

E216 FLUID ROWER

*Outstanding features and function
on a budget*

**PRACTICE MAKES PERFECT –
ALMOST LIKE BEING THERE**

As true to our entire Evolution Series rower family, the E216 Fluid Rower delivers the closest thing to real, on-water rowing with a natural catch and resistance throughout the stroke!

Our rowers engage most every muscle in the human body. They deliver a great low impact whole body workout that includes the highest cardio and calorie burn in the low impact category with a lower chance of strains or injury. The workout itself is geared to satisfy all ages, male or female, all sizes or fitness levels.

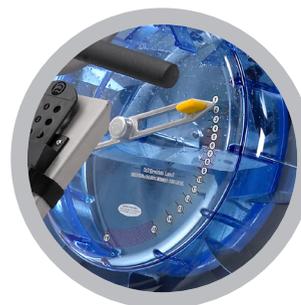


Variable resistance at the touch of a lever. Small footprint, easy mobility, compact storage. Virtually maintenance free-ideal for the light institutional environment.

E216 FLUID ROWER

FEATURES AND BENEFITS

- 16 level patented Variable Fluid Resistance, to suit ANY fitness level.
- Multi Level Computer complete with USB port displays: Time, distance, 500M split time, strokes per minute, calories per hour, watts, interval training and heart rate (optional).
- Height Adjustable footplates and straps to ensure optimal foot placement and comfortable rowing position.
- Fitted with Heart Rate receiver as standard & compatible with all main HR belts
- Direct Drive System (Patent Pending)
- Rubber feet for adhesion to floor surfaces and to prevent damage.
- Extended transport wheels for ease of movement
- Dyneema® cable- no noisy chains, no lubrication
- Strikingly attractive blue polycarbonate tank with contrasting seal
- Ergonomic handle: designed to prevent strain on arms, wrists and hands.
- Seat at “office chair” height for ease of entry and exit
- Super comfortable seat running on precision bearings and Delrin® low friction seat rollers for cleaner, smoother and safer operation.
- Tough hardened anodised aluminum seat rail
- Height Adjustable footplates and straps to ensure optimal foot placement and comfortable rowing position.
- Compact footprint 190 x 56cm (75 x 22”) and stands vertical for storage in just 55 x 75cm (22 x 30”), max user weight 136kg (300lbs)
- Light commercial warranty (use < 25hr/week): 5 years on frame, 3 years on tank & seals, 1 year monitor and wear items



E316 FLUID ROWER

*Fully featured compact commercial
Ergometer*

**ORIGINAL TECHNOLOGY
THOUGHTFULLY APPLIED AND
CRAFTED WITH CARE**

Patented Fluid Technology is the only system that provides Variable Fluid Resistance at the touch of a lever.

The E-316 Fluid Rower delivers the closest thing to real, on-water rowing with a natural catch and resistance through the stroke. Plus, like all the rowers in our fluid family, it has unmatched durability, is easy to use and delivers a great whole body workout, calorie and cardio burn. The E-316 has 16 resistance levels and has a smooth, cable driven system.



FIRST DEGREE FITNESS
FLUID INNOVATION

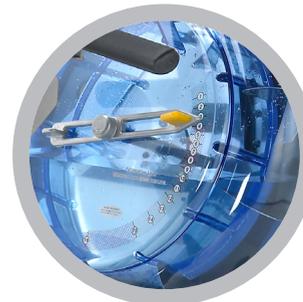
www.firstdegreefitness.com

Small footprint, easy mobility, compact storage. Ideal for group classes. Virtually maintenance free-ideal for the commercial environment. Our fluid rowers are both physiologically superior in terms of the way they prepare your body without beating it up and motivationally superior in terms of its experience quotient. Our rowers deliver a great low impact whole body workout that includes the highest cardio and calorie burn.

