

**FLUID
POWER
ZONE**

**YOUR WORKOUT
YOUR ZONE.**



FluidPowerZone is a range of unique fitness machines, designed for training in any zone - cardio, power, strength and speed.

FluidPowerZone machines can be used individually, or by combining multiple units to make up a fitness circuit. A world-first design, FluidPowerZone's unique water resistance technology delivers concentric-only movement to accommodate all levels and abilities, from med/rehab, through general fitness to elite athletes.

Each machine boasts a range of 10 water resistance levels, known as Fluid Force, to achieve a consistent work load throughout any movement or lifting routine. The perfection of innovation and biomechanics allows for cardio workouts with lighter resistance through to explosive peak power training with heavier resistance.

There's no limit to the training goals FluidPowerZone can deliver.

TRAIN IN ANY ZONE

CARDIO. POWER. STRENGTH. SPEED



FLUIDPOWERERG

1. Independent arm resistance for bilateral and unilateral movements
2. Supports alternating, symmetrical and diagonal arm pulls
3. Ski ergo functional pulling action for impact free diagonal chopping and swinging motions
4. Works both upper and lower extremities – overcoming body mass resistance on the way up for a more effective workout



FLUIDPOWERCLIMB

1. Long range of movement to accommodate a wide range of users
2. Options for total engagement of whole body, or focusing on lower body when used as a stepper
3. Smooth and constant resistance throughout the entire range of motion, unlike mechanical, chain driven machines
4. Provides superior cardiovascular workout without placing strain on the joints

YOUR ZONE. EVERY SET. EVERY TIME.



FLUIDPOWERCUBE

1. 3 separate resistance options - 50%, 100% and 200%
2. Integrates upper and lower body movements like diagonal, chopping and swinging motions
3. A functional and strength power trainer - combining the benefits of kettle bells, weights, a squat rack and cable pulleys
4. Ergonomic support bar for additional stability during squats and lower extremity work
5. Supports technical bar lifting technique without the risk of injury



FLUIDPOWERUBE

1. Bi-directional movement with a fixed 185mm crank arm and self-levelling hand grips
2. Upper body ergometer for high intensity interval training
3. Perfect for upper body warm up prior to weight resistance training
4. Peak power is generated from the ground up, integrating movement of the user's core and upper body



FLUIDPOWERPRESS

1. Full body press action from a squat through to an extended overhead arm press
2. Safely train technically challenging power exercises with correct form, offering heavy resistance during the press up and zero resistance on the way down
3. Angled shoulder pads create comfort when performing squat or reverse lunge actions
4. Long ergonomic hand rails for multi grip position when pressing overhead



FLUIDPOWERROW

1. Train at either a quick or slow pace, with fluid resistance felt instantly and throughout the entire rowing action [Unlike air rowers, where you need a quick pace to get any resistance]
2. A rugged platform with fast recoil design for ultra-rapid rowing stroke or slow heavier stroke
3. Contoured, non-slip seat at office chair height for easy entry and exit
4. Adjustable sliding footplates with advanced heel capture to support leg drive