ADJUSTABLE FLUID RESISTANCE ON ALL MACHINES

FLUID ROWER

FLUID EXERCISE

FLUID POWER ZONE

TRAIN IN ANY ZONE. CARDIO. POWER. STRENGTH. SPEED.

UBE  CUBE  CLIMB  ERG  PRESS  ROW

BROWSE THE RANGE AT FIRSTDEGREEFITNESS.COM
**FLUID RESISTANCE MACHINES**

FDF (previously know as First Degree Fitness) is the leader in design and manufacture of adjustable Fluid Resistance fitness machines for commercial and residential applications. At the heart of the fitness range is 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 a liquid mass flywheel. Our patented Twin Tank system provides silky smooth resistance at any speed, so you do not have to raise your stroke rate / RPM to increase the resistance. All machines are suitable for all types of training routines: cardio training, warm-ups, cool downs, intense HIIT workouts or rehabilitation programs. FDF categorizes the range of adjustable Fluid Resistance machines under the banners of FluidRower, FluidExercise and FluidPowerZone. FDF products are distributed across the globe and are popular in Fitness Centers, Hotels and Apartments, Sporting Clubs, Universities, First Responders, Defence Force Training Facilities and Physical Rehabilitation Clinics.

---

**FLUID ROWER** | **FLUID EXERCISE** | **FLUID POWER ZONE**
---|---|---
Neptune Models | E650 Arm Cycle | FluidPowerCLIMB
Pacific Models | E750 Cycle UBE | FluidPowerCUBE
Trident Models | E850 UBE | FluidPowerERG
Neon Models | E950 Medical UBE | FluidPowerPRESS
Apollo Models |  | FluidPowerROW
Viking Models |  | FluidPowerUBE
Mega Pro XL Model |  |  
Evolution Models |  |  
Vortex Models |  |  

The unique branding of our extensive range of fitness machines will create easier brand recognition and consistency. The customer journey through our website will be cleaner and clearer, providing information and education on the customers specific areas of interest.

**BROWSE THE RANGE AT FIRSTDEGREEFITNESS.COM**
2020 NEW LOOK & FEATURES

NEW BRANDED CONSOLES WITH INTERACTIVE FUNCTIONS

NEW DECAL DESIGNS & TANK FEATURES

USER EXPERIENCE
+ Auto Fluid Resistance Level Detection
+ Bluetooth® FTMS – FiTness Machine Service protocol for iOS and Android App connectivity
+ Bluetooth® Heart Rate Monitor Compatibility - Polar, Garmin and HR straps with Bluetooth®

TECHNICAL
+ High Contrast LCD display improved viewing angle
+ Enhanced performance speed 60 MHz Cortex M4 CPU
+ Console Firmware Updates via Bluetooth®
+ Battery life extended to 2 years

FDF Touch Heart Rate Handle via Bluetooth®
+ Compatible with the New Consoles on all FluidRowers with 5 Level and 10 Level Horizontal Tanks and 10 Level Vertical Tanks

BLACK TANK FEATURES - 2020

PRE 2020 - YELLOW
PATENTED TWIN TANK FLUID RESISTANCE TECHNOLOGY

At the core of all FDF FluidRowers is our patented Twin Tank technology, providing easy adjustment for the different levels of Fluid Resistance, from feather light to Olympic challenge. Our Twin Tank technology comprises the inner, passive [or holding] tank and the outer, active [or resistance] tank. Adjusting the fluid volumes, between the inner and outer tanks, changes the resistance at the turn of a dial.

3 TWIN TANK DESIGNS

- Horizontal
- XL Horizontal
- Vertical

4 RESISTANCE OPTIONS

- 4x Fluid Resistance (Horizontal)
- 5x Fluid Resistance (Horizontal)
- 10x Fluid Resistance XL (Horizontal)
- 10x Fluid Resistance (Vertical)
HOW TO ADJUST RESISTANCE

HORIZONTAL TANKS

Our patented Twin Tank technology allows you to adjust resistance at a turn of a dial or rotation of a lever [see the options below]. On all FluidRowers you can easily adjust the fluid volume between the inner, passive tank and the outer, active tank to significantly alter the resistance settings independent of the speed of rowing. We encourage you to review our “How it Works” menu at FluidRower.com or at any of the FDF websites.

