

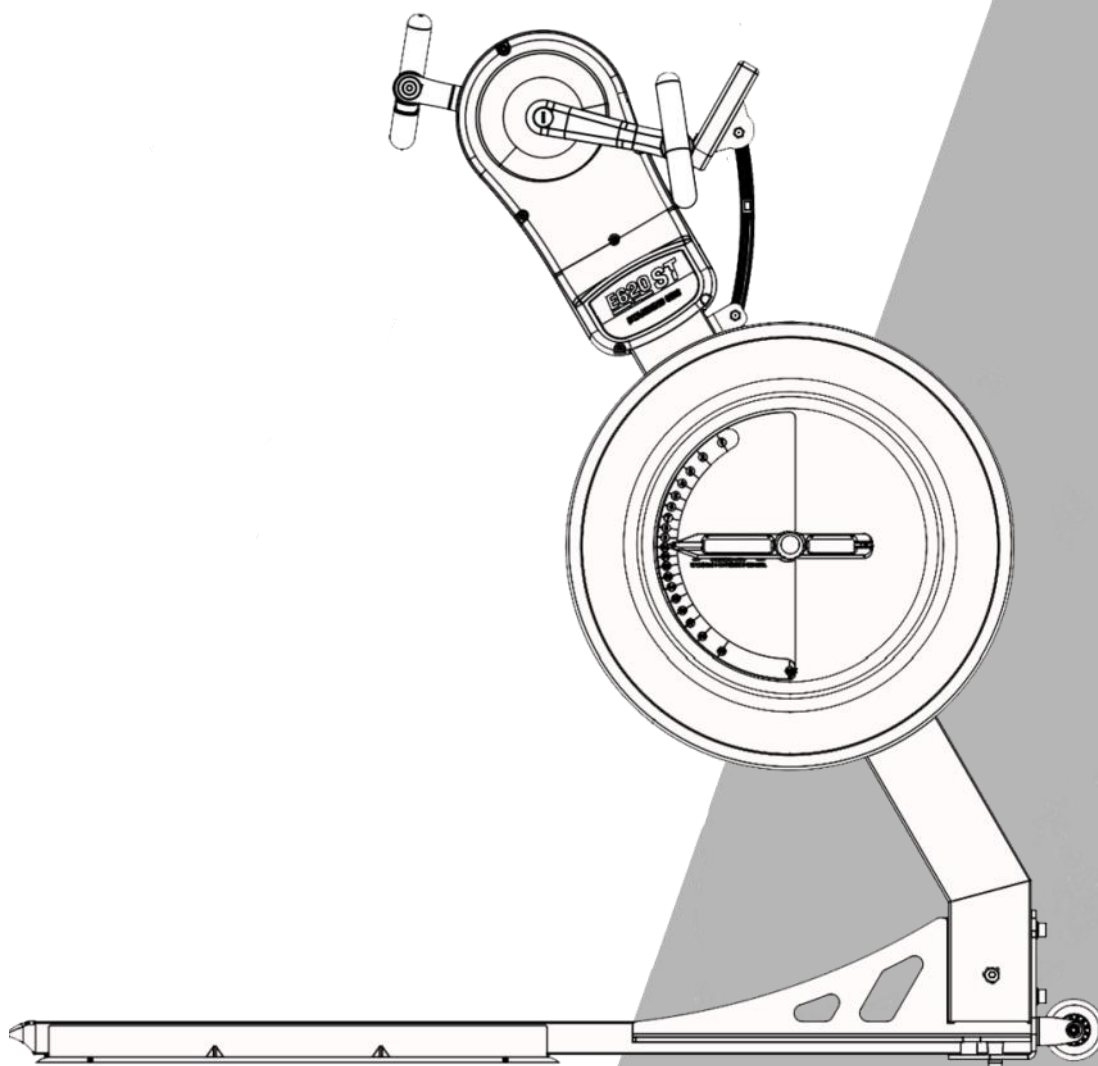
FIRST DEGREE FITNESS
Fluid INNOVATION



» USER GUIDE

PREDATOR E620ST

STANDING UPPER BODY ERGOMETER



REGISTER YOUR PRODUCT AT WWW.FIRSTDEGREEFITNESS.COM/SUPPORT

» Introduction

WELCOME TO YOUR PREDATOR E620ST

Congratulations on your purchase – the Predator is constructed for high intensity, powerful workouts. The unit's 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, the Predator offers a bullet proof platform to achieve an entire body workout allowing integrated movement of the user's core and upper body. Its bi-directional function offers 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, the Predator 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.

