

# SQUAT PRESS MACHINE

## SQUAT TO OVERHEAD PRESS

The FDF FluidExercise SQUAT PRESS is an industrial quality, concentric action Squat to Overhead press machine. The resistance is provided by the unique semi isokinetic properties of our 10 levels of Adjustable Fluid Resistance provided by our patented Twin Tank system.

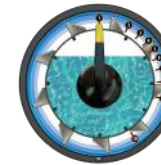
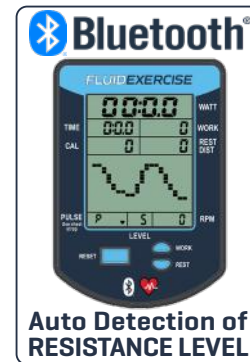
The SQUAT PRESS enables you to explode with high loads at high speeds, without having to deal with the eccentric loading unavoidable with most traditional forms of resistance exercise. This built in safety feature allows both the athlete competing for peak power and the deconditioned first time participant to achieve their fitness and strength goals without intimidation or injury.

The tapered shoulder pads, ergonomic hand rails and counter balanced press arm mean all exercisers can find a comfortable, secure training position without the need to make time consuming adjustments.

The FDF FluidExercise SQUAT PRESS is a perfect inclusion for any type of fitness facility as a stand-alone machine or in combination with other FluidRowers or FluidExercise machines.