Incremental scale of Fluid Resistance for 4 Level Horizontal Tank is:
LEVEL 1-25%, 2-50%, 3-75%, 4-100%

Incremental scale of Fluid Resistance for 5 Level Horizontal Tank is:
LEVEL 1-20%, 2-40%, 3-60%, 4-80%, 5-100%
**HORIZONTAL TANKS**

Incremental scale of Fluid Resistance for **10 Level XL** Horizontal Tank is:

**LEVEL 1**-10%, **2**-20%, **3**-30%, **4**-40%, **5**-50%, **6**-60%, **7**-70%, **8**-80%, **9**-90%, **10**-100%

**VERTICAL TANKS**

Incremental scale of Fluid Resistance for **10 Level** Vertical Tank is:

**LEVEL 1**-10%, **2**-20%, **3**-30%, **4**-40%, **5**-50%, **6**-60%, **7**-70%, **8**-80%, **9**-90%, **10**-100%
ACCESSORY OPTIONS

- Touch Heart Rate Handle
- Elevate Kit
- Smart Phone Holder
- Seat Back Kit

TOUCH HEART RATE - BUILT INTO THE HANDLE

- Inbuilt Heart Rate Sensors
- Bluetooth

Inbuilt Heart Rate Sensors
PACKAGED ACCESSORIES

TOUCH HEART RATE HANDLE
The FluidRower Touch Heart Rate Handle communicates accurate heart rate data directly from the handle to the console of your connected FluidRower. No cumbersome, uncomfortable, sweaty chest straps, no additional watch or hardware required. This world-first capability is packaged into a deluxe handle that monitors your heart rate through the comfortable conductive handle grips and then via Bluetooth technology transmits your heart rate to the console in real-time.

SMARTPHONE HOLDER
FDF FluidRower Smartphone Holder cradles your mobile device right where you are looking, making it even easier to track and monitor rowing progress. An easy to install attachment with adjustability to securely fit any mobile phone. Enhance your experience by running the FluidRower App connected to the console.

ELEVATE KIT
FDF FluidRower Elevate Kit raises the rower rails and seat height, providing a more accessible entry and exit position. The Elevate Kit is ideal for the injured, aged, and less flexible exerciser. It’s a quick, easy to add-on accessory that adds style and flair to your rower.

SEAT BACK KIT
FDF FluidRower Seat Back Kit is the ultimate solution to provide additional support to your lumbar spine. Perfect for the injured, deconditioned, aged or anyone needing some extra lumbar support. Instantly turns your rower seat into an office chair-like feel. Ergonomically contoured to match your natural shape. The Seat Back Kit is very easy to install and integrates flawlessly for a stylish finish.

ACCESSORY DISPLAY STAND
Ask about our subsidy program for the wooden display stand to promote the packaged accessories in store.
## ACCESSORY COMPATIBILITY GUIDE

### RESIDENTIAL USE

<table>
<thead>
<tr>
<th></th>
<th>TOUCH HEART RATE HANDLE</th>
<th>SMARTPHONE HOLDER</th>
<th>SEAT BACK KIT</th>
<th>ELEVATE KIT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Neptune Plus / Titan Plus</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pacific Plus / Newport Plus</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Neon Plus</td>
<td></td>
<td></td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Apollo Plus</td>
<td></td>
<td>✓</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Viking 2 Plus</td>
<td></td>
<td>✓</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Viking 3 Plus</td>
<td></td>
<td>✓</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Apollo V</td>
<td></td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Viking 2 V</td>
<td></td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Viking 3 V</td>
<td></td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
</tbody>
</table>

### COMMERCIAL USE

<table>
<thead>
<tr>
<th></th>
<th>TOUCH HEART RATE HANDLE</th>
<th>SMARTPHONE HOLDER</th>
<th>SEAT BACK KIT</th>
<th>ELEVATE KIT</th>
</tr>
</thead>
<tbody>
<tr>
<td>NEON Pro Plus</td>
<td></td>
<td></td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>NEON Pro V</td>
<td></td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Apollo Pro V</td>
<td></td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Apollo Pro XL</td>
<td></td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Trident Pro V</td>
<td></td>
<td>✓</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Viking Pro V</td>
<td></td>
<td>✓</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Viking Pro XL</td>
<td></td>
<td>✓</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>MEGA PRO XL</td>
<td></td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
</tbody>
</table>
FLUIDROWER
PREMIUM HEAVY DUTY COMMERCIAL LINE UP

› MEGA PRO XL
  Sleek & Powerful with 65% more Fluid Resistance.

