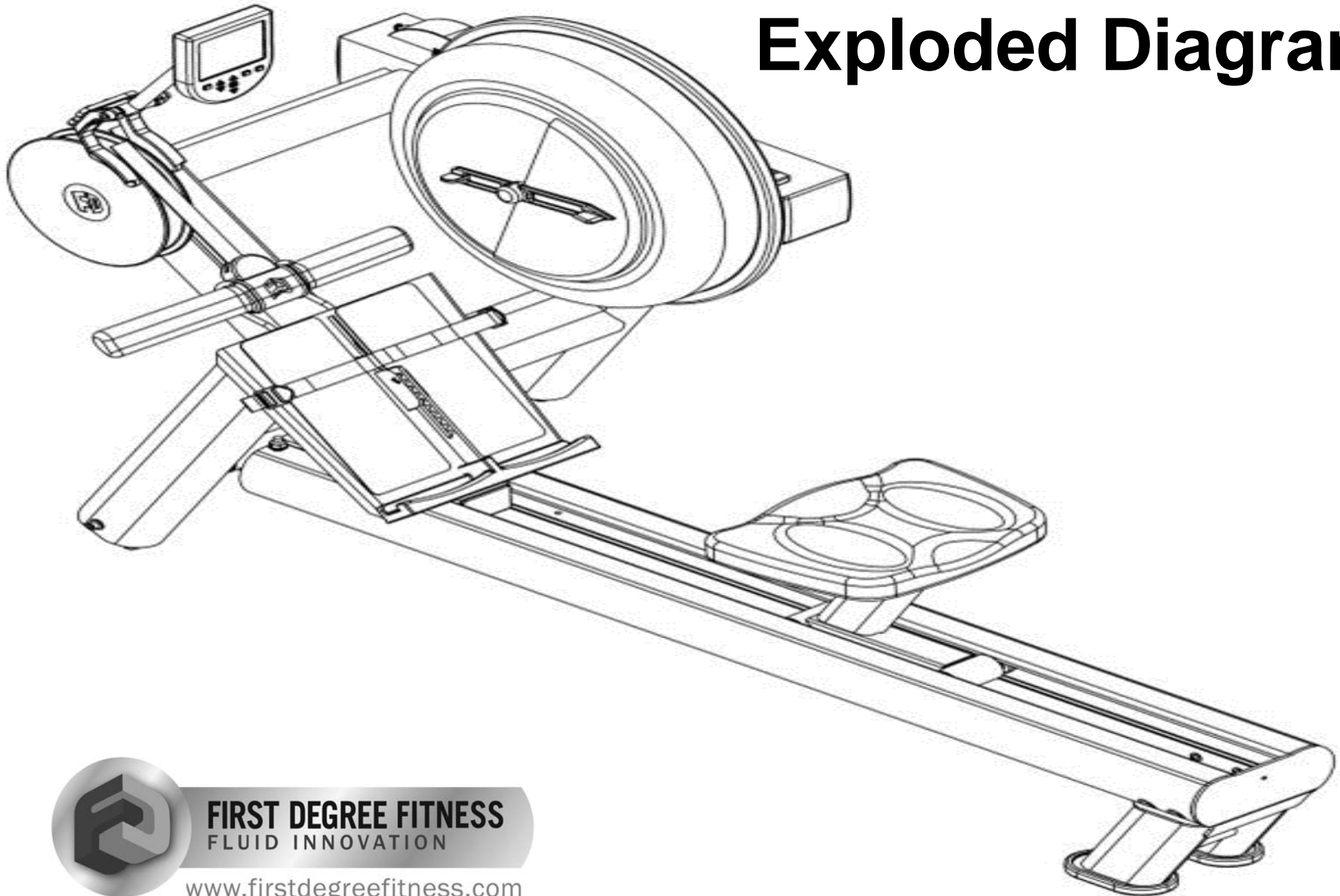


VX-3 *Fluid* ROWER

Exploded Diagram



FIRST DEGREE FITNESS
FLUID INNOVATION

www.firstdegreefitness.com

Computer Stalk Assembly

A009

Main Frame Assembly

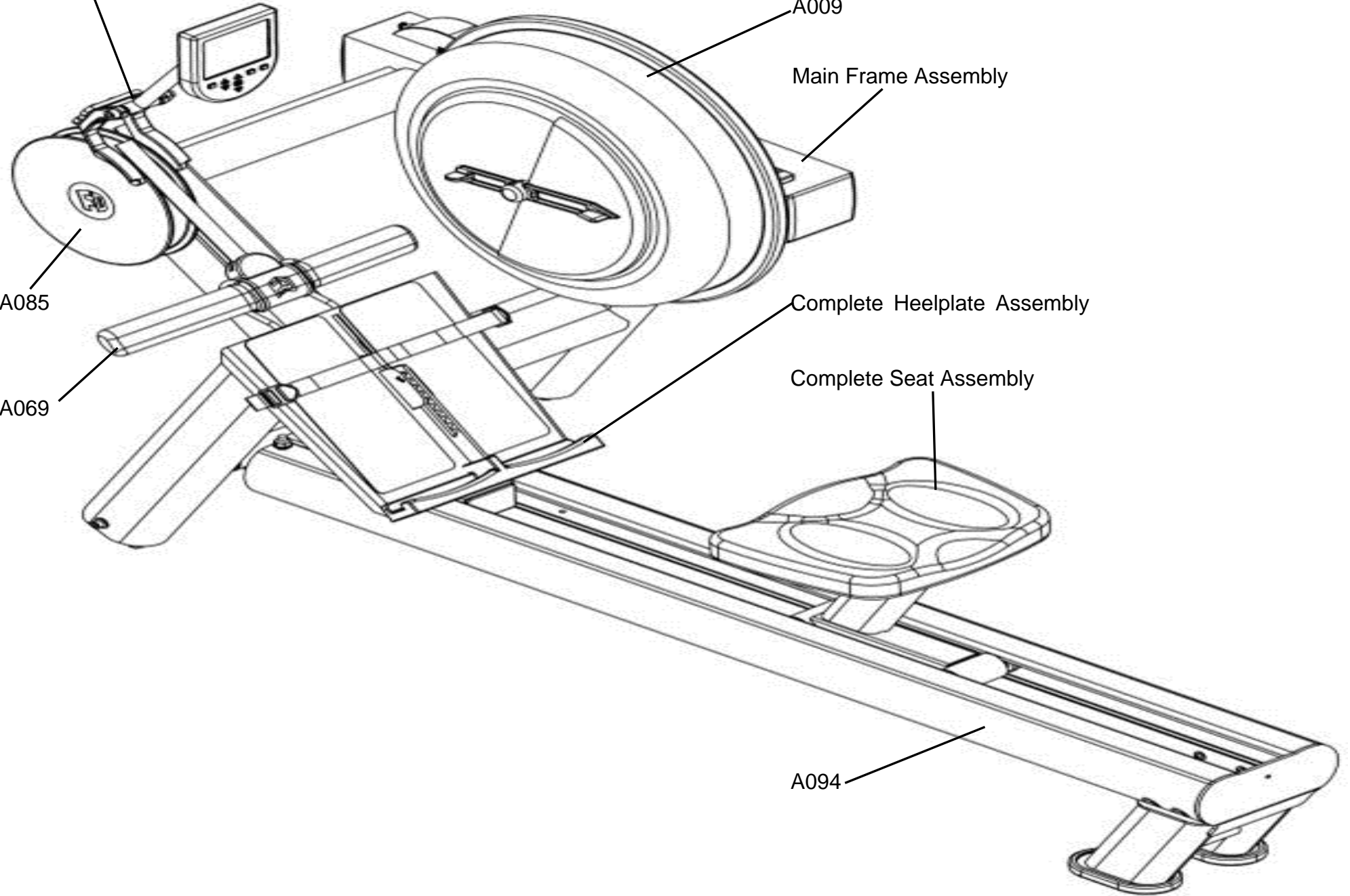
A085

Complete Heelplate Assembly

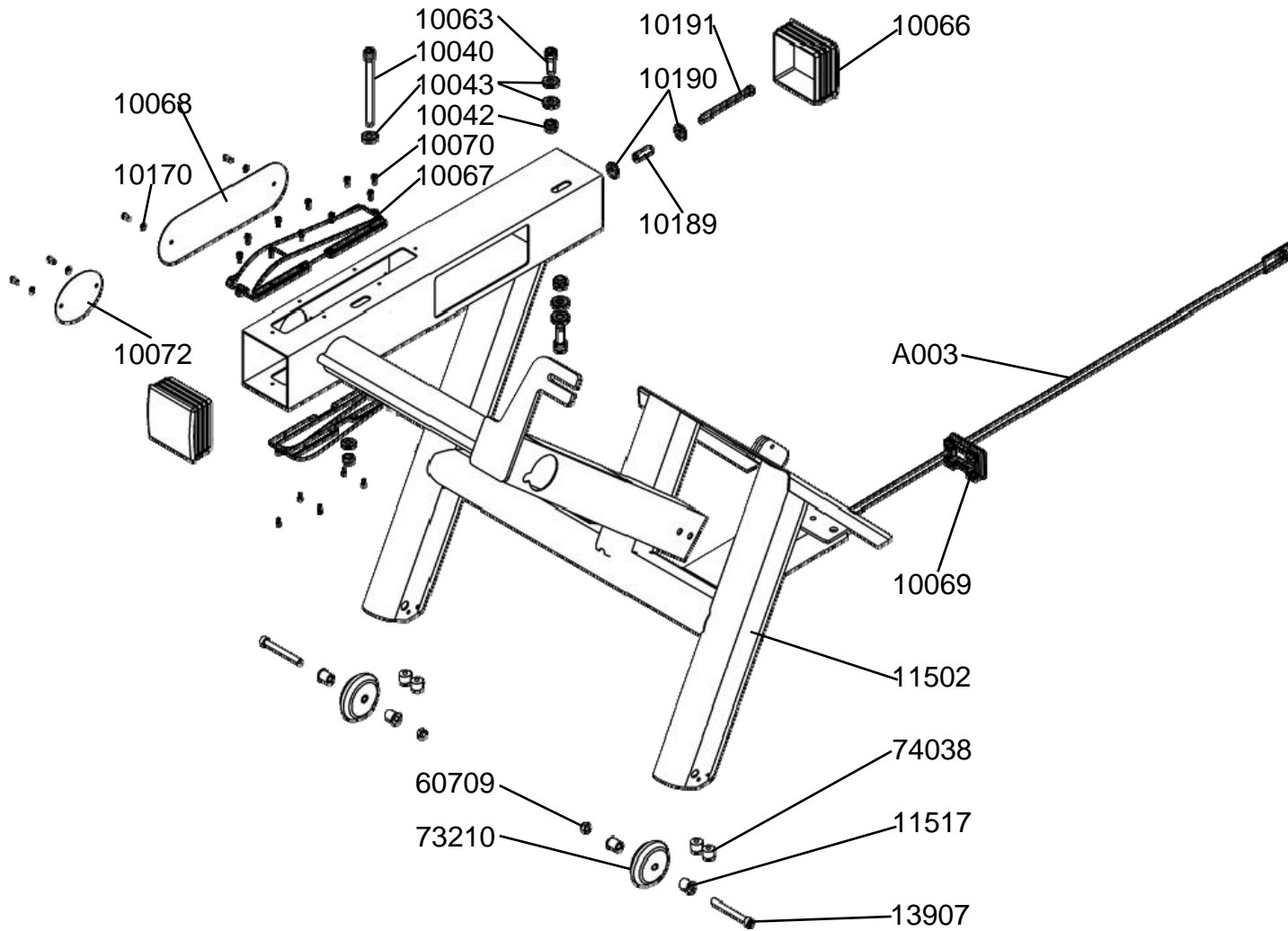
A069

Complete Seat Assembly

A094

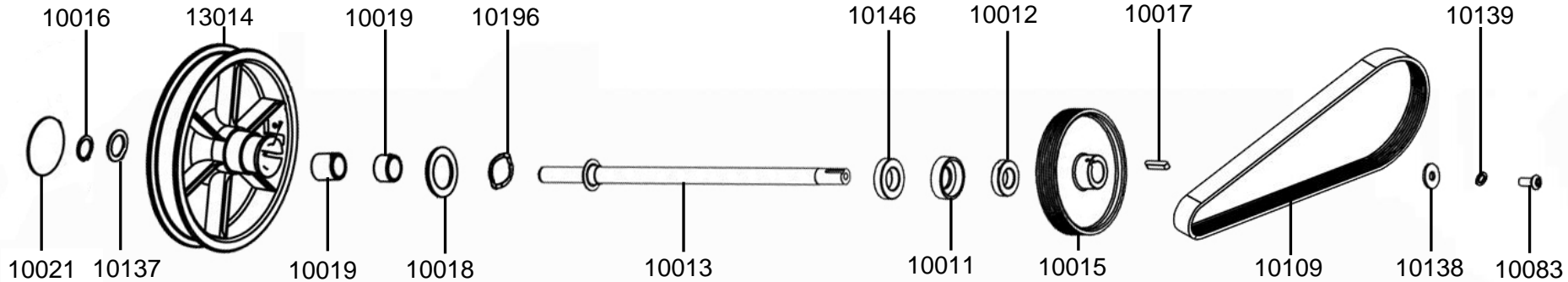


Main Frame Assembly



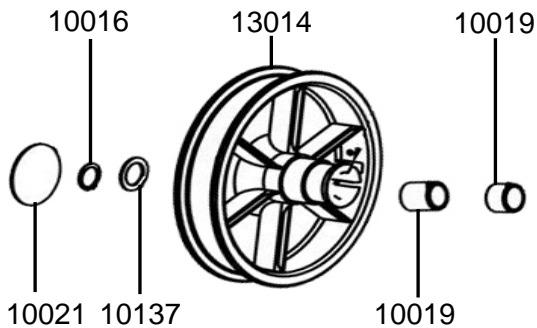
10040	1	Hex Head Bolt M12x140
10042	3	Nylock Nut M12
10043	6	Washer M12
10063	2	Hex Head Bolt M12x30
10066	2	End Cap 100x100mm
10067	2	Rubber Cover for Large PK Pulley
10068	1	Large Steel Side Cover 276mm
10069	1	End Cap 75x50mm
10070	24	Round Head Phillips Screw M4x10
10072	1	Small Steel Side Cover 100mm
10170	4	Washer M4
11502	1	Main Frame—VX-3
11517	4	Spacer for VX-3 Transport Wheel
13907	2	Hex Head Bolt M8x75
60709	2	Nylock Nut M8
73210	2	Transport Wheel
74038	4	Rubber Bumper

