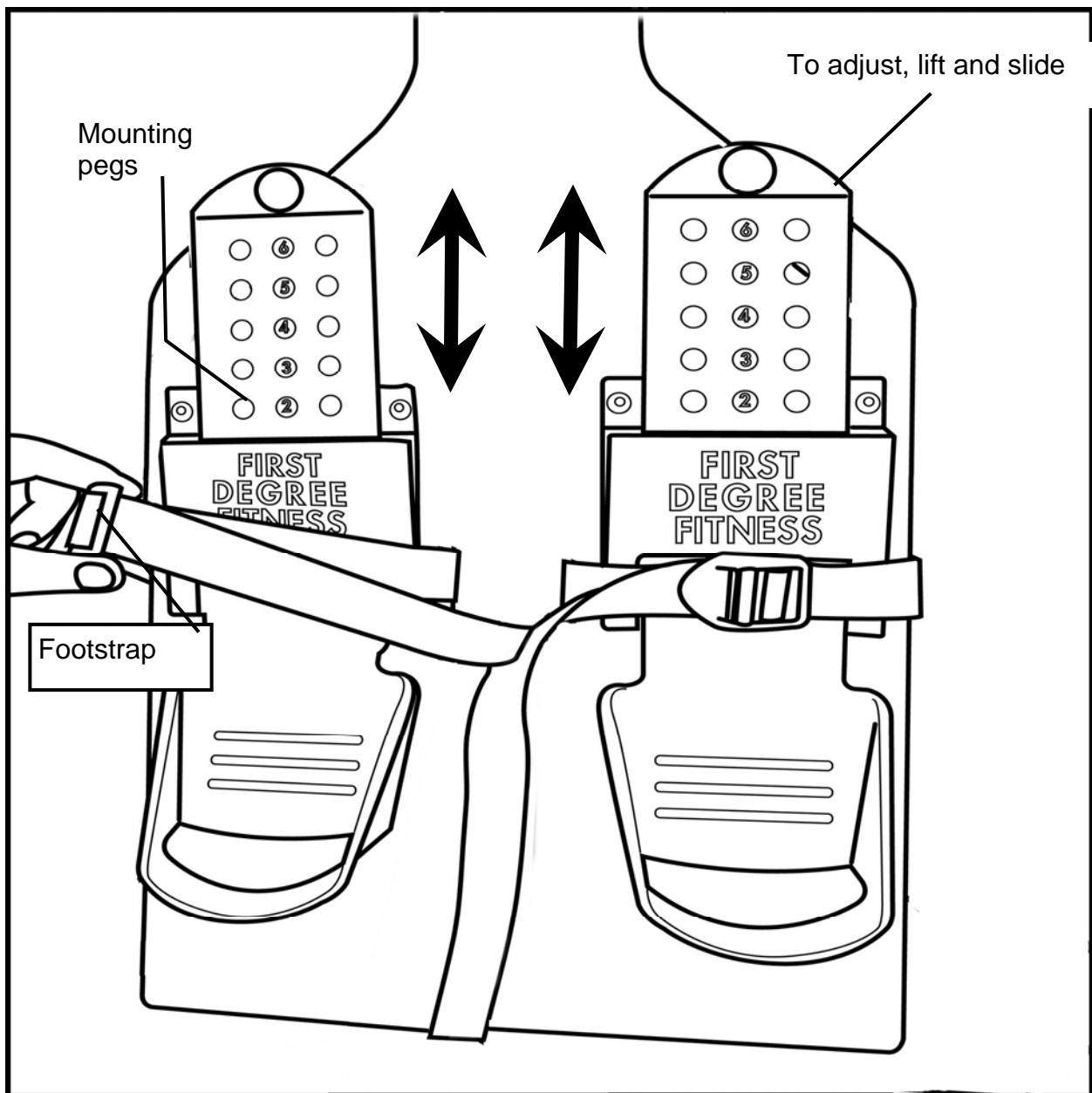
1. Set Adjuster handle to “MIN”
2. Row at least ten strokes to fill the storage reservoir as completely as possible.
3. Remove Tank Plug.
4. Insert rigid end of siphon into the tank, and flexible hose into a large bucket.
5. Drain tank (approx. 40% of water will remain) and then refill following directions for Tank filling as described in the Tank Filling section of this manual.

