

MEGA PRO XL

COMMERCIAL FLUIDROWER

Delivering modern looks and commercial performance, the MEGA PRO XL FluidRower by FDF will instantly increase the appeal of any fitness studio and promises to leave an impact that will have users motivated to come back for more.

The MEGA PRO XL is a heavyweight commercial rower that knocks its competition out of the water. The XL Tank has 10 levels of Adjustable Fluid Resistance provided by our patented Twin Tank system. At level 10 the XL tank offers a massive 65% greater resistance than FDF's standard horizontal tank models. At low settings, the resistance is silky smooth and suitable for beginners, deconditioned participants or rehabilitation patients just starting on their fitness journey.

This sleek and smooth rower sets exceptional performance standards with refined aesthetics and ergonomics set in a robust commercial build. The MEGA PRO XL features a premium handle for maximum comfort, adjustable footplates for a strong firm hold, and a contoured seat at just the right height to aid on-and-off access for all. The Bluetooth console features smart device connectivity and is compatible with FDF's FluidConnect App.

The MEGA PRO XL is the ultimate choice for high-intensity interval training, short sprints or a long endurance row; it promises to push even the fittest and strongest athletes or rowers.



FLUIDROWER



MINIMUM




MAXIMUM

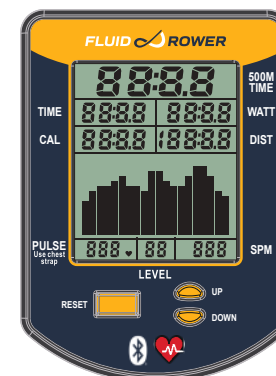


View the full range of rowers at [FLUIDROWER.COM](https://www.fluidrower.com)
Visit [FDFLIMITED.COM](https://www.fdflimited.com) to view all FDF products ranges.


MEGA PRO XL FLUIDROWER

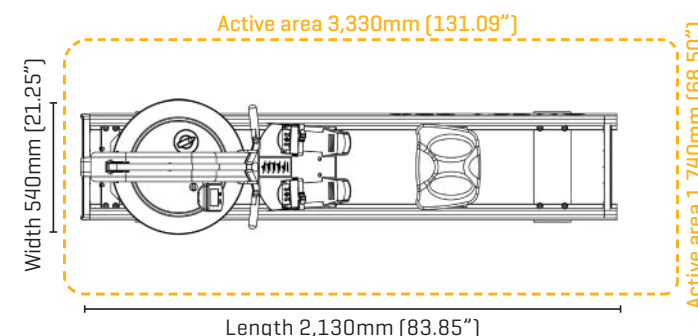
PRODUCT SPECIFICATIONS

PRODUCT MODEL NO:	OMPX
FLUID RESISTANCE:	FDF Horizontal XL Twin Tank - 10 Levels
MONITOR:	FDF  Bluetooth/ Heart Rate Compatible
PRODUCT NET WEIGHT:	55.46kg [122.27lb]
PRODUCT GROSS WEIGHT:	66.48kg [146.56lb]
DIMENSIONS:	L 2,130mm [83.85"] x W 540mm [21.25"] x H 750mm [29.72"]
MIN ACTIVE AREA REQUIRED:	L 3,330mm [131.09"] x W 1,740mm [68.50"]
STORED VERTICAL DIMENSIONS:	L 750mm [29.72"] x W 540mm [21.25"] x H 2,130mm [83.85"]
MAX USER WEIGHT:	150kg [330lb]
COMMERCIAL WARRANTY:	Frame 10 years - Fluid Tank 5 years Mechanical and all other non-wearing components - 2 Year Limited Warranty All Other Components [of a wearing nature] - 1 Year Limited Warranty



CONSOLE FEATURES

- +  Bluetooth Connectivity
- + Auto start
- + Time - Elapsed time
- + Level - Auto to selected resistance level
- + 500M Time - Time to row 500 meters
- + Watt - Unit of power per stroke
- + Distance - Updated every second
- + SPM - Strokes per minute
- + Power Graphs - 2 Options
- + Heart rate - Polar compatible
- + 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.



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.

OPTIONAL FLUIDROWER ACCESSORIES

TOUCH HEART RATE ROWING HANDLE



PHONE HOLDER

TABLET HOLDER PROFILE FRAME BRACKET



SEAT BACK KIT