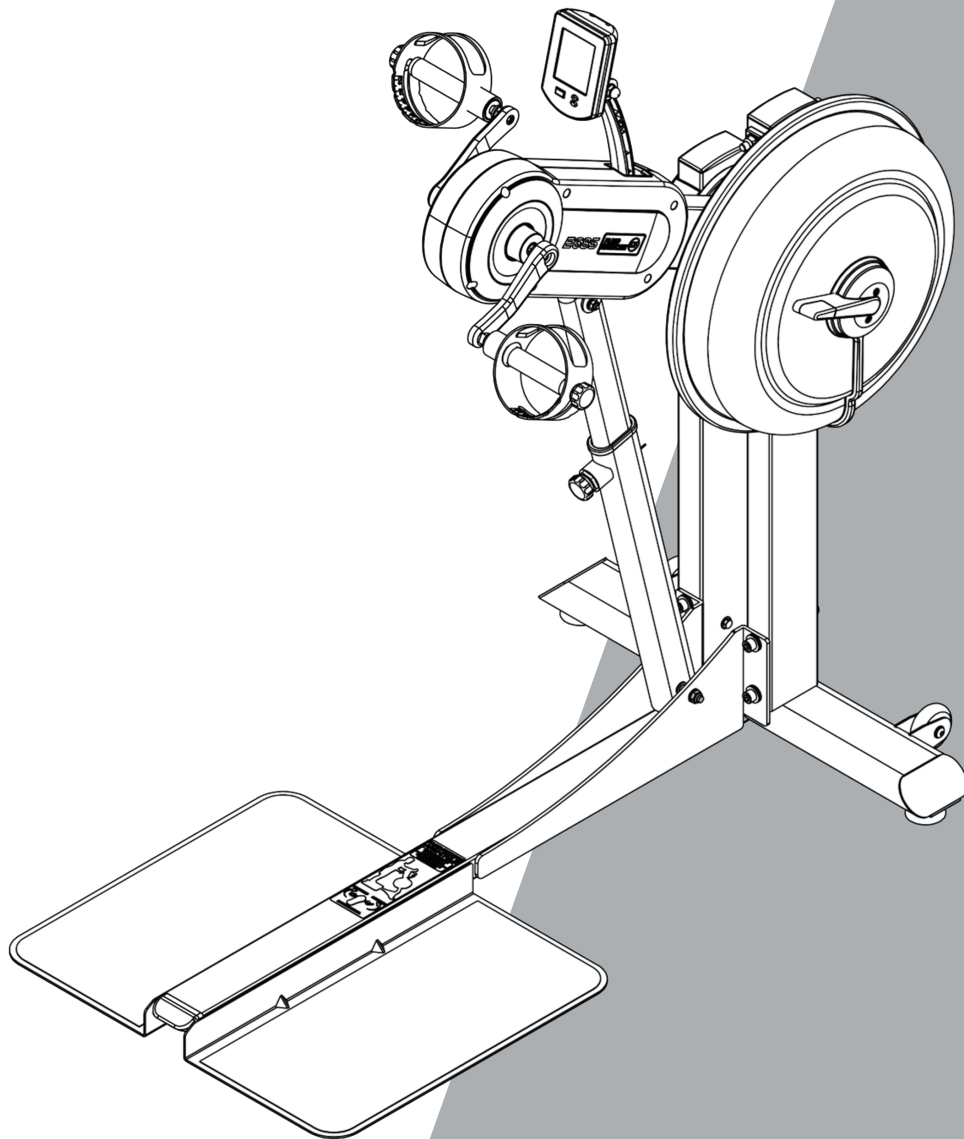




USER GUIDE

E685 FLUID EXERCISE



Featuring Patented Adjustable
Fluid Resistance Technology

WWW.FLUID-EU.COM

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Introduction

WELCOME TO YOUR E685

Congratulations on your purchase E685 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, E685 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, 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.fluid-eu.com**

If you are making a warranty claim, please contact your local Tunturi New Fitness BV Dealer In the first instance.

