

APOLLO PRO II

COMMERCIAL FLUID ROWER



A timeless gym favourite wrapped in wood grain.

The Apollo Pro II is a commercial grade, natural wood rowing machine, perfect for group training or high-end home gyms. The meditative motion and integrity of construction sets the Apollo Pro II apart from its competitors. Handcrafted from the finest quality American Ash wrapped around a stabilising steel frame, this steadfast water rower offers a standout performance even in the harshest of fitness applications.

A dependable best seller, this rower is guaranteed to keep members returning. In addition, its small foot print, handy transport wheels and self-cleaning wheel mechanism, make it a low-maintenance and excellent value investment.

Fluid innovation to inspire greater motivation.

The Apollo Pro II is suitable for all levels of fitness, providing a total body challenge that incorporates the upper body, lower body and core simultaneously. Unlike other water rowers, this indoor rower's variable resistance levels will impress, enabling you to change resistance at the turn of a dial for continuous progression as you build muscle and strength.

If you are accustomed to the natural catch and feel of on-water rowing, your rowing technique will immediately appreciate the Apollo's unrivalled emulation of a boat gliding through water. FDF's patented twin tank design generates a smooth uniform stroke, including no lag of resistance at the catch and continued resistance all the way to the finish.

*FITNESS PRODUCTS
INSPIRED BY REAL LIFE*



*VARIABLE FLUID
RESISTANCE*

BROWSE THE RANGE [FIRSTDEGREEFITNESS.COM](https://www.firstdegreefitness.com)

PRODUCT HIGHLIGHTS

APOLLO PRO II



- + Entry level, commercial-grade indoor rower, perfect for group training
- + 4 levels of patented Variable Fluid Resistance for continuous progression
- + Ergonomic handle to minimise strain on hands, wrists and forearms
- + Contoured seat with silent, smooth action
- + Triple bladed impeller and baffled tank for smooth water resistant action
- + Multi-level computer with USB port for connectivity
- + Secure heel capture with angled surface to assist leg drive
- + Sensory simulation of sight, sound and feel of being on water
- + Ethically sourced American Ash frame with steel casing
- + Compact footprint – 2135mm x 550mm, or upright 550mm x 540mm



DESIGNED FOR HEALTH CLUBS.



Self-Cleaning Wheel Mechanism



Height Adjustable Foot Plates



Triple Blade Impeller



Multi-Level Computer

ABOUT FIRST DEGREE FITNESS

When you use a fitness product made by FDF, you will experience a workout that has been inspired by real life. From rowing a boat on water to cycling your favourite track, our designs are engineered to simulate exercise you're passionate about.

Since the launch of our first fluid rower in 2001, we have rapidly developed a reputation as the creators of the world's finest rowing ergometers. Distributed in every continent across the globe, our fluid rower range is trusted and loved by athletes, sports trainers, medical professionals and health conscious individuals.

FOR WORKOUT TIPS AND PRODUCT SUPPORT VISIT FIRSTDEGREEFITNESS.COM



FITNESS PRODUCTS
INSPIRED BY REAL LIFE