

# FLUIDPOWERROW

## ROWING MACHINE

The FDF FluidPowerROW is a high-quality commercial grade rowing ergometer with an instant natural catch and a smooth consistent feel through the whole stroke. 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 ROW will cater for the explosive power of any HIIT workout all day every day, and yet remains silky smooth at any combination of stroke rate and resistance making it suitable for long cardio sessions, warm ups, cool downs and rehabilitation.

Rowing has long been viewed as an efficient training modality for your whole body; the FluidPowerROW takes this efficiency to new levels. Set the Fluid Resistance, choose your stroke rate and range of motion to train effectively in any zone; Cardio, Power, Strength or Speed.

The ROW has a unique robust design with the adjustable Fluid Resistance Twin Tank side mounted, a convenient height rowing seat and a comparatively short frame length. The attractive design provides practical benefits for easy access and minimal floor space requirements.

Every fitness facility needs at least one rowing machine and the unique versatility of FluidPowerROW makes it the obvious choice. Partner the ROW with other FluidPowerZone machines to create motivating individual or group training options.



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



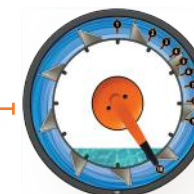
**FLUID  
POWER  
ZONE**



**MINIMUM**



**10  
ADJUSTABLE FLUID  
RESISTANCE  
LEVELS**



**MAXIMUM**



**BLACK  
FRAME**

View the full range at **FLUIDPOWERZONE.COM**  
Visit **FDFLIMITED.COM** to view all FDF products ranges.

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## PRODUCT SPECIFICATIONS

PRODUCT MODEL NO:	PZ-R0W
FLUID RESISTANCE:	FDF Vertical Twin Tank - 10 Levels
MONITOR:	FDF Bluetooth® / Heart Rate Compatible
PRODUCT NET WEIGHT:	61.9kg [136.5lb]
PRODUCT GROSS WEIGHT:	71.5kg [157.63lb]
DIMENSIONS:	L 1,950mm [76.77"] x W 810mm [31.89"] x H 860mm [33.9"]
MIN ACTIVE AREA REQUIRED:	L 3,150mm [124.02"] x W 2,010mm [79.13"]
MAX USER WEIGHT:	150kg [330lb]
COMMERCIAL WARRANTY:	Frame 10 years - Fluid Tank 5 years Mechanical and all other non wearing components - 2 years

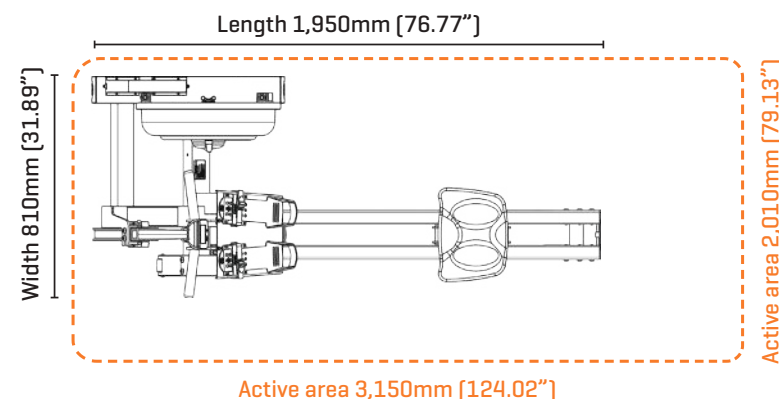


# FLUID POWER ZONE



## 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 cals
- + Power Graphs - 2 Options



## 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 for rehabilitation/medical applications.

## 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.



View all product ranges at  
**FLUIDROWER.com**

**FLUIDPOWERZONE.com**  
**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.



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## ROWING MACHINE

# ROW