E316 FLUID ROWER

FEATURES AND BENEFITS

- 16 level patented Variable Fluid Resistance. Interactive Performance Monitor (IPM) with USB port: The IPM displays: time; speed; distance; stroke rate; calories per hour; watts; 16 level adjustment, pacer, and has a heart rate receiver built in. The IPM gives you quick start, manual programs, interval training, USB port allows interactive programming.
- Height Adjustable footplates with Advanced Heel Cradle footboard design (Reg. Design) and straps to ensure optimal foot placement and comfortable rowing position.
- Direct Drive System (Patent Pending)
- Fitted with Heart Rate receiver as standard
- Rigid frame construction for maximum stability. Rubber feet for adhesion to floor surfaces and to prevent damage. Extended transport wheels for ease of movement
- Dyneema® cable – no noisy chains, no lubrication
- Deluxe ergonomic handle allows comfortable grip and minimised strain on forearms, wrists and hands
- Seat at “office chair” height for ease of entry and exit. Optional Back Support (Not Included). May be purchased separately to add lumbar support to the rower.
- Air Glide low friction seat rollers, concealed for cleaner, safer, and smoother ride. Tough hardened dual anodised aluminum seat rails
- Maximum user weight 204kg (450lbs). Compact footprint 190 x 56 cm (75 x 22”) and stands vertical for storage in just 55 x 75cm (22 x 30”)
- International full commercial warranty: 10 years on frame, 3 years on tank & seals, 2 years monitor and wear items



E316 FLUID ROWER

*Fully featured compact commercial
Ergometer*

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CRAFTED WITH CARE**

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FIRST DEGREE FITNESS
FLUID INNOVATION

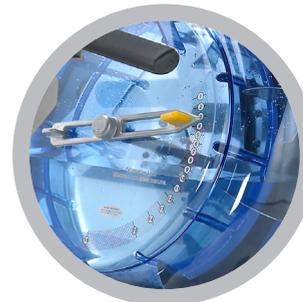
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E316 FLUID ROWER

FEATURES AND BENEFITS

- 16 level patented Variable Fluid Resistance. Interactive Performance Monitor (IPM) with USB port: The IPM displays: time; speed; distance; stroke rate; calories per hour; watts; 16 level adjustment, pacer, and has a heart rate receiver built in. The IPM gives you quick start, manual programs, interval training, USB port allows interactive programming.
- Height Adjustable footplates with Advanced Heel Cradle footboard design (Reg. Design) and straps to ensure optimal foot placement and comfortable rowing position.
- Direct Drive System (Patent Pending)
- Fitted with Heart Rate receiver as standard
- Rigid frame construction for maximum stability. Rubber feet for adhesion to floor surfaces and to prevent damage. Extended transport wheels for ease of movement
- Dyneema® cable – no noisy chains, no lubrication
- Deluxe ergonomic handle allows comfortable grip and minimised strain on forearms, wrists and hands
- Seat at “office chair” height for ease of entry and exit. Optional Back Support (Not Included). May be purchased separately to add lumbar support to the rower.
- Air Glide low friction seat rollers, concealed for cleaner, safer, and smoother ride. Tough hardened dual anodised aluminum seat rails
- Maximum user weight 204kg (450lbs). Compact footprint 190 x 56 cm (75 x 22”) and stands vertical for storage in just 55 x 75cm (22 x 30”)
- International full commercial warranty: 10 years on frame, 3 years on tank & seals, 2 years monitor and wear items



E520 FLUID ROWER

Experience the World's finest rowing ergometer

STYLE DURABILITY RUGGED PERFORMANCE

Industry-best on-water rowing emulation with natural catch, feel and adjustable resistance from feather light to Olympic rowing. Suits all needs and aspirations.

The E-520 Fluid Rower adds innovation to your gym equipment mix. Brings comfort, convenience, and delivers results for your club members.

Many facilities use it as their key go-to equipment when wanting to demonstrate innovation in fitness or a real sensitivity to user needs.

