



**2020**  
**PRODUCT**  
**GUIDE**

**FLUID** **ROWER**  
**FLUID** **EXERCISE**  
**FLUID** **POWER** ZONE

**ADJUSTABLE**  
**FLUID RESISTANCE**  
**MACHINES**



# FLUID RESISTANCE MACHINES

## FLUIDROWER



VERTICAL & HORIZONTAL TANKS

## FLUID EXERCISE



ARM CYCLE



MEDICAL UBE

## FLUID POWER ZONE

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



UBE



CUBE



CLIMB



ERG



PRESS



ROW

## ➤ ADJUSTABLE FLUID RESISTANCE ON ALL MACHINES



HIGH



LOW



HIGH



LOW



BROWSE THE RANGE AT [FIRSTDEGREEFITNESS.COM](https://www.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.

## **FLUIDROWER**

## **FLUIDEXERCISE**

## **FLUIDPOWERZONE**

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.

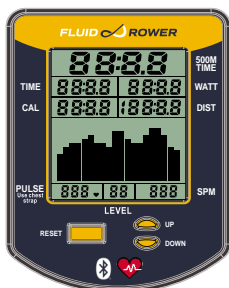
FLUIDROWER	FLUIDEXERCISE	FLUIDPOWERZONE
Neptune Models	E650 Arm Cycle	FluidPowerCLIMB
Pacific Models	E750 Cycle UBE	FluidPowerCUBE
Trident Models	E850 UBE	FluidPowerERG
Neon Models	E950 Medical UBE	FluidPowerPRESS
Apollo Models		FluidPowerROW
Viking Models		FluidPowerUBE
Mega Pro XL Model		
Evolution Models		
Vortex Models		

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

# 2020 NEW LOOK & FEATURES



## ➤ NEW BRANDED CONSOLES WITH INTERACTIVE FUNCTIONS



### 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

## ➤ NEW DECAL DESIGNS & TANK FEATURES



## ➤ BLACK TANK FEATURES - 2020



## ➤ PRE 2020 - YELLOW



# 2020 FLUIDROWER RANGE



WOODEN CONSTRUCTION



STEEL CONSTRUCTION



WOOD/STEEL CONSTRUCTION



VERTICAL TANK CONSTRUCTION

## › 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



HORIZONTAL



HORIZONTAL



XL HORIZONTAL



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%



### LEVEL ONE



#### LOW RESISTANCE

Fluid level **LOW** in outer active resistance tank



Fluid level **FULL** in inner passive holding tank

### LEVEL THREE



#### MID RESISTANCE

Fluid level **MIDDLE** in outer active resistance tank



Fluid level **MIDDLE** in inner passive holding tank

### LEVEL FIVE



#### HIGH RESISTANCE

Fluid level **FULL** in outer active resistance tank

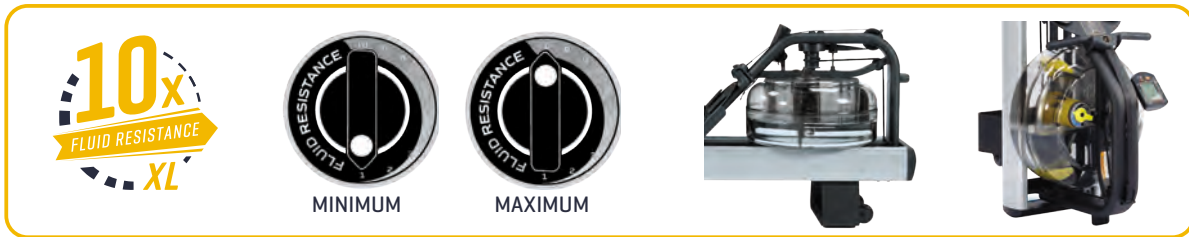


Fluid level **LOW** in inner passive holding tank

## ➤ 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%



### LEVEL ONE



#### LOW RESISTANCE

Fluid level **LOW** in outer active resistance tank



Fluid level **FULL** in inner passive holding tank

### LEVEL FIVE



#### MID RESISTANCE

Fluid level **MIDDLE** in outer active resistance tank



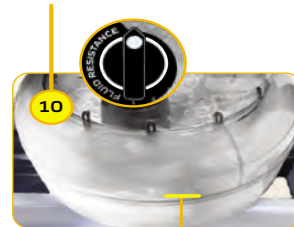
Fluid level **MIDDLE** in inner passive holding tank