Note: The valve on top of the siphon must be closed to allow proper drainage.

Note: Water treatment will preclude the need to change tank water if the treatment schedule is maintained. Additional chlorine is required only when discoloration appears in the water.

Note: Exposure to sunlight accelerates the breakdown of the Water treatment chemical. Moving the rower away from direct sunlight will extend the period between water treatments.

Slider Footplate



The Slider Footplate is designed to fit a wide range of foot sizes, and is very simple to use.

To adjust, lift the top of the sliding portion of the footplate and slide up or down. The numbers 1-6 represent a guideline from which the proper length can be determined. Secure the plate onto the mounting pegs and push down firmly to lock into position.

Tighten the Footstraps securely and begin your workout.



WARNING: Never operate this rower without feet properly secured in Footstraps, or without the sliding portion of the Slider Footplate locked into position!

How to Row?

1. Begin the stroke comfortably forward and push strongly back with your legs while keeping your arms and back straight.
2. Begin to pull your arms back as they pass over your knees and continue the stroke through to completion rocking slightly back over your pelvis.
3. Return to the starting position and repeat.

How Often?

Begin with 5 minute training sessions once a day and aim for around 2:30 to 2:45 for 500m time. Row at a pace that keeps the water circulating continuously between strokes.

Progress a few minutes more each day until you are comfortable with 30-45 minutes training time 3 or 4 times a week.

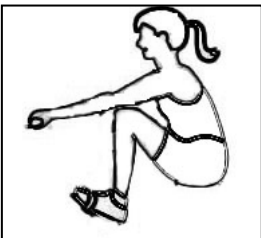
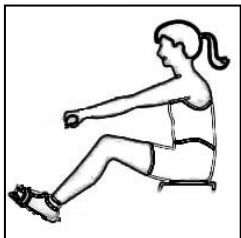
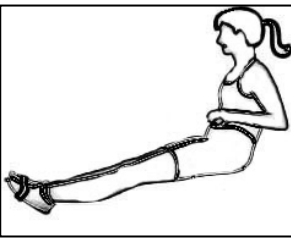
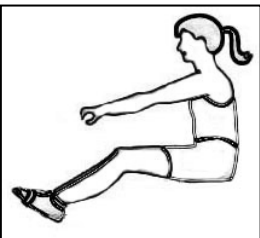
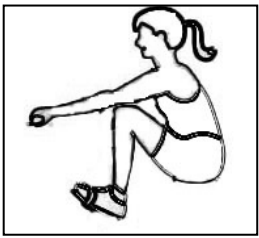
This will provide aerobic endurance benefits, muscle toning and sufficient calorie burning to form part of a weight loss program.



CAUTION

Always consult a doctor before beginning an exercise program.

Stop immediately if you feel faint or dizzy.

				
<p>Catch Comfortably forward with straight back and arms.</p>	<p>Drive Push with the legs while arms remain straight.</p>	<p>Finish Pull through with arms and legs rocking slightly back on your pelvis.</p>	<p>Recovery Upper body tips forward over your pelvis and move forward.</p>	<p>Catch Catch and begin again.</p>

The Viking AR Rower Computer:



Options:

Auto Start: Commence rowing to activate.

Hold button down for 3 second first to RESET.

Add 1000m distance each button push to accumulate required distance then begin rowing to initiate count-back.

Auto-Pause: A temporary halt in exercise will result in the following:

For over 5 seconds and under 5 minutes:

SPM/500METER/WATT to zero. Distance/TIME values are saved. CAL per hour defaults to Total CAL.

A Resumption in exercise in less than 5 minutes will resume Distance/TIME/ from saved values automatically.

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

Computer Instructions:

TIME: Auto start elapsed time.

500M TIME: Time to row 500 meters, updated at the completion of each stroke.

PULSE: Requires optional receiver and chest strap (sold separately).

SPM: Strokes per minute updated each stroke.

CAL HOUR: Updated each stroke.

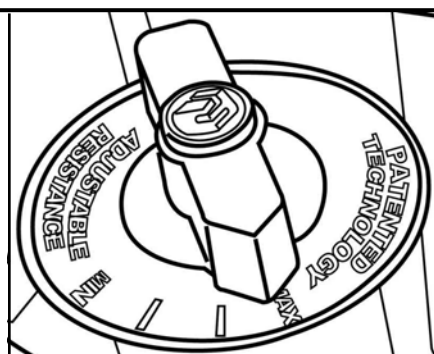
WATT: Unit of power updated per rowing stroke.

