

# MEGA PRO XL

## COMMERCIAL FLUID ROWER

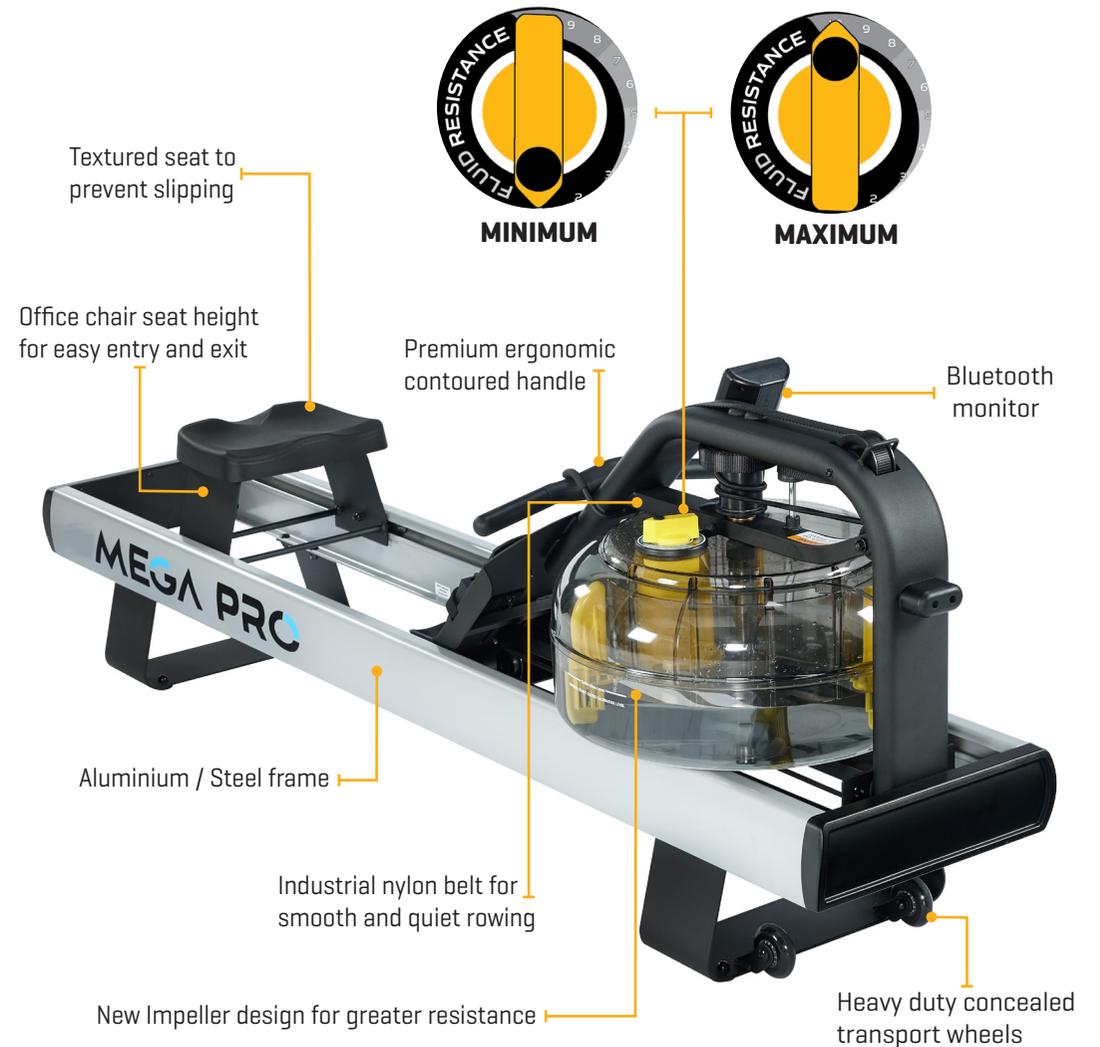


Delivering modern looks and commercial performance, the MEGA PRO XL Rower by FDF will instantly increase the appeal of any fitness studio and promises to leave an impact that will have users motivated to come back for more.

The MEGA PRO XL is a heavyweight commercial rower that knocks its competition out of the water. The XL Tank has 10 levels of adjustable fluid resistance provided by our patented Twin Tank system. At level 10 the XL tank offers a massive 65% greater resistance than FDF's standard horizontal tank models. At low settings the resistance is silky smooth and suitable for beginners, deconditioned participants or rehabilitation patients just starting out on their fitness journey.