### LEVEL TEN



#### HIGH RESISTANCE

Fluid level **FULL** in outer active resistance tank

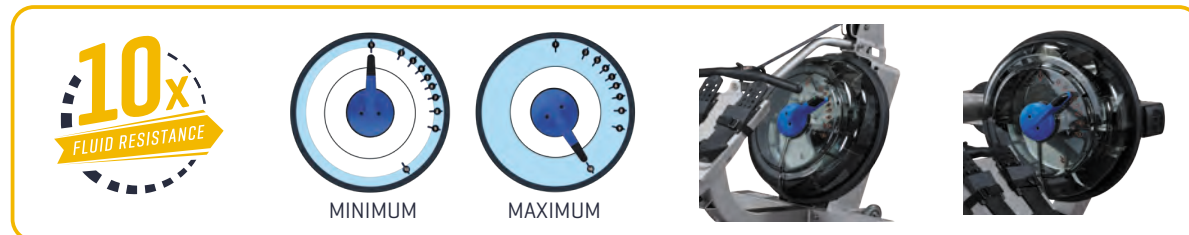


Fluid level **LOW** in inner passive holding tank

## ➤ 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%



### LEVEL ONE

#### LOW RESISTANCE

Fluid level **LOW** in outer active resistance tank

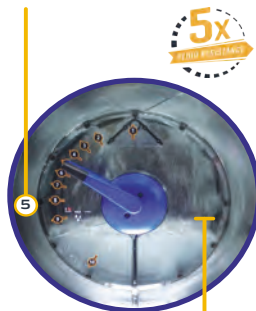


Fluid level **FULL** in inner passive holding tank

### LEVEL FIVE

#### MID RESISTANCE

Fluid level **MIDDLE** in outer active resistance tank

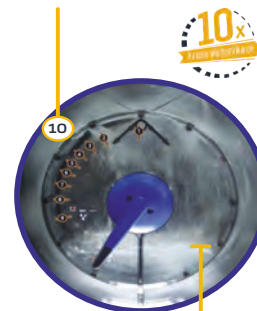


Fluid level **MIDDLE** in inner passive holding tank

### LEVEL TEN

#### HIGH RESISTANCE

Fluid level **FULL** in outer active resistance tank



Fluid level **LOW** in inner passive holding tank

## ➤ ACCESSORY OPTIONS



Bluetooth Touch Heart Rate Handle

Smart Phone Holder

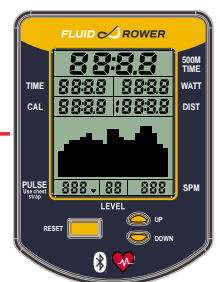
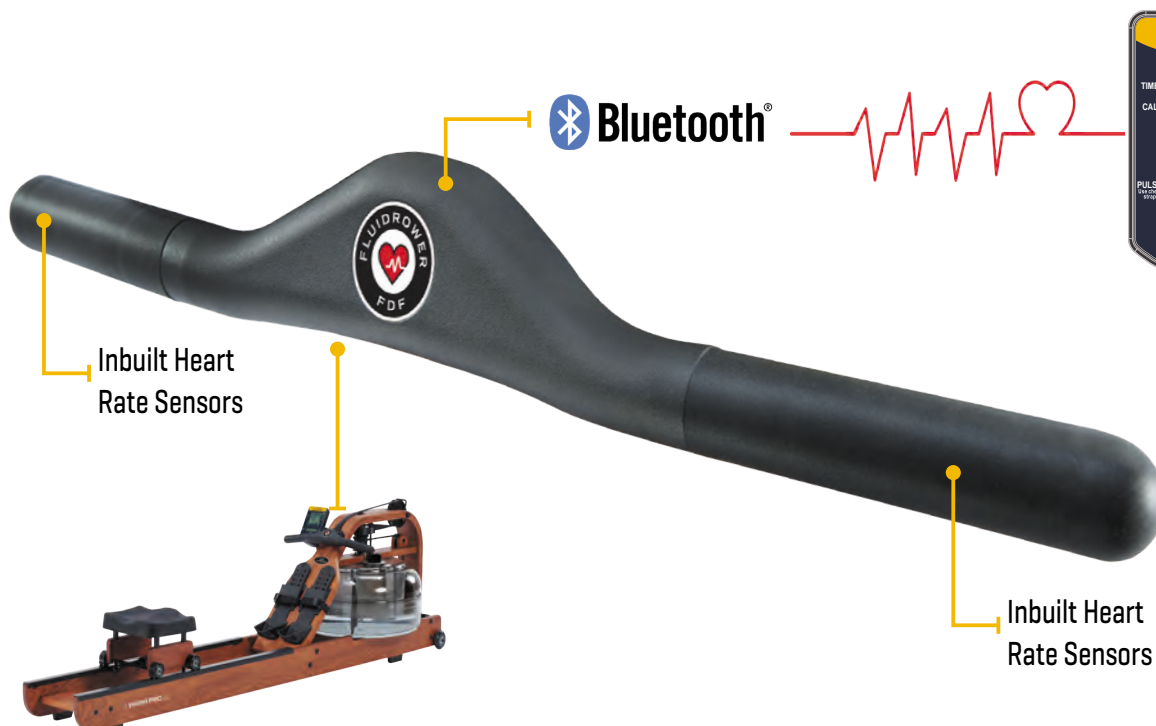