LEVEL UP/DOWN: Use the LEVEL UP/ DOWN buttons in conjunction with the Fluid Tank Resistance Adjuster handle for accurate 500M/Distance/CAL/WATTS.

MAX: Level 4



MIN: Level 1



Using the First Degree Fitness USB Interface

Description:

The USB connectivity now built in to all new models of FDF Console and IPM allow you to enhance your exercise experience by connecting to your home PC or Laptop. Using FDF's own sample applications you can exercise while enjoying your favorite movies. *NetAthlon 2 XF for Rowers* lets you race with other Internet connected rowers in a Virtual Reality 3D environment or train solo.

Setting up USB connectivity

1. Download and Install the USB Device Driver (CDM2xxxx_Setup.exe for 32 and 64 bit Windows 7/Vista/XP) from the FDF Website.
2. Download and Install the Sample USB Applications from the FDF Website (www.firstdegreefitness.com).
Download and Install NetAthlon 2 XF for Rowers from <http://www.webracing.org/downloads.htm>

Connecting your console

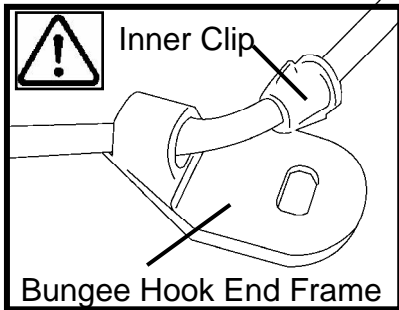
- The USB Connector is located on a flying lead at the rear of the IPM, along with the Sensor and Heart Rate Monitor Connectors.
- Connect to a Laptop or PC using a standard USB cable, you may need to wait while Windows starts the USB Device Driver.

Note: Please refer to computer manual where applicable or for further information refer to our website at www.firstdegreefitness.com

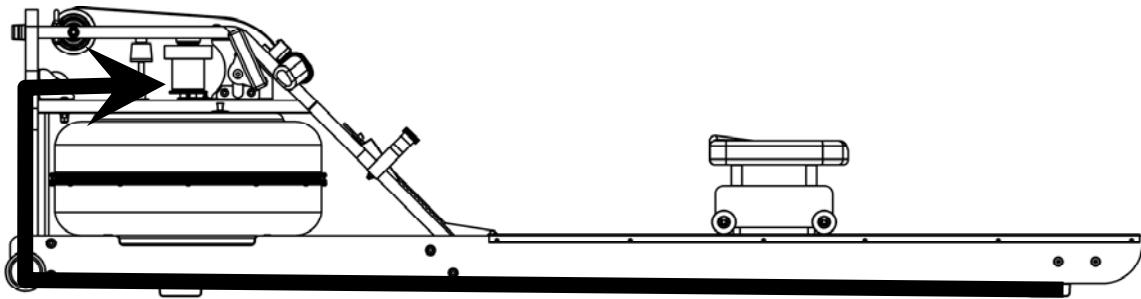
Detaching the Rower Belt:

1. To detach belt, simply pull beyond the range of the normal rowing stroke until the belt detaches from the belt bungee pulley.

Tip: You'll hear the Velcro separating just before the belt detaches.

