

FLUIDPOWERERG

SKI ERGOMETER

FLUID
POWER
ZONE



FluidPowerERG is a heavy-duty, commercial quality ski ergometer designed to withstand high intensity, powerful workouts for your core, arms and back. It also delivers silky smooth resistance suitable for warm ups and rehabilitation.

The unique constant load of the ERG is delivered via the semi isokinetic properties of our patented Twin Tank 10x Fluid Resistance system. The load is instantly available from the very top of the action and consistent to the end, even at explosive HIIT workout speeds.

The ERG facilitates single side double hand diagonal chopping movements for the advanced functional training athlete. With the correct application of resistance, speed and range of motion these complex movements can be tailored to suit beginners.

The ERG allows for bilateral and unilateral arm movements. Switching between the two is seamless, adding greater variety and challenges to any training zone; Cardio, Power, Strength or Speed.

The ERG is a perfect inclusion for any type of fitness facility as a stand-alone machine or in combination with one or all of the FluidPowerZone machines; CLIMB, ROW, UBE, PRESS or CUBE.



BILATERAL
ACTION



UNILATERAL
ACTION

Swivel pulley for more complex movement patterns

Ergonomic handles for comfortable and secure grip

Bluetooth monitor

Positive instant resistance throughout the entire range - at any speed



Wide foot plates provide stability and foot placement range

Robust rear transport wheels

COLOUR OPTIONS:  ORANGE  GREY  CUSTOM

FLUIDPOWERERG

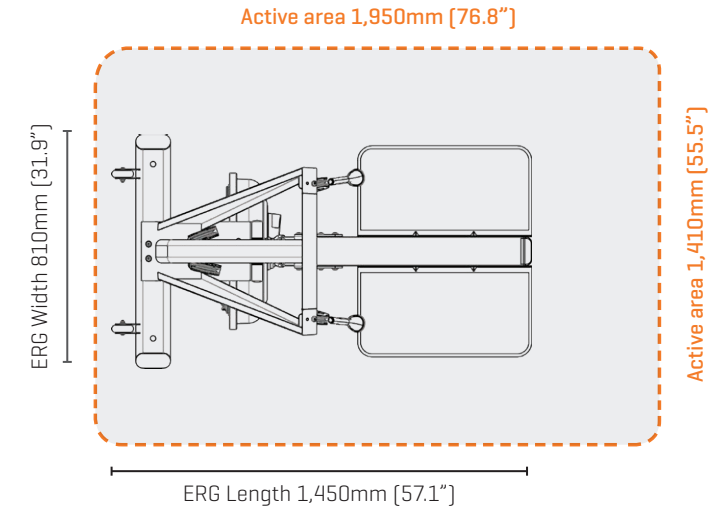
PRODUCT SPECIFICATIONS

PRODUCT MODEL NO:	PZ-ERG
FLUID RESISTANCE:	Vertical FDF Twin Tank - 10 levels
PRODUCT NET WEIGHT:	83kg [183lb]
PRODUCT GROSS WEIGHT:	101kg [222.7lb]
DIMENSIONS:	L 1,450mm [57.1"] x W 810mm [31.9"] x H 2,100mm [82.7"]
MIN ACTIVE AREA REQUIRED:	L 1,950mm [76.8"] x W 1,410mm [55.5"]
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

CUBE

ROW

CLIMB