» Contents

Important Safety Instructions.....	4
Get to Know Your PREDATOR E620ST.....	5
Unpacking Your PREDATOR E620ST.....	6
Assembly.....	7
Operating Instructions.....	10
Computer Operation.....	11
Maintenance and Troubleshooting.....	12

» Important Safety Instructions

All users should read the operating instructions contained within this manual and understand how to use the Predator E620ST 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 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 physician recommended 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, pulleys and bungee cords 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 Predator E620ST is not suitable for therapeutic purposes. Perform exercises with 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 Predator E620ST on a stable, flat surface.
8. For your safety always ensure your Predator E620ST 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 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.

KEEP THESE INSTRUCTIONS

» Get to Know Your PREDATOR E620ST

PRODUCT SPECIFICATIONS

Product Class:
SC

Braking System:

Speed Independent

Product Gross Weight:

56.5kg (124.5lbs)

Minimum Safe Operating Surface Area:

1,910mm x 1,350mm

Dimensions:

1,326mm L x 736mm W x

1,242mm H

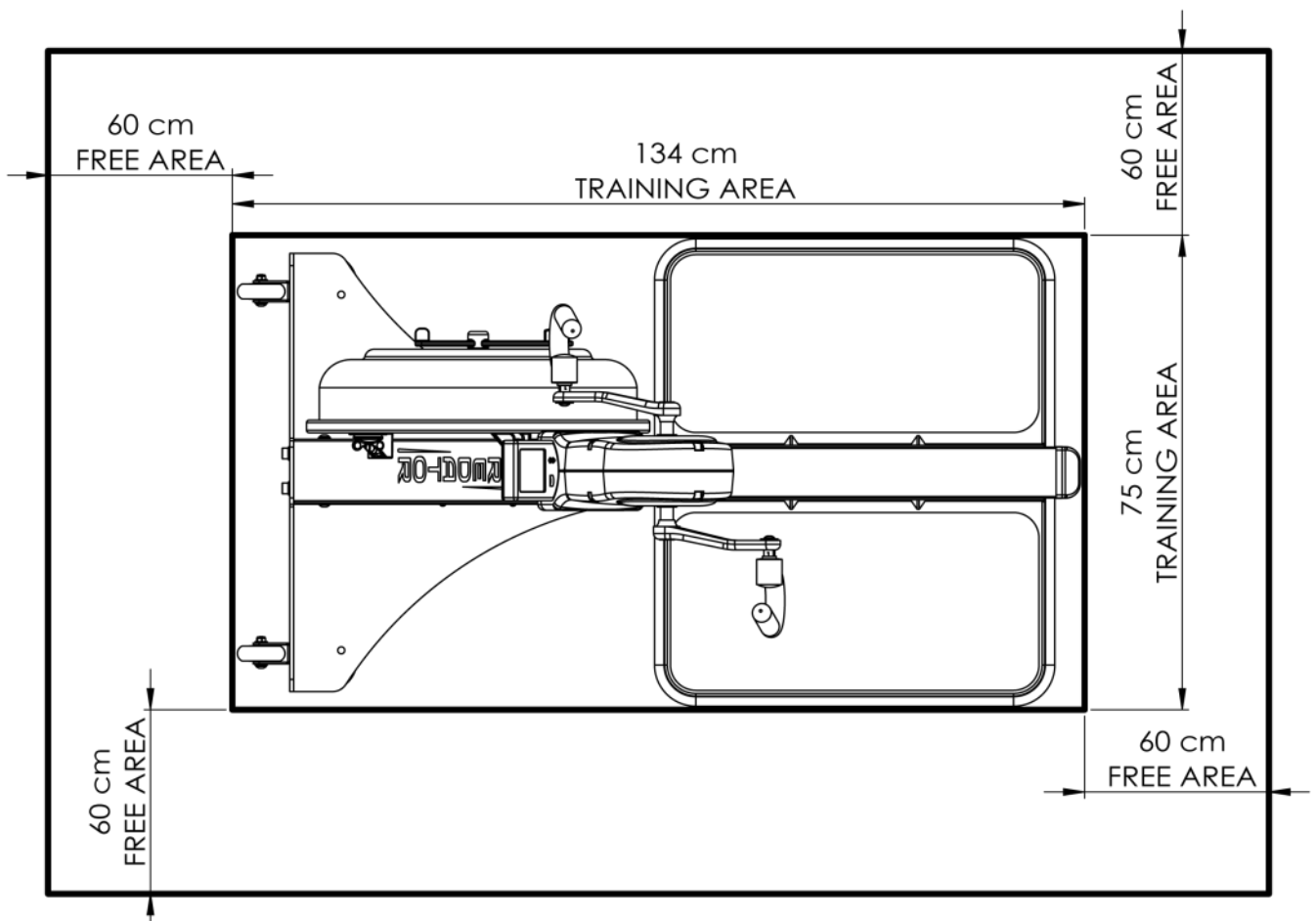
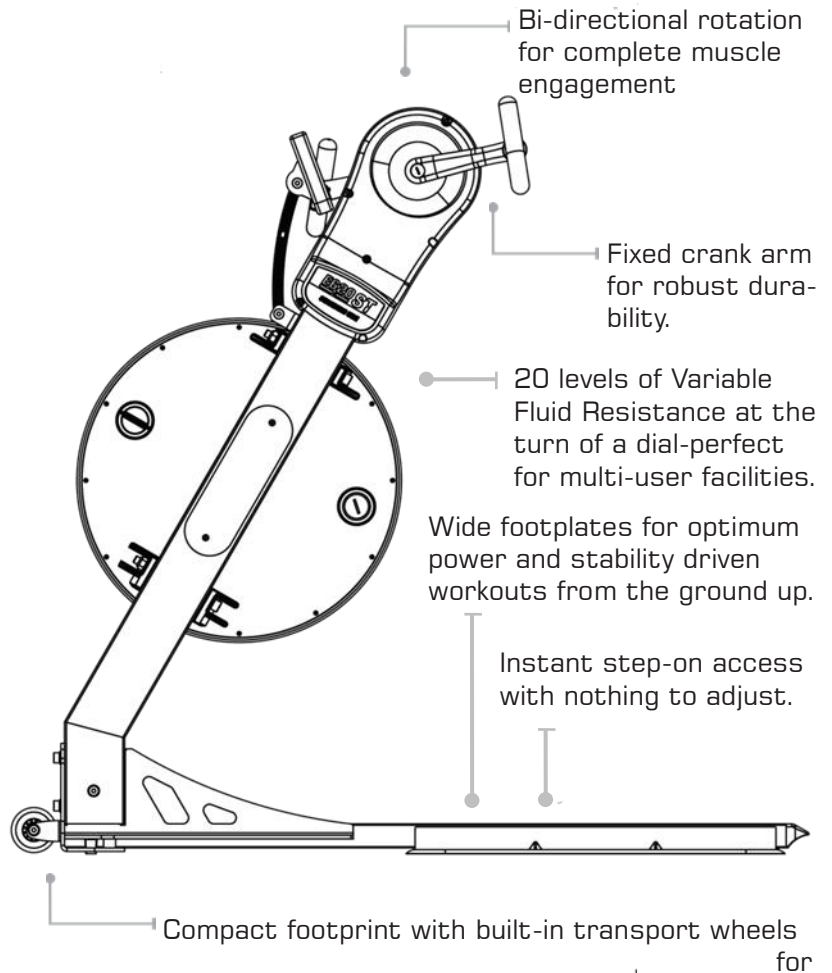
Maximum User Weight:

150kg (330lbs)

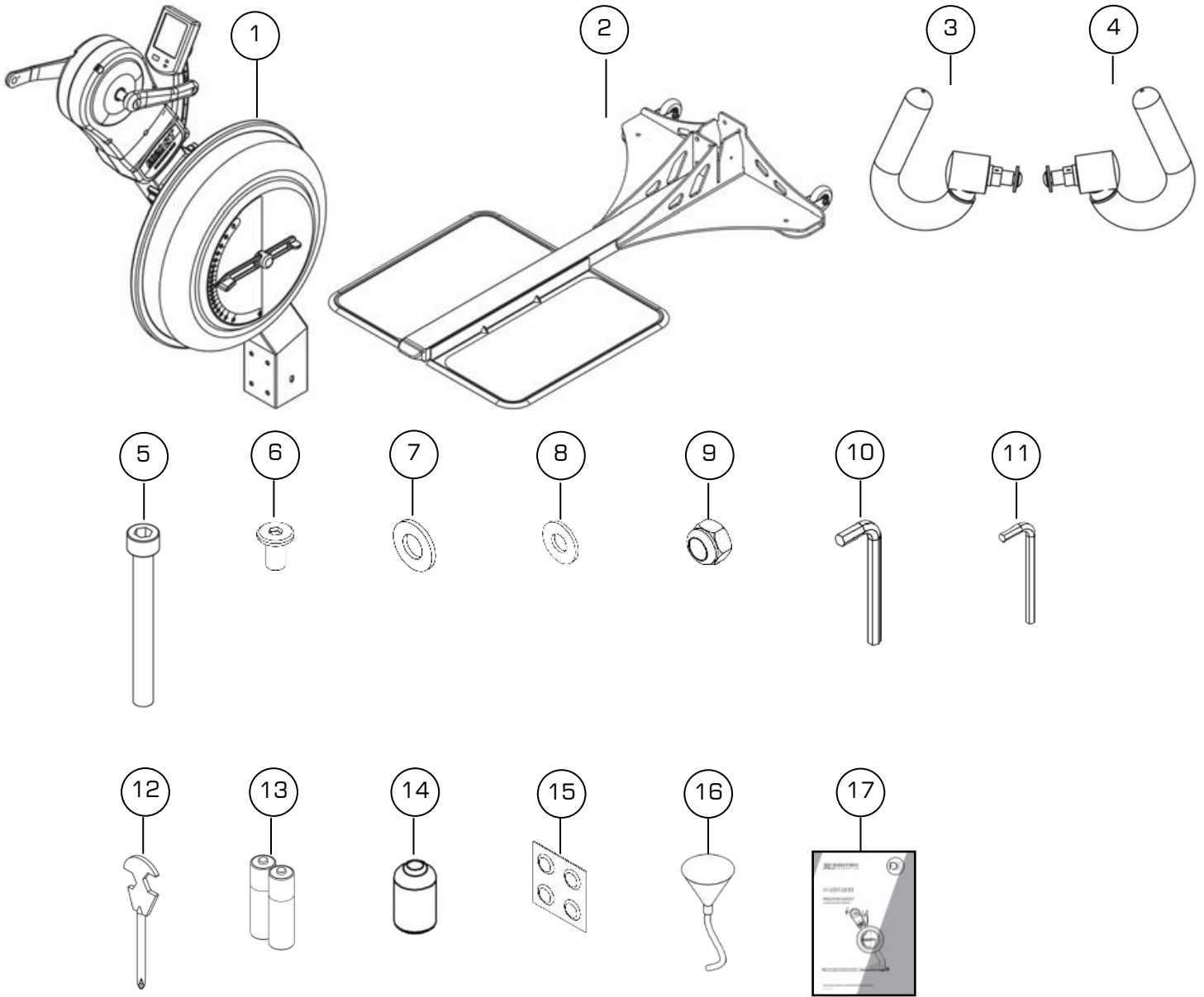
Footprint:

1,340mm x 740mm

PRODUCT HIGHLIGHTS



» Unpacking Your PREDATOR E620ST



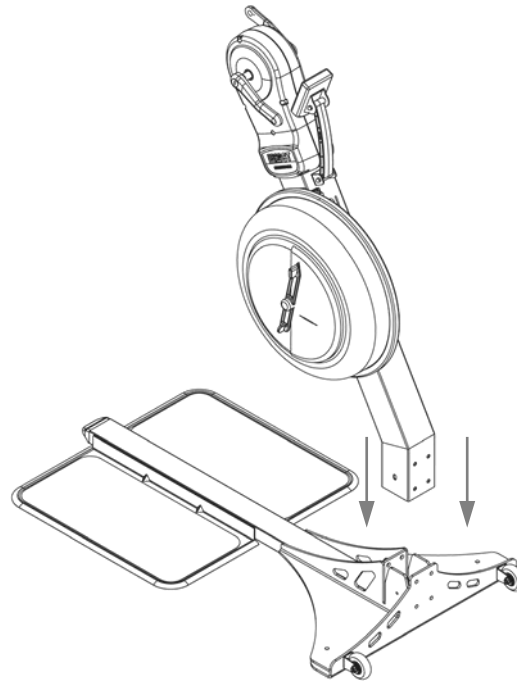
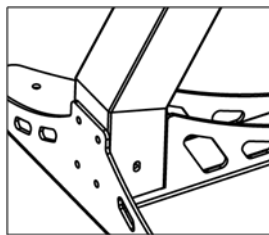
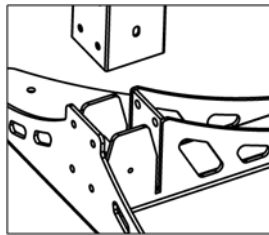
Item	Qty.	Description	Item	Qty.	Description
1	1	Upper Main Frame	10	1	8mm Allen Key
2	1	Lower Main Frame	11	1	6mm Allen Key
3	1	Left Handle	12	1	Multi-tool
4	1	Right Handle	13	2	AA Battery
5	4	M10x130 Hex Head Bolt	14	1	Touch Up Paint
6	2	M8x15 Dome Head Bolt	15	4	Water Treatment Tablet
7	8	M10 Washer	16	1	Funnel and Hose
8	2	M8 Washer	17	1	User Guide
9	4	M10 Nylock Nut			

» Assembly

STEP 1

ATTACH THE LOWER FRAME TO THE UPPER FRAME

- Place the lower frame [2] on a flat surface.
- Lift the upper frame [1] carefully and insert slowly into the lower frame's [2] bracket.