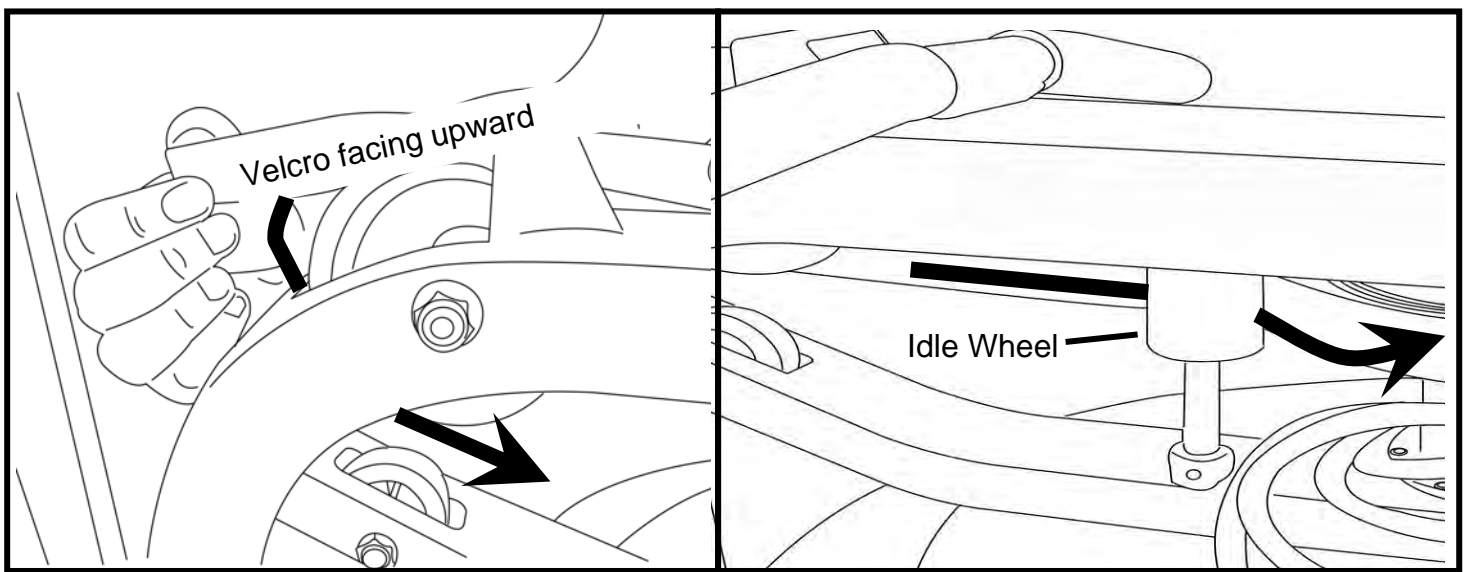


2. Unhook the Bungee Shock Cord from the Rear Leg. Then, push out the Inner Clip from the Bungee Hook End Frame. Pull the Bungee through the Inner Clip until free. This will allow for the Bungee Shock Cord to be threaded completely out of the Main Frame and up to the Belt Bungee Pulley where it will be re-attached once the Rower Belt is in the proper position.

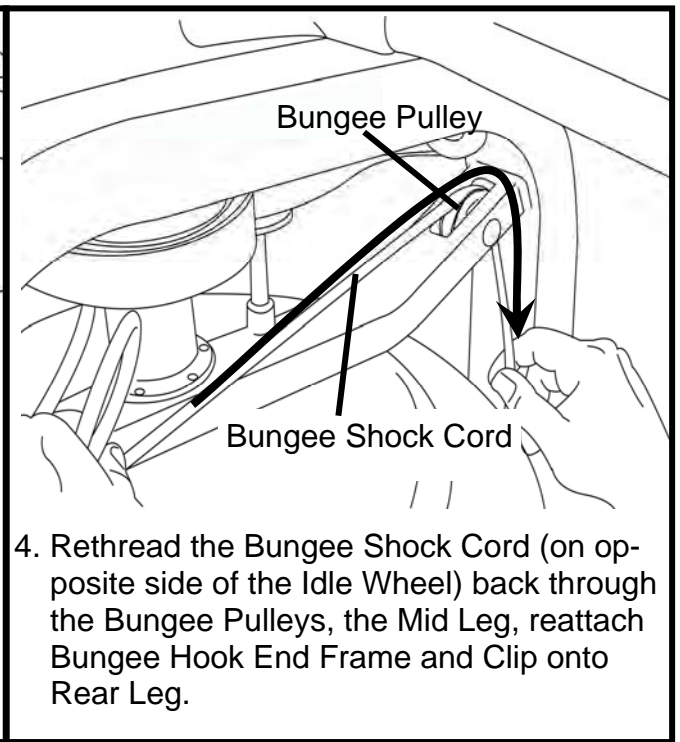
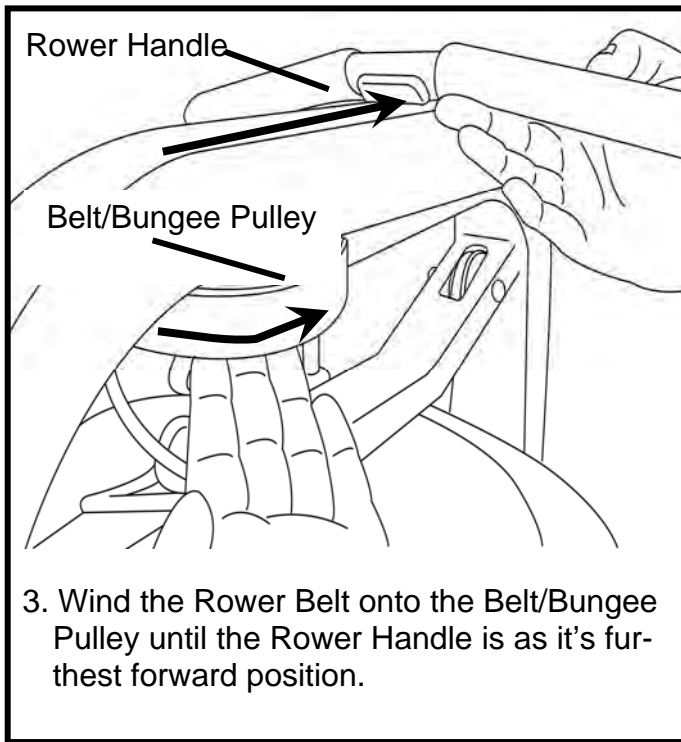