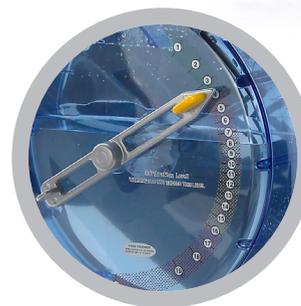


Give your members a real rowing experience with the closest rowing emulation – it's like rowing on water. Sight, sound, and feel of river rowing. The E-520 represents the highest quality indoor rowing experience offering an industry-best on-water rowing emulation with a natural catch and resistance through the stroke along with unmatched durability and an unprecedented 20 levels of patented variable resistance.

E520 FLUID ROWER

FEATURES AND BENEFITS

- Full commercial machine designed for heavy duty service. 20 Level Patented Variable Fluid Resistance Absolute Comfort, Stability & Performance with Widest Range of Resistance Available
- Height Adjustable footplates with Advanced Heel Cradle footboard design (Reg. Design) and straps to ensure optimal foot placement and comfortable rowing position.
- Compact side mounted tank design delivers ease of adjustment.
- Interactive Performance Monitor (IPM) with USB port: The IPM displays: time; speed; distance; stroke rate; calories per hour; watts; 20 level adjustment, pacer, and has a heart rate receiver built in. The IPM gives you quick start, manual programs, interval training, USB port allows interactive programming.
- Fitted with Heart Rate sensor as standard compatible with all main HR belts
- 6 previous workout memories and a unique pacer system.
- Unmatched Durability - Virtually Maintenance Free
- Strikingly attractive blue polycarbonate tank with contrasting seal
- Deluxe ergonomic handle allows comfortable grip and minimised strain on forearms, wrists and hands
- Low noise Belt Drive - No Chains to lubricate
- World's Most Comfortable Seat at "Office Chair" Height. Optional Back Support (Not Included). May be purchased separately to add lumbar support to the rower.
- Concealed Air-Glide Seat Rollers for safer and cleaner continuous smooth operation
- Rubber feet for adhesion to floor surfaces and to prevent damage
- Rubber dipped retainer for damage free handle stowage when not in use
- "Easy roll" transport wheels
- Unique rugged heel support assembly
- Maximum user weight 204kg (450lbs). Dimensions: 190 x 71 cm (75 x 28") in use. Stands for compact storage.
- International full commercial warranty: 10 years on frame, 3 years on tank & seals, 2 years monitor and wear items



E720 CYCLE-XT

**SUPREMELY VERSATILE- PERFECT
FOR EVERY FACILITY**

This multi-function Cycle Cross Trainer operates in both forward and reverse directions for maximum muscle engagement and allows for isolation of core muscle groups.

The brief for our design engineers was to research all aspects of biomechanical use. The new, unique and technologically advanced E-720 Fluid Cycle XT is revolutionising the way people exercise all over the World. This First Degree Fluid Cycle is a fabulous exercise machine that effectively engages almost every muscle in the human body. The results speak for themselves.



FIRST DEGREE FITNESS
FLUID INNOVATION

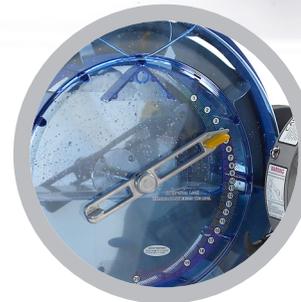
www.firstdegreefitness.com

Total body conditioning can be achieved with the combination recumbent cycle, Seated and Standing Upper Body Ergometer. Instantly adaptable between these three functions. For the professional facility where maximum versatility of equipment is essential. Ideal for group classes and rehabilitation applications.