Safety

Safety Information

- Before using this product, it is essential to read this ENTIRE operation manual and ALL instructions. The Unit is intended for use solely in the manner described in this manual.
- UNDERSTANDING EACH AND EVERY WARNING TO THE FULLEST IS IMPORTANT
- As with any piece of fitness equipment, consult a physician before beginning your Unit exercise program.
- Please be aware that any fitness regiment, before being undertaken, is best preceded by a physical checkup from a certified physician.
- Injuries to health may result from incorrect or excessive training.
- **WARNING** Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint, stop exercising immediately.
- Stop the machine immediately if any signs of excessive wearing is present on the Belts, pulleys and bungee cords. Do not use unit until said parts are repaired or replaced.
- Do not allow children unattended access to the machine.
- Please keep hands away from moving parts, as indicated by the warning label on the Main Frame of your machine.
- If any of the adjustment devices are left projecting, they could interfere with the user's movement.
- Do not store in freezing conditions with water in the Tank as it can expand and crack the components.

Proper Usage

- Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative that Tunturi New Fitness BV equipment is used properly to avoid injury.
- Injuries may result if exercising improperly or excessively. It is recommended that all individuals consult a physician prior to commencing an exercise program. If at any time during exercise you feel faint, dizzy or experience pain, STOP EXERCISING and consult your physician.
- Keep body parts (hands, feet, hair, etc.), clothing and jewelry away from moving parts to avoid injury.
- Follow instructions provided in this manual for correct foot position and basic rowing techniques.
- For more detailed rowing techniques, please refer to our International website www.fluid-eu.com

Inspection

- DO NOT use or permit use of any equipment that is damaged and/or has worn or broken parts. For all Tunturi New Fitness BV equipment use only replacement parts supplied by Tunturi New Fitness BV.
- EQUIPMENT MAINTENANCE - Preventative maintenance is the key to smooth operating equipment as well as to keep your liability to a minimum. Equipment needs to be inspected at regular intervals.
- Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so.
- DO NOT ATTEMPT TO USE OR REPAIR ANY ACCESSORY APPROVED FOR USE WITH THE Tunturi New Fitness BV EQUIPMENT WHICH APPEARS TO BE DAMAGED OR WORN.
- Check regularly and follow all instructions for maintenance as specified in this manual.
- Replace immediately any defective parts and do not operate unit until all repairs are complete.

Operating Warnings

- Keep children away from the equipment. Parents or others supervising children must provide close supervision of children if the equipment is used in the presence of children.
- Do not allow users to wear loose fitting clothing or jewelry while using equipment. It is also recommended to have users secure long hair back and up to avoid contact with moving parts.
- All bystanders must stay clear of all users, moving parts and attached accessories and components while machine is in operation.
- **WARNING** Do not insert fingers into Tank!

» Assembly

Installation

- Place on a stable, flat surface in a horizontal position during use for maximum stability.
- Check regularly and follow all instructions for maintenance as specified in this manual.
- Replace immediately any defective parts and do not operate unit until all repairs are complete.

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: 85.46kg (188.41lb)

Product Gross Weight: 104.10kg (230.18lb)