# FLUID EXERCISE



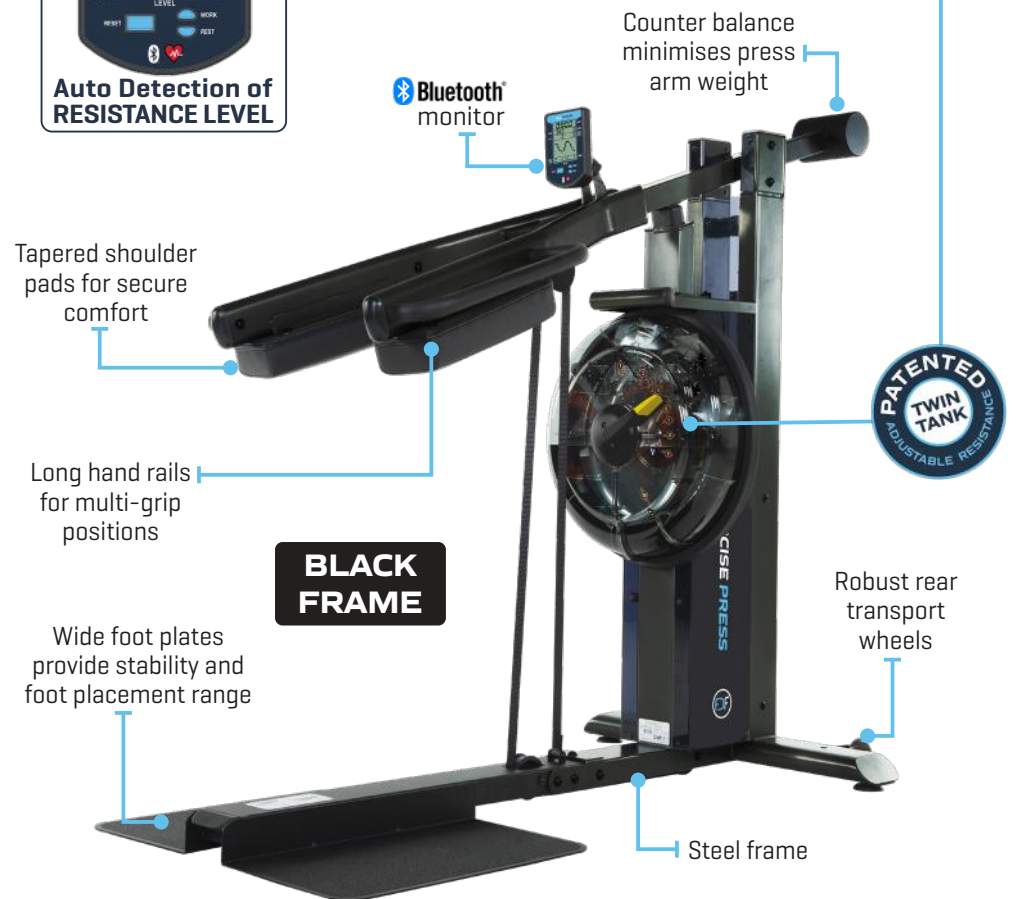
MINIMUM



10  
ADJUSTABLE FLUID  
RESISTANCE  
LEVELS



MAXIMUM



View the full range of Arm Cycles at [FLUIDEXERCISE.COM](https://www.fluidexercise.com)  
Visit [FDFLIMITED.COM](https://www.fdflimited.com) to view all FDF products ranges.

# SQUAT PRESS FLUIDEXERCISE

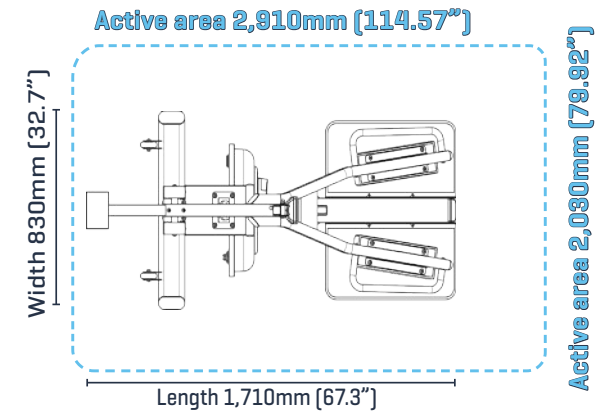
## PRODUCT SPECIFICATIONS

PRODUCT MODEL NO:	FE-PRE ESP
FLUID RESISTANCE:	Vertical FDF Twin Tank - 10 levels
MONITOR:	FDF Bluetooth® / Heart Rate Compatible
PRODUCT NET WEIGHT:	104.20kg [229.72lb]
PRODUCT GROSS WEIGHT:	124.70kg [274.91lb]
DIMENSIONS:	L 1,710mm [57.1"] x W 830mm [32.7"] x H 2,450mm [96.5"]
MIN ACTIVE AREA REQUIRED:	L 2,910mm [114.57"] x W 2,030mm [79.92"]
MAX USER WEIGHT:	180kg [396.8lb]
VERTICAL SPACE:	H 2,480mm [97.6"] at full extension
PRESS ARM WEIGHT:	6kg / 13.2lb
COMMERCIAL WARRANTY:	Frame 10 years - Polycarbonate Tank & Seals - Lifetime Warranty Mechanical & Other Non-Wearing Components - 2 Year Limited Warranty All Other Components (of a wearing nature) - 1 Year Limited Warranty Refer to website for full warranty terms and conditions.



## CONSOLE FEATURES

- + Bluetooth® Connectivity using BT FTMS protocol
- + Bluetooth® Heart Rate Monitor (HRM) compatible
- + Auto start
- + Time - Elapsed time
- + Level - Auto to selected resistance level
- + Watt - Unit of power
- + Work - Interval Duration
- + Rest Interval
- + Distance
- + RPM - Revolutions per minute
- + Power Graphs - 2 Options
- + Calories burned per hour



## ABOUT FDF LIMITED

**FDF Limited** 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 the unique and patented Twin Tank Fluid Resistance system. The adjustable Fluid Resistance system challenged 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 Limited** categorizes the range of adjustable Fluid Resistance machines under the banners, **FluidRower**, **FluidExercise** and **FluidPowerZone**, see the adjacent web links. **FDF Limited** 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.

\* 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.



View all product ranges at  
[FLUIDROWER.com](http://FLUIDROWER.com)

[FLUIDEXERCISE.com](http://FLUIDEXERCISE.com)  
[FLUIDPOWERZONE.com](http://FLUIDPOWERZONE.com)

### FLUIDROWER



### FLUIDPOWERZONE



### FLUIDEXERCISE