Reattaching the Rower Belt:

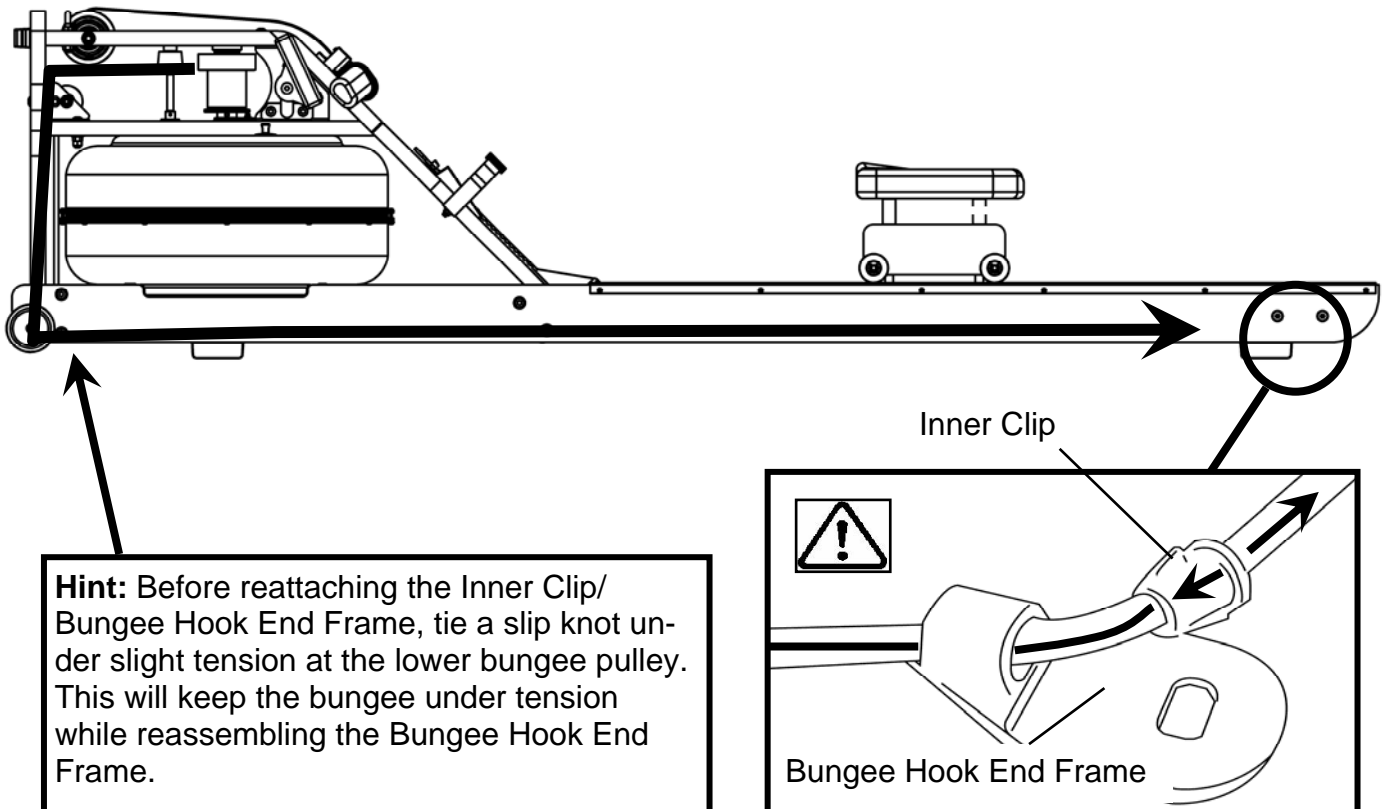
1. Begin reattaching the Rower Belt by threading around the Rower Belt Pulley with the Velcro side facing upward as illustrated.



