



Fluid Ergometer Computer

V.8012



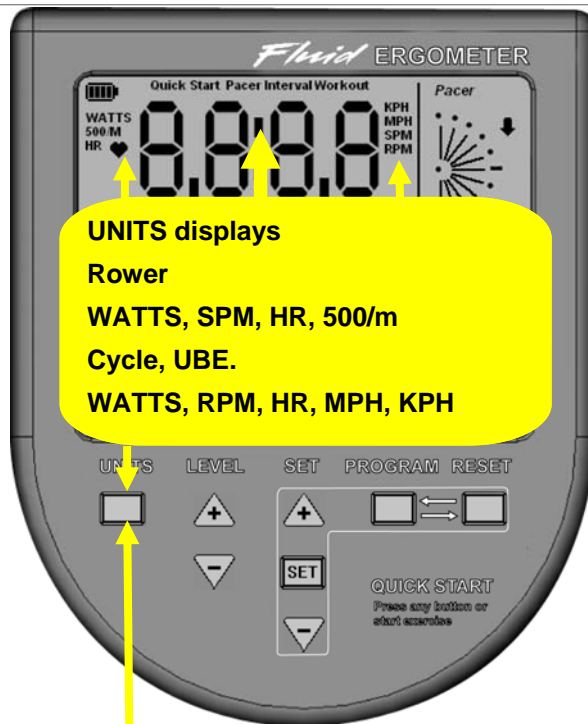
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Display measurement UNITS

Display UNITS can be changed at any time in QUICK START, PACER, INTERVAL or set WORKOUTS

Example: Begin training using PACER with HEARTRATE UNITS and swap to SPEED or CADENCE PACER.



UNITS displays

Rower

WATTS, SPM, HR, 500/m

Cycle, UBE.

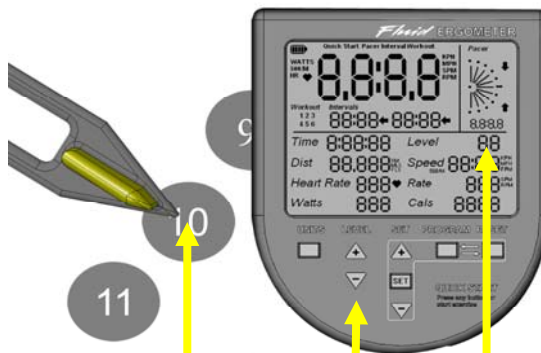
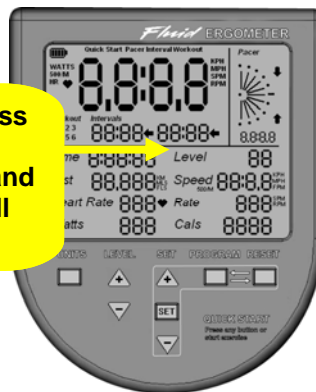
WATTS, RPM, HR, MPH, KPH

Hold UNITS for 2 seconds then use SET +/- to change KPH/ MPH

Quick Start QUICK START PACER INTERVAL WORKOUT

Quick start provides instant workout information. Just start training to activate. You can choose to change UNITS displayed.

Begin Exercise or press any button. **QUICK START** is displayed and timer and distance will begin.



Adjust tank **LEVEL** and computer **LEVEL**.

PACER

QUICK START PACER INTERVAL WORKOUT

PACER mode sets your training pace in chosen UNITS. UNITS can be changed at any time mid workout. Use the SET and +/- keys to adjust PACER at any time during your training session.

1. RESET
2. PROGRAM key until PACER appears at top of screen
3. Use SET +/- keys to adjust TIME, DISTANCE and PACER values.



- PACER gauge can be SET +/- at any time and any UNITS.



