

FLUIDPOWERROW

ROWING MACHINE

FLUID
POWER
ZONE



FluidPowerROW is a high-quality commercial grade rowing ergometer with an instant natural catch and a smooth consistent feel through the whole stroke. This resistance pattern is created by the unique semi isokinetic properties of our patented Twin Tank 10x Fluid Resistance system.

The ROW will cater for the explosive power of any HIIT workout all day every day, and yet remains silky smooth at any combination of stroke rate and resistance making it suitable for long cardio sessions, warm ups, cool downs and rehabilitation.

Rowing has long been viewed as an efficient training modality for your whole body; the FluidPowerROW takes this efficiency to new levels. Set the fluid resistance, chose your stroke rate and range of motion to train effectively in any zone; Cardio, Power, Strength or Speed.

The ROW has a unique robust design with the 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.

Every fitness facility needs at least one rowing machine and the unique versatility of FluidPowerROW makes it the obvious choice. Partner the ROW with other FluidPowerZone machines to create motivating individual or group training options.

CATCH



FINISH



COLOUR OPTIONS:  ORANGE  GREY  CUSTOM

FLUIDPOWERROW

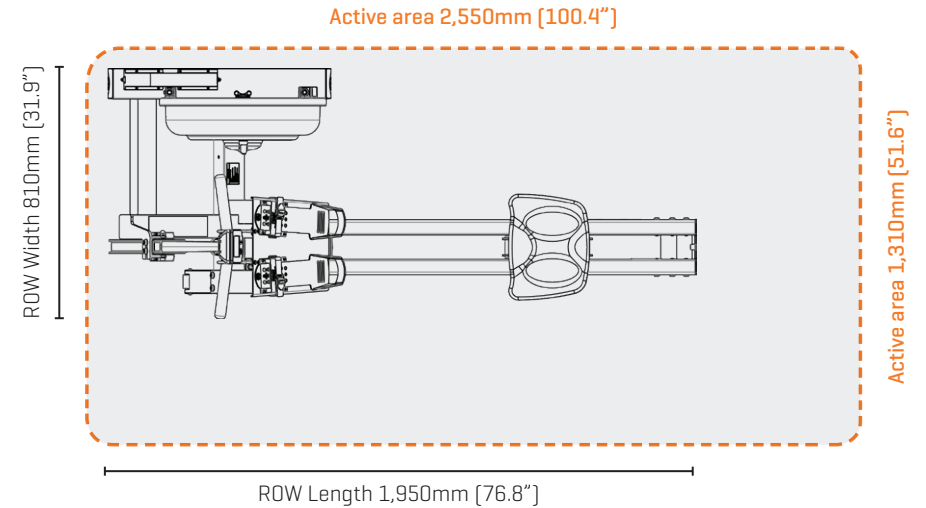
PRODUCT SPECIFICATIONS

PRODUCT MODEL NO:	PZ-R0W
FLUID RESISTANCE:	Vertical FDF Twin Tank - 10 levels
PRODUCT NET WEIGHT:	61.9kg [136.5lb]
PRODUCT GROSS WEIGHT:	72.5kg [159.8lb]
DIMENSIONS:	L 1,950mm [76.8"] x W 810mm [31.9"] x H 860mm [33.9"]
MIN ACTIVE AREA REQUIRED:	L 2,550mm [100.4"] x W 1,310mm [51.6"]
MAX USER WEIGHT:	180kg [396.8lb]



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



PRESS



CLIMB



UBE



CUBE



ERG