E720 CYCLE-XT

FEATURES AND BENEFITS

- Dual function, upper & lower body ergometer
- 20 levels of patented Variable Fluid Resistance
- Interactive Performance Monitor (IPM) with USB port: The IPM displays: time; speed; distance; RPM; calories per hour; watts; level, pacer, and has a heart rate receiver built in. The IPM gives you quick start, manual programs, interval training, USB port allows interactive programming.
- Dual use Pedal / Hand Grip (patent applied)
- Operates in forward & reverse direction
- Adjusts to suit any height of user
- High visibility yellow adjustment knobs and levers
- Counter-balanced Main Arm rotates through 360 degrees to allow optimum height adjustment and standing and seated operation
- Low seat height - 54cm (21") swivels for ease of access
- Contoured 'soft-touch' seat with lumbar support
- Built-in Heart Rate reception
- Compact footprint - 121 x 95cm (48 x 37")
- Max user weight: 150kg (330lbs)
- Warranty Metal Frame: 10 years, Polycarbonate Tank & Seals: 3 years, Mechanical Components (of a non-wearing nature): 2 years, All Other Components (of a wearing nature): 1 year



E920 MEDICAL UBE

THE NEW, UNIQUE AND TECHNOLOGICALLY ADVANCED E-920 UBE

Has multiple adjustments to perfectly accommodate all levels of able bodied and those users with disabilities.

The E-920 UBE Cycle is our top of the range medical grade rehab machine. The Upper Body Ergometer gives users the option of adjusting the crank arm length. This feature is especially useful for mechanical/ rehab/ and elite athlete use.



FIRST DEGREE FITNESS
FLUID INNOVATION

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The E-920 UBE Cycle is instantly adaptable between 3 functions - seated, standing or wheelchair access. It's the top value option of 3 machines in 1. The E-920 is perfect for the professional facility where maximum versatility of equipment is essential and is ideal for rehabilitation.

E920 MEDICAL UBE

FEATURES AND BENEFITS

- 20 level patented Variable Fluid Resistance
- Interactive Performance Monitor (IPM) with USB port: The IPM displays: time; speed; distance; RPM; calories per hour; watts; level, pacer, and has a heart rate receiver built in. The IPM gives you quick start, manual programs, interval training, USB port allows interactive programming.
- Variable length adjustment on crank arms from 12 to 24cm (5 -10") - ideal for medical / rehab applications
- Quickly converts from opposed hand position to parallel hand movement
- Angle adjustable, self-levelling hand grips reduces strain on wrists and forearms and allows for full pronation or supination
- Seated and standing operation with gas assisted multi height adjustment arm allows users of any height or stance.
- Seat unit is removable to allow wheelchair access via low gradient ramps onto a sturdy operating platform suitable for all wheelchair designs.
- Access ramps are coated with durable non-slip material, and platform has a full width footrest for added stability and to prevent chair rolling too far forward.
- High visibility yellow extrusions mark platform outside edges to create clearer peripheral awareness, together with colour coded operating adjustment knobs and levers.
- Operates in forward & reverse directions
- 4 position, horizontal seat adjustment allows for movement with user in situ
- Contoured 'soft-touch' seat with lumbar support
- Heart Rate reception built-in
- Compact footprint - 180 x 100cm (71x39"). Max user weight: 150kg (330lbs)
- Warranty Metal Frame: 10 years, Polycarbonate Tank & Seals: 3 years, Mechanical Components (of a non-wearing nature): 2 years, All Other Components (of a wearing nature): 1 year.



NEPTUNE CHALLENGE AR

Best low impact, high-cardio, whole body, sensory rowing workout; just like the real thing

COMMERCIAL GRADE HOME ROWER

Lowering the price to meet the needs of the home market typically means having to lower the standards of a product. So, when you buy a product designed for a lower price point, you are getting a compromised product. We Challenged ourselves to design a commercial grade rower at a lower price point for the home market. - Mission accomplished!

Oh, and yes, of course we offer you our patented Adjustable Fluid Resistance!



The Neptune Challenge AR is designed to thrive in small spaces while providing you with one of the best low impact, whole body workouts. The easy setup, easy move, easy use, maintenance free, durable, fun exercise option.