2. Next, thread the Belt around the Idle Wheel as shown. Once around the Idle Wheel, attach the Rower Belt to the Belt/Bungee Pulley. There is an obvious "lip" at the attachment point.



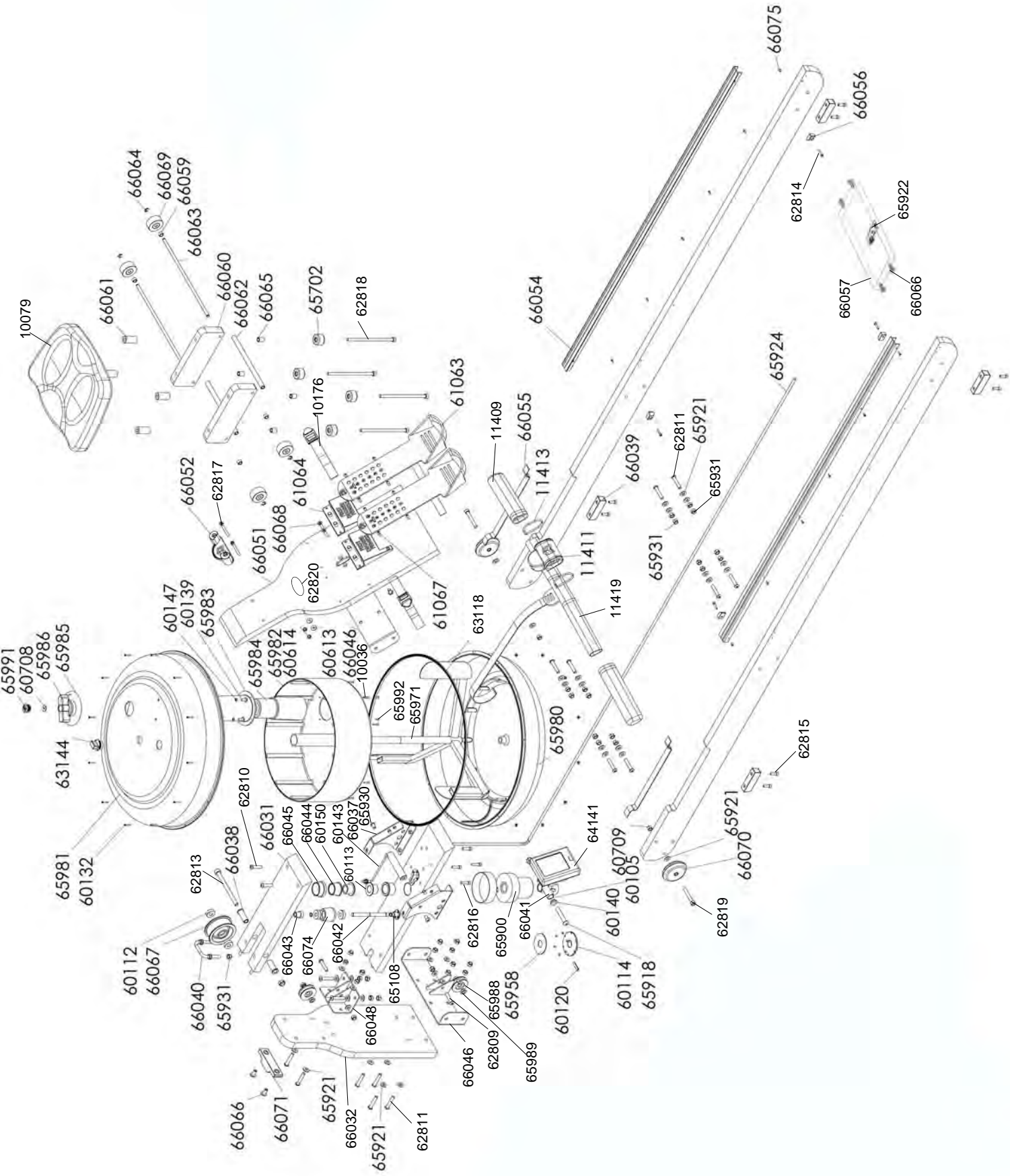
Recoil tension can be simply adjusted to suit each user. To adjust, simply push the Inner Clip out of the Bungee Hook End Frame from behind, pull the required amount of bungee through the Inner Clip and replace the Inner Clip into the Bungee Hook End Frame.



