

VORTEX VX-3

COMMERCIAL FLUIDROWER

The FDF Vortex VX-3 FluidRower integrates the aesthetics of Italian design with the precision of German craftsmanship in a product that delivers exceptional performance and quality. Constructed using lacquered architectural steel, sculpted dual seat rails and with every detail finished to perfection, it represents outstanding value for money.

Our unique Direct Drive design ensures that all you feel, hear and see is the water churning through the tank. It's the closest thing to actual on-water rowing and you will love it! Close your eyes and you could be out on the river.

Adjustable Fluid Resistance at the turn of a lever keeps users challenged, motivated and engaged. Our patented twin tank design delivers a massive range of resistance to suit every rower, from deconditioned seniors to professional athletes and oarsmen. Instantly adaptable to each individual, it encourages progression as fitness levels and abilities improve. You never outgrow a Fluid Rower.

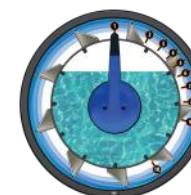
The Vortex VX-3 has a unique, robust design with the adjustable Fluid Resistance Twin Tank side-mounted, a convenient height rowing seat and a comparatively short frame length. The attractive design provides practical benefits for easy access and minimal floor space requirements.

Vortex Rowing Ergometers part of the FDF premium commercial range.

MODERN SCULPTED STEEL PROFILES



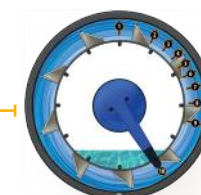
FLUIDROWER



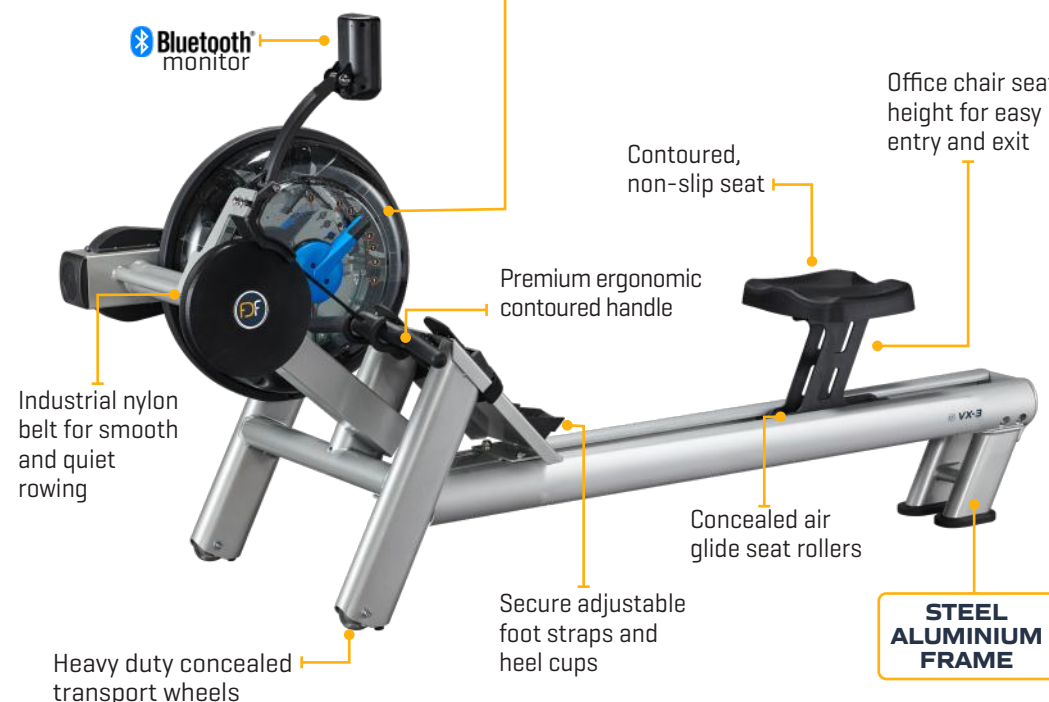
MINIMUM



10
ADJUSTABLE FLUID
RESISTANCE
LEVELS



MAXIMUM

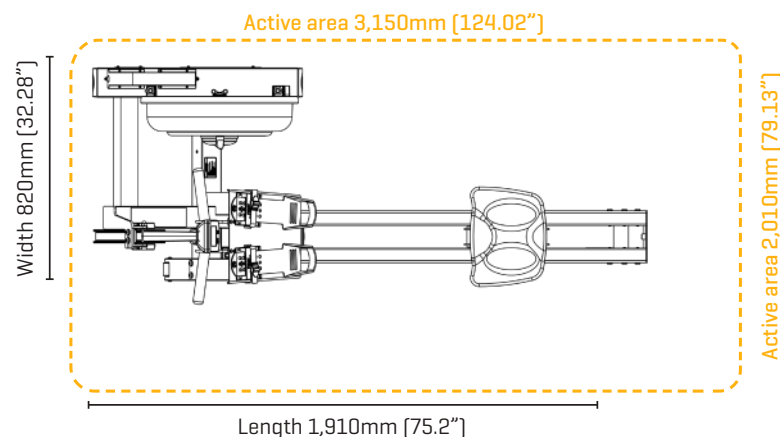


View the full range of rowers at **FLUIDROWER.COM**
Visit **FDFLIMITED.COM** to view all FDF products ranges.

VORTEX VX-3 FLUIDROWER

PRODUCT SPECIFICATIONS

PRODUCT MODEL NO:	VX-3A
FLUID RESISTANCE:	FDF Vertical Twin Tank - 10 Levels
MONITOR:	FDF Bluetooth® / Heart Rate Compatible
PRODUCT NET WEIGHT:	66.4kg [146.39lb]
PRODUCT GROSS WEIGHT:	77.3kg [170.42lb]
DIMENSIONS:	L 1,910mm [75.2"] x W 820mm [32.28"] x H 855mm [33.86"]
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 Year Limited Warranty All Other Components [of a wearing nature] - 1 Year Limited Warranty



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)

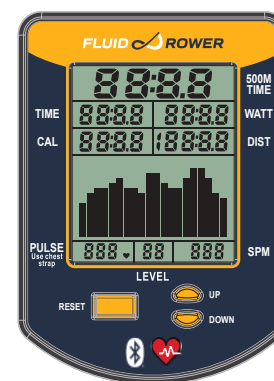
[FLUIDEXERCISE.com](https://www.fluidexercise.com)

[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.

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



OPTIONAL FLUIDROWER ACCESSORIES

TOUCH HEART RATE HANDLE



PHONE HOLDER



SEAT BACK KIT

