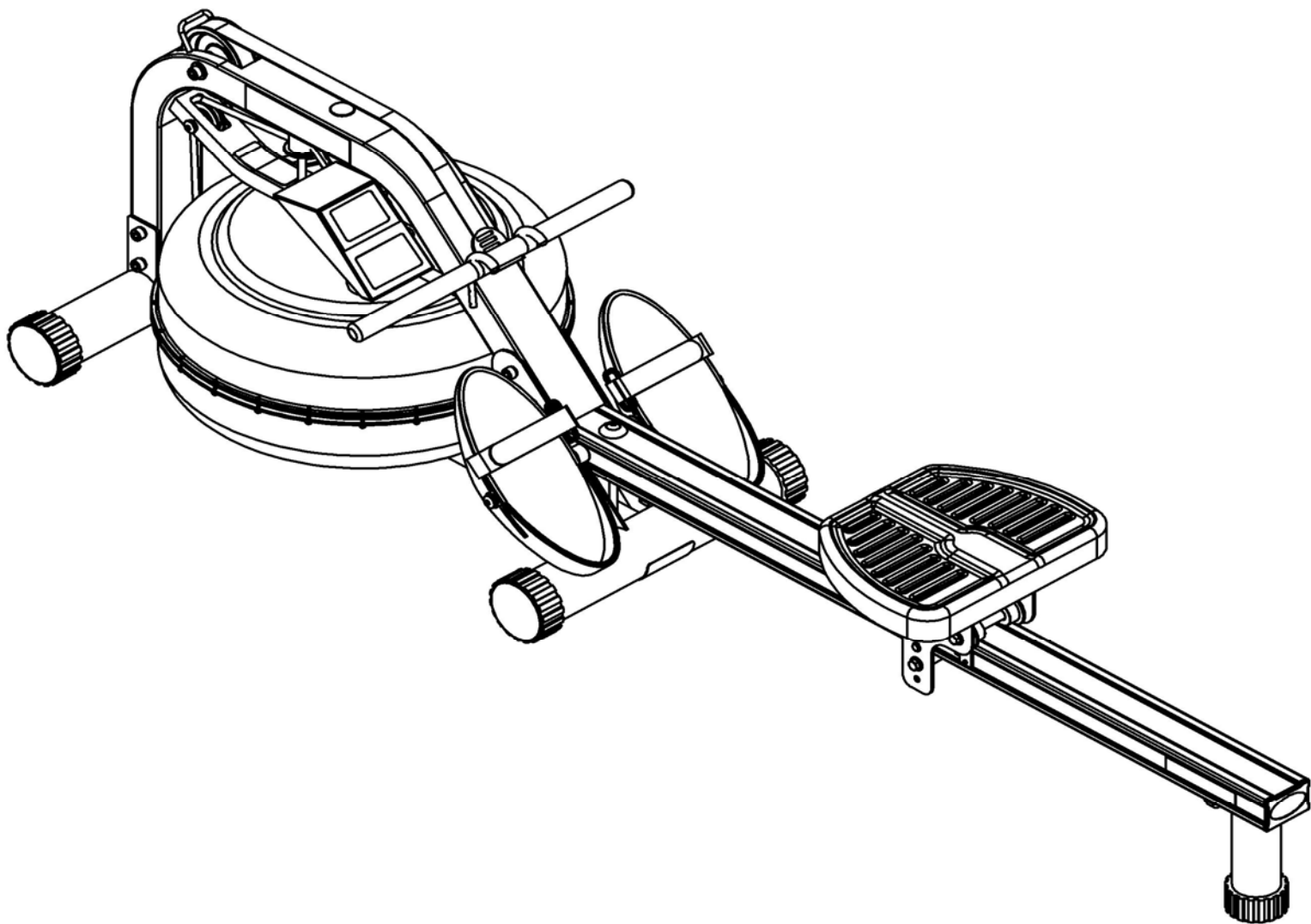


Owners Manual

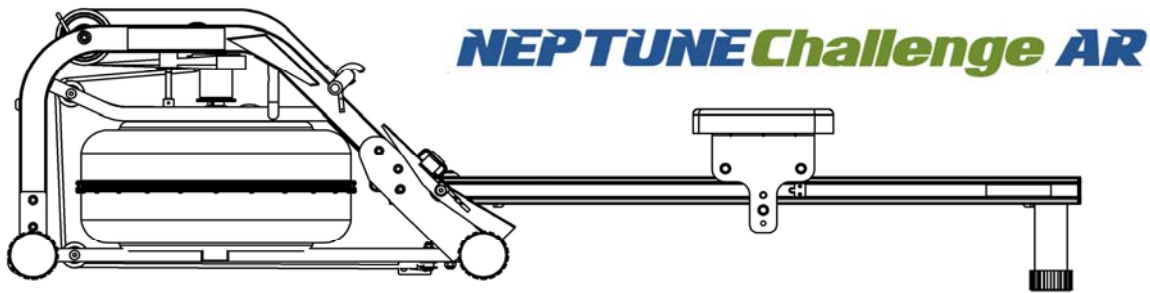


NEPTUNE Challenge AR



FIRST DEGREE FITNESS
FLUID INNOVATION

www.firstdegreefitness.com



Contents:

- 1. Contents of Rower Pack.**
- 2. Assembly Instructions.**
- 3. Tank Filling and Water Treatment.**
- 4. Changing Tank Water**
- 5. Rower Computer.**
- 6. Replacing Rower Belt.**
- 7. Replacing Bungee Cord.**
- 8. Maintenance and Troubleshooting.**
- 9. Parts List/Exploded Diagram.**
- 10. Warranty.**

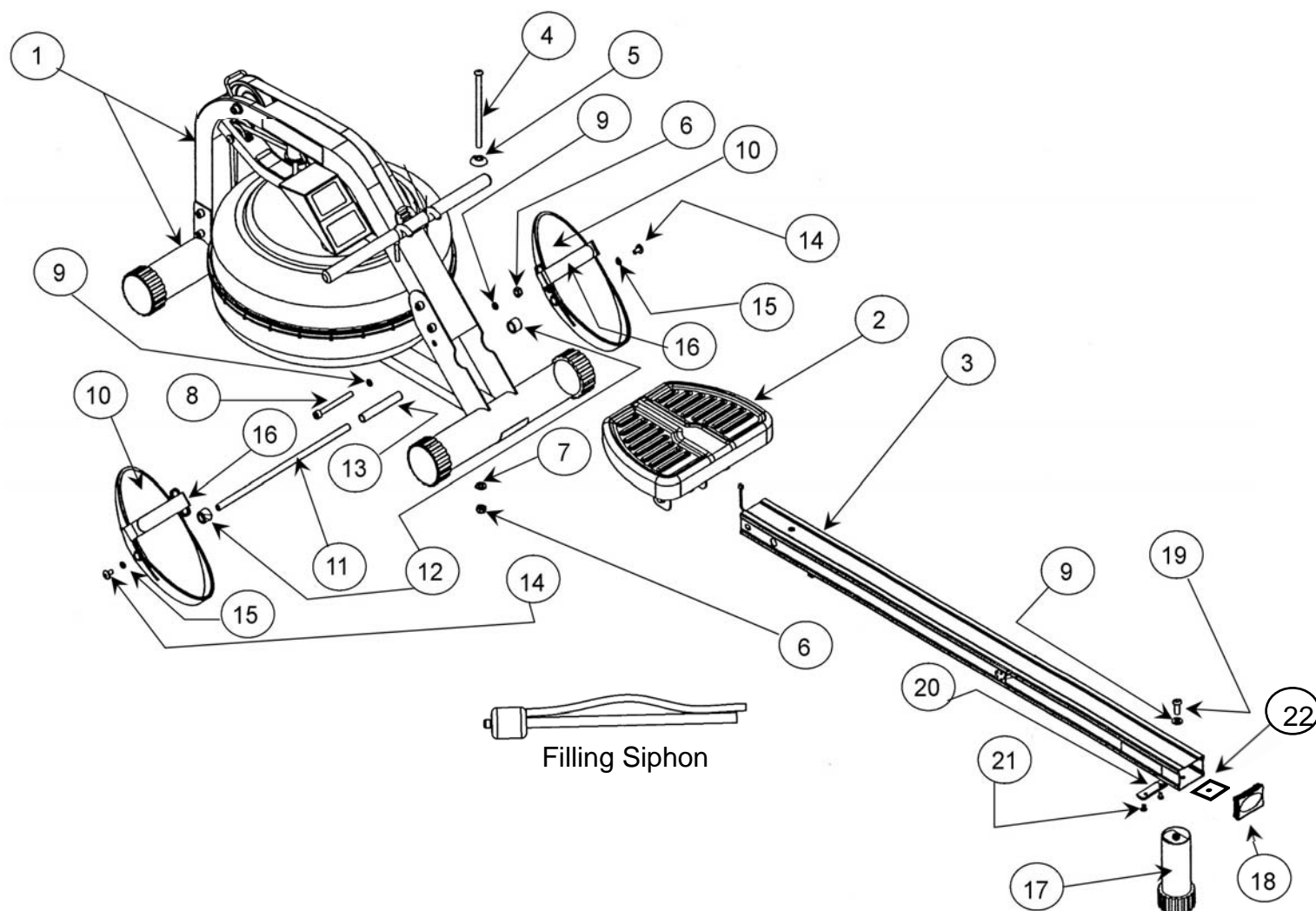
Training with the Neptune Challenge AR Rower

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



1. The Neptune Challenge 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 by the warning sticker on the mainframe of your machine.

Contents:



The Main box, seat rail box and parts kit will contain the following items

- | | |
|------------------------------------|--|
| 1. Main Frame. | 12. Nylon Footplate Spacer (2) |
| 2. Rower Seat | 13. 17mmx1.5Tx110 Internal Spacer(1) |
| 3. Seat Rail (boxed separately) | 14. M8x15mm Bolt (2) |
| 4. M10x180mm Bolt (1). | 15. M8 Washer (2) |
| 5. M10 Plastic Dome Washer (1). | 16. Footstrap (2) |
| 6. M10 Nylock Nut (2). | 17. Rear Leg (1) |
| 7. M10 Washer (1). | 18. 75x50 Rubber End Cap (1) |
| 8. M10x95mm Bolt (1). | 19. M10x25 Rear Leg Bolt (1) |
| 9. 11x21x2T Washer (3) | 20. Rear Rubber Bumpstop (1) |
| 10. Footplate (2) | 21. M6x10mm Bumpstop Screws (2) |
| 11. 12mmx388mm Footplate Shaft (1) | 22. Seat Rail Internal Support Bracket (1) |

Tool Kit and Water Treatment (Not pictured) which includes:

1. Multi-Tool (1)
2. 6mm Allen Key (2)
3. 8mm Allen Key (1)
4. 4x Chlorine Treatment Tablets
5. Owners Manual
6. 2x AA Batteries

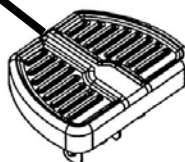
Assembly Instructions:

Step 1

Install Rower Seat onto Seat Rail, with widest part of seat rearward.

