

# FLUIDPOWERUBE

## UPPER BODY ERGOMETER - ARM CYCLE

The FDF FluidPowerUBE Arm Cycle is an industrial quality, standing upper body ergometer, designed to withstand high intensity powerful workouts or provide silky smooth resistance suitable for warm ups, cool downs and rehabilitation.

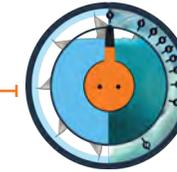
The UBE resistance is provided by the unique semi isokinetic properties of our 10 levels of Adjustable Fluid Resistance provided by our patented Twin Tank system and the RPM is driven by you. The UBE is capable of handling the ballistic speeds of a HIIT workout and yet will remain smooth and consistent at very low RPM. This wide variation in load and speed capabilities allows you to train in any zone; Cardio, Power, Strength or Speed.

The ground based UBE exercise involves long kinetic chains engaging many muscles from the ground up. Your core is activated to support your entire shoulder girdle when engaged in the "arm grinder" motion. The UBE provides load in either direction. Changing direction alters the emphasis on the muscles engaged, adding even more variety to your training.

The UBE is a perfect inclusion for any type of fitness facility. It can add variety to all types of group training, is a perfect warm up tool with a focus on the core and upper body and only takes up a little over 1sqm [11sqft].



# FLUID POWER ZONE



MINIMUM



MAXIMUM



COLOUR OPTIONS: ORANGE GREY CUSTOM

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

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

# FLUIDPOWERUBE

## PRODUCT SPECIFICATIONS

PRODUCT MODEL NO:	PZ-UBE
FLUID RESISTANCE:	Vertical FDF Twin Tank - 10 levels
MONITOR:	FDF  Bluetooth / Heart Rate Compatible
PRODUCT NET WEIGHT:	73.23kg [161.39lb]
PRODUCT GROSS WEIGHT:	86.85kg [191.47lb]
DIMENSIONS:	L 1,340mm [52.8"] x W 750mm [29.5"] x H 1,348mm [53"]
MIN ACTIVE AREA REQUIRED:	L 1,940mm [72.4"] x W 1,350mm [53.1"]
MAX USER WEIGHT:	180kg [396.8lb]
ARM CRANK LENGTH:	185mm [7.3"]
COMMERCIAL WARRANTY:	Frame 10 years - Fluid Tank 5 years Mechanical and all other non wearing components - 2 years

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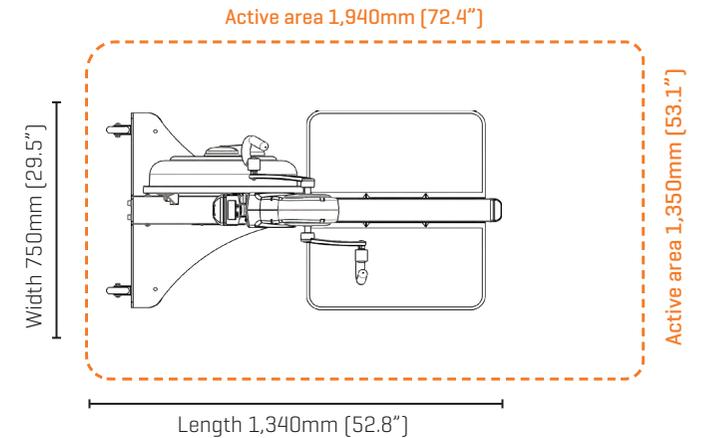


## CONSOLE FEATURES

- +  Bluetooth® Connectivity
- + AUTO START
- + TIME - Elapsed time
- + LEVEL - Selected resistance level
- + WATT - Unit of power
- + WORK - Interval Duration
- + REST - Rest Interval
- + DIST - Distance [Rowers only]
- + REPS - Total Repetitions
- + RPM/SPM - Revolutions/Strokes per min
- + PULSE - Heart rate - Polar compatible
- + CAL - Calories burned per hour/total calcs
- + Power Graphs - 2 Options



ERGONOMIC ROTATING HAND GRIPS



## ABOUT FLUIDPOWERZONE MACHINES

**FluidPowerZone** is a range of Fluid Resistance fitness machines, designed for training in any Zone - Cardio, Power, Strength or Speed. **FluidPowerZone** machines can be used individually, or by combining multiple machines to make up a fitness circuit. The patented Twin Tank technology delivers 10 different levels of adjustable Fluid Resistance for concentric only movements that will accommodate all levels and abilities, from general fitness enthusiasts to elite athletes and provides a perfect platform for rehabilitation/medical applications.

## ABOUT FDF (FIRST DEGREE FITNESS)

**FDF** is the leader in designing and manufacturing a range 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. The patented Twin Tank system provides silky smooth resistance at any speed and is perfect for cardio training, warm-ups, cool downs, intense HIIT workouts or rehabilitation programs. FDF categorizes the range of adjustable Fluid Resistance machines under the banners, **FluidRower**, **FluidExercise** and **FluidPowerZone**, see the adjacent web links. FDF products are distributed throughout the globe and are popular in Fitness Centers, Hotels and Apartments, Sporting Clubs, Universities, First Responders, Defence Force Training Facilities and Physical Rehabilitation Clinics.



View all product ranges at

[FLUIDPOWERZONE.com](https://www.fluidpowerzone.com)

[FLUIDROWER.com](https://www.fluidrower.com)

[FLUIDEXERCISE.com](https://www.fluidexercise.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.



ROW



PRESS



CLIMB



ERG



CUBE