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

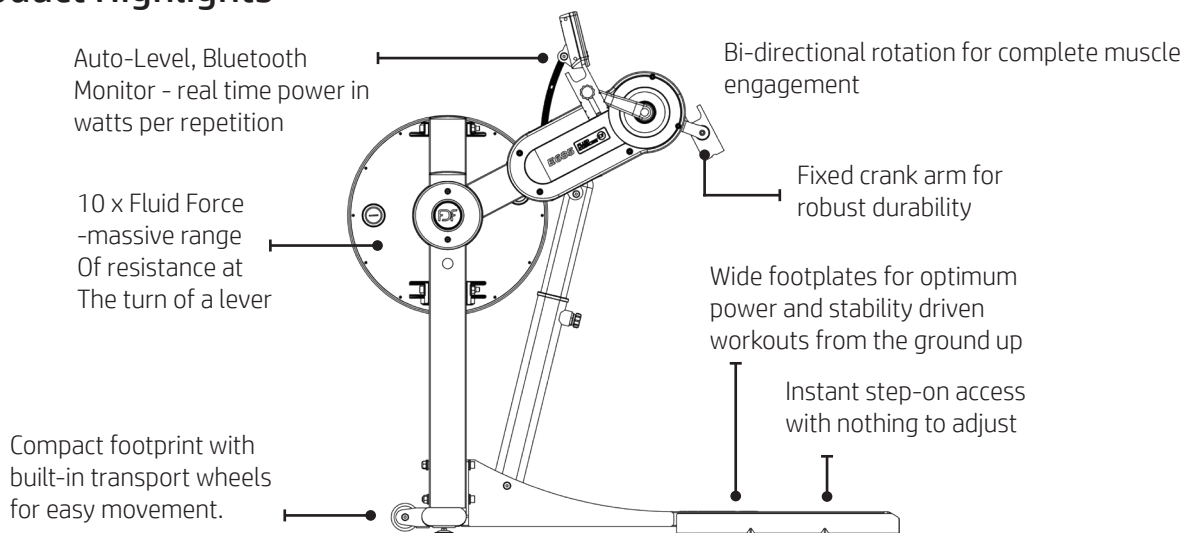
Dimensions: 1490mm (58.66") Length x 810mm (31.89") Width x 1242mm (48.8") Height

Maximum User Weight: 150kg (330lb)

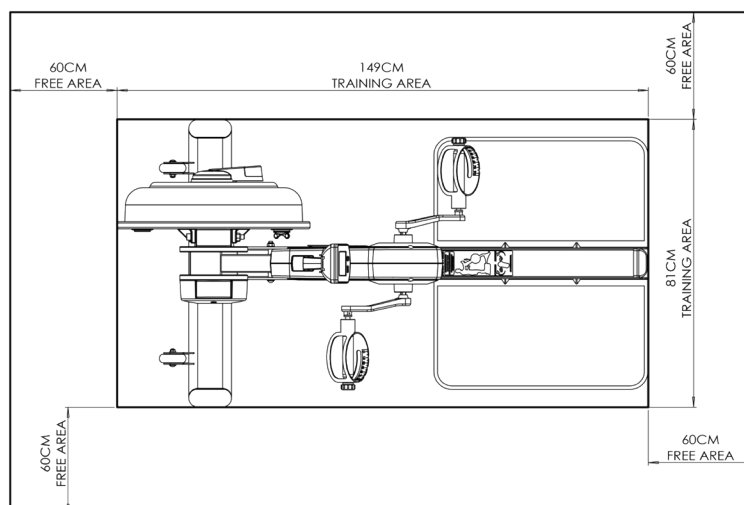
Footprint: 1490mm x 810mm or upright 1242mm x 810mm