STEP 2A

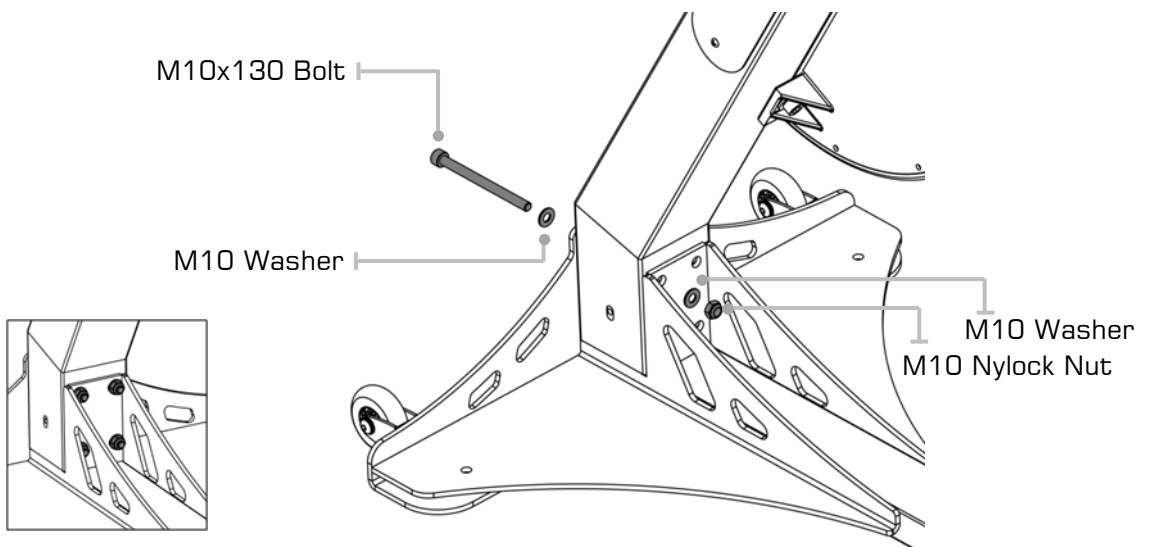
SECURE UPPER AND LOWER FRAME

REQUIRED

- 4xM10x130mm Bolts [5]
- 8xM10 Washers [7]
- 4xM10 Nylock Nuts [9]
- Multy-tool [12]
- 8mm Allen Key [10]

Torque: 240Kgf.cm

- Secure the upper frame to the lower frame using the M10 x 130mm Bolt [5] and M10 Nylock Nuts [9]



» Assembly

STEP 2B

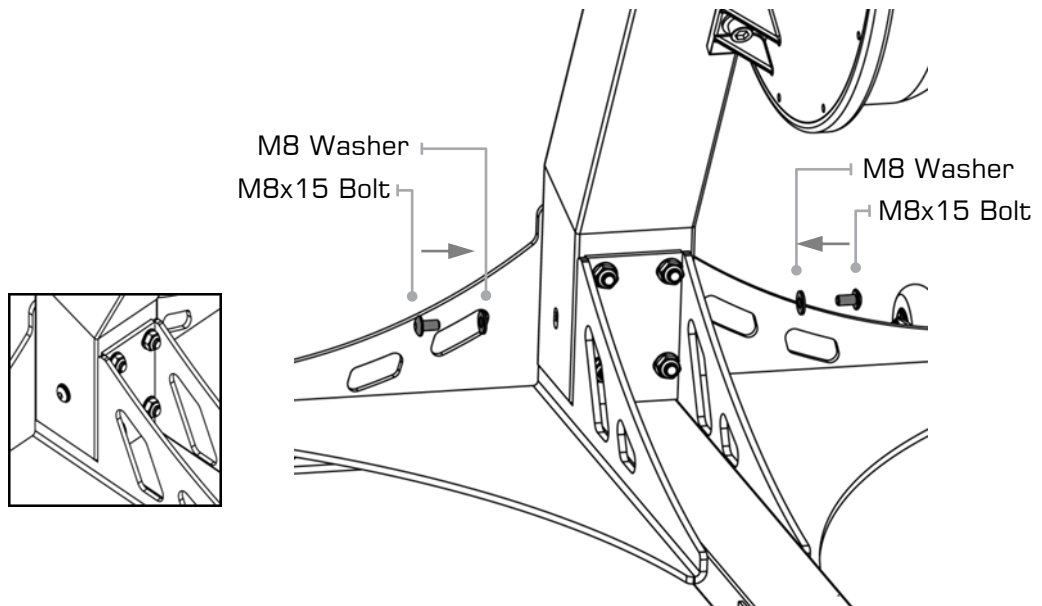
SECURE UPPER AND LOWER FRAME

REQUIRED

- 2xM8x15mm [6]
- 2xM8 Washers [8]
- 6mm Allen Key [11]

Torque: 180Kgf.cm

- a) Secure either side of bracket using the 2xM8x15mm [6] and M8 Washers [8], tightening with the 6mm Allen Key [11].