Troubleshooting:

Fault	Probable Cause	Solution
Water changes colour or becomes cloudy.	<p>Rower is in direct sunlight or has not had water treatment.</p> <p>Local tap water is of poor quality.</p>	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.
Rower belt slipping off belt/ bungee pulley.	<p>Bungee not under enough tension.</p> <p>Recoil not strong enough</p>	Tighten bungee cord following the instructions in "reattaching the rower belt" section of this manual.
Inconsistent readings on the Viking 2 AR Computer for 500meter split time and SPM (strokes per minute).	<p>Sensor gap</p> <p>Faulty Sensor</p> <p>Sensor has moved out of position</p> <p>Wiring harness</p>	<p>Use the back cover of the computer as a "Gap tool" to check the gap between sensor head and Magnetic ring, or see if the Sensor head has moved out of position.</p> <p>Please contact your nearest FDF customer service center for details</p>
The Viking 2 AR Rower computer does not illuminate after battery installation.	Batteries installed incorrectly or need replacing.	Replace/reinstall 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 service center.
The Viking 2 AR Rower Computer screen illuminates, but does not register when rowing.	Loose or failed connection.	Check that the computer lead is connected properly. If it is connected then contact your local service center.

Exploded Diagram



Parts List

P/N	Qty	Description	P/N	Qty	Description
10036	12	Counter Sunk Tapping Screw M3x20 SUS	65958	1	PVC Impeller shaft spacer
10079	1	Seat LS-E28	65971	1	Impeller - AR
10176	2	Foot Strap with Buckle # 60612	65980	1	Lower Tank Shell
11409	2	Handle Grip - Deluxe	65981	1	Upper Tank Shell—Outer
11411	1	Handle Rubber Cover - Belt Deluxe	65982	1	Inner Reserve Tank Shell / AR
11413	2	O-Ring - Deluxe Handle	65983	1	Tank Adjuster Outer Cup
11419	1	Handle with Belt and Grips- TRIAR/VIKAR	65984	1	Tank Adjuster Inner Cup
60105	1	Computer Mounting Bracket	65985	1	Decal - AR Resistance
60112	4	Belt Pulley Bearing 6000ZZ	65986	1	Adjuster Knob
60113	1	Main Shaft Oil Bushing - Lower	65988	2	Pulley 50mm V2
60114	1	Magnet Ring & 6 x Magnet #60124	65989	4	Pulley Spacer
60120	1	Roll Pin 6mm	65991	1	End Cap-Adjuster Knob
60132	12	Round Head Phillips Screw M3x20 SUS	65992	4	Grub Screw M3x12 SUS
60139	3	Tank Internal Screw M6x15 SUS	66031	1	Upper Board V2
60140	2	Computer Mount Plastic Bushing	66032	1	Front Board
60143	1	Speed Sensor 300mm	66037	1	Support Brack - Main Frame Right
60147	2	O Ring 9.5x6.5x1.5	66038	2	Spacer for Belt Pulley V2
60150	1	Main Shaft Nylon Bushing - Upper	66039	4	Side Rail Bumper V2
60613	1	Washer M6x16 same as 10081	66040	1	U-BOLTS M8
60614	1	Nylock Nut M6 same as 10174	66041	1	Spacer for Computer V2
60708	1	Washer M8.5x19x1.6t	66042	1	Idle Wheel Shaft - V2
60709	2	Nylock Nut M8	66043	1	Idle Wheel Shaft Bracket (Upper) - V2
61063	2	Footplate Slider	66044	2	Bushing - Rubber backing V2
61064	2	Footplate Slider Base	66045	1	Bushing - Metal backing V2
61067	4	Dome Head Bolt M5x15	66046	1	Support Bracket - Lower Main Frame V2