For indoor use

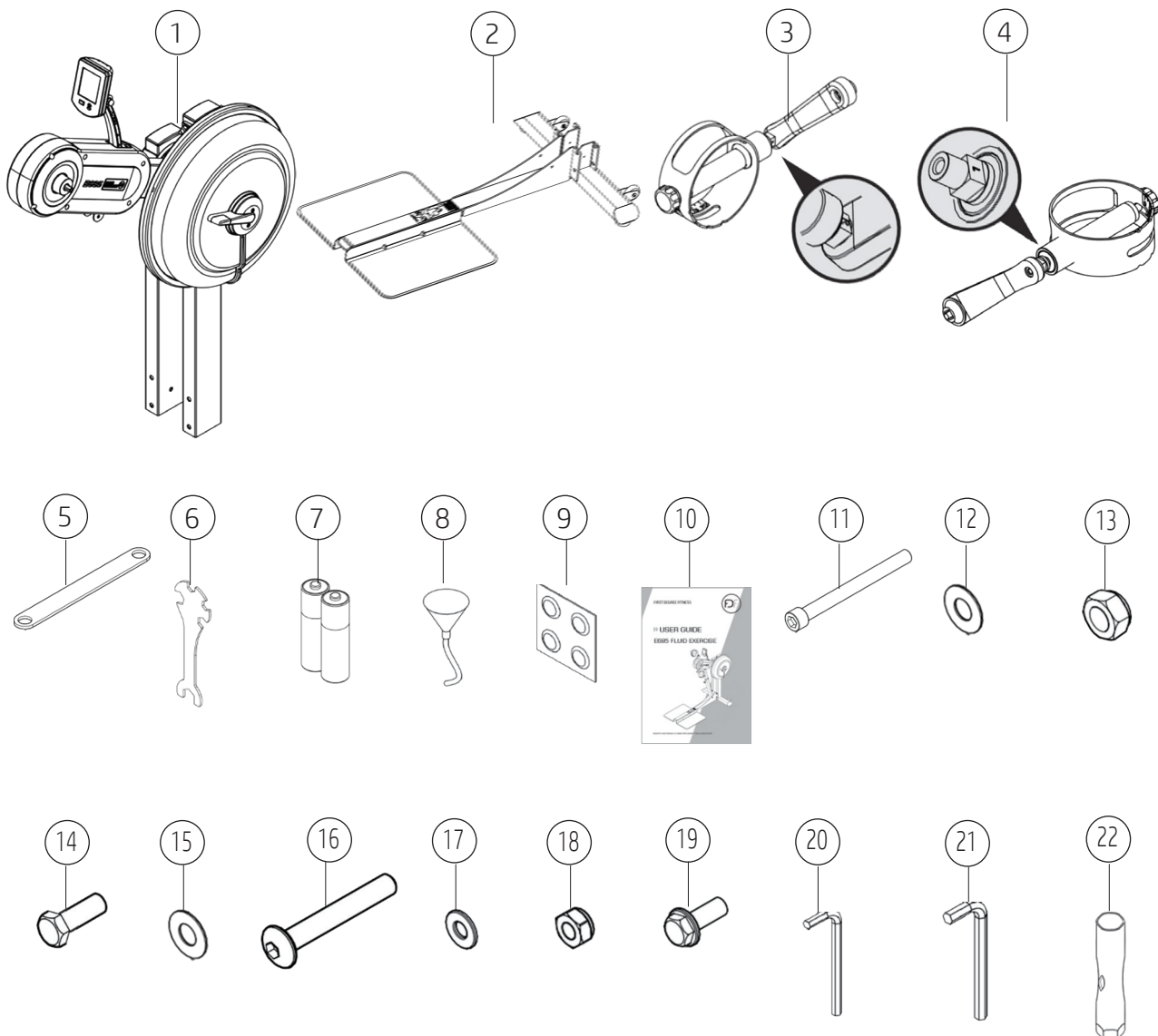
Product Highlights



Live area and Training area



Box 1 & 2 Contents



Item	Qty.	Description	Item	Qty.	Description
1	1	Upper Main Frame	6	1	Multi-Wrench
2	1	Lower Main Frame	7	4	AA Battery
3	1	Right Handle	8	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	M8 Nyloc Nut
12	8	M12 Washer	18	2	M8 x 20mm French Screw
13	2	M12 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