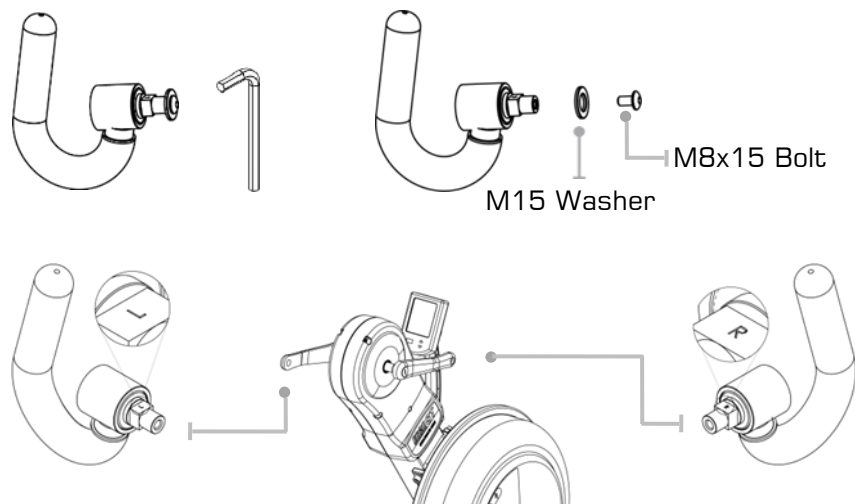
STEP 3

ATTACH RIGHT AND LEFT HANDLES TO CRANK SHAFT

REQUIRED

- 1 x Left Handle Kit [3], includes 1xM15 Washer & 1xM8x15mm Bolt
- 1 x Right Handle Kit [4], includes 1xM15 Washer & 1xM8x15mm Bolt
- 6mm Allen Key [11]
- Multi-tool [12]

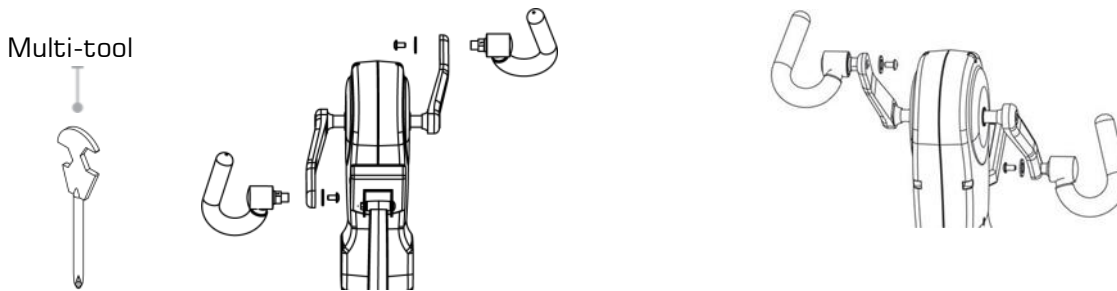
- a) Identify the right and left handle shafts. There is a 'R' or 'L' marked on each handle shaft. **NOTE:** Improper installation will result in uneven handle adjustment.
- b) Use the 6mm Allen Key to disassemble the M8x15mm Bolt and M15 Washer on each handle



» Assembly

STEP 3 CONTINUED

- c) Secure right and left handle onto corresponding crank arms by screwing the handle counter-clockwise using the Multi-tool [12]
- d) Re-assemble the M8 Bolt and M15 Washer onto the handle on each side using the 6mm Allen Key [11]



NOTE: Handle threads have a blue coating which will feel very tight when threaded onto 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 IF NOT TIGHT.**

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

STEP 4 TANK FILLING AND WATER TREATMENT

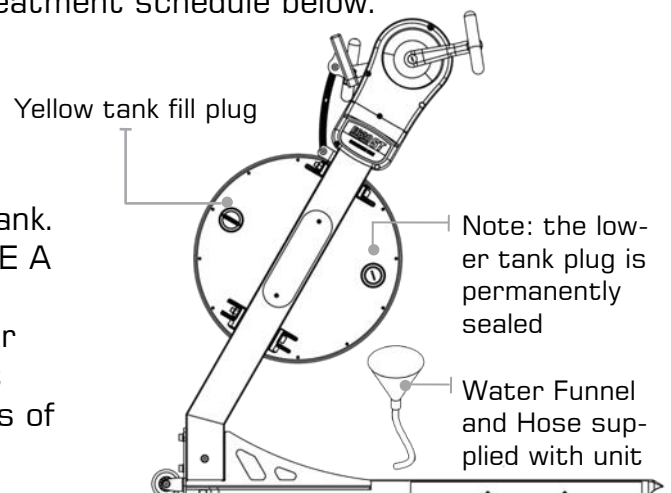
CAUTION: USE A DROP CLOTH UNDER THE TANK WHEN TO AVOID STAINING FLOOR COVERING

WARNING: IMPELLER BLADES ARE SHARP! DO NOT PLACE FINGERS IN TANK TO ADJUST 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. Filling will take approximately 8 litres of water.
- b) Open the yellow fill plug on the back of tank and insert 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, FDF recommends the use of distilled water.
- c) Move the tank adjuster handle to level 20 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.