NEPTUNE CHALLENGE AR

FEATURES AND BENEFITS

- Adjustable fluid resistance: adjusting from MAX to MIN delivers a broad range suitable for any fitness level, at the turn of a dial.
- Fluid Resistance Technology -No dead spots. Triple bladed impeller system offers instant catch. The pull is strong and consistent through the complete stroke using water – nature’s perfect resistance.
- Ergonomic Handle: Intelligently designed to prevent strain on arms, wrists and hands. Belt drive ensures you only feel the fluid resistance.
- In-Built Transit Wheels: Light and easy to move on any surface,
- Pivoting Footboards: Perfectly balanced to pivot on the line of thrust. No need to adjust for foot size. Comfort, strength and ease of use.
- Super comfortable seat running on precision bearings and Delrin rollers on a custom extruded high quality anodized aluminum seat rail provides absolute smoothness, strength, durability together with excellent appearance.
- Simplified assembly and virtually maintenance free enriches the overall customer experience.
- Performance monitor: program for time, stroke count and tempo signal. Displays strokes per minute, calories.
- Tank: tough polycarbonate shell and triple-bladed stainless steel impeller.
- Stores Upright in just 53x51cm (21x 20”).
- General specifications: length – 1975mm (77.8”), width – 530mm (20.9”), height – 510 mm (20.1”), max user weight 136kg (300lbs)
- Home use Warranty: Frame 5 years, tank and seals 3 years, mechanical components 2 years, all wearing parts 1 year



NEPTUNE Challenge

*A great indoor rower
at a lower price point.*



AWESOME POWER AND OUR SMALLEST FOOTPRINT

The Neptune Challenge is an uncompromised value – NOW priced lower than most water based rowers on the market. The Neptune Challenge may be the smallest in our line of world class rowers, but it is mighty in stature and performance. You simply cannot find an equal to the Neptune Challenge in this class of water or air rowers. Designed from bow to stern to meet the standards built into every First Degree rower, the Neptune Challenge packs amazingly powerful resistance – normally found only in commercial health club quality rowing machines, such as our Evolution Series.

We call it Practice Perfect.

Our entry level rower now outperforms most competitors' highest performance rowers.



FIRST DEGREE FITNESS

INNOVATION WHERE YOU NEED IT



THE NEPTUNE CHALLENGE –

designed and engineered by professional rowers and craftsmen using only the highest quality components – ensures complete satisfaction in function, performance and reliability. The Neptune Challenge also delivers the truest emulation of the sensation, sight and sound of real on-water rowing in your own home.

Indoor rowing has grown as a preferred workout method, as it offers the best low impact, whole body workout, high cardio and calorie burn. With most people seeking a fitness regimen that sustains their interest and a fun, engaging experience, you will delight in how our rowers deliver. The Neptune Challenge will entice and challenge every member of the family from beginner level all the way up to the avid rowing enthusiast.

FEATURES and BENEFITS

- Variable water resistance: Adjusting the volume from 9 to 17 liters delivers a huge range suitable for any fitness level.
- Our latest hyper-drive linkage will challenge the strongest of rowers.
- Applies fluid resistance technology: Water – nature’s perfect resistance.
- No dead spots. Our triple bladed impeller system offers instant catch. The pull is strong and consistent through the complete rowing stroke. Other rowers offer little to no resistance at the beginning or end of a stroke.
- Super comfortable seat running on precision bearings and rollers for absolute smoothness.
- Highest quality anodized aluminum seat rail for smoothness, appearance, strength and durability.
- Simplified assembly and virtually maintenance free enriches the overall customer experience.
- Delron seat wheels with precision bearings and custom extruded, anodized seat rail deliver smoothest seat action of any rower.
- Performance monitor: Program for time, stroke count and tempo signal. Display strokes per minute, calories.
- Tank: Tough polycarbonate shell and triple-bladed stainless steel impeller.
- General specifications: Length – 1975mm (77.8”), width – 530mm (20.9”), height – 510mm (20.1”).
- International warranty: Frame – 5 years, tank and seals – 2 years, non-wearing components – 2 years, all others – 1 year.