Elevate Kit



Seat Back Kit

## ➤ TOUCH HEART RATE - BUILT INTO THE HANDLE






## › 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				
	TOUCH HEART RATE HANDLE	SMARTPHONE HOLDER	SEAT BACK KIT	ELEVATE KIT
Neptune Plus / Titan Plus				
Pacific Plus / Newport Plus				
Neon Plus			✓	
Apollo Plus			✓	✓
Viking 2 Plus			✓	✓
Viking 3 Plus			✓	✓
Apollo V	✓	✓	✓	✓
Viking 2 V	✓	✓	✓	✓
Viking 3 V	✓	✓	✓	✓

COMMERCIAL USE				
	TOUCH HEART RATE HANDLE	SMARTPHONE HOLDER	SEAT BACK KIT	ELEVATE KIT
NEON Pro Plus			✓	
NEON Pro V	✓	✓	✓	
Apollo Pro V	✓	✓	✓	✓
Apollo Pro XL	✓	✓	✓	✓
Trident Pro V	✓	✓		
Viking Pro V	✓	✓	✓	✓
Viking Pro XL	✓	✓	✓	✓
MEGA PRO XL	✓	✓	✓	✓

## 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**



SCULPTED  
FLOWING  
FINISH



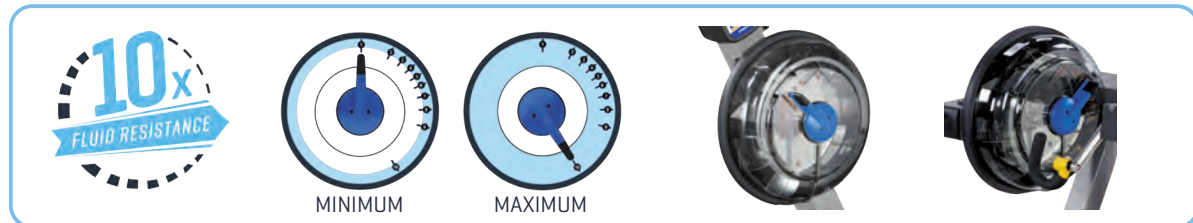
\* FDF reserves the right to modify any product design, manufacture or aesthetic without notice or consultation. Product specifications and warranties may vary from country to country.

BROWSE THE RANGE AT [FLUIDROWER.COM](https://www.fluidrower.com)

## VERTICAL TANKS

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

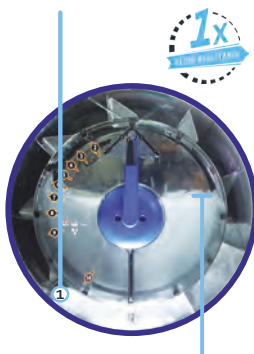
LEVEL 1-10%, 2-20%, 3-30%, 4-40%, 5-50%, 6-60%, 7-70%, 8-80%, 9-90%, 10-100%