62809	2	Dome Head Bolt M8x40 - B	66048	1	Support Bracket - Upper Main Frame V2
62810	2	Dome Head Bolt M8x35 - B	66051	1	Foot Board V2
62811	3	Dome Head Bolt M8x45 - B	66052	1	Bracket for Bungee V2
62813	1	Hex Head Bolt M10X130 - B	66054	2	Nylon Rail Runner-V2
62814	4	Hex Head Bolt M4x20 - B	66055	2	Velcro
62815	4	Hex Head Bolt M6x20 - B	66056	4	Bump Stop - Square V2
62816	4	Hex Head Bolt M6x25 - B	66057	1	Rear Board V2
62817	2	Hex Head Bolt M6x65 - B	66059	4	Spacer 12x8.5 for Seat V2
62818	4	Hex Head Bolt M8x160 - B	66060	2	Seat Frame - V2
62819	2	Hex Head Bolt M8x60 - B	66061	4	Space 20x40 For Seat V2
62820	1	Oval Decal - FDF	66062	2	Spacer 12x209 for Seat V2
63118	1	Tank Large Ring Seal - Yellow	66063	2	Axle shaft 8mm V2
63144	1	Tank Plug for HS Tank	66064	4	D7 Eclip
64141	1	Computer - AR	66065	4	Spacer 12x17.5 for Seat V2
65108	1	Idle Wheel Shaft Bracket (Lower)	66066	6	Bolt M6x17
65702	4	Seat Wheel Lower	66067	1	Belt Pulley
65900	1	Belt/Bungee Complete with Bearings, Velcro	66068	1	Counter Sunk Bolt M6X35 -B
65918	1	Dome Head Bolt M10x60 -B	66069	1	Main Seat Wheel - V2
65921	12	Washer 8.5x19x1.6t - B	66070	2	Transport Wheel - V2
65922	1	Bungee Hook End 8mm	66071	1	Footboard Bumpstop-V2
65924	1	Bungee 8mm x 2230 & Clip End & Hook VIKAR	66074	1	Idle Wheel - V2
65930	6	Dome Head Bolt M8x15 -B	66075	12	Screw M3x10 for Wood
65931	9	Nylock Nut M8 -B			

VIKING 2 AR ROWER

INTERNATIONAL WARRANTY – LIGHT COMMERCIAL USE**

****Light Commercial Use** - This product is designed and constructed for use in supervised facilities where the product is used for less than 25 hours per week in total. It is not intended or warranted for general use in Health Club / Fitness Studio application.

First Degree Fitness Limited warrants that the **Viking 2 AR Rower (model VIK2 AR)**, 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.

Wooden Frame – 5 Year Limited Warranty

First Degree Fitness Limited will repair or replace the wooden Main Frame of the Rower should it fail due to any defect in materials or workmanship within 5 years of the original purchase. Warranty does not apply to frame coating.

Polycarbonate Tank & Seals – 3 Year Limited Warranty

First Degree Fitness Limited 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 Limited 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.

Specific Inclusions

Nylon seat runners (excludes impact or detritus damage)
Stainless Steel Paddle Assembly

All Other Components (of a wearing nature) – 2 Year Limited Warranty (Home use) or 1 year (Light Commercial use)

First Degree Fitness Limited will repair or replace any component should it fail due to any defect in materials or workmanship within 1 year of the original purchase.

Specific Inclusions

Bungee recoil cord
Hand grips & foot straps
Polyester rowing belt
Seat
All pulleys, rollers & bearings
All rubber components
Computer & speed sensor (excluding replaceable batteries)
Sliding footplates

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

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