A085 Belt Pulley/Main Drive Assembly E520/VX3



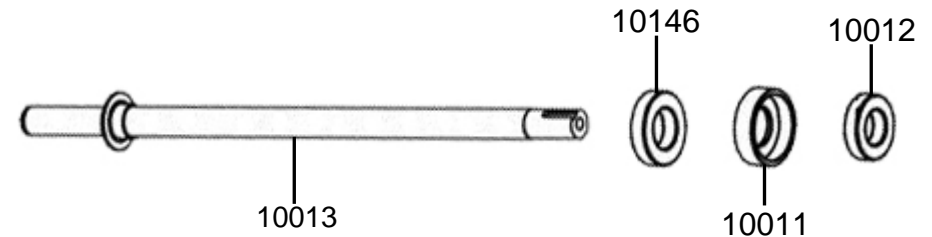
10011	1	Bearing Housing on Pulley Shaft	10083	1	Dome Head Bolt M10x20
10012	1	Bearing NSK6005ZZ	10109	1	PK Belt 7 Rib 926mm Hutchinson
10013	1	Main Pulley Shaft & Shaft Sleeve Bearing Mount	10137	1	Belt Pulley Spacer 38*25.5*2t
10015	1	Large PK Transmission Pulley 150mm	10138	1	Washer 30x11.2x3t SUS
10016	1	C Clip STW-25	10139	1	Spring Washer M10 5.25x8.4x2
10017	1	Key Way 7x7x32	10146	1	Ball Bearing NSK6006ZZ
10018	1	Nylon Pulley Spacer 60x40x6.5	10196	1	Wave Washer M26
10021	1	Decal - Belt Pulley	13014	1	Belt Pulley & 2 x INA One Way Bearings #10019

A002 ABS Belt Pulley Assembly E520/VX3



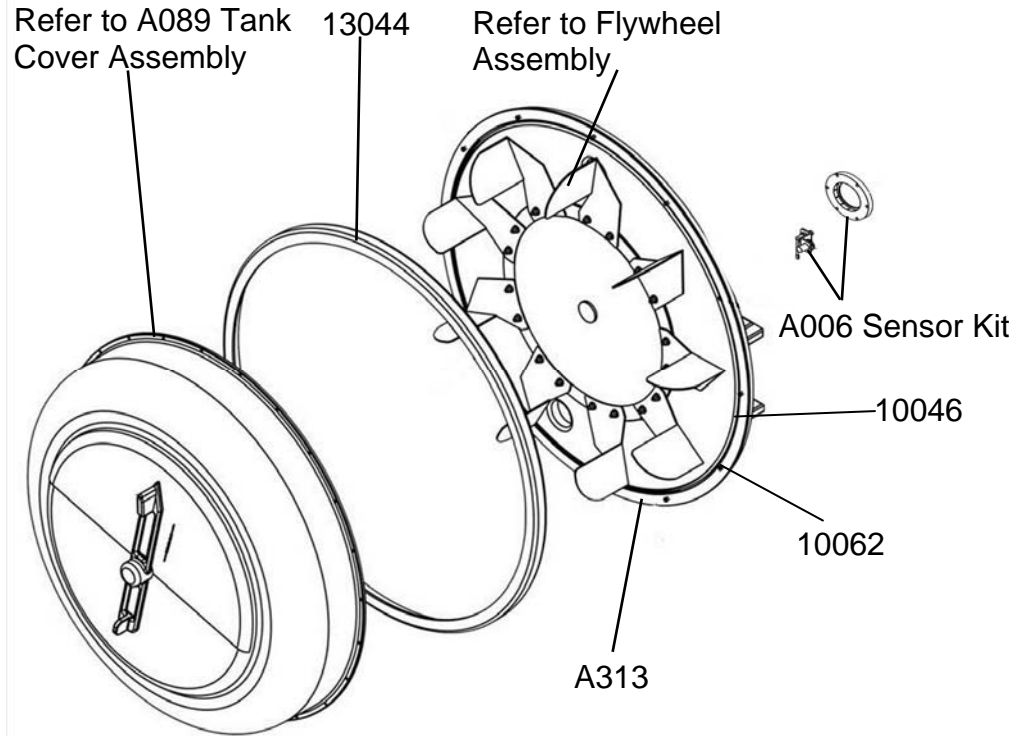
10016	1	C Clip STW-25
10021	1	Decal - Belt Pulley
10137	1	Belt Pulley Spacer 38*25.5*2t
10138	1	Washer 30x11.2x3t SUS
13014	1	Belt Pulley & 2 x INA One Way Bearings #10019

A017 Main Pulley Shaft Kit



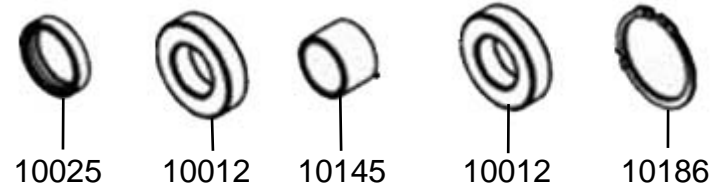
10011	1	Bearing Housing on Pulley Shaft
10012	1	Bearing NSK6005ZZ
10013	1	Main Pulley Shaft & Shaft Sleeve Bearing Mount
10146	1	Ball Bearing NSK6006ZZ

A009 Complete Tank Assembly



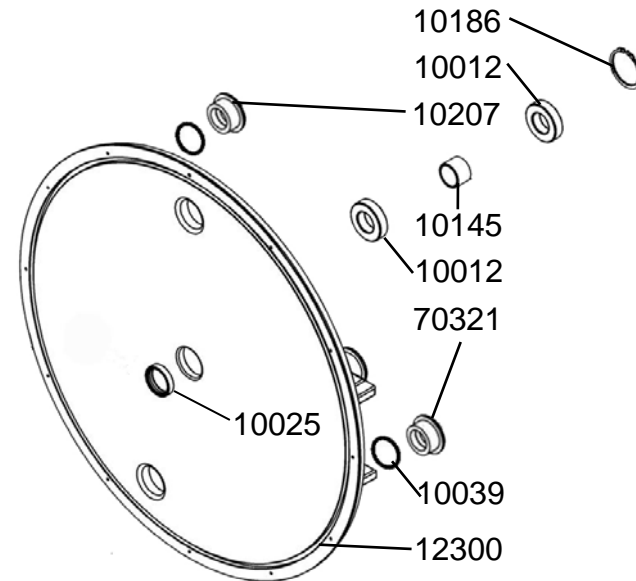
A009 Complete Tank Assembly		
10046	1	Tank Large Seal
10062	12	Round Head Phillips Screw M3x12 SUS
13044	1	Tank Outer Cover Ring - Blue
A006 Sensor Kit		Note: Includes Parts
10157	1	Sensor 300mm
10156	1	Sensor mounting bracket
10158	1	Magnetic Ring & 6x Rare Earth Magnet 4mm #10057
20150	1	M10x15 sensor bracket bolt

A012 Tank Bearing & Seal Kit



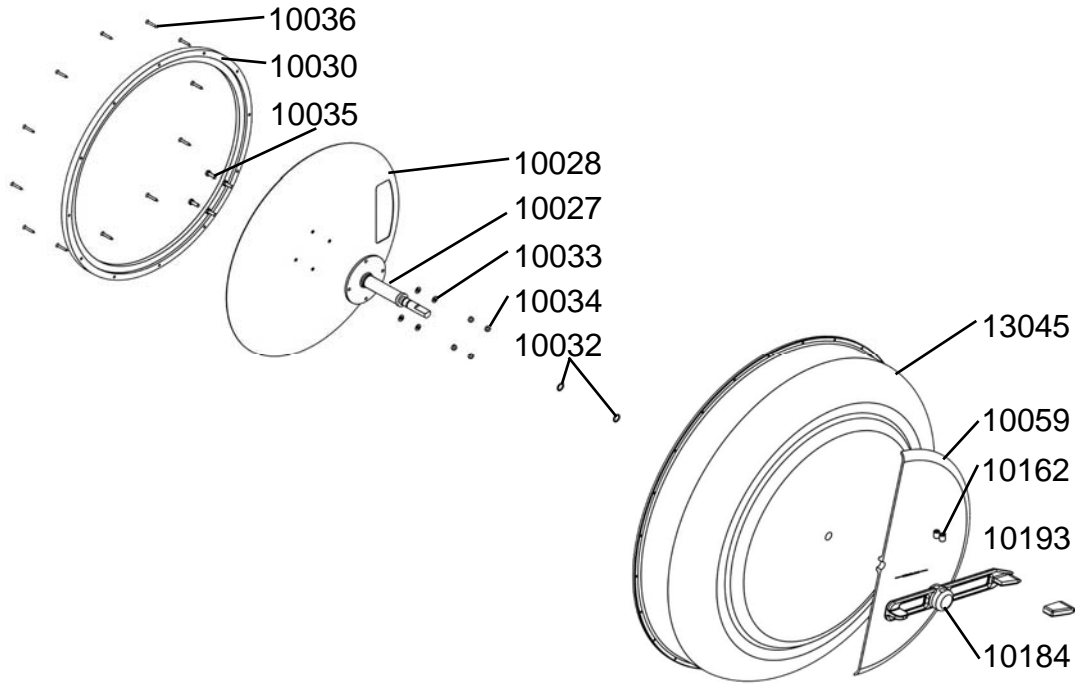
10012	2	Bearing NSK6005ZZ
10025	1	Seal NBR 37x30x8t for Flywheel Shaft
10145	1	Bearing Spacer 30x25.1x20.5mm
10186	1	C Clip RTW-48