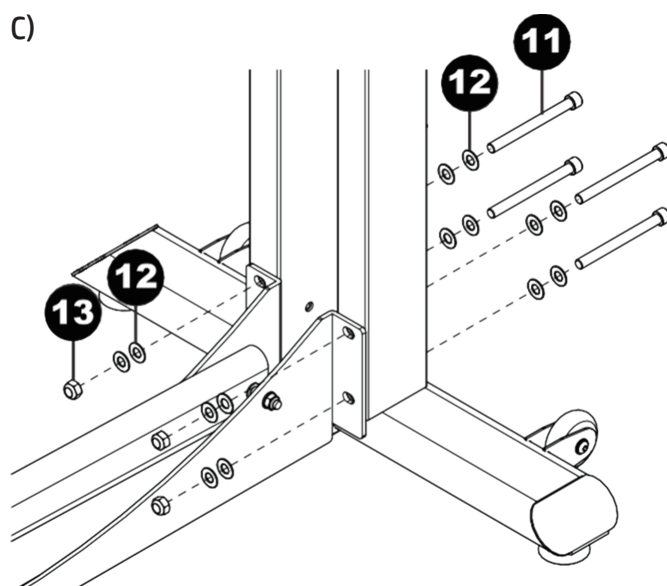
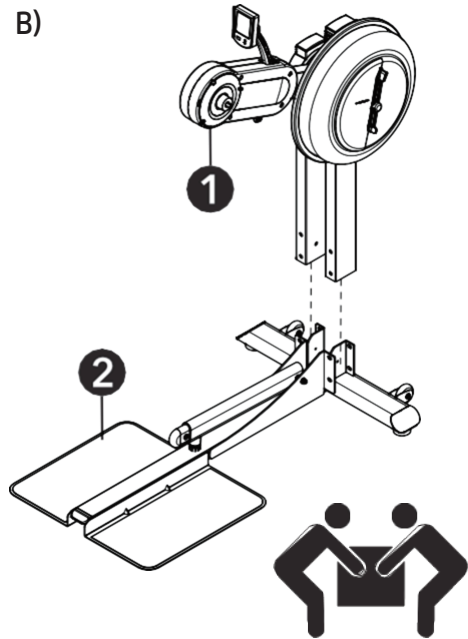
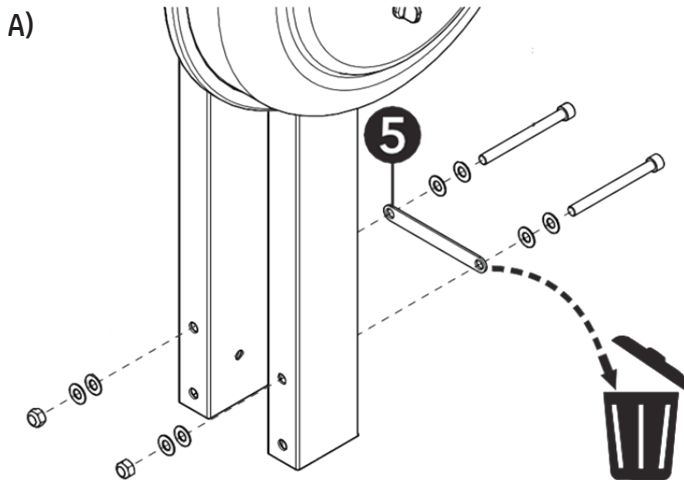
STEP 1

Attach the Lower Frame to the Upper Frame

REQUIRED

Upper Main Frame[1]
Lower Main Frame[2]
Shipping plate[5]
Multi-Wrench[6]
2xM12x130mm Bolts [11]
8xM12 Washers [12]
2xM12 Nyloc Nuts[13]
10mm Hex Key[21]

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



50%

120 FT-LBS
(163Nm)

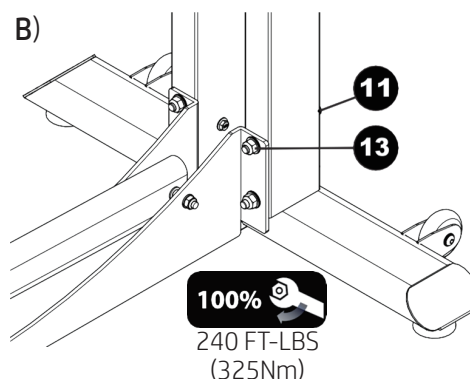
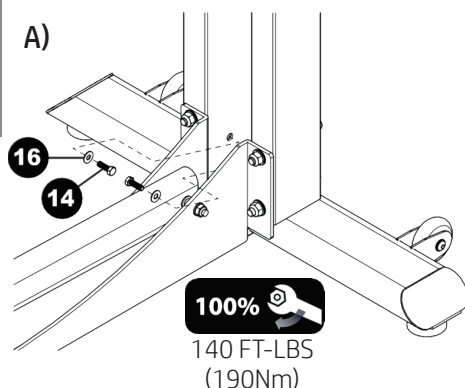
Assembly Instructions