› EVOLUTION SERIES - E350 & E550
  Perennial Favourites. Original robust industrial designs.

E350
E550

› VORTEX SERIES
  Deluxe quality design and finish with modern aesthetic appeal.

VX-2
VX-3

* 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.

BROWSE THE RANGE AT FLUIDROWER.COM
VERTICAL TANKS
Incremental scale of Fluid Resistance for 10 Level Vertical Tank is:
LEVEL 1-10%, 2-20%, 3-30%, 4-40%, 5-50%, 6-60%, 7-70%, 8-80%, 9-90%, 10-100%

FLUID EXERCISE

BI-DIRECTIONAL ARM CYCLING
The Twin Tank Adjustable Fluid Resistance system provides a silky smooth, consistent resistance in either direction at any speed.

Change direction, speed or resistance “on the fly”.

FORWARD

REVERSE
ARM CYCLE E650

- Bi-directional rotation for complete muscle engagement
- Solid crank arm for robust durability
- Crank height fixed – nothing to adjust
- Wide footplates provide stability and foot placement range
- Bluetooth monitor

CYCLE UBE E750

- Ergonomic neutral hand grips
- Patented Twin Tank
- Robust rear transport wheels
- Bluetooth Monitor

UBE E850

- Height adjustable crank position, gas assisted from seated to standing
- Steel frame
- Removable seat to allow wheelchair access
- Foot rest for added stability

MEDICAL UBE E950

- Adjustable angle hand grips
- Adjustable length crank arms
- Height adjustable crank position, gas assisted from seated to standing
- Steel frame
- Yellow extrusions mark platform outside edges

* 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.

BROWSE THE RANGE AT FLUIDEXERCISE.COM
FLUIDPOWERZONE - VERTICAL TANKS
Incremental scale of Fluid Resistance for 10 Level Vertical Tank is:
LEVEL 1-10%, 2-20%, 3-30%, 4-40%, 5-50%, 6-60%, 7-70%, 8-80%, 9-90%, 10-100%

**CONCENTRIC FLUID TRAINING**

**PRESS LOAD PHASE**

**PULL LOAD PHASE**

**RECOVERY PHASE**
The only resistance is the load of the arm (6kg)

Load is instantly available from the very top of the action and consistent to the end
FLUIDPOWERZONE

CLIMB CONTRALATERAL CLIMBER

- Multiple hand grip positions for comfort and different recruitment patterns
- Natural contralateral climb action
- Long angled hand rails for comfortable step action support
- Generous foot plates with large toe caps
- Super smooth belt drive technology
- Bluetooth monitor
- Robust Steel
- Rear transport wheels

ERG SKI ERGOMETER

- Ergonomic handles for comfortable and secure grip
- Swivel pulley for more complex movement patterns
- Positive instant resistance throughout the entire range at any speed
- Bluetooth monitor
- Robust Steel frame
- Transport wheels

CUBE TRAINING PLATFORM

- Bluetooth monitor
- Accessories rack
- 3 Separate Resistance Attachment Options
- Inclines to 100%
- Speed to 100%
- Power to 200%
- Robust rear transport wheels
- Includes accessory pack: Squat belt, single handle, ankle strap, straight bar with swivel
- Wide foot plates provide stability and foot placement range

PRESS SQUAT TO OVERHEAD

- Teardrop shoulder pads for secure comfort
- Long hand rails for multi-grip positions
- Wide foot plates provide stability and foot placement range
- Robust rear transport wheels
- Steel frame

ROW TOTAL BODY ROVER

- Industrial nylon belt for smooth and quiet rowing
- Premium ergonomic contoured handle
- Heavy duty concealed transport wheels
- Secure adjustable foot straps and heel cups
- Robust Steel / Aluminum frame
- Contoured, non-slip seat
- Office chair seat height for easy entry and exit
- Concealed air glide seat rollers

UBE STANDING ARM CYCLE

- Bi-directional rotation for complete muscle engagement
- Solid crank arm for robust durability
- Crank height fixed - nothing to adjust
- Robust Steel
- Robust rear transport wheels
- Potential Twin Tank
- Wide foot plates provide stability and foot placement range

* 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.

BROWSE THE RANGE AT FLUIDPOWERZONE.COM
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.