INITIAL WATER TREATMENT

- a) Add One Water Treatment Tablet per full tank. Do NOT, UNDER ANY CIRCUMSTANCE, USE A WATER TREATMENT TABLET OTHER THAN THOSE SUPPLIED YOU'RE YOUR UNIT. Your unit purchase includes 4xWater Treatment Tablets, which is sufficient for several years of use.



» Operating Instructions

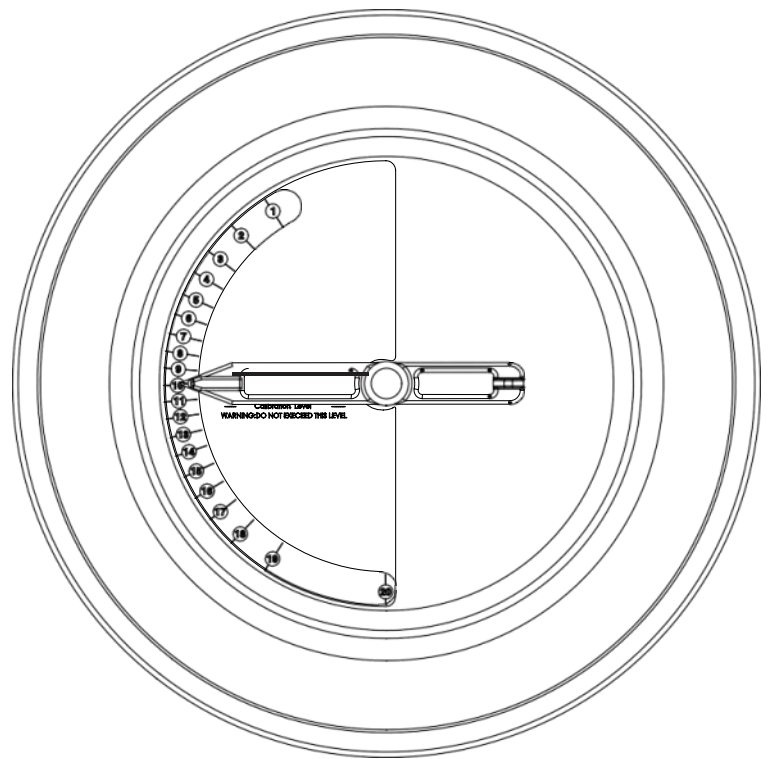
CHANGING RESISTANCE LEVEL

Changing resistance on your Predator E620ST is simple. The level of resistance is determined by the level indicator located on the side of tank. Level one indicates lightest resistance, level twenty represents heaviest resistance. The tank's variable fluid resistance technology ensures an instant catch and constant resistance throughout the pedaling.

Be sure to set the level +/- buttons on the E620ST computer to match the resistance setting on the fluid tank lever for accurate readings. Allow three to four seconds after adjusting resistance handle for the correct resistance level to be achieved.

START CRANKING

- a) Stand on the foot plates with feet shoulder width apart (feet, hips and shoulders should be square to the machine).
- b) Grip ergonomic handles comfortably and commence rotating the cranks forward or backward.
- c) 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.
- d) If you are seeking a 'full body' workout, try applying pressure from your hips and feet to engage a fully integrated crank.
- e) 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 your unit's location and exposure to sunlight. Typically you can expect to treat your tank water every 12-24 months. If water becomes discoloured or shows signs of algae / bacterial growth simply add one Water Treatment Tablet.

Please consult your nearest regional dealer to arrange the purchase of further treatment tablets or visit

www.firstdegreefitness.com/support for further advice and assistance.

» Computer Operation

FUNCTIONS

Auto Start: Commence exercise.

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

Changing Units [KPH/MPH]: Press and hold RESET and LEVEL UP for 5 seconds. Use LEVEL UP to toggle between KPH and MPH. Press RESET once to confirm.

