

VORTEX VX-3 FLUID ASSIST®

COMMERCIAL FLUID ROWER

Inspired by the form and movement of professional rowers.

Don't miss a stroke with the Vortex VX-3 FA Indoor Rower, boasting an industry-first wireless smart handle and Fluid Assist® motorised resistance control. Pick up the pace at the press of a button and experience the same natural resistance you'd feel while rowing on water.

A unique design inspired by the form and movement of professional rowers, the VX-3 FA achieves optimal rowing simulation. The instant catch and consistent resistance of stroke with FDF's patented fluid innovation technology will trick your senses into thinking you could be propelling a boat through water.

A must have for any serious rowing enthusiast, the Vortex VX-3 FA indoor water rowing machine is the flagship model in our Vortex series.

Advanced technology for progressive indoor rowing training.

Suited to group training and high-end fitness centres, the VX-3 FA will challenge your members to progress through 20 levels of wireless resistance changes – pushing endurance and strength training to the next level.

The only indoor rower on the market with Fluid Assist® motorised resistance control, this smoother movement profile ensures the whole body works harder throughout each stage of the row stroke, without the intimidating high peak resistance experienced by other indoor rowing machines.

The VX-3 FA comes with an interactive performance monitor [IPM] providing real-time data and USB connectivity to ensure motivation stays high. You won't find a more robust, ergonomic rower with so many deluxe performance features.



*FITNESS PRODUCTS
INSPIRED BY REAL LIFE*



*VARIABLE FLUID
RESISTANCE*

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

PRODUCT HIGHLIGHTS

VORTEX VX-3 FLUID ASSIST®



- + Wireless resistance change with industry-first Smart Handle
- + 20 levels of patented Variable Fluid Resistance to sustain any challenge
- + Fluid Assist® motorised resistance control with easy 'power-on' function
- + Extra-long anodised, aluminium seat rails to accommodate the tallest of users
- + Ergonomic seat positioned at office chair height for ease of access, with optional back support
- + Air glide low friction seat rollers for safer and smoother action
- + Sliding footplates with advanced heel capture to support leg drive
- + Single 6V external PSU
- + Compact footprint – 2,510mm x 1,420mm, or upright 855mm x 820mm



BUILT FOR PROGRESSIVE TRAINING.



Quick Start Function With USB Connectivity



Fluid Assist® Motorised Resistance Control



Wireless Smart Handle



Sliding Foot Plates

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



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