STEP 2 Secure Upper and Lower Frame

REQUIRED

Multi-Wrench[6]
M12x130mm Bolt[11]
M12 Nyloc Nut[13]
2xM8x15mm Bolts [14]
2xM8 Washers [16]
4xM8x20mm Bolt [20]
10mm Hex Key[21]

- Secure the Upper Frame to the Lower Frame using the **2xM8x15mm Bolt [14]** and **2xM8 Washers[16]**.
- Tightening the **4xM12x130mm [11]** and **M12 Nyloc Nut [13]** with the **10mm Hex Key[21]** and **Multi-Wrench[6]** Install Yellow PVC side covers using **4x M8x20mm Bolt[20]**.

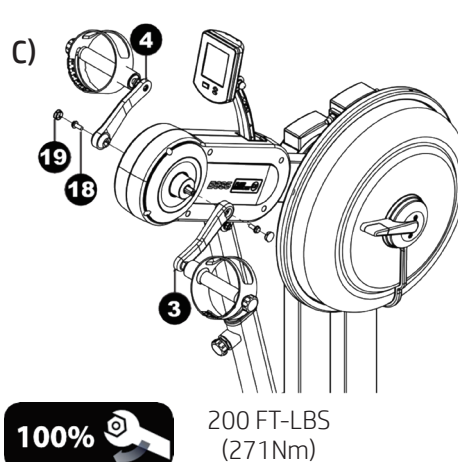
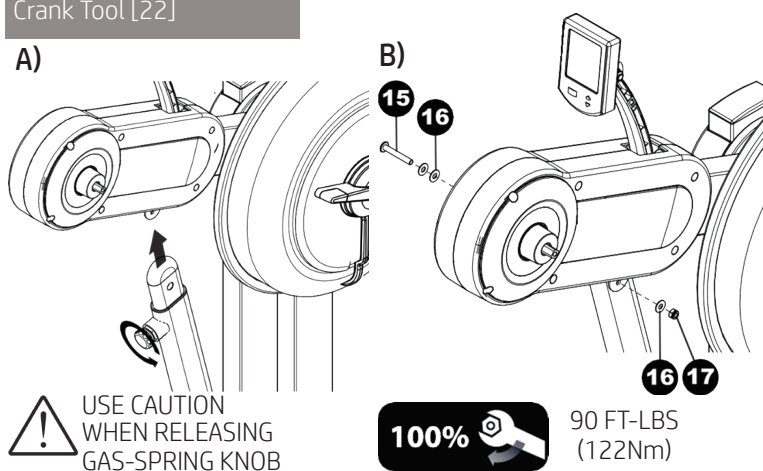


STEP 3 Secure Upper and Lower Frame

REQUIRED

Right Handle Kit [3]
Left Handle Kit [4]
Multi-Wrench[6]
M8x55 Bolt[15]
3 x M8 Washers [16]
M8 Nyloc Nut [17]
2 x M8x20 Screw [18]
2x Crank Cap [19]
6mm Allen Key [20]
Crank Tool [22]

- Attach the Telescoping Tube to the control arm and secure with **M8x55mm Bolts[15]**, **3x M8 Spring Washers[16]** and **M8 Nyloc Nut[17]**.
- 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.
- Secure the **M8x20 French Screw[18]** onto the handle on each side using the **6mm Allen Key [20]** and **Crank Tool [22]**



 **USE CAUTION WHEN RELEASING GAS-SPRING KNOB**

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.

»» 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.