FIRST DEGREE FITNESS
INNOVATION WHERE YOU NEED IT

PACIFIC CHALLENGE AR

Practice perfect – connecting fun, passion and the workout experience. Bring the feel of real on-water rowing indoors.

A GREAT HOME ROWER AT AN AFFORDABLE PRICE POINT

Why accept exercise drudgery when you can make it fun? The choice is simple! Our rowers are designed by professional rowers to a commercial grade that lasts a lifetime, and they are optimized for recreational rowing enthusiasts. Whether you are very fit or new to fitness, you will find our rowers deliver one of the best low impact, fun, intuitive use, total body workouts with a touch of that real on-water sensory experience. Oh, and yes, we offer our patented Adjustable Fluid Resistance too.



FIRST DEGREE FITNESS
FLUID INNOVATION

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Captures the sensory and physically demanding aspects that make outdoor rowing one of the most fun and effective workouts ever...now totally realized in the comforts of home. Experience an outstanding cardio, endurance training regime in one incredibly easy to use piece of equipment. When all you hear is the sound of water – like waves on a beach – and see the water swirling as you workout, your total experience is in harmony. No whirring noises, no cables, no dead zones, no maintenance – just the joy of a great workout.

PACIFIC CHALLENGE AR

FEATURES AND BENEFITS

- Adjustable fluid resistance: adjusting from MIN to MAX delivers a broad range suitable for any fitness level, at the turn of a dial.
- Height Adjustable footplates and straps to ensure optimal foot placement and comfortable rowing position.
- Improved pulley system greatly increases the range of resistance with no dead spots, whilst retaining constant tension and recoil action.
- Applies fluid resistance technology: water – nature's perfect resistance.
- Ergonomic handle: designed to prevent strain on arms, wrists and hands.
- Built-in transit wheels. Light and easy to move around.
- Super comfortable seat running on precision bearings and rollers.
- Highest quality anodized aluminium seat rail for smoothness, appearance, strength and durability.
- Simple assembly and virtually maintenance free.
- Computer displays: time, distance, 500m split time, strokes per minute, calories per hour, watts, interval training and optional heart rate reception.
- Durable belt drive: smooth, clean, quiet (no whirring noises) and built to last.
- Solid construction makes this perfect for home gym applications.
- Tank shells are tough polycarbonate with a triple-bladed stainless steel impeller.
- Stores upright in just 53 x 51cm (21 x 20").
- Length: 1975mm (77.8"), width: 530mm (20.9"), height: 510mm (20.1").
- Maximum user weight: 136kg (300lbs).
- Home use Warranty: Frame 5 years, tank and seals 3 years, mechanical components 2 years, All wearing parts 1 year



FIRST DEGREE FITNESS
FLUID INNOVATION

www.firstdegreefitness.com

TITAN AR

Best low impact, high-cardio, whole body, sensory rowing workout; just like the real thing

COMMERCIAL GRADE HOME ROWER

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Oh, and yes, of course we offer you our patented Adjustable Fluid Resistance!



The TITAN AR is designed to thrive in small spaces while providing you with one of the best low impact, whole body workouts. The easy setup, easy move, easy use, maintenance free, durable, fun exercise option.