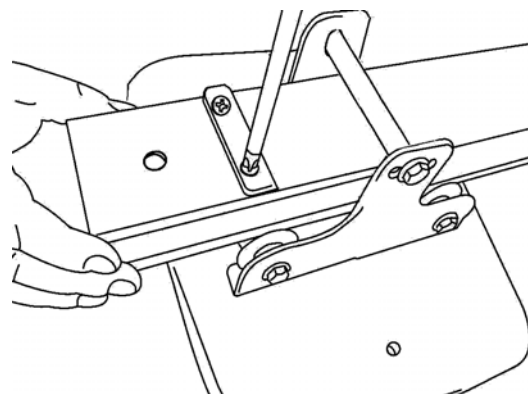


CAUTION



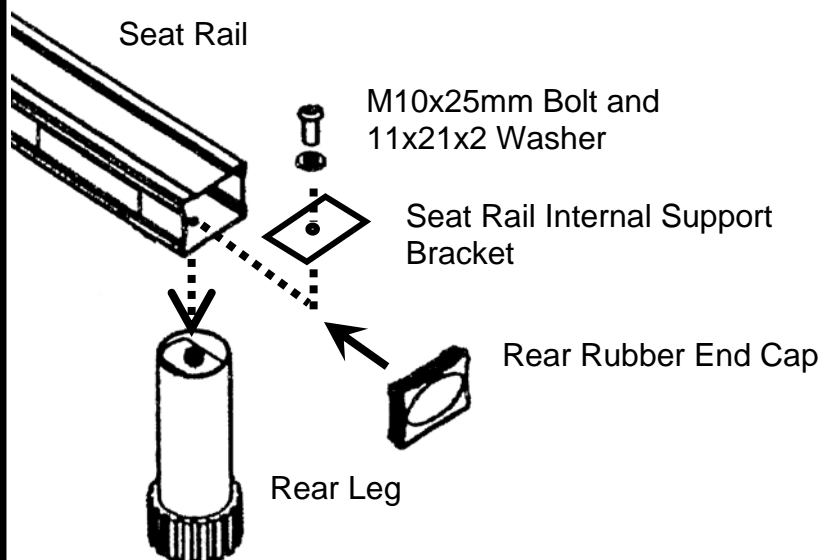
Installing the Seat incorrectly will result in lack of data pickup during rowing.

Step 2

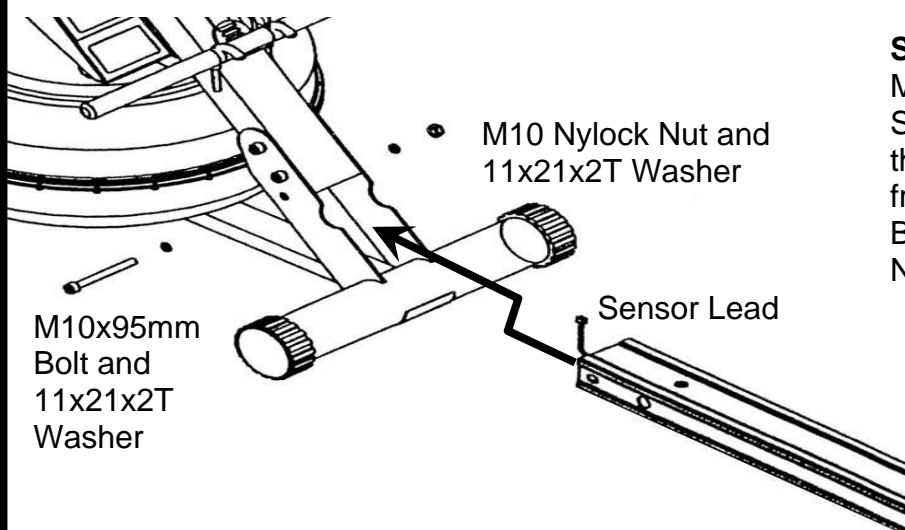


Turn Seat Rail over, and install the Rear Rubber Bumpstop using 2x M6x10mm screws with beveled edge facing forward.

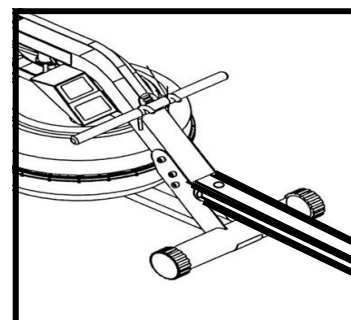
Step 3



Using the M10x25mm Bolt, 11x21x2T Washer, Seat Rail Internal Support Bracket and Rear Leg, install as shown. Once Rear Leg is tightened, install the Rear Rubber End Cap.

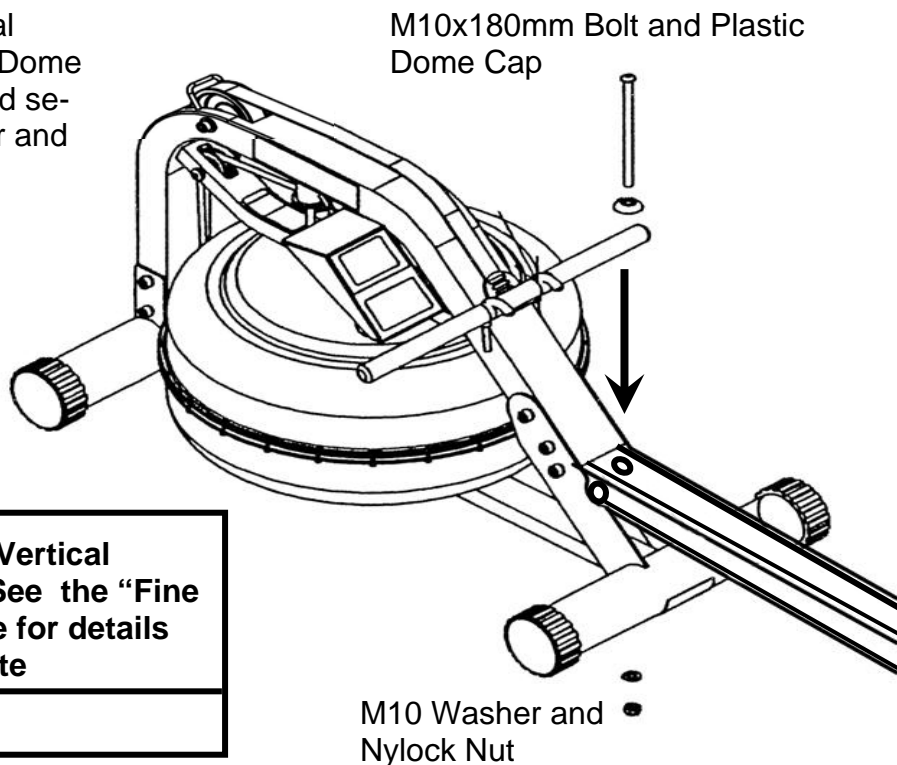


Step 4: Install the Seat Rail onto the Mainframe. Attach Sensor Lead from Seat Rail to the Mainframe, then align the front Seat Rail holes with Mainframe and install, using 1x M10x85mm Bolt, 2x 11x21x2T Washers and 1xM10 Nylock Nut.



Assembly Instructions:

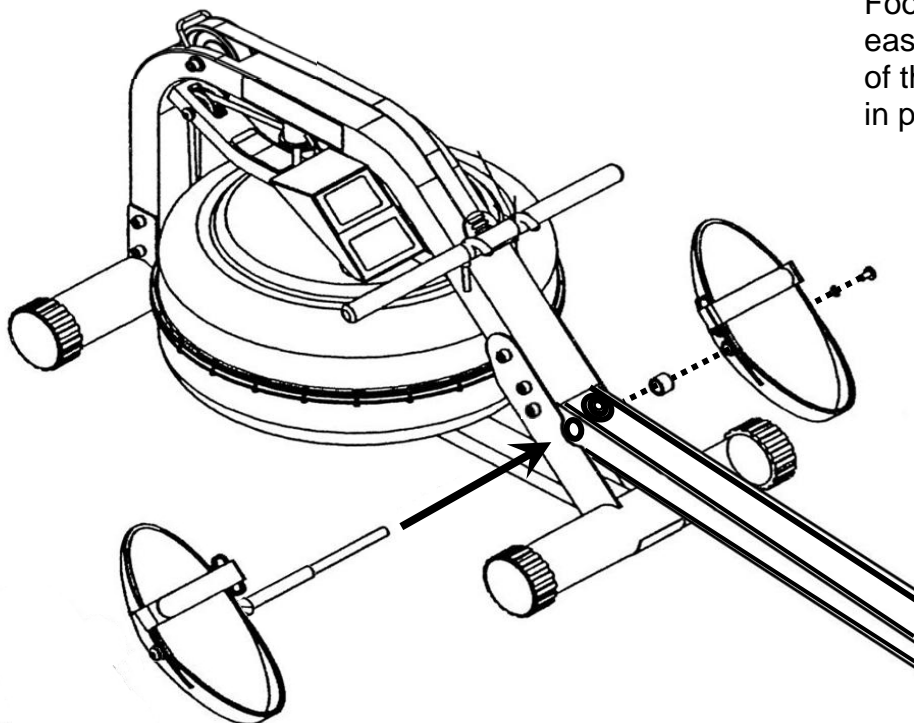
Step 5: Install the M10x180mm Vertical Frame Tensioning Bolt with the Plastic Dome Cap through the top of the Seat Rail and secure from underneath with M10 Washer and Nylock Nut.



Note: Do not tighten the Vertical Frame Tensioning Bolt. See the “Fine Tuning Your Rower” page for details once assembly is complete

Step 6: Install the Footplate onto the Rower.