A313 Tank Back Kit— Gray



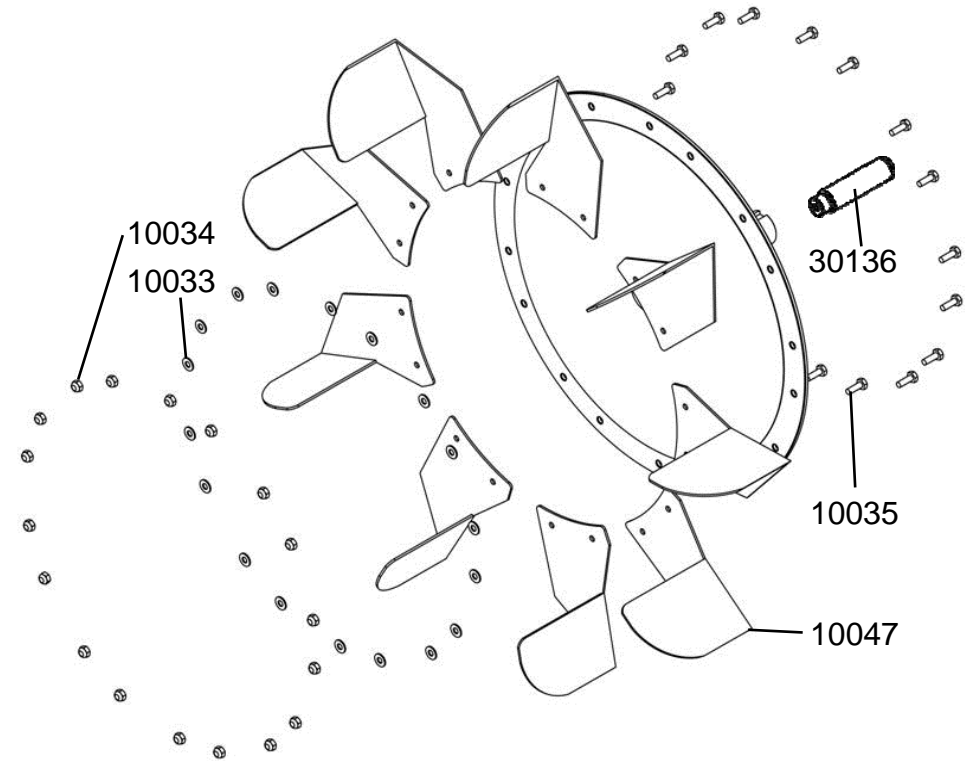
10012	2	Bearing NSK6005ZZ
10025	1	Seal NBR 37x30x8t for Flywheel Shaft
10039	2	O Ring 32X3.5
10145	1	Bearing Spacer 30x25.1x20.5mm
10186	1	C Clip RTW-48
10207	1	Tank Plug Yellow
12300	1	Tank Back - Gray
70321	1	Tank Plug Black

A089 Tank Cover Assembly E520,720,820,920,VX3



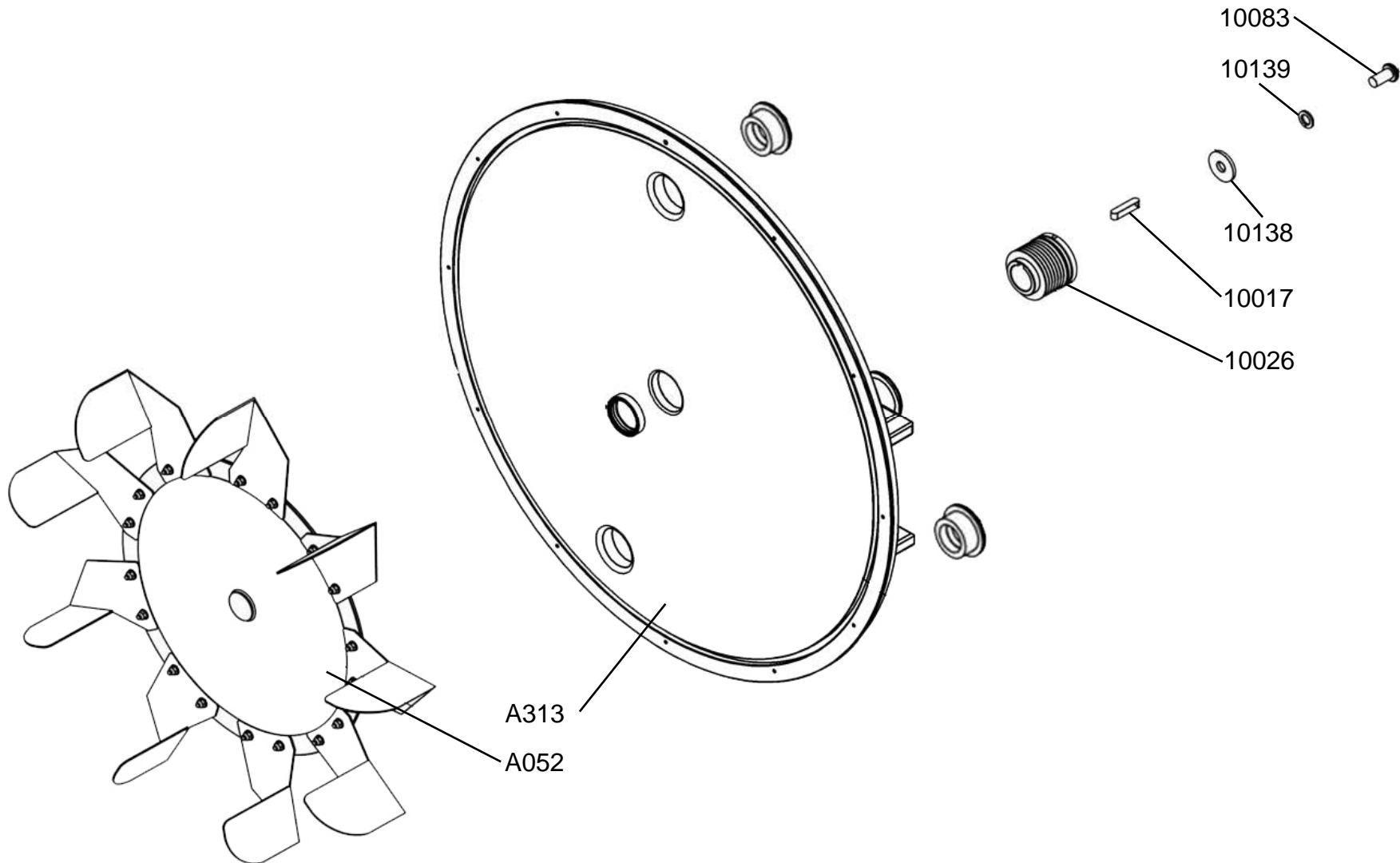
10027	1	Adjuster Handle Shaft
10028	1	Backing Plate 0.8mm SUS
10030	1	Adjuster PP Tank Ring 358x10
10032	2	Nylon Resistance Adjuster O Ring 12x9x1.5
10033	4	Washer 10x4.2x1 SUS
10034	4	Nut M4 SUS
10035	4	Hex Bolt M4 SUS
10036	12	Counter Sunk Tapping Screw M3x20 SUS
10162	2	Tapping Screws M8x10
10184	1	Adjuster Handle & PU Cover P/N 10193
13045	1	PC Tank Cover & Level Decal 20R - Blue

