

FLUIDPOWERCUBE

GROUND BASED FUNCTIONAL TRAINING PLATFORM

FLUID
POWER
ZONE



FluidPowerCUBE is an industrial quality, ground-based, fluid resistance functional training platform.

The concentric only resistance of the CUBE is delivered by our 10x Fluid Resistance patented Twin Tank system. The semi isokinetic nature of the fluid resistance allows for powerful explosive movements without generating momentum. You control the resistance, you control the speed and you control the range of motion to allow you to safely train in any zone; Cardio, Power, Strength or Speed.

The CUBE is designed to support complex lifting routines without the force of accelerated weight on the way back down, providing a suitable workout platform for sports or rehabilitation applications. The CUBE offers all the benefits of Olympic Bar and Kettlebell training without the associated risks of decelerating or lowering the weights.

As with all FluidPowerZone machines, the CUBE incorporates our patented Twin Tank and expands on that with 3 separate resistance attachment options, offering concentric loads at 50%, 100% and 200% of the tank settings. The biggest and strongest muscles across the posterior chain are challenged at the high load setting (200%) and complex light resistance movements are ideally accommodated for at the lower load setting (50%). The range of options allows you to train at the correct load and at high volumes, all without overloading.

The CUBE includes an attachment accessory pack consisting of Squat Belt, Single Handle Strap, Ankle Strap and swivel Straight Bar, all stored on the inbuilt accessory rack. See the glossary of main exercises below.

The FluidPowerCUBE is a perfect inclusion for any type of fitness facility, it can open up a range of exercise options once only available to a skilled athlete. The CUBE will add variety to all types of training and can be combined with other FluidPowerZone machines to create unique training circuits or used as a stand alone, ground based functional trainer.



COLOUR OPTIONS: ORANGE GREY CUSTOM

FLUIDPOWERCUBE

3 SEPARATE RESISTANCE ATTACHMENTS

50%

FUNCTIONAL & SPORT

- + 50% of selected tank resistance
- + Diagonal and kettlebell patterns, rehabilitation, upper and lower extremity, abduction / adduction, extension / flexion

100%

POWER & SPEED

- + 100% of selected tank resistance
- + High pulls, jump squat and one arm clean press

200%

STRENGTH & POWER

- + 200% of selected tank resistance
- + Squats, deadlifts, bent rows and Olympic lifting movement



INCLUDES ACCESSORY PACK + Squat belt, single handle, ankle strap, straight bar with swivel

FLUIDPOWERCUBE

FUNDAMENTAL EXERCISES

SQUAT



DEADLIFT



HIGH PULL



BENT ROW



FRONT SQUAT



HIGH SHRUG



ROMANIAN DEADLIFT



DIAGONAL LIFT



ONE ARM CLEAN PRESS



KETTLEBELL SWING



DIAGONAL SWING



ONE ARM ROW



JUMP SQUAT



FLUIDPOWERCUBE

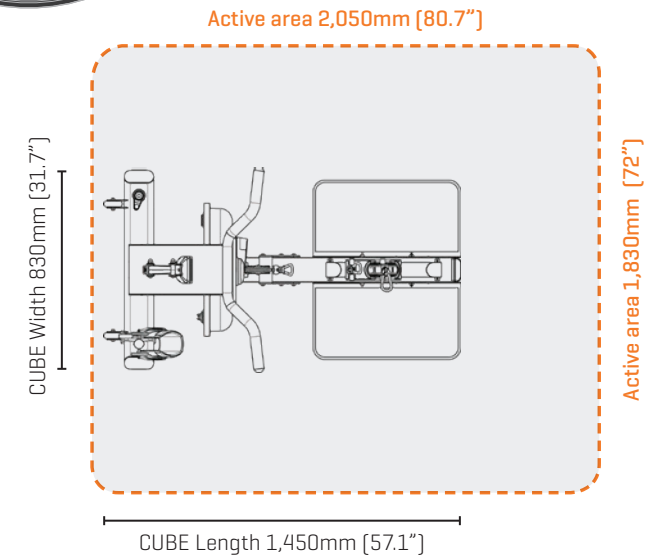
PRODUCT SPECIFICATIONS

PRODUCT MODEL NO:	PZ-CUB
FLUID RESISTANCE:	Vertical FDF Twin Tank - 10 levels
PRODUCT NET WEIGHT:	73.9kg [62.9lb]
PRODUCT GROSS WEIGHT:	88kg [194lb]
DIMENSIONS:	L 1,450mm [57.1"] x W 830mm [31.7"] x H 1,350mm [53.2"]
MIN ACTIVE AREA REQUIRED:	L 2,050mm [80.7"] x W 1,830mm [72"]
MAX USER WEIGHT:	180kg [396.8lb]
VERTICAL SPACE:	H 2,150mm [84.6"]



CONSOLE FEATURES

- + Bluetooth connectivity
- + Auto start
- + Power graphs – 2 options
- + Interval training ready
- + Heart rate – Polar compatible



ABOUT FLUIDPOWERZONE MACHINES

FluidPowerZone is a range of fluid resistance fitness machines, designed for training in any Zone - Cardio, Power, Strength or Speed. FluidPowerZone machines can be used individually, or by combining multiple machines to make up a fitness circuit. The patented Twin Tank technology delivers 10 different levels of fluid resistance for concentric only movements that will accommodate all levels and abilities, from general fitness enthusiasts to elite athletes and provides a perfect platform for rehabilitation/medical applications.

INTERNATIONAL WARRANTY – FULL COMMERCIAL USE

METAL FRAME – 10 year limited warranty
MECHANICAL COMPONENTS [of a non-wearing nature] – 2 year limited warranty
POLYCARBONATE TANK & SEALS – 5 year limited warranty
ALL OTHER COMPONENTS – 2 year limited warranty

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View other FluidPowerZone machines
in the range at [FLUIDPOWERZONE.COM](https://www.fluidpowerzone.com)



PRESS



UBE



CLIMB



ROW



ERG