



**FLUID
ROWER**



SMART HANDLE TOUCH HEART RATE

The **FLUIDROWER TOUCH HEART RATE SMART 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, just hold on and row.

This first capability is packaged into a **Smart Handle** that monitors your heart rate per minute through the comfortable conductive handle grips and then via **Bluetooth** technology to transmit your heart rate to the console in real time. Being aware of your heart rate response to your rowing effort is the key to maximizing your fitness goals. Monitoring your heart rate on a rowing machine has never been this easy, comfortable and convenient.



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



FLUIDROWER



SMART HANDLE TOUCH HEART RATE

PRODUCT SPECIFICATIONS

PRODUCT MODEL CODE:	THRU
DIMENSIONS:	L 525mm [20.67"] x W 70mm [2.76"] x H 125mm [4.92"]
HANDLE WEIGHT:	0.46kg [1.05lb]
NETT WEIGHT:	0.46kg [1.05lb]
GROSS WEIGHT:	0.62kg [1.36lb]
CUBIC FT:	0.162.22 CUFT
POWERED BY:	2 x AAA Batteries, can power handle for approximately 500 hours.
WARRANTY:	12 Months
COMPATIBLE WITH:	V, XL, VORTEX and EVOLUTION series rowers fitted with FDF Bluetooth Consoles



DISCLAIMER

While this device strives to provide accurate heart rate (HR) readings for most users, it may not be accurate or suitable for all users. HR measurements, using a Touch HR device, can be affected by various factors including, but not limited to, age, fitness level, underlying health conditions, medication, skin type, hand placement and other physiological characteristics.

If you feel faint, weak or dizzy you should cease exercise and always seek prompt medical advice. FDF Touch Heart Rate Handle is not a medical device, the data provided is not intended for medical purposes.

COMPATIBILITY GUIDE

RESIDENTIAL USE	TOUCH HEART RATE HANDLE
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	Ⓢ
EU-ROW	Ⓢ
COMMERCIAL USE	TOUCH HEART RATE HANDLE
NEON Pro Plus	
NEON Pro V	Ⓢ
Apollo Pro V	Ⓢ
Apollo Pro XL	Ⓢ
Trident Pro V	Ⓢ
Viking Pro V	Ⓢ
Viking Pro XL	Ⓢ
MEGA PRO XL	Ⓢ
Evolution E350 / Vortex VX-2	Ⓢ

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.

OPTIONAL FLUIDROWER ACCESSORIES



PHONE HOLDER

TABLET HOLDER



ELEVATE KIT

SEAT BACK KIT



View all FDF products at [FLUIDROWER.com](https://www.fluidrower.com) [FLUIDEXERCISE.com](https://www.fluidexercise.com) [FLUIDPOWERZONE.com](https://www.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.