A052 Flywheel Assembly E520/VX3



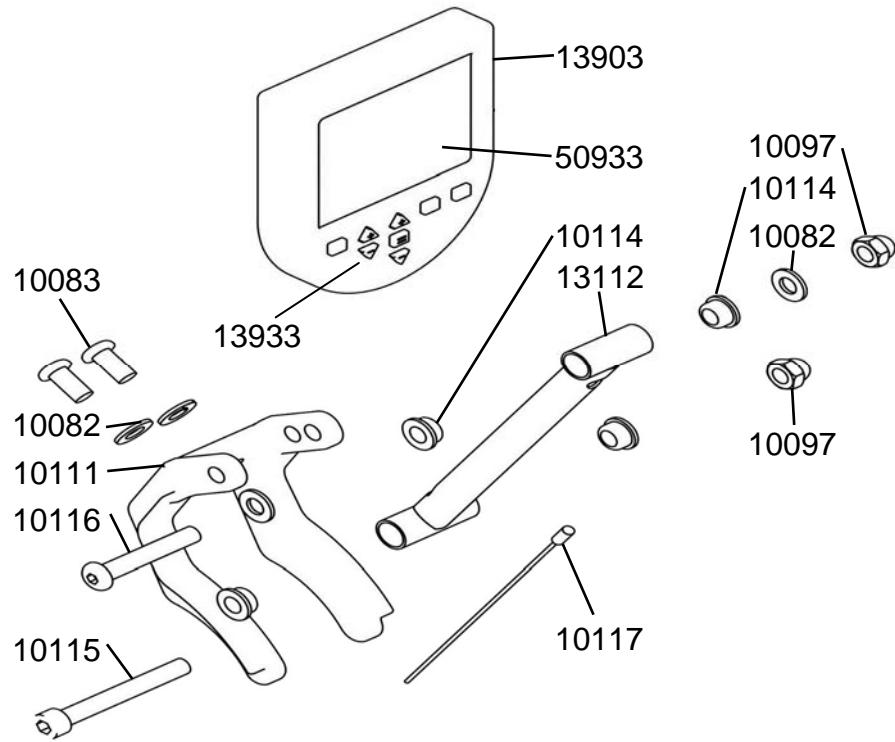
10033	18	Washer 10x4.2x1 SUS
10034	18	Nut M4 SUS
10035	18	Hex Bolt M4 SUS
10047	9	Impeller Blade
30136	1	Flyweel & Shaft E520/VX3

A154 Tank Back and Flywheel Complete Assembly—E520/ VX3



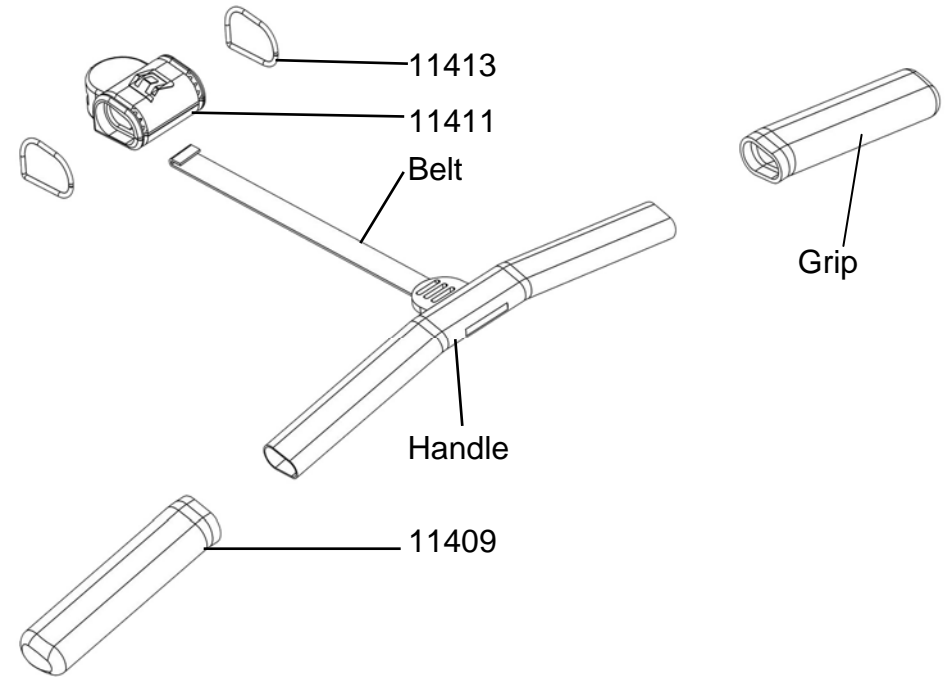
10017	1	Key Way 7x7x32
10026	1	Small PK Transmission Pulley 50mm
10083	1	M10x20 Bolt
10138	1	Shaft Washer Stainless 30x10.2x3t
10139	1	Spring Washer M10 5.25x8.4x2

Computer Stalk Assembly



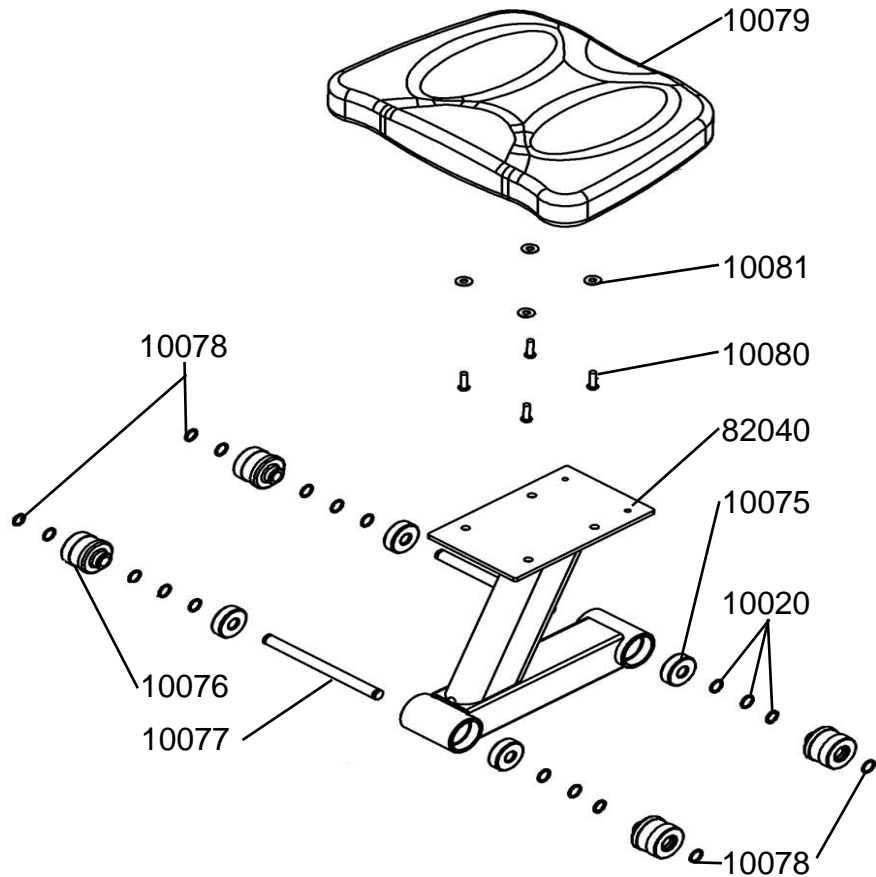
10082	4	Washer M10x21x2
10083	2	Dome Head Bolt M10x20
10097	2	Nut Dome Head M10
10111	1	Belt Guard Aluminum
10114	4	Plastic Bushing 20x16x13x10
10115	1	Hex Head Bolt M10x80
10116	1	Dome Head Bolt M10x60
10117	1	Computer Wiring 1200mm
13112	1	Computer Mounting Arm
13903	1	IPM with USB without HR
13933	1	IPM Button Face
50933	1	LCD for IPM