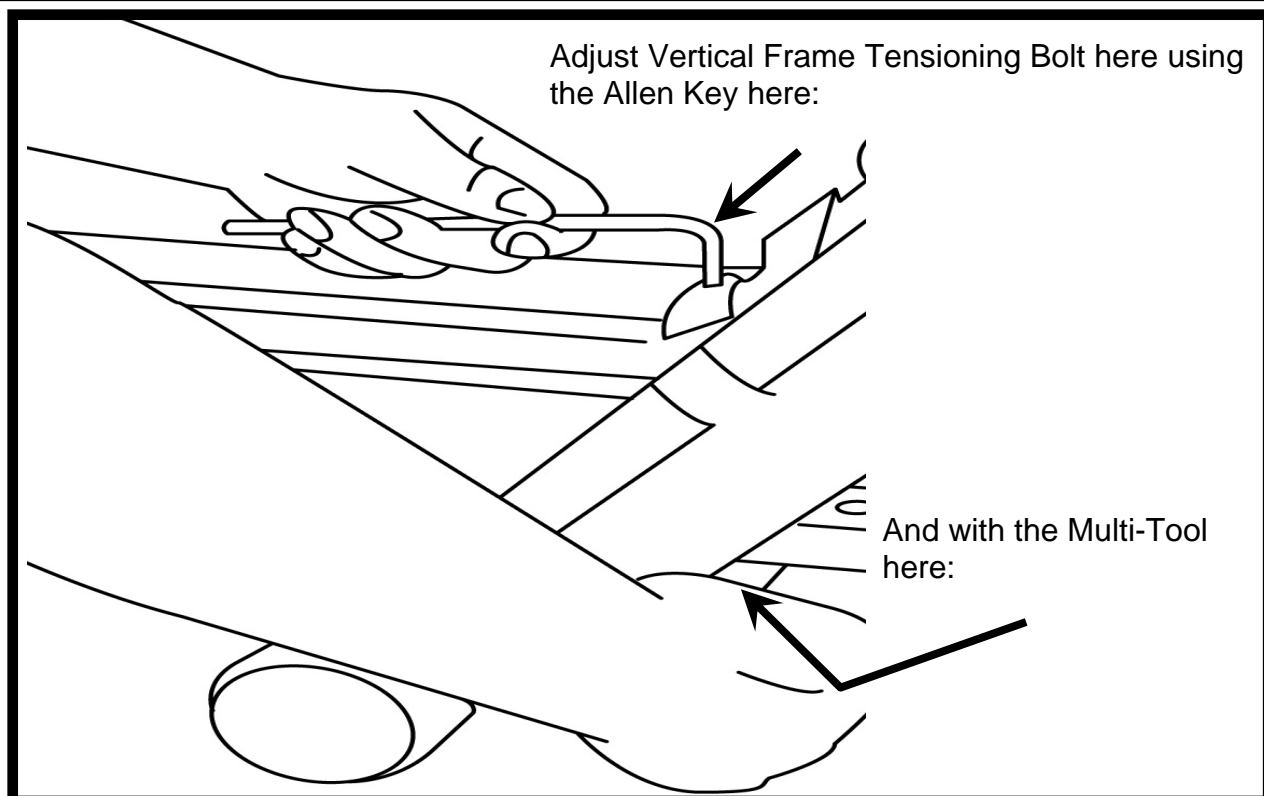
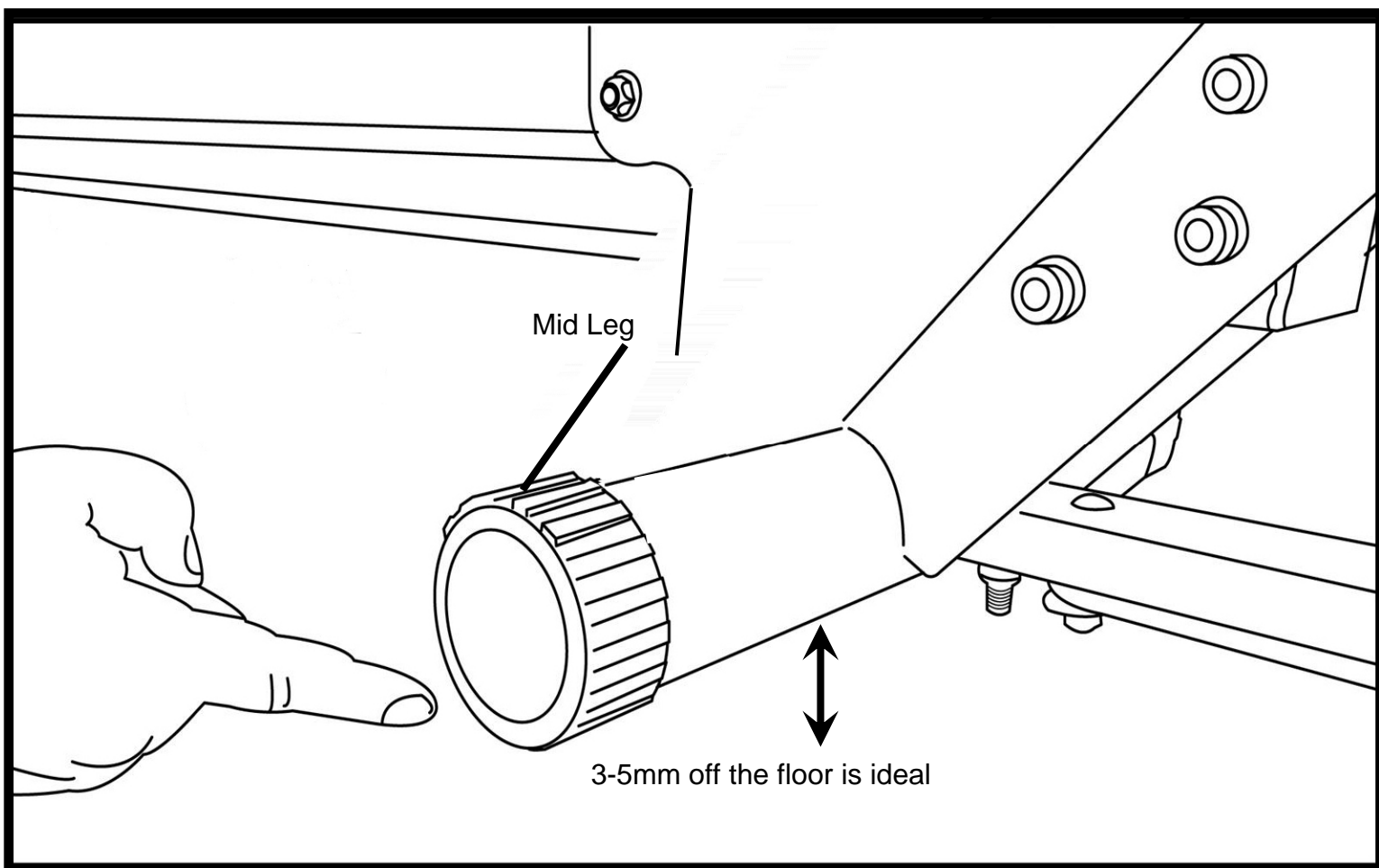
Footplate assembly left side. For ease of assembly, leave the left side of the Footplate and Seat Rail Spacer in place as shown.



Tip: When mounting the Footplate assembly onto the rower, it is only necessary to remove one side, and leave the other intact as shown here.

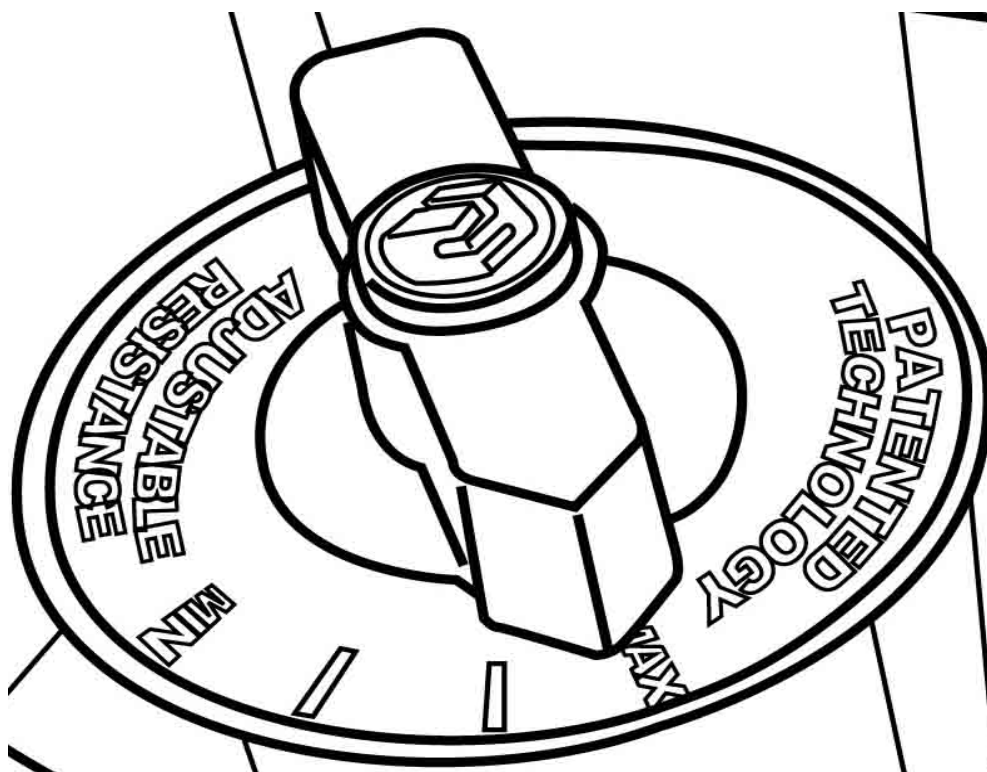
Note: 2 Allen keys of the same size are provided for this portion of the assembly.

Fine Tuning the Neptune Challenge AR: The Neptune Challenge AR is designed to function as a pre-stressed frame . Using the Mid Leg as your guideline, tighten the Vertical Frame Tensioning Bolt until the Mid Leg rises approximately 3-5mm off the floor. The Mid Leg should just touch the ground during a rowing stroke.



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 flywheel 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.