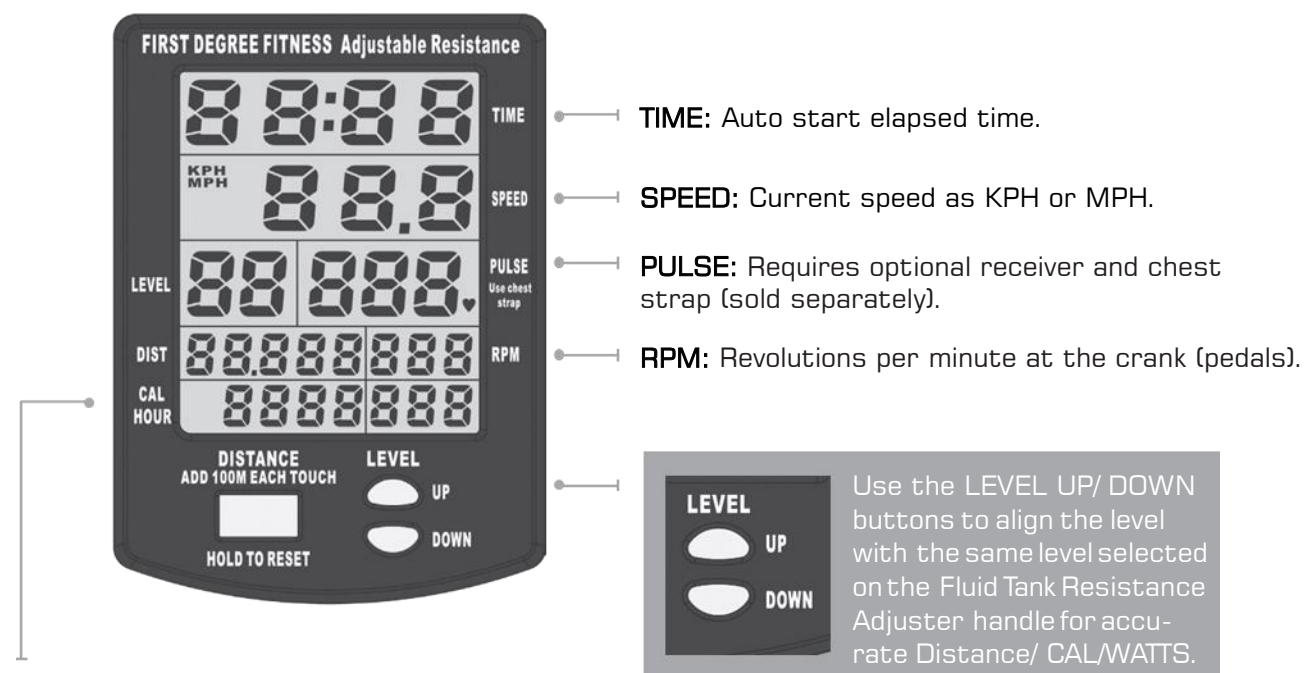
Distance: Each single press of RESET adds 100m distance, up to 1000m then adds 500m.

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

For over 5 seconds and under 5 minutes:

- RPM/SPEED/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.

GET TO KNOW YOUR COMPUTER



CAL HOUR: Calories burned per hour at the current Watts. Shows total calories burned when exercise is stopped.

***ALL READINGS UPDATED EVERY 2 SECONDS**



WARNING — Heart rate monitoring systems may be inaccurate. If you feel faint, stop exercising immediately.

WARNING — This stationary training equipment is not suitable for high accuracy purposes.

» Maintenance & Troubleshooting

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

Problem	Solution
The water tank appears cloudy or tank water has changed colour.	Check to see that your unit has not been positioned in direct sunlight as this can impact the water quality. Your tank requires a water treatment every 12-24 months. To treat the water, refer to the section in this manual called "Long – Term Water Treatment" on page 8.
I want to drain the fluid tank on my E620ST.	It is recommended to take your unit outdoors, open the yellow fill plug, and lay unit on its side to facilitate draining process. If draining indoors, a container capable of holding 8litres of water will be required.
The computer display is erratic and illuminates, but does not register with movement.	It is possible that there is a loose connection. Check that the computer 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 computer does not illuminate after battery installation.	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 dealer.

To ensure maximum lifespan and optimal performance follow these steps:

1. Keep your E620ST in a dry, clean climate controlled environment at room temperature.
2. Only treat water with FDF genuine Water Tablets. Refer to 'water treatment' section on page 8.
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



FIRST DEGREE FITNESS
Fluid INNOVATION

FITNESS PRODUCTS INSPIRED BY REAL LIFE

WWW.FIRSTDEGREEFITNESS.COM

CONTACT US

For customer support please visit
firstdegreefitness.com/support

TAIWAN

T: +886 3 478 3306
764 Chung Shan South Rd
Yangmei Taoyuan
Taiwan R.O.C.