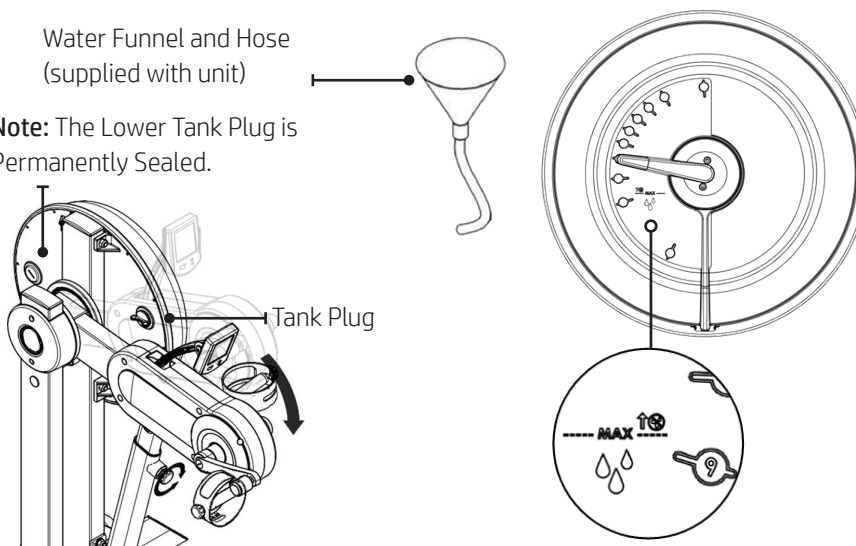
! WARNING

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

- Filling requires a large bucket (not supplied) and the supplied water Funnel and Hose[8]. Filling will take approximately 8 liters of water.
- Open the Tank 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.
- 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.
- Once filling is complete follow the Water Treatment schedule below.

Water Funnel and Hose
(supplied with unit)

Note: The Lower Tank Plug is Permanently Sealed.



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 Tunturi New Fitness BV distributor or go to our website on www.fluid-eu.com for details.

INITIAL WATER TREATMENT

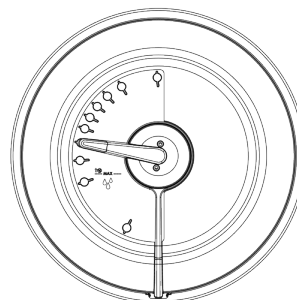
Add One Water Treatment Tablet per full Tank. DO NOT, UNDER ANY CIRCUMSTANCE, USE A WATER TREATMENT TABLET OTHER THAN THOSE SUPPLIED WITH YOUR UNIT.

Your unit purchase includes 4xWater Treatment Tablets, which is sufficient for several years of use. 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 discolored or shows signs of algae / bacterial growth simply add one Water Treatment Tablet.

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

»» Changing Resistance Level

Changing resistance on your Unit is simple. The level of resistance is determined by the level indicator located on the front of the Tank. Level one indicates lightest resistance, level ten represents heaviest resistance. The Tank's variable fluid resistance technology ensures an instant catch and constant resistance throughout the movement.



»» Start Cranking

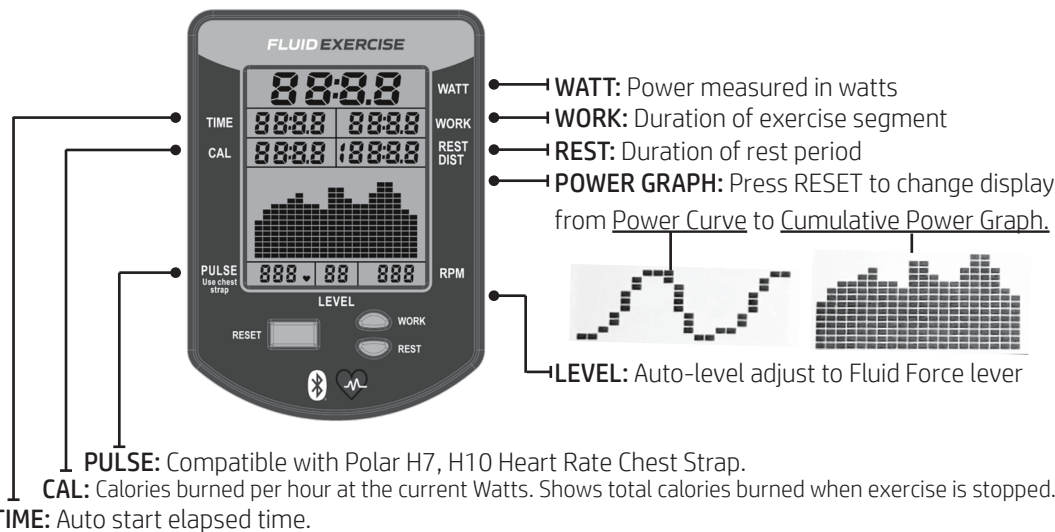
- Stand on the foot plates with feet shoulder width apart (feet, hips and shoulders should be square to the machine).
- Grip ergonomic handles comfortably and commence rotating the cranks forward or backward.
- Stand close enough so that when either arm is at its furthest point away from you, your arm 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.

» Bluetooth Auto-Adjust Monitor

Auto Start: Commence exercise to activate.

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

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



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 Update 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.

» Calibration Procedure

- (1) Press and hold **RESET** and **REST** for 5 seconds. Display will show "Level 1"
Turn the Tank Handle to Level 1. Press **Reset**. Display will now show Level Level 2.
Level 1 Calibration is complete.
- (2) Turn the Tank Handle to Level 2. Press **Reset**. Display will now show Level 3.
Level 2 Calibration is complete.
- (3) Repeat for 3,4,5,6,7,8,9,10. Level 10 Press **Reset**. Calibration is complete.



Maintenance & Troubleshooting

For further information, manuals and warranty requests visit www.fluid-eu.com/support

Problem	Solution
Water changer color or becomes cloudy.	Change Unit 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 Tank 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 Tunturi New Fitness BV distributor or go to our website on www.fluid-eu.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 Monitor LEVEL is not synchron ized with the Tank LEVEL.	The Monitor LEVEL needs to be recalibrated. Please refer to "Calibration Procedure" page 9 of this manual.

Item	Time Frame	Instructions
Seat and Frame	Weekly	Wipe down weekly with lint free cloth or more often with heavy club use.
PK Belt Tension	Monthly	Check monthly for signs of slippage. Adjust/tighten as required.
Tank and Water Treatment	12 months to 2 years.	Follow instructions as specified in the "Water Treatment" section of this manual.
Chain Drive	Check every 100 hours for correct tension.	Open the inspection plate and check tension using a screwdriver or other tool. Tighten as required using Chain Tensioning Bolts located at the end of the Control Arm.
Handle Assembly	Check weekly using Multi-Tool (supplied) to ensure Handle Assembly is securely tightened into Crank Arm.	The Handle should be checked on a regular basis. Continued use of a loose Handgrip can cause damage to the Crank Arm threads, necessitating replacement.

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 '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 www.fluid-eu.com

International Warranty

FULL COMMERCIAL USE

This product is designed and constructed for use in any Health Club / Fitness Studio application.

Tunturi New Fitness BV 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. Tunturi New Fitness BV 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

Tunturi New Fitness BV will repair or replace the metal Main Frame 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

Tunturi New Fitness BV 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

Tunturi New Fitness BV 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) – 1 Year Limited Warranty

Tunturi New Fitness BV 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

- Hand grip assemblies
- Seat
- 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 labour cost associated with a warranty claim

General Conditions

- The serial number of the machine must be correctly registered with Tunturi New Fitness BV Limited or one of its appointed distributors.
- Tunturi New Fitness BV Limited reserve the right to examine any part where replacement is claimed under warranty
- Warranty commences at time of sale but no later than six (6) months from date of original shipment.
- 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.
- Tunturi New Fitness BV makes no other warranties except as stated here and expressly disclaims all warranties not stated in this warranty. Neither Tunturi New Fitness BV 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.



WWW.FLUID-EU.COM

CONTACT US

For customer support please visit
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