INTERVAL

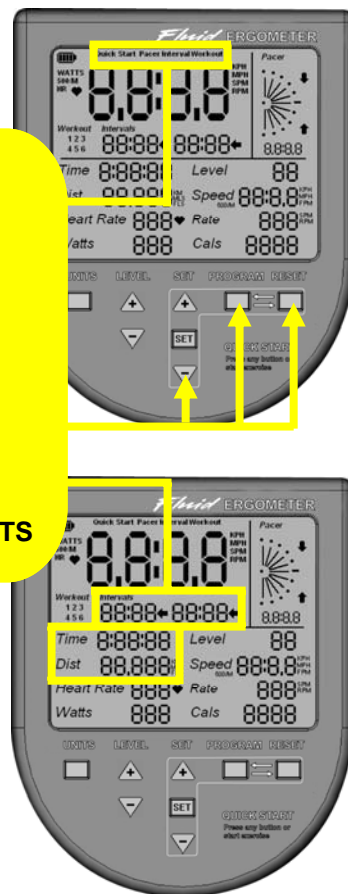
QUICK START PACER INTERVAL WORKOUT

Easily set 2 x INTERVAL TIMES and 2 x PACERS that will repeat for the length of your workout. Total TIME and DISTANCE options can also be set. Note that UNITS remain SPEED only in INTERVALS*.

1. RESET
 2. PROGRAM
- Choose INTERVAL
3. SET +/- to set or change INTERVAL 1
PACER 1
INTERVAL 2
PACER 2

Optional.
TIME, DISTANCE, UNITS

* Choose different workout UNITS in SET WORKOUTS.



WORKOUT

QUICK START PACER INTERVAL **WORKOUT**

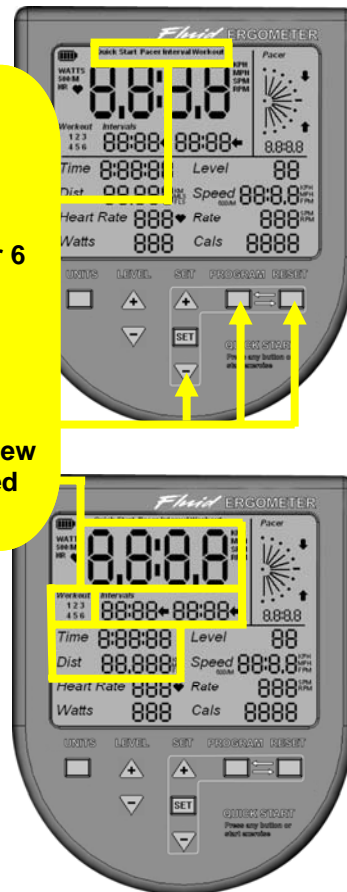
WORKOUT mode saves you time. 6 different workout presets are auto saved and easily reprogrammed whenever you like.

1. RESET
 2. PROGRAM
- Choose WORKOUTS
3. SET +/- Choose WORKOUT 1,2,3,4,5 or 6

Begin training or

HOLD SET for
2 SECONDS.

Change as required. New
settings are Auto saved



SET COMPUTER OPTIONS

Enter RESET then use the PROGRAM key to display QUICK START. QUICK START must be displayed to enter any of the programming modes listed below.



UNITS

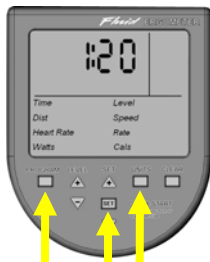
Press and hold UNITS for 2 seconds to change metric/imperial

Rower: No change. Rowers always display time to row 500 meters.



ODOMETER

Press and hold PROGRAM, UNITS for 5 seconds. Total hours use and distance displays. Check manual for planned maintenance at hours accumulated.



ROWERS ONLY

(MUST BE DEVICE 4 OR 5 TO SET THIS)

Change Calibration

- Standard Fluid Product 1:00
- Air Rower match 500m. 1:20

Press and hold UNITS, SET, RESET for 5 seconds. Use the SET and +/- buttons to change settings.

Set to 1:00 to duplicate existing FDF Fluid rowers in the workout area.
Set to 1:20 to duplicate air rower 500m times.



