

# VIKING 2 V

## RESIDENTIAL FLUIDROWER

The FDF Viking 2 V FluidRower is a sleek and modern indoor rower designed for casual cardio or high intensity training. The highest quality, ethically sourced American Ash wood is used to construct a durable and sturdy frame.

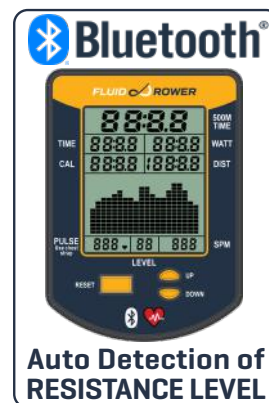
The Viking 2 V has 5 levels of Adjustable Fluid Resistance provided by our patented Twin Tank system. At level 1 the Fluid Resistance is suitable for beginners, deconditioned participants or rehabilitation patients just starting on their fitness journey. Dial to level 5 for high-intensity interval training [HIIT] or short sprints.

The Viking 2 V is equipped with Bluetooth console, and heart rate handle compatibility. Complete with Bluetooth auto-adjust technology, the rower's tank resistance automatically correlates with the console monitor for a seamless workout.

Easy to stow-away, stand this model on its end for compact storage. Appealing to a broad market including rehab and seniors, the Viking 2 V is compatible with FDF's optional Seat Back Kit for extra lumbar support.



# FLUIDROWER



### AMERICAN ASH WOOD FRAME

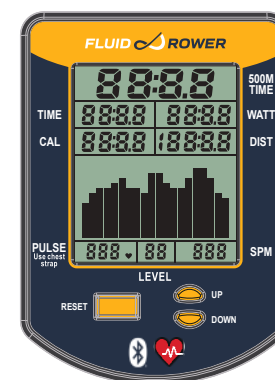


View the full range of rowers at [FLUIDROWER.COM](https://www.fluidrower.com)  
Visit [FDFLIMITED.COM](https://www.fdflimited.com) to view all FDF products ranges.

# VIKING 2 V FLUIDROWER

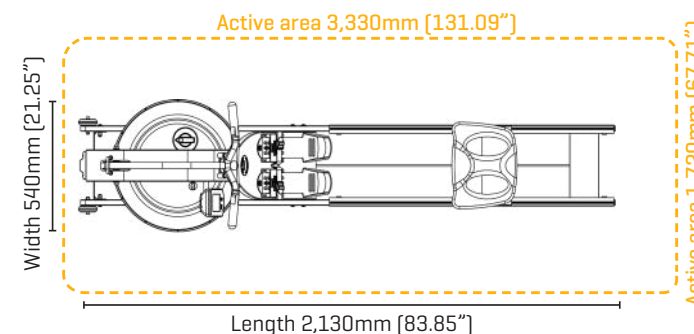
## PRODUCT SPECIFICATIONS

PRODUCT MODEL NO:	VK2V
FLUID RESISTANCE:	FDF Horizontal V Twin Tank - 5 Levels
MONITOR:	FDF Bluetooth® / Heart Rate Compatible
PRODUCT NET WEIGHT:	32.70kg [72.09lb]
PRODUCT GROSS WEIGHT:	38.20kg [84.22lb]
DIMENSIONS:	L 2,130mm [83.86"] x W 540mm [20.47"] x H 580mm [22.83"]
MIN ACTIVE AREA REQUIRED:	L 3,330mm [131.09"] x W 1,720mm [67.71"]
STORED VERTICAL DIMENSIONS:	L 580mm [22.83"] x W 540mm [21.25"] x H 2,130mm [83.85"]
MAX USER WEIGHT:	150kg [330lb]
COMMERCIAL WARRANTY:	Frame 5 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.

## OPTIONAL FLUIDROWER ACCESSORIES

### TOUCH HEART RATE HANDLE



### TABLET HOLDER



PHONE HOLDER



SEAT BACK KIT



View all FDF products at [FLUIDROWER.com](http://FLUIDROWER.com)

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

[FLUIDPOWERZONE.com](http://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.