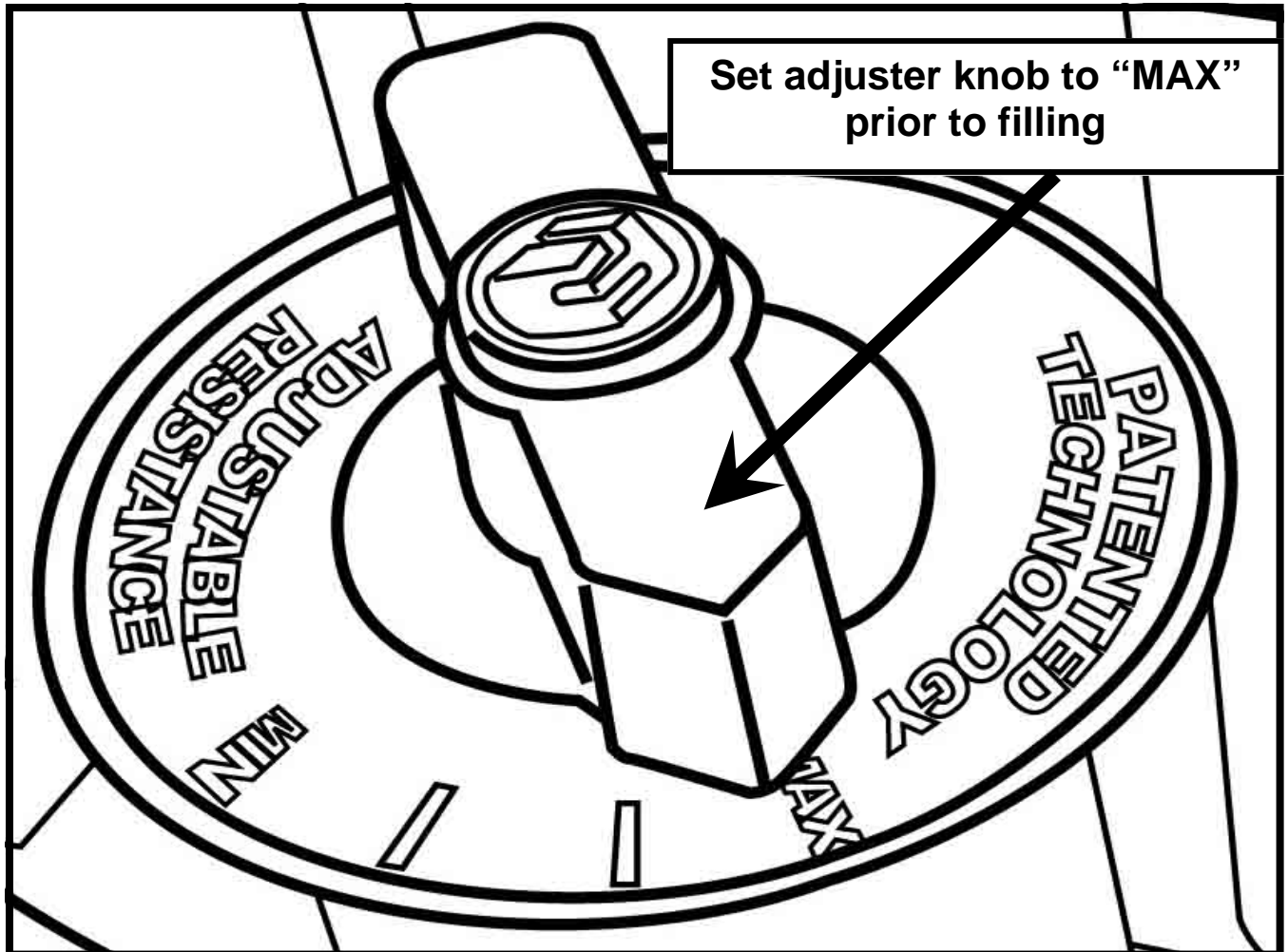
DEVELOPING YOUR ROUTINE

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 AR Tank:



Important: Please Read before filling tank:



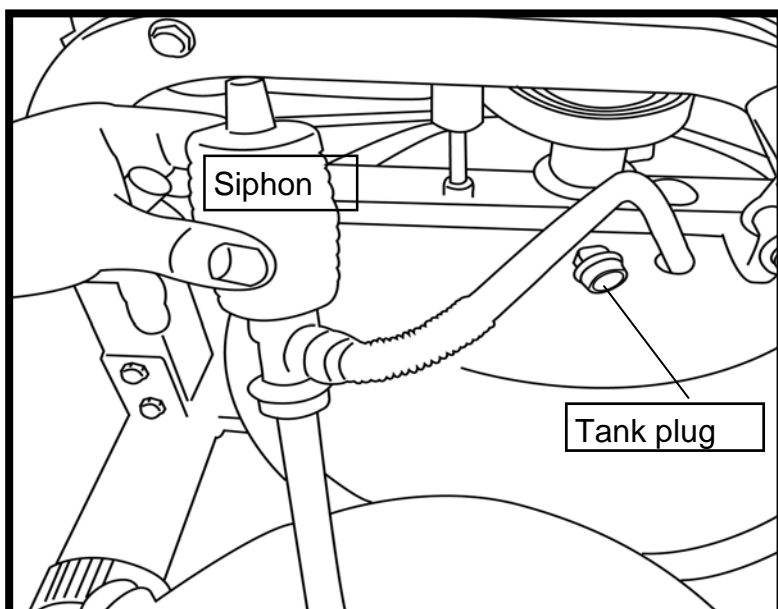
Caution:

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.

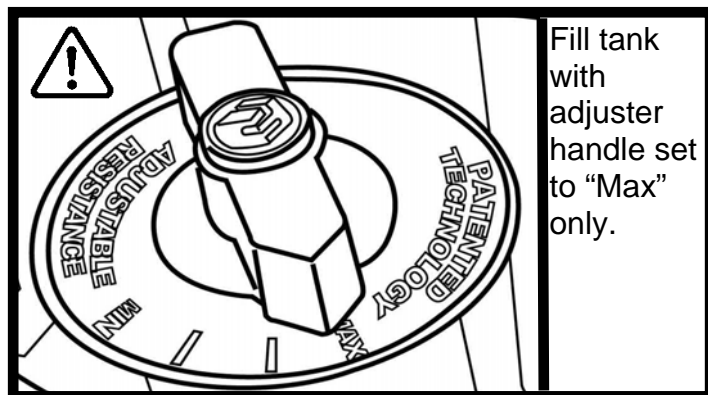
DO NOT overfill the tank beyond the maximum indicated level of 17 litres. Refer to the Tank Level Decal on the lower side of the tank

Tank Filling and Water Treatment:



Tank Filling and Water Treatment Procedures

Note: 17 liters of water is required for maximum filling.



1. Remove rubber fill plug from the top of the tank.
2. Place a large bucket of water next to the Neptune Challenge AR 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.

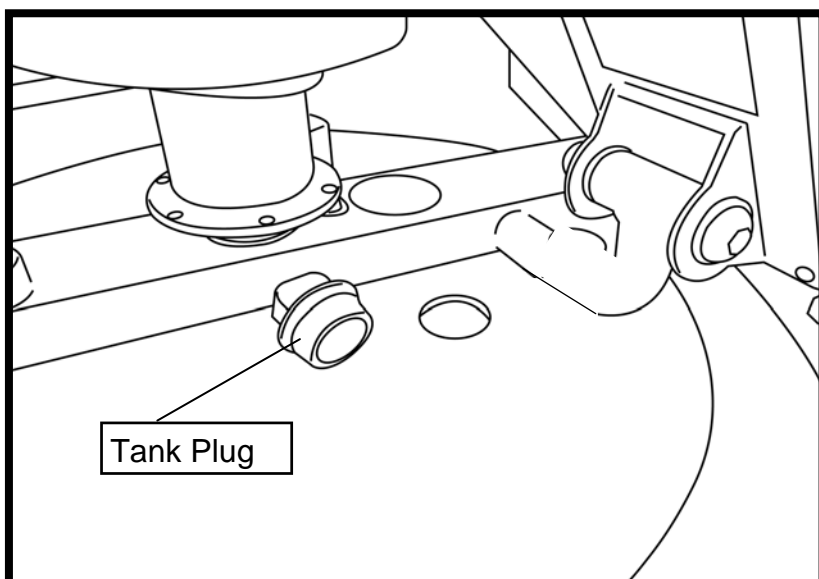
3. Begin filling tank by squeezing siphon. Use Level Gauge decal on side of tank to measure volume of water in tank. Important: Fill tank only with adjuster dial set to "MAX". Do not overfill tank!
4. After filling tank to the desired water level, open the valve on the top of the siphon to allow excess 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:

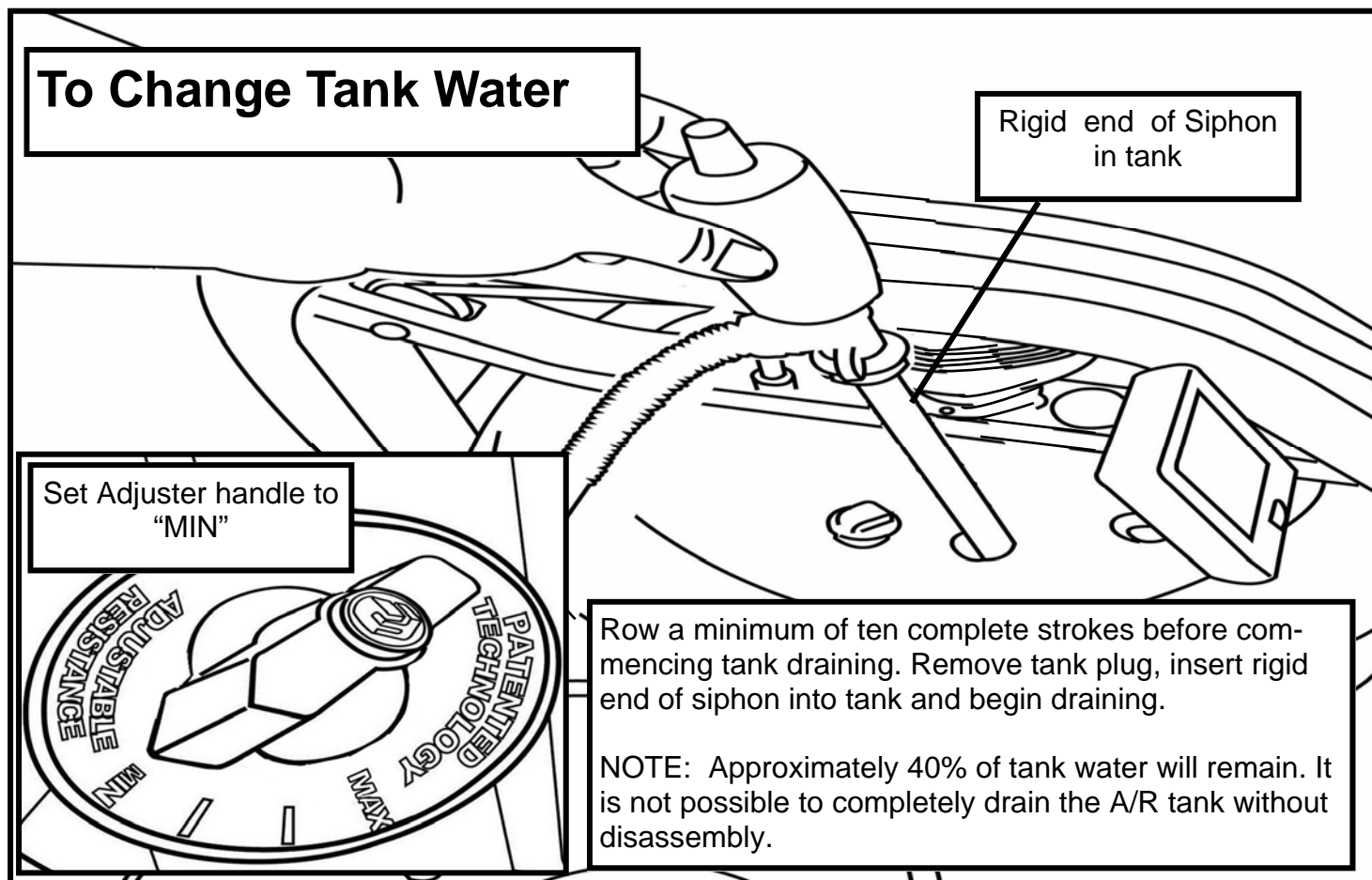
1. Add Chlorine tablet.
2. Enough Chlorine Tablets are supplied for many years of Water treatment. Add a chlorine Tablet whenever the Water appears dirty or cloudy.

WARNING: Only use First Degree Fitness Supplied Water treatment tablets.



Caution:

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



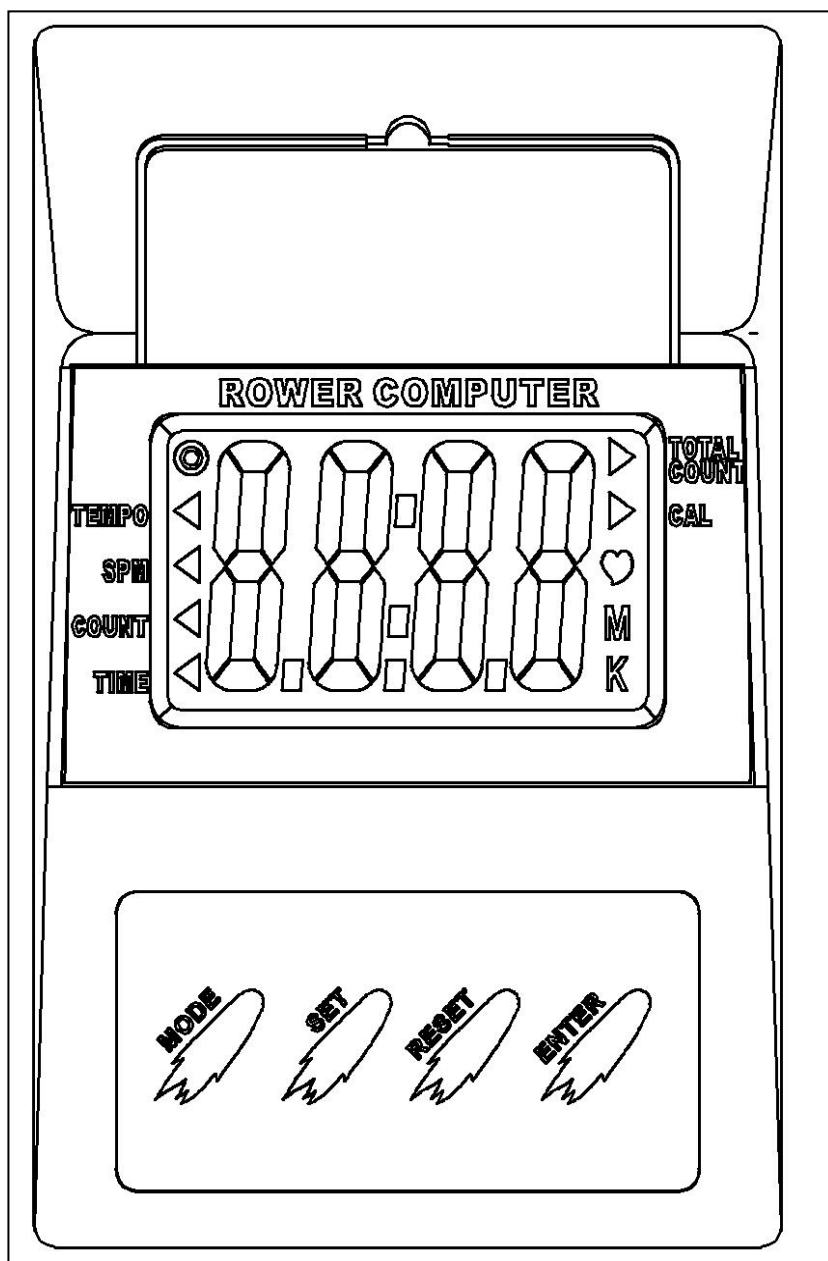
Removing/Changing Tank Water:

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 affects the water. Moving the rower away from direct sunlight and adding the blue dye will extend time between water treatments.



Computer Instructions:

Basic Function:

1. **Time:** Working range from 0:00-99:59
2. **Count:** Working Range from 0-9999
3. **SPM:** 15SPM-3000.
4. **Calories:** 0-9999
5. **Total Count:** 0-9999 Note: Computer must be turned off and restarted to reset total count.
6. **Tempo:** Working range from 0-180 beeps per minute.

Instructions for use:

Install the batteries, and the LCD panel will display with an audible buzz.

Mode: Allows access to various settings:

Enter: Press to set values. Numbers will flash. Press "Set" to fix settings.

Set: Press when digits are flashing to set values upward. Can be applied for all settings with the exception of "Total Count" and "SPM". Once values are set, press "Enter" to move into the following mode.

Reset: Press this key to reset values. **Note:** Total count can only be reset by taking out and re-installing batteries.

Once values are decided, the computer will scroll through the various settings every six seconds. The settings can be fixed into a set value (SPM for example) by pressing the "Mode" button. Values such as time will accumulate toward zero and an audible alarm will sound once zero is reached. Press any key to stop the alarm.

The Computer will enter sleep mode if not used for over 4minutes, 30 seconds.

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.

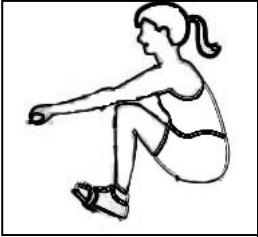
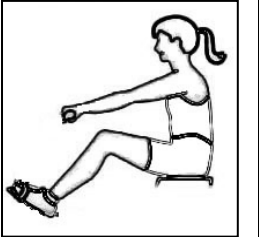
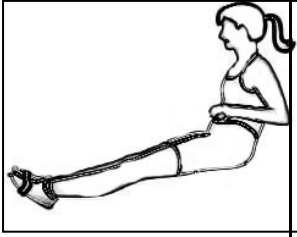
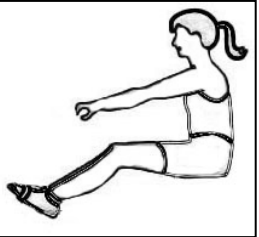
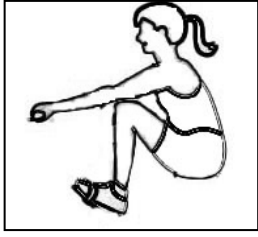
Progress a few minutes more each day until you are comfortable with 30-45 minutes training time 3 or 4 times a week.

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

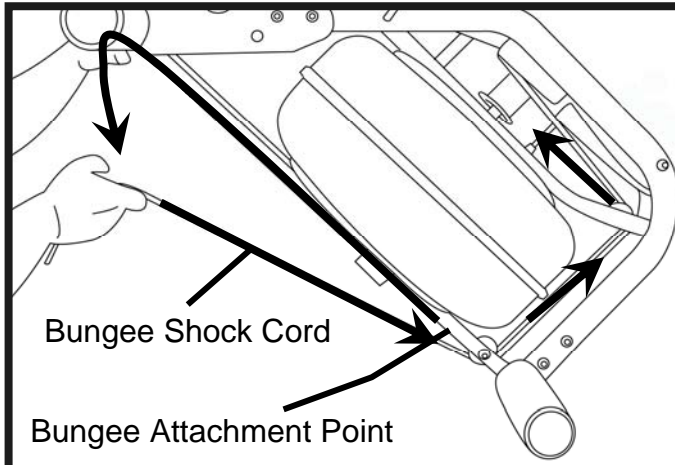


CAUTION

Always consult a doctor before beginning an exercise program.
Stop immediately if you feel faint or dizzy.

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

Detaching the Rower Belt:

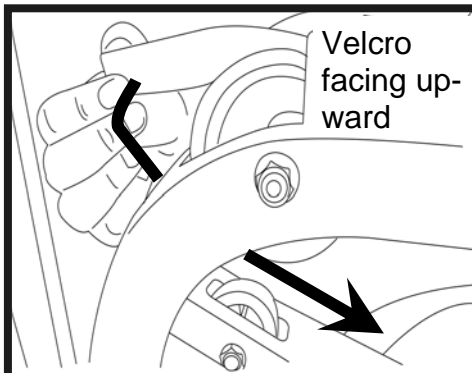


1. To detach belt, simply pull beyond the range of the normal rowing stroke until the belt detaches from the Belt Bungee Pulley.

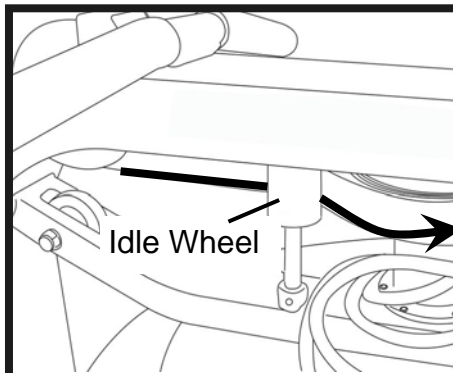
Tip: You'll hear the Velcro separating just before the belt detaches.