CHANGE DEVICE

Press and hold UNITS, PROGRAM, RESET for 5 seconds. Use the SET and +/- buttons to change device.

Device list.

- E820/E920.
- E920 (Rehab labeled)
- E720
- Rower E520
- Rower E316
- _____

TROUBLE SHOOTING

Screen will not display.

Change batteries.

Screen will display on button push but will not begin with exercise.

Sensor or sensor lead problem. Check connections and sensor gap. Sensor gap to magnets should not exceed 2mm. (1/16th" inch) Turn flywheel 360 degrees and watch gap does not increase. Adjust magnet ring if required.

Computer readings are jumping and erratic.

Sensor gap is wrong. Check magnet ring is secure. Replace sensor if required. (Note if this problem is happening with a new machine the installer may have spilled water that has waterlogged the wiring connections behind the Fluid Tank. If so dry and test again)

Computer display is frozen.

Press SET button and computer should restart or remove and reinsert both batteries.

USING YOUR COMPUTER

QUICK START AND PACER

Quick Start

Start exercising and the computer will begin. This feature is designed for club use primarily where any user will be able to start exercising without any knowledge of the computers functions. You can also chose to use this option to exercise without pressing any buttons. TIME, DISTANCE and UNITS can be set by pressing the SET key. UNITS can be changed at anytime while exercising. Use a chest strap for heart rate. The heart rate sensor kit must be installed to use this option.

UNITS can be quickly reset to MPH/ KPH by holding the UNITS button down for 2 seconds then choosing your option with the SET keys.

PACER PROGRAM

The PACER is set by pressing RESET/ PROGRAM until PACER appears at the top of the screen. Use the plus and minus keys then press SET and your PACER is keyed in. You can set any number of PACER UNITS and scroll between them as you workout with the UNITS key. TIME and DISTANCE can also be set at the beginning of the workout by continuing to press the SET key until each window flashes in turn for programming. Begin exercise and watch the PACER gauge. It will show up and down arrows and let you know if you are moving too far off your SET pace. You can change UNITS at any time with the UNITS key and PACER value up or down at any time with the SET keys.

Begin exercise to START the program.

Your actual SPEED or chosen UNITS is displayed in the large window and the PACER value you set is displayed below the PACER gauge. You can change the PACER gauge value or UNITS at any time.

USING YOUR COMPUTER

INTERVALS

INTERVALS

INTERVALS is set by pressing RESET/ PROGRAM until INTERVAL appears at the top of the screen. Continue pressing SET to move through INTERVAL time 1, PACER 1, INTERVAL time 2, PACER 2, TOTAL TIME, TOTAL DISTANCE and use the plus and minus keys as each option is displayed to change them.

Note that UNITS cannot be set in INTERVAL mode where the default is SPEED. Choose WORKOUTS and INTERVALS to set different UNITS for your INTERVAL training. The WORKOUTS program will remember your settings.

Begin exercise. The first TIME interval will appear in the left window and the first PACER speed will display below and cycle through for the duration of your workout.

NOTE: Complete Rest INTERVALS must be accompanied by at least very slow exercise movements to keep the TIME counting down to the next INTERVAL.

USING YOUR COMPUTER

WORKOUTS

WORKOUT OPTIONS

WORKOUTS are set by pressing RESET/ PROGRAM until WORKOUT appears at the top of the screen. Continue pressing SET to move through WORKOUT 1,2,3,4,5,6 and chose your preset WORKOUT by pressing the SET button.

Start exercise or repeat pressing the SET button to move through TIME AND DISTANCE. **Hold SET for 2 seconds to move to the upper windows of INTERVALS.**

Set INTERVALS as previously explained and note that UNITS option is available to set different UNITS in WORKOUT mode.

To set a single WORKOUT without setting INTERVALS just set the first PACER and TIME window.

Example; hold SET for 2 seconds then SET INTERVAL 1 to 30 minutes and SET PACER 1 to desired UNITS and VALUE.

Begin exercise. The computer will record this value for future SET WORKOUTS.