TITAN AR

FEATURES AND BENEFITS

- Adjustable fluid resistance: adjusting from MAX to MIN delivers a broad range suitable for any fitness level, at the turn of a dial.
- Fluid Resistance Technology -No dead spots. Triple bladed impeller system offers instant catch. The pull is strong and consistent through the complete stroke using water – nature’s perfect resistance.
- Ergonomic Handle: Intelligently designed to prevent strain on arms, wrists and hands. Belt drive ensures you only feel the fluid resistance.
- In-Built Transit Wheels: Light and easy to move on any surface,
- Pivoting Footboards: Perfectly balanced to pivot on the line of thrust. No need to adjust for foot size. Comfort, strength and ease of use.
- Super comfortable seat running on precision bearings and Delrin rollers on a custom extruded high quality anodized aluminum seat rail provides absolute smoothness, strength, durability together with excellent appearance.
- Simplified assembly and virtually maintenance free enriches the overall customer experience.
- Performance monitor: program for time, stroke count and tempo signal. Displays strokes per minute, calories.
- Tank: tough polycarbonate shell and triple-bladed stainless steel impeller.
- Stores Upright in just 53x51cm (21x 20”).
- General specifications: length – 1975mm (77.8”), width – 530mm (20.9”), height – 510 mm (20.1”), max user weight 136kg (300lbs)
- Home use Warranty: Frame 5 years, tank and seals 3 years, mechanical components 2 years, all wearing parts 1 year



FIRST DEGREE FITNESS
FLUID INNOVATION

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TITAN Rower

A great indoor rower at a lower price point.



AWESOME POWER AND OUR SMALLEST FOOTPRINT

The Titan is an uncompromised value – NOW priced lower than most water based rowers on the market. The Titan may be the smallest in our line of world class rowers, but it is mighty in stature and performance. You simply cannot find an equal to the Titan in this class of water or air rowers. Designed from bow to stern to meet the standards built into every First Degree rower, the Titan packs amazingly powerful resistance – normally found only in commercial health club quality rowing machines, such as our Evolution Series.

We call it Practice Perfect.

Our entry level rower now outperforms most competitors' highest performance rowers.



FIRST DEGREE FITNESS
INNOVATION WHERE YOU NEED IT



THE TITAN – designed and engineered by professional rowers and craftsmen using only the highest quality components – ensures complete satisfaction in function, performance and reliability. The Titan also delivers the truest emulation of the sensation, sight and sound of real on-water rowing in your own home.

Indoor rowing has grown as a preferred workout method, as it offers the best low impact, whole body workout, high cardio and calorie burn. With most people seeking a fitness regimen that sustains their interest and a fun, engaging experience, you will delight in how our rowers deliver. The Neptune Titan will entice and challenge every member of the family from beginner level all the way up to the avid rowing enthusiast.

FEATURES and BENEFITS

- Variable water resistance: Adjusting the volume from 9 to 17 liters delivers a huge range suitable for any fitness level.
- Our latest hyper-drive linkage will challenge the strongest of rowers.
- Applies fluid resistance technology: Water – nature’s perfect resistance.
- No dead spots. Our triple bladed impeller system offers instant catch. The pull is strong and consistent through the complete rowing stroke. Other rowers offer little to no resistance at the beginning or end of a stroke.
- Super comfortable seat running on precision bearings and rollers for absolute smoothness.
- Highest quality anodized aluminum seat rail for smoothness, appearance, strength and durability.
- Simplified assembly and virtually maintenance free enriches the overall customer experience.
- Delron seat wheels with precision bearings and custom extruded, anodized seat rail deliver smoothest seat action of any rower.
- Performance monitor: Program for time, stroke count and tempo signal. Display strokes per minute, calories.
- Tank: Tough polycarbonate shell and triple-bladed stainless steel impeller.
- General specifications: Length – 1975mm (77.8”), width – 530mm (20.9”), height – 510mm (20.1”).
- International warranty: Frame – 5 years, tank and seals – 2 years, non-wearing components – 2 years, all others – 1 year.



FIRST DEGREE FITNESS
INNOVATION WHERE YOU NEED IT

TRIDENT CHALLENGE AR

Commercial Rower

A GREAT COMMERCIAL ROWER AT AN AFFORDABLE PRICE POINT

This entry model full commercial rowing machine far surpasses the specifications of leading competitors machines.

Oval tubing and heavy duty seat rail make this adjustable ergometer an attractive and innovative workhorse on the gym floor.

Variable fluid resistance, super