2. Cut plastic tie holding bungee at the Bungee Attachment Point, pull the Cord through all three pulleys and leave excess on top of the tank for now.

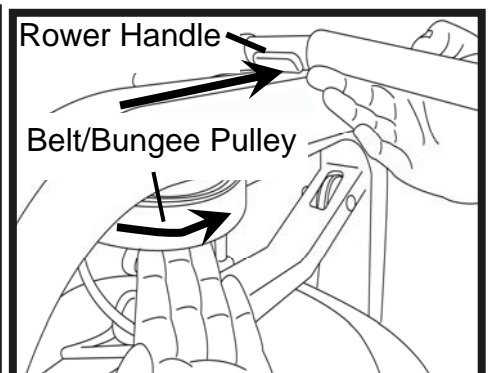
Reattaching the Rower Belt:



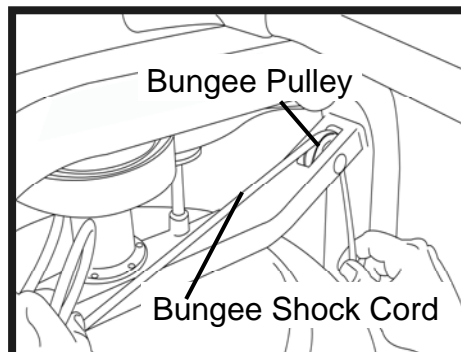
1. Begin reattaching the Rower Belt by threading around the Rower Belt Pulley with the Velcro side facing up-ward as illustrated.



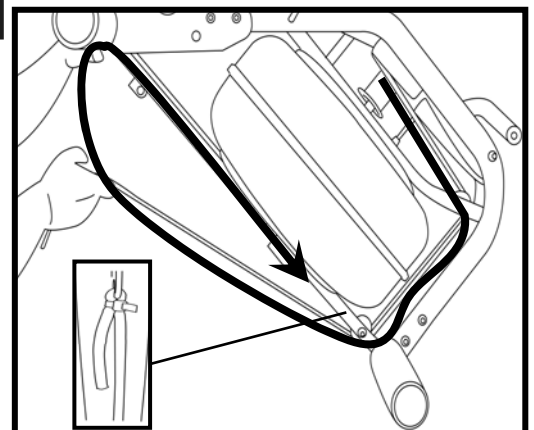
2. Next, thread the Belt around the Idle Wheel as shown. Once around the Idle Wheel, attach the Rower Belt to the Belt/Bungee Pulley. There is an obvious "lip" at the attachment point.



3. Wind the Rower Belt onto the Belt/Bungee Pulley until the Rower Handle is as it's furthest forward position.



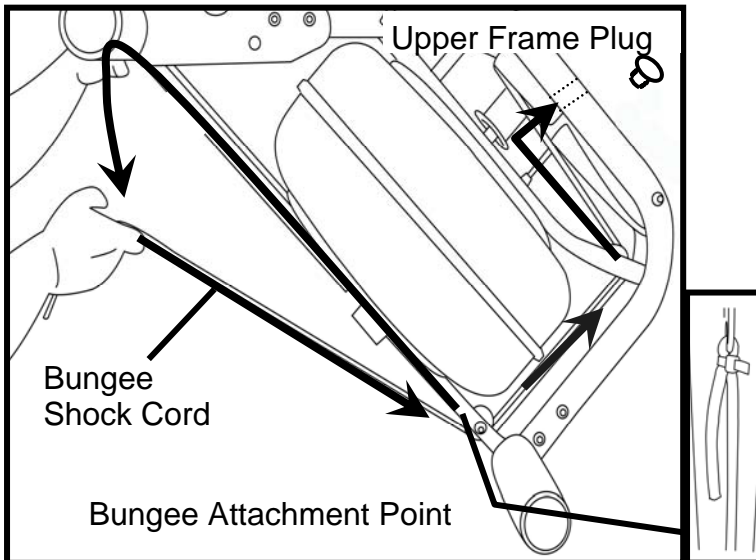
4. Rethread the Bungee Shock Cord (on opposite side of the Idle Wheel) back through the Bungee Pulleys and tie off at the Attachment Point.



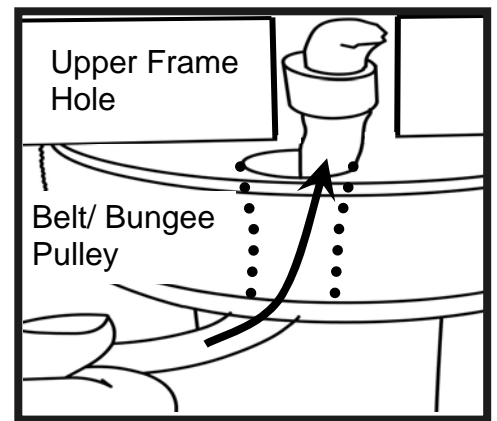
Hint:

If Bungee Shock Cords previous tension seemed correct (a good way to judge is if the Rower Handle can make it to the furthest point forward on the top of the Mainframe under bungee tension alone) then simply tie off at previous position. If the return is too slack, experiment by tightening the tension in small increments and testing until the correct tension is achieved. If the Rower Handle cannot reach the end of the seat rail during a rowing stroke, then the Bungee Shock Cord is over-tensioned.

Removing the Bungee Shock Cord:

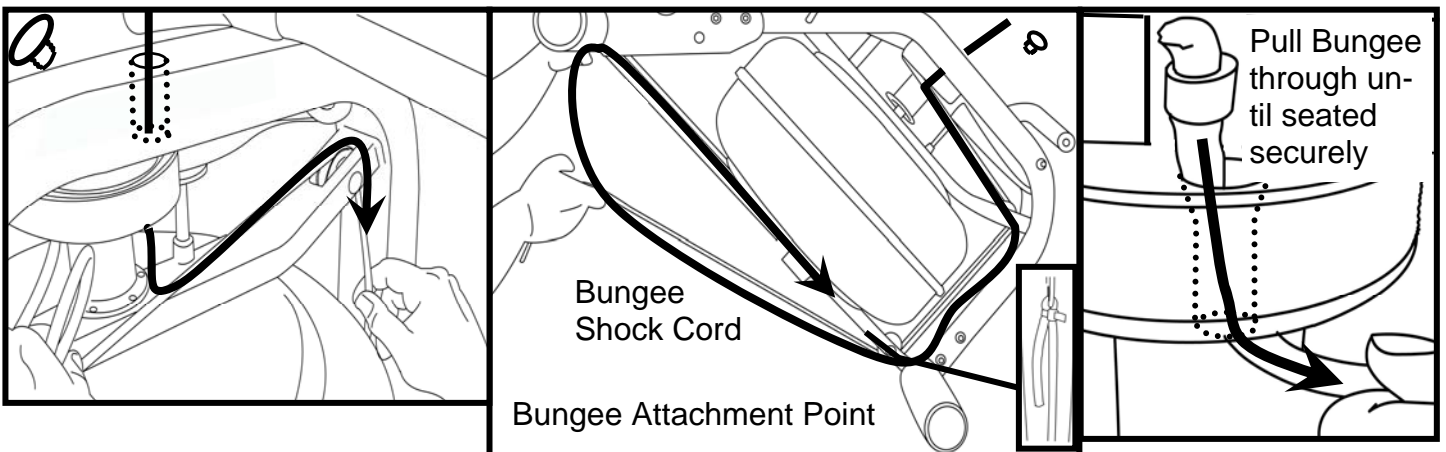


First, move the Rowing Handle to it's farthest forward point on the Mainframe, then cut the plastic end tie and follow the drawing above for bungee removal. Next, remove the Upper Frame Plug to allow the Bungee Shock Cord to be threaded through the top of the frame. Note: You will need to rotate the Belt/Bungee Pulley to align the holes properly. Should the belt drop off of during the bungee change, please refer to the previous pages for "Attaching/Reattaching the Rower Belt".



Once Bungee Cord and Upper Frame Hole are aligned, push the Bungee Cord up and through the frame as shown

Replacing the Bungee Shock Cord:



Reinstall the Shock Cord through the Upper Frame, along the opposite side of Idle Wheel, through the Mid Frame and Lower Bungee Pulleys and then tie off with plastic tie wrap to correct tension. Replace Frame Plug



