

VIKING PRO V

COMMERCIAL FLUIDROWER

This beautifully crafted **FDF Viking Pro V FluidRower** takes inspiration from the rugged strength of a Viking ship. It combines our patented adjustable Fluid Resistance system to deliver the luxurious Viking Pro V. Built for performance, appearance, and reliability, this rowing machine sets great benchmarks in both form and function.

The Viking Pro 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.

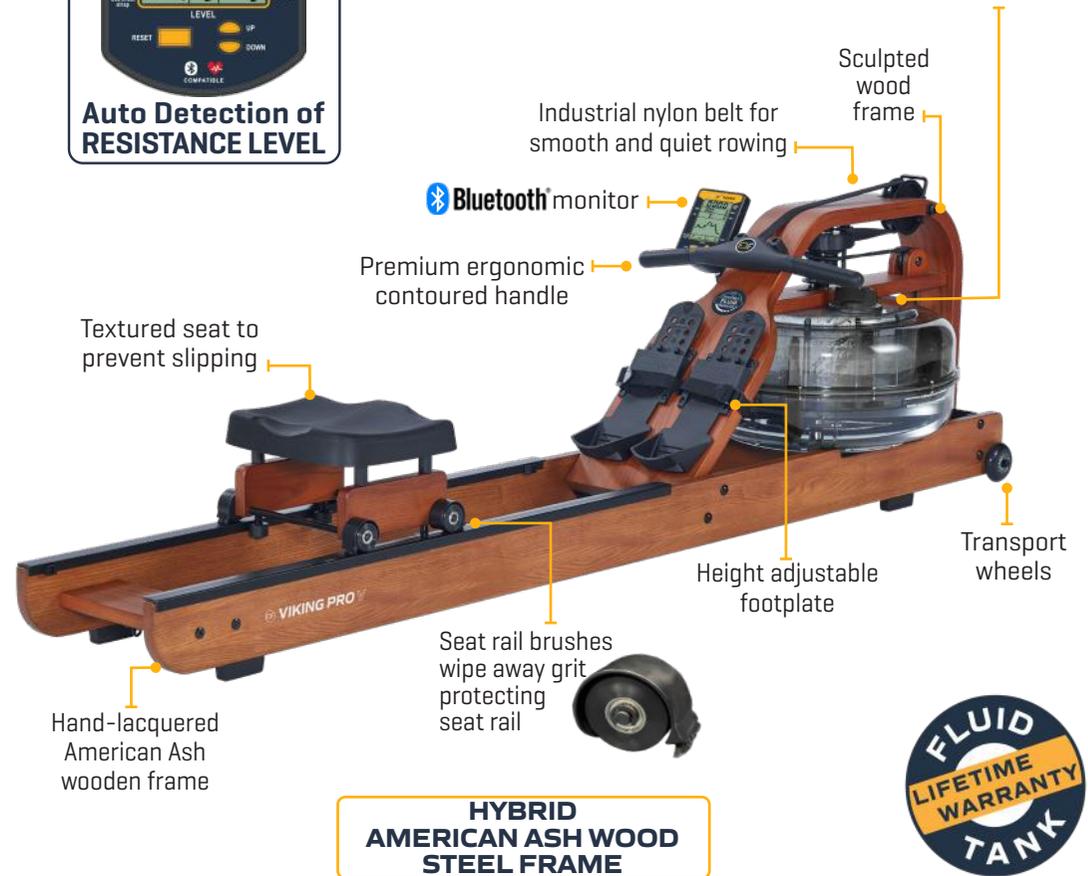
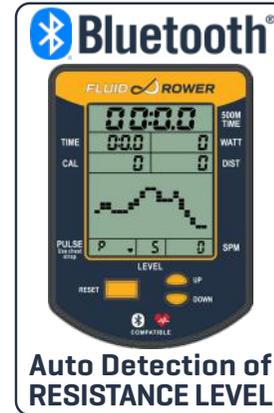
The Viking Pro V offers silky smooth resistance at any speed and at any level. With a firm instant catch and a consistent resistance through the entire stroke, it provides the closest emulation of on-water rowing, encouraging you at every stroke to do a little more.

The highest quality, ethically sourced American Ash wood wraps around to construct the Viking Pro V frame. It has subtle clean lines rolled up in a robust machine with all the features to make it a high demand machine in any facility.

For such an over performer, this machine boasts a compact footprint and can be stored on end with ease. It's also compatible with FDF's optional Seat Back Kit for extra lumbar support, and the Elevate Kit for easier on-off access.



FLUID ROWER



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.

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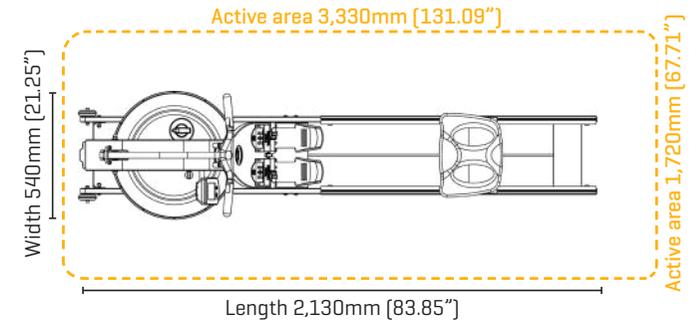
PRODUCT SPECIFICATIONS

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|-----------------------------|--|
| PRODUCT MODEL NO: | VKPV |
| FLUID RESISTANCE: | FDF Horizontal V Twin Tank - 5 Levels |
| MONITOR: | FDF  Bluetooth / Heart Rate Compatible |
| PRODUCT NET WEIGHT: | 35.80kg [78.93lb] |
| PRODUCT GROSS WEIGHT: | 42.90kg [94.58lb] |
| DIMENSIONS: | L 2,130mm [83.86"] x W 540mm [20.47"] x H 560mm [22.04"] |
| MIN ACTIVE AREA REQUIRED: | L 3,330mm [131.09"] x W 1,720mm [67.71"] |
| STORED VERTICAL DIMENSIONS: | L 560mm [22.04"] x W 540mm [21.25"] x H 2,130mm [83.85"] |
| MAX USER WEIGHT: | 150kg [330lb] |
| 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
- + 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
- + 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



SEAT BACK KIT



PHONE HOLDER



ELEVATE KIT



View all FDF products at FLUIDROWER.com FLUIDEXERCISE.com 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.