### LEVEL ONE

#### LOW RESISTANCE

Fluid level **LOW** in outer active resistance tank

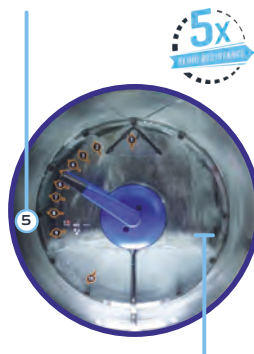


Fluid level **FULL** in inner passive holding tank

### LEVEL FIVE

#### MID RESISTANCE

Fluid level **MIDDLE** in outer active resistance tank

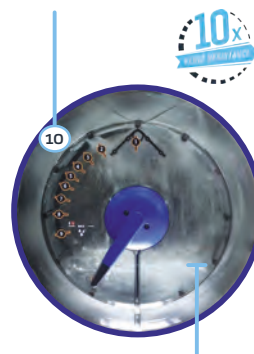


Fluid level **MIDDLE** in inner passive holding tank

### LEVEL TEN

#### HIGH RESISTANCE

Fluid level **FULL** in outer active resistance tank



Fluid level **LOW** in inner passive holding tank

## 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



## CYCLE UBE E750



## UBE E850



## MEDICAL UBE E950

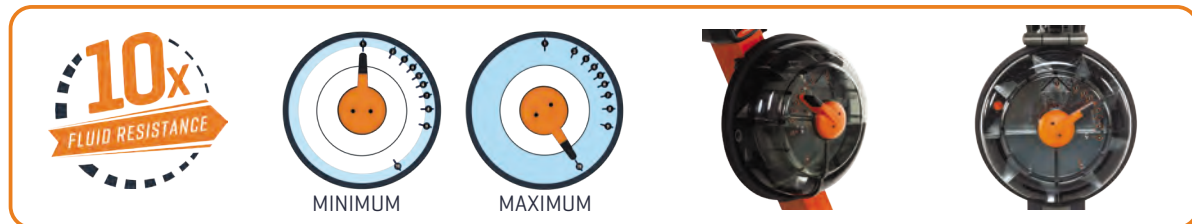


## TRAIN IN ANY ZONE. CARDIO. POWER. STRENGTH. SPEED.

### › 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%



#### LEVEL ONE

##### LOW RESISTANCE

Fluid level **LOW** in outer active resistance tank

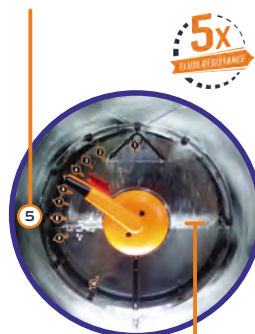


Fluid level **FULL** in inner passive holding tank

#### LEVEL FIVE

##### MID RESISTANCE

Fluid level **MIDDLE** in outer active resistance tank



Fluid level **MIDDLE** in inner passive holding tank

#### LEVEL TEN

##### HIGH RESISTANCE

Fluid level **FULL** in outer active resistance tank



Fluid level **LOW** in inner passive holding tank

### › CONCENTRIC FLUID TRAINING

#### PRESS LOAD PHASE



#### RECOVERY PHASE

The only resistance is the load of the arm [6kg]

#### PULL LOAD PHASE



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

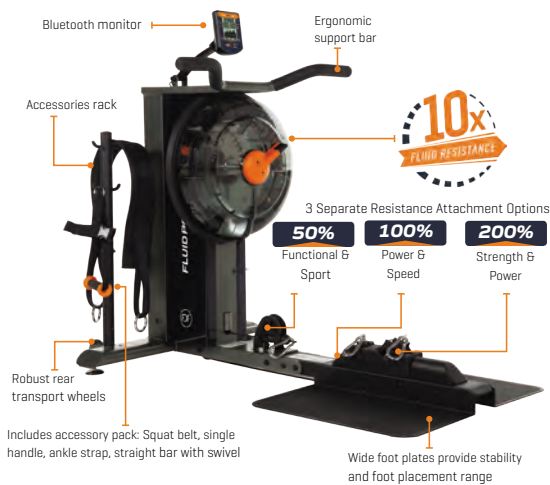
## CLIMB CONTRALATERAL CLIMBER



## ERG SKI ERGOMETER



## CUBE TRAINING PLATFORM



## PRESS SQUAT TO OVERHEAD



## ROW TOTAL BODY ROWER



## UBE STANDING ARM CYCLE





***FLUID ROWER***

***FLUID EXERCISE***

***FLUID POWER ZONE***

**BROWSE THE RANGE AT [FIRSTDEGREEFITNESS.COM](https://firstdegreefitness.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.