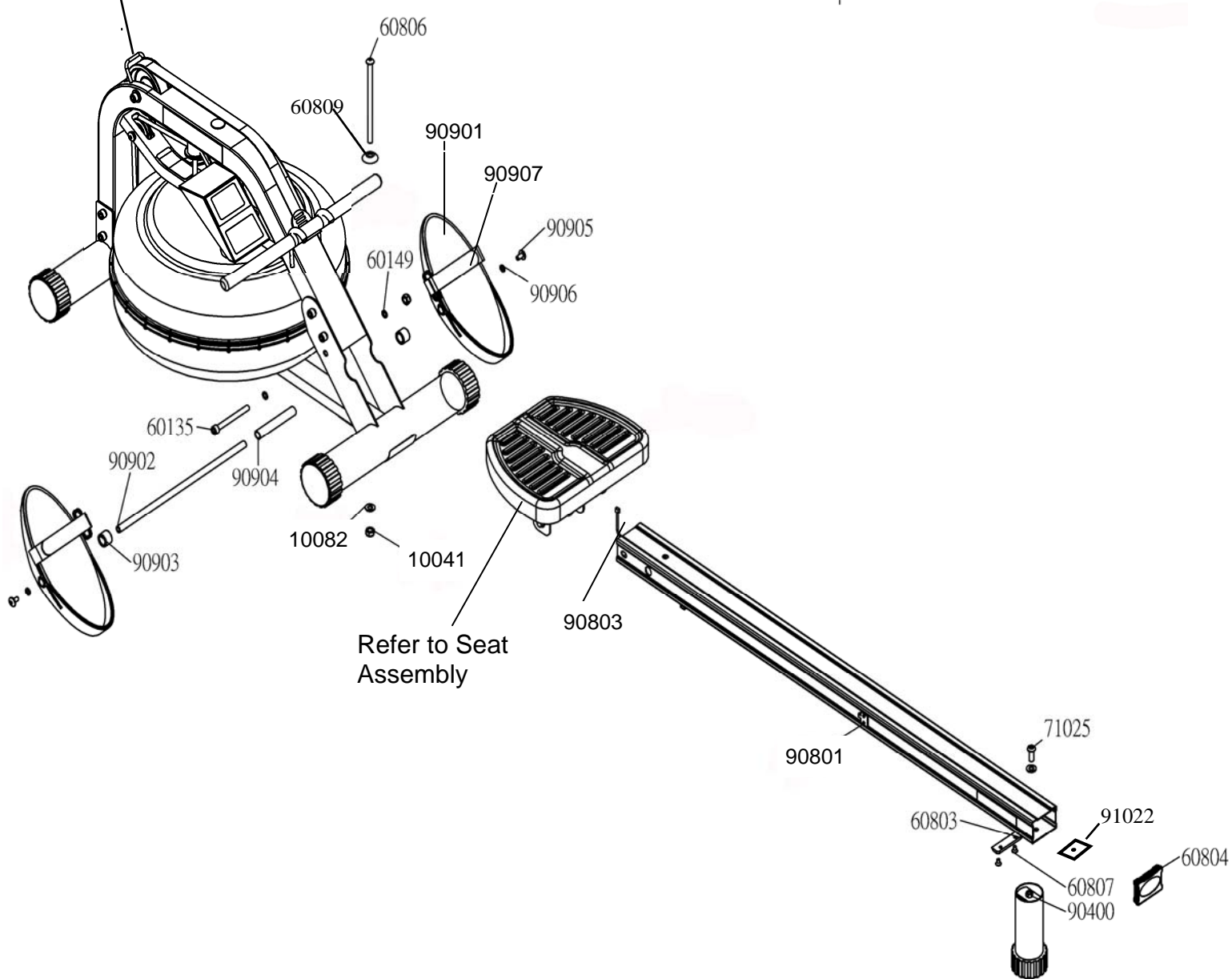
Tip: Correct bungee tension is achieved when enough recoil is present for the Rowing Handle to easily reach the front of the Rower Pulley Belt Bracket at the far front of the frame. If the Rowing Handle will not reach rearward to the end of the Seat Rail, the Bungee Cord is over-tightened and will require adjustment.

Troubleshooting:

Fault	Probable Cause	Solution
Water changes color or becomes cloudy.	Rower is in direct sunlight or has not had water treatment.	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.	Bungee not under enough tension.	Tighten bungee cord following the instructions given in the change bungee section of this manual.
Front leg rises slightly during vigorous rowing	M10X180mm Vertical Frame Tensioning Bolt is slightly too loose.	Tighten bolt 1/2 turn and try again. Tighten as needed until problem stops. Note: Over tightening this bolt can damage the seat rail. Only tighten bolt until mid leg begins to lift slightly from the ground. Refer to "Fine Tuning the Neptune Challenge AR" for details.
The Neptune Challenge AR computer does not illuminate after battery installation.	Batteries installed incorrectly or need replacing.	Reinstall batteries in correct position and try again. If the LCD screen fails to illuminate, replace batteries. If this fails, contact your local service center.
Neptune Challenge AR 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.

Neptune Challenge AR Rower Exploded Diagram

Upper and Lower Frame Assembly



P/N	Description	QTY	P/N	Description	QTY
10041	Nut Nylock M10	2	90801	Rail for Neptune	1
10082	Washer M10	2	90803	Sensor With Lead	1
60135	Bolt M10x95	1	91022	Seat Rail Internal Support Bracket - NEPAR	1
60149	Spring Washer M10 5x7x2	2	90901	Plastic Footplate	2
60803	Rubber Bump Stop - Seat Rail	1	90902	Footplate Axle 12mmx388	1
60804	Seat Rail End Cap 75x50	1	90903	Footplate Spacer Nylon D25xD17x19L	2
60806	Frame Tensioning Bolt M10x180	1	90904	Internal Footplate Spacer 17mmx1.5Tx110L	1
60807	Bolt M6x10	2	90905	Footplate Bolt M8x15	2
60809	Plastic Dome Cap 10mm	1	90906	Spring Washer M8x10	2
71025	Main shaft Rear Bracket Bolt M10x25mm	1	90907	Velcro Foot Strap for Neptune	2
90400	Rear Leg for Neptune	1			

60507 X1 Rowing Belt & Velcro Strip

60506 X2 Neptune Handle Grip

Refer to Upper Main Frame
and Tank Assembly

61004 x 1 Main Frame
Upper Warning Decal—
Orange

60501 X1 Rower Handle & Belt
Bracket

90812 x2 Decal—
Neptune Challenge

Refer to Lower Main
Frame Assembly

61006 x1 Tank Level
Decal

10041 x4 Nut
M10 Nylock

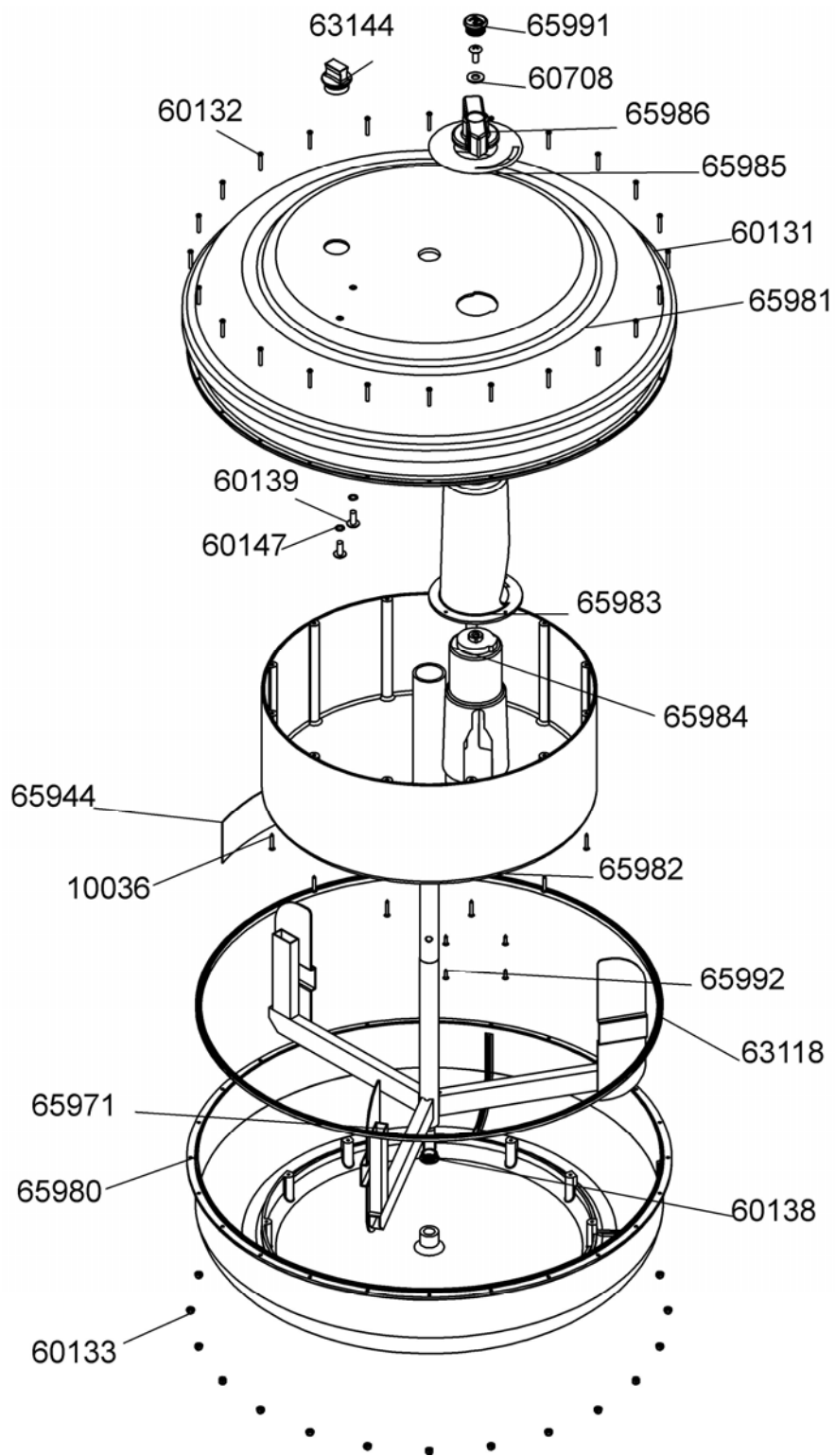
60615 x1 Bungee
Cord 8mmx1950
with Clip 60617 &
Tie 61008