A069 Handle Assembly E520/VX-3



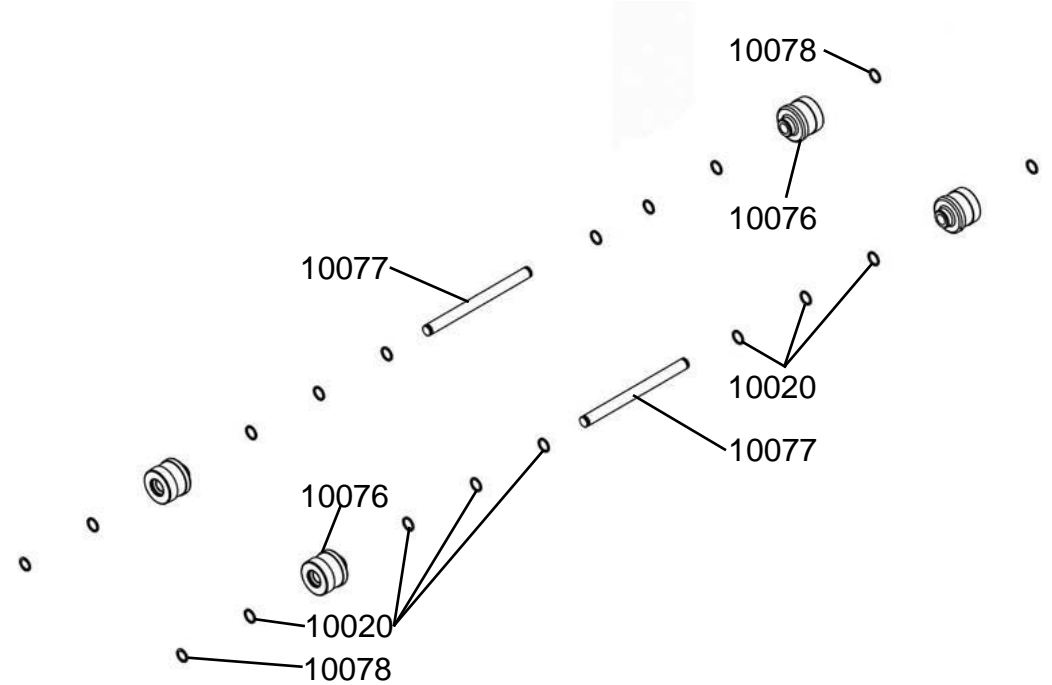
11409	2	Handle Grip - Deluxe
11411	1	Handle Rubber Cover
11412	1	Handle with Belt and Grips #11049
11413	2	O-Ring - Deluxe Handle

A146 Complete Seat Assembly VX-2/VX-3



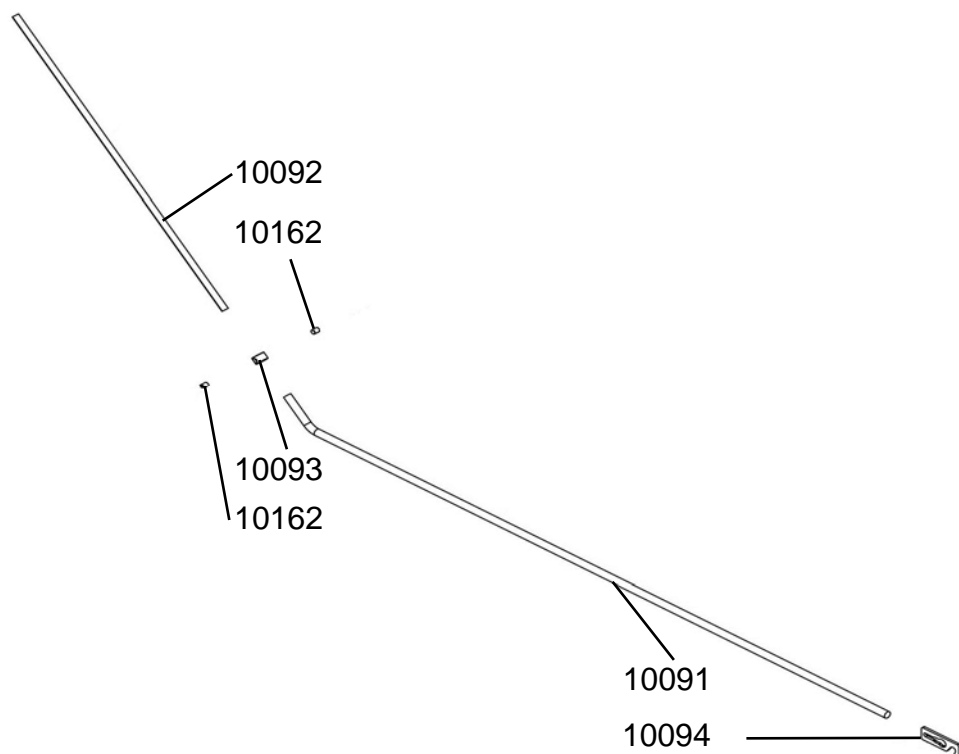
10020	14	Seat Spacer 1x12.5x16
10075	4	Bearing NBN 6301ZZ for Seat Frame
10076	4	Seat Wheel Polyurethane
10077	2	Axle Shaft 12x149
10078	4	C Clip ISTW-12
10079	1	Seat LS-E28
10080	4	Dome Head Bolt M6x20
10081	4	Washer M6x16x1
82040	1	Seat Frame VX2/VX3

A001 Seat Wheel Kit E316/E520/VX-2/VX-3



10020	14	Seat Spacer 1x12.5x16
10076	4	Seat Wheel Polyurethane
10077	2	Axle Shaft 12x149
10078	4	C Clip ISTW-12