This sleek and smooth rower sets exceptional performance standards with refined aesthetics and ergonomics set in a robust commercial build. The MEGA PRO XL features a premium handle for maximum comfort, adjustable footplates for a strong firm hold, and a contoured seat at just the right height to aid on-and-off access for all. The Bluetooth console features smart device connectivity and is compatible with FDF's FluidWorkout App.

The MEGA PRO XL is the ultimate choice for high intensity interval training, short sprints or a long endurance row, it promises to push even the fittest and strongest athletes or rowers.



VISIT [FLUIDROWER.COM](https://www.fluidrower.com) FOR MORE WORKOUT OPTIONS

# MEGA PRO XL FLUIDROWER

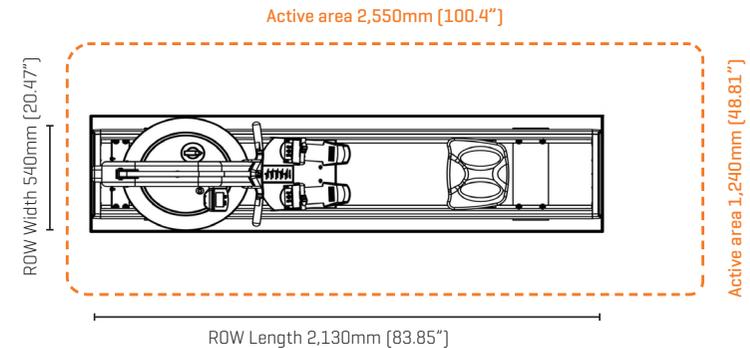
## PRODUCT SPECIFICATIONS

PRODUCT MODEL NO:	OMPX
FLUID RESISTANCE:	Horizontal FDF XL Twin Tank - 10 levels
PRODUCT NET WEIGHT:	56.08kg [123.64lb]
PRODUCT GROSS WEIGHT:	66.52kg [146.65lb]
DIMENSIONS:	L 2,130mm [83.85"] x W 540mm [20.47"] x H 750mm [29.72"]
MIN ACTIVE AREA REQUIRED:	L 2,550mm [100.4"] x W 1,240mm [48.81"]
MAX USER WEIGHT:	150kg [330lb]



## CONSOLE FEATURES

- + Bluetooth connectivity
- + Auto start
- + Time - Elapsed time
- + Level - Auto to selected resistance level
- + 500M Time - Time to row 500 meters
- + Watt - Unit of power per stroke
- + Distance - Updated ever second
- + SPM - Strokes per minute
- + Power Graphs - 2 Options
- + Heart rate - Polar compatible
- + Calories burned per hour



## ABOUT FDF (FIRST DEGREE FITNESS)

FDF is the leader in designing and manufacturing a range of adjustable fluid resistance fitness machines for residential and commercial applications, based on our unique and patented Twin Tank fluid resistance system. The adjustable fluid resistance system challenged the conventional thinking of how water could work to provide adjustable resistance rather than just dead weight for a flywheel effect. The patented Twin Tank system provides silky smooth resistance at any speed so is perfect for warm-ups, cool downs, intense HIIT workouts or rehabilitation programs. FDF have released a range of adjustable fluid resistance machines under the FluidROWER, FluidEXERCISE and the FluidPOWERZONE banners, see the links opposite. FDF products are distributed through out the globe and are popular in Fitness Centres, Hotels and Apartments, Sporting Clubs, Defence Force training facilities and physical rehabilitation clinics.

## INTERNATIONAL WARRANTY - FULL COMMERCIAL USE

- METAL FRAME - 10 year limited warranty
- MECHANICAL COMPONENTS (of a non-wearing nature) - 2 year limited warranty
- POLYCARBONATE TANK & SEALS - 5 year limited warranty
- ALL OTHER COMPONENTS - 2 year limited warranty

For expanded warranty details visit [firstdegreefitness.com/](http://firstdegreefitness.com/)



View the full range of rowers at [FLUIDROWER.COM](http://FLUIDROWER.COM)

Visit [FIRSTDEGREEFITNESS.COM](http://FIRSTDEGREEFITNESS.COM) to view all FDF products.

**FLUIDROWER**

**FLUIDPOWERZONE**

**FLUIDEXERCISE**



\* FDF reserves the right to modify any product design, manufacture or aesthetic without notice or consultation. Product specifications and warranties may vary from country to country.