61007 x1 Main Frame
Lower Warning Decal—
White

60149 x8 Spring Washer
M10 5x7x2

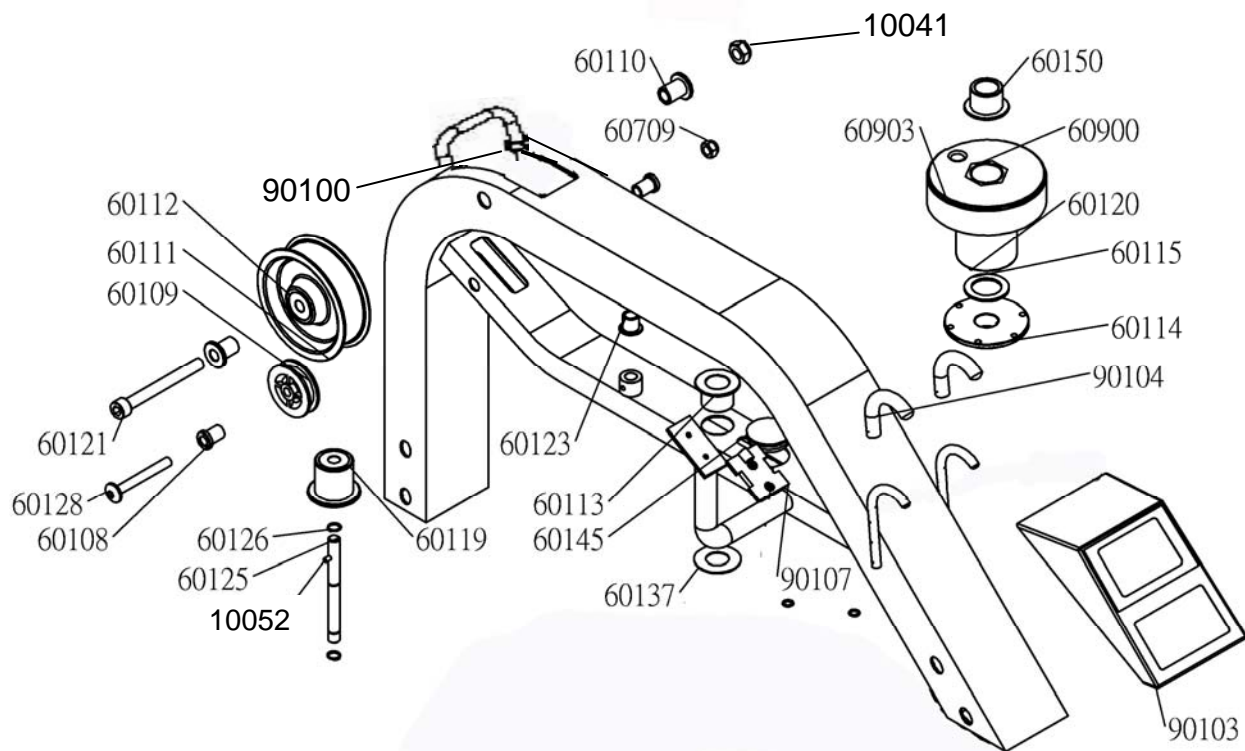
60135 x4 Bolt M10x95

Tank Assembly



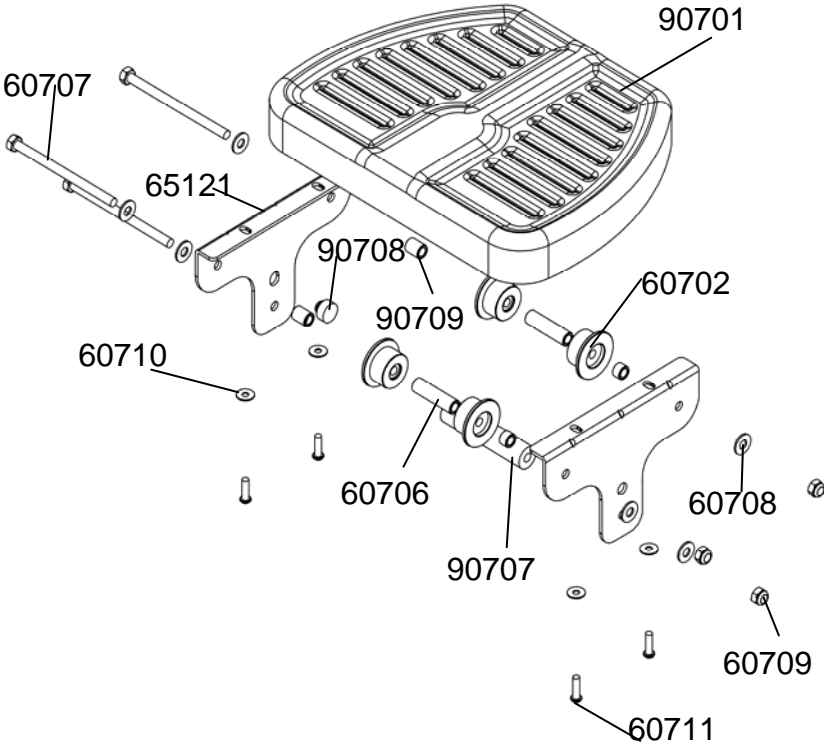
P/N	Description	Qty
10036	Grub Screw M3x20 SUS for Blue Tank Ring	12
60131	Tank Outer Rubber Protection Ring	1
60132	Screw M3x20	24
60133	Nut Nylock M3	24
60138	Impeller End Cap	1
60139	Tank Internal Screw S/ Steel M6x15	3
60147	Washer O Ring 9.5x6.5x1.5mm	2
60606	Plastic Spacer M4 for Heel Adjuster	2
60708	Washer M8.5x19x1.6t	1
63118	Tank Large Ring Seal - Yellow	1
63144	Tank Plug	1
65944	Decal - Tank Level	1
65971	Impeller - AR	1
65980	Lower Tank Cover	1
65981	Outer Tank - AR	1
65982	Inner Tank - AR	1
65983	adjuster Knob	1
65984	Tank adjuster inner cup	1
65985	Decal - AR Resistance	1
65986	Adjuster Knob	1
65991	End cap-Adjuster Knob	1
65992	Grub Screw M3x12 SUS	4

Upper Main Frame



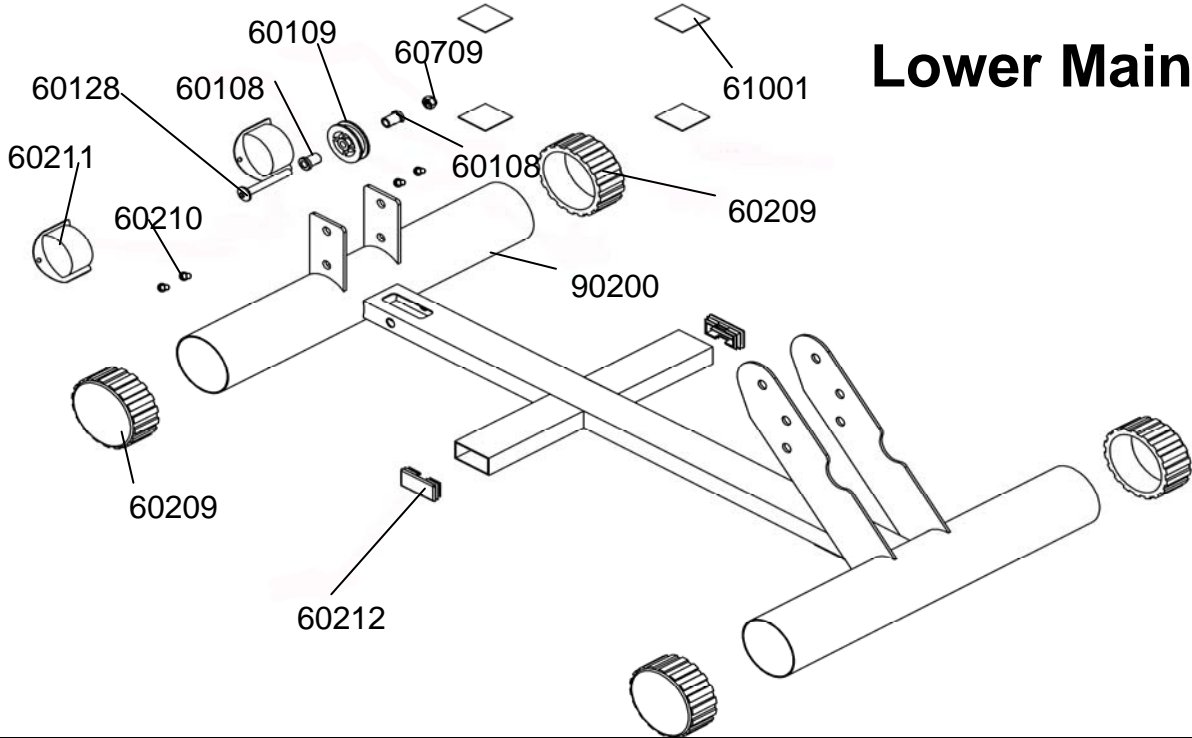
P/N	Description	QTY	P/N	Description	QTY
10041	Nut M10 Nylock	1	60125	Idle Pulley Shaft	1
10052	Grub Screw M4x6	1	60126	C Clip 10mm	2
60108	Bungee Pulley Spacer 8mm	2	60128	Bolt M8x65	1
60109	Bungee Pulley 50mm	1	60137	Tank/Main Frame Spacer	1
60110	Belt Pulley Spacer	2	60145	Frame Plug 38.1mm	1
60111	Belt Pulley 100mm (inc. 2x60112 Bearing)	1	60150	Main Shaft Nylon Bushing - Upper	1
60112	Belt pulley bearing 6000ZZ	4	60606	Plastic Spacer M4 for Heel Adjuster	2
60113	Main Shaft Oil Bushing - Lower	1	60709	Nut Nylock M8	1
60114	Magnet Ring (inc. 6x60124 Magnet)	1	60900	Bungee/ Belt Pulley complete	1
60115	Flywheel Shaft Spacer	1	60903	Velcro Strip for Rower Belt Pulley	1
60119	Idle wheel inc. 2x60112 Bearing	1	90100	Upper Frame	1
60120	Roll Pin 6mm	1	90103	Computer for Neptune	1
60121	Bolt M10x90	1	90104	Hook	2
60123	Idle Shaft Upper Frame Mount 10mm	1	90107	Computer Plastic Spacer	1

Seat Assembly



P/N	Description	QTY
60702	Seat Wheel	4
60706	Inner Axle Bushing Long 52.5mm	2
60707	Bolt M8x120	3
60708	Washer M8x22	6
60709	Nut Nylock M8	3
60710	Washer M6x11	4
60711	Screw M6x20	4
65121	Seat Frame Bracket	2
90701	Seat - LS-E22	1
90705	Inner Axle Bushing Short for Neptune	2
90707	Lower Seat Wheel Axle Spacer 102mm	1
90708	Round Magnet	1
90709	Inner Axle Bushing Long 16mm	2

Lower Main Frame



P/N	Description	QTY	P/N	Description	QTY
60108	Bungee Pulley Spacer 8mm	2	60211	Transport Wheel 76.2	2
60109	Bungee Pulley 50mm	1	60212	End Cap 25x50mm	2
60128	Bolt M8x65	1	60709	Nut Nylock M8	1
60209	End Cap 76.2mm Round	4	61001	Tank Bonding Strip 3M-VHB	4
60210	Transport Wheel Fastener	4	90200	Lower Frame	1

NEPTUNE Challenge AR Rower

INTERNATIONAL WARRANTY – HOME USE

First Degree Fitness Limited warrants that the **Neptune Challenge AR (model NEPAR)**, 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.

Metal Frame – 5 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 5 years of the original purchase. Warranty does not apply to frame coating.

Polycarbonate Tank & Seals – 3 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 3 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.

Specific Inclusions

- Aluminum Seat Rail
- Stainless Steel Impeller Assembly

All Other Components (of a wearing nature) – 1 Year Limited Warranty

First Degree Fitness 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)
- Footplates (pivoting & sliding)

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
- Manufacturer's warranty automatically commences upon sale of the product to end user or upon the expiration of one (1) year from month of manufacture, whichever occurs first