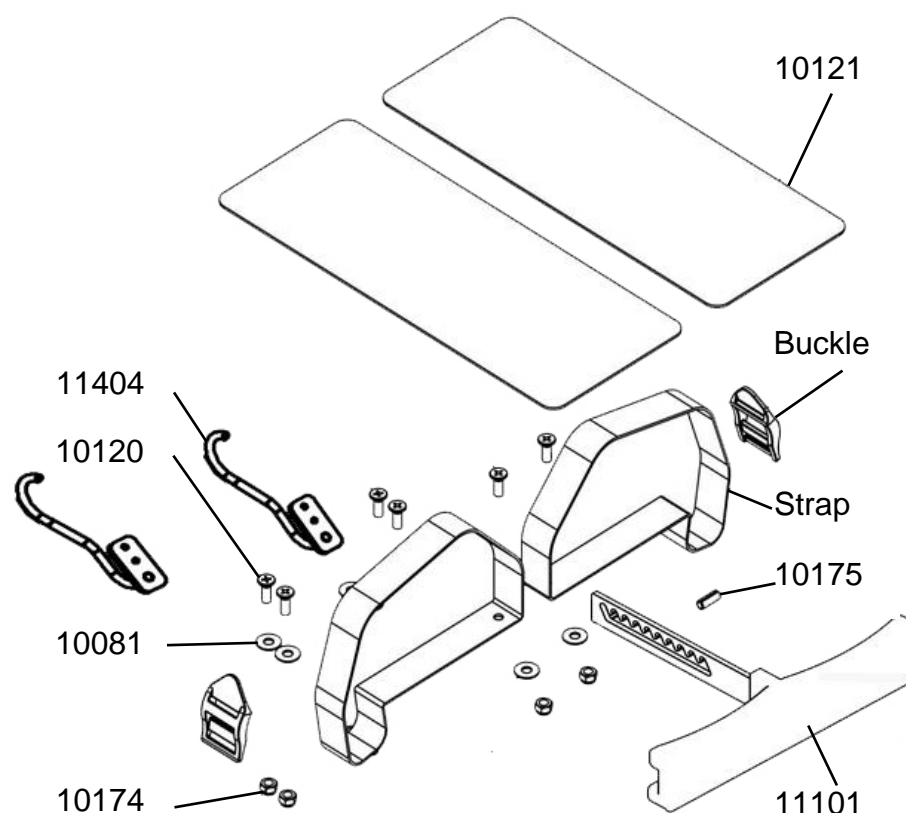
A003 Bungee Assembly



Note to Distributor/Retailer: The parts listed here are not sold separately.

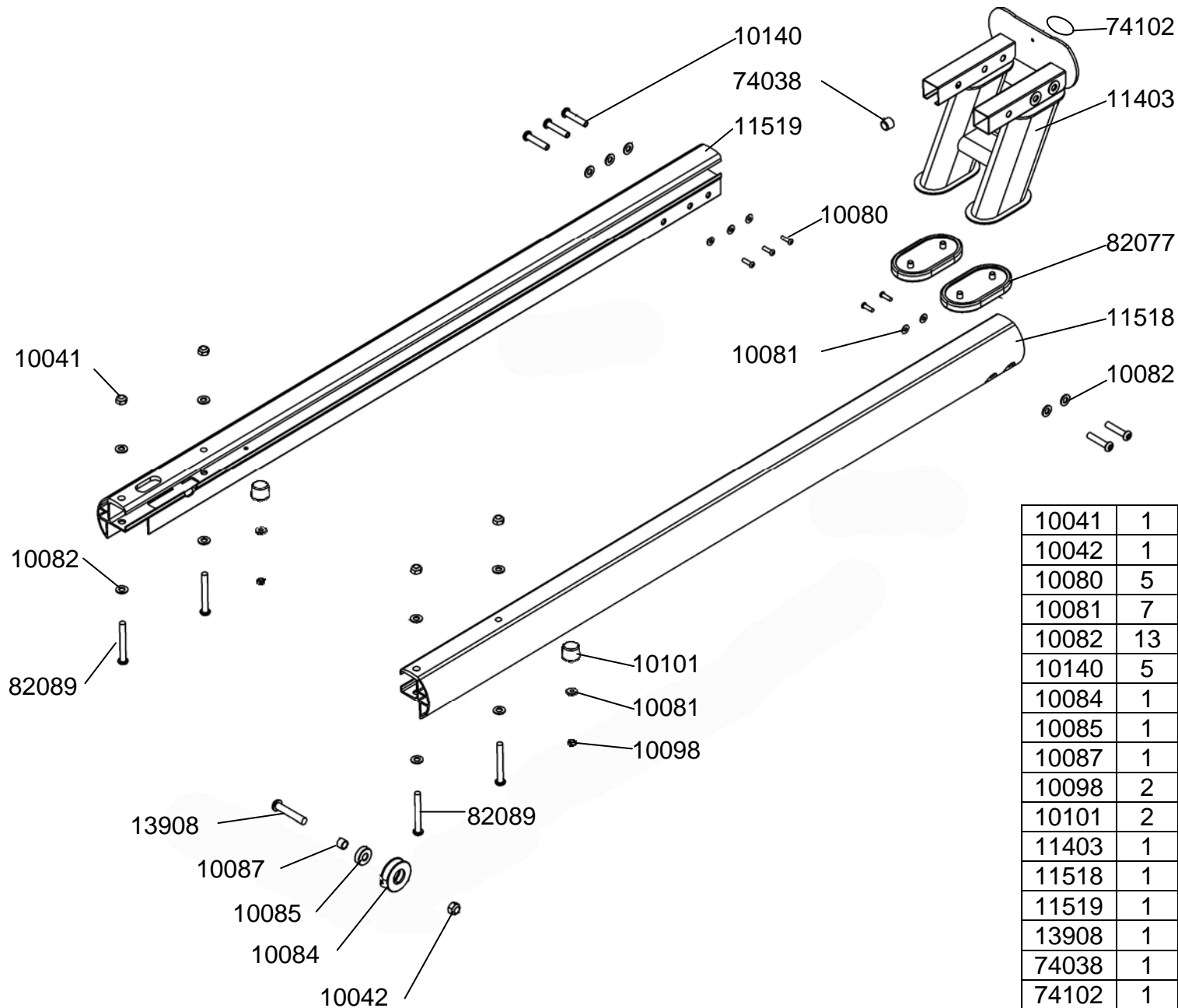
10091	1	Bungee 12mm
10092	1	Belt
10093	1	Shock Cord Joiner
10094	1	Bungee End Hook
10162	2	Tapping Screws M8x10

Complete Heelplate Assembly



10081	6	Washer M6x16x1
10120	6	Counter Sunk Bolt M6x10
10121	2	Non Slip for Rower Foot Plate 520
10174	6	Nylock Nut M6
10175	1	Heel Support Pin
10176	2	Foot Strap & Buckle
11101	1	Heel Support
11404	2	Bar Catch - 520

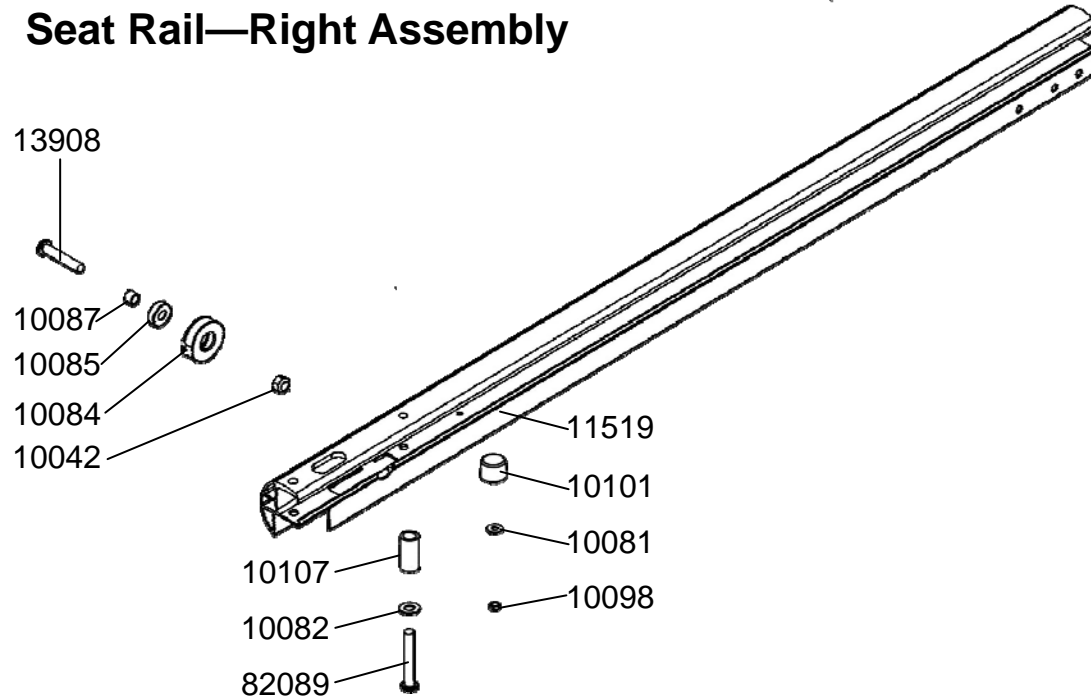
Seat Rail and Rear Leg Assembly



10041	1	Nylock Nut M10
10042	1	Nylock Nut M12
10080	5	Dome Head Bolt M6x20
10081	7	Washer M6x16x1
10082	13	Washer M10x21x2
10140	5	Rear Leg Bolt M10x47.5mm
10084	1	Bungee Pulley with Bearing & Clip
10085	1	Bearing NBN-6201ZZ
10087	1	Spacer 16x12x12.5
10098	2	Nut M6
10101	2	Rubber Bumper TT500
11403	1	Rear Leg VX3 with Oval Decal
11518	1	Rail Left - VX3 with Decals
11519	1	Rail Right - VX3 with Decals
13908	1	Dome Head Bolt M12x65
74038	1	Rubber Bumper
74102	1	Decal - Vortex Oval
82077	2	Rubber Feet for Rear Leg - VX2/3
82089	4	Dome Head Bolt M10 x 80

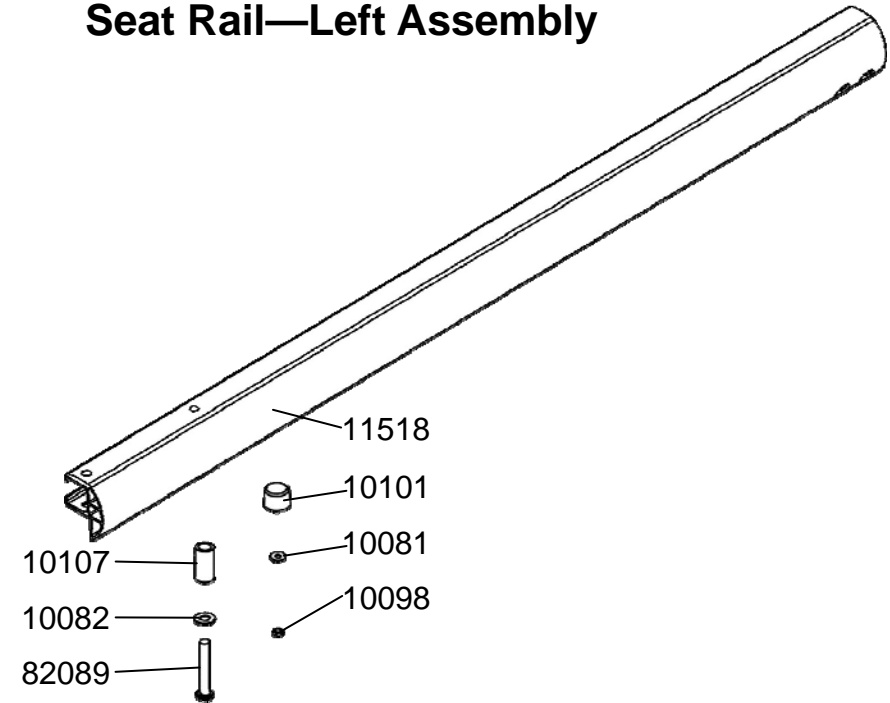
A094 Seat Rail Set Complete - VX-3

Seat Rail—Right Assembly

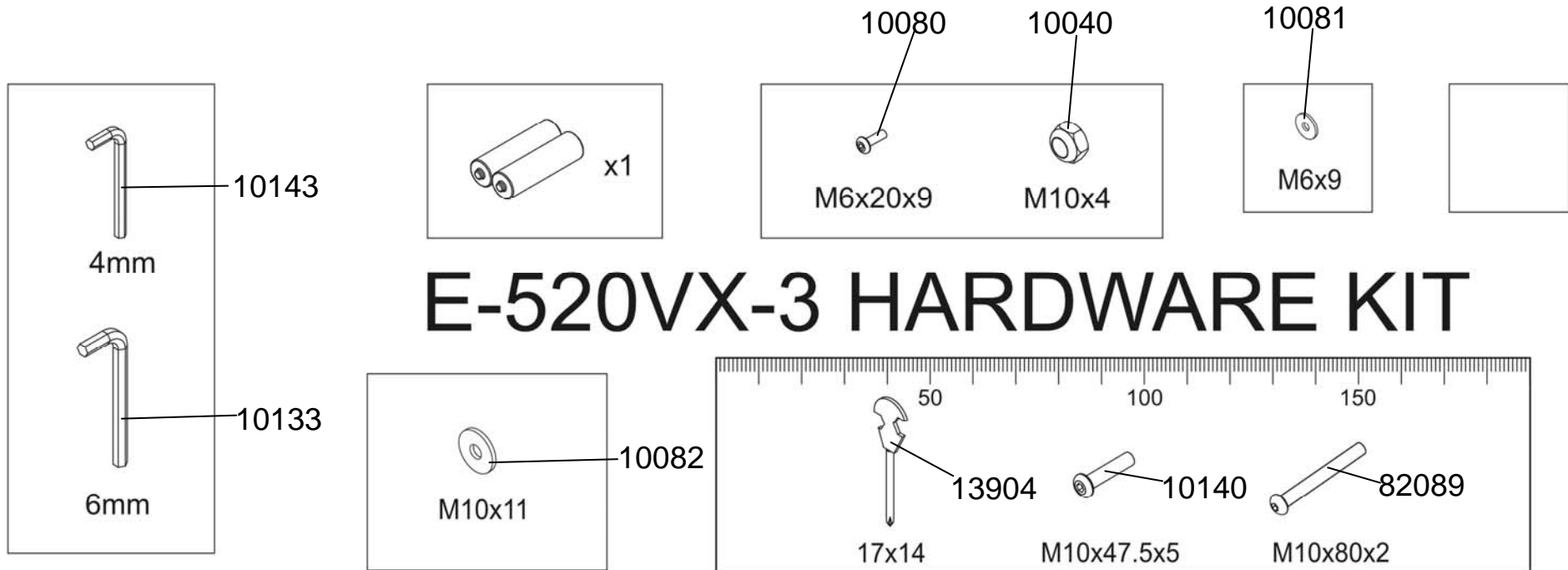


10042	1	Nylock Nut M12
10081	1	Washer M6x16x1
10082	1	Washer M10x21x2
10084	1	Bungee Pulley with Bearing & Clip
10085	1	Bearing NBN-6201ZZ
10087	1	Spacer 16x12x12.5
10098	1	Nut M6
10101	1	Rubber Bumper TT500
10107	1	Spacer for Rail
11519	1	Rail Right - VX3 with Decals
13908	1	Dome Head Bolt M12x65
82089	4	Dome Head Bolt M10 x 80

Seat Rail—Left Assembly



10081	1	Washer M6x16x1
10082	1	Washer M10x21x2
10098	1	Nut M6
10101	1	Rubber Bumper TT500
10107	1	Spacer for Rail
11518	1	Rail Left - VX3 with Decals
82089	4	Dome Head Bolt M10 x 80



E-520VX-3 HARDWARE KIT

10041	4	Nylock Nut M10
10080	9	Dome Head Bolt M6x20
10081	9	Washer M6x16x1
10082	11	Washer M10x21x2
10133	1	Allen Key 6mm
10140	5	Rear Leg Bolt M10x47.5mm
10143	1	Allen Key 4mm
13904	1	Multi-Tool
82089	4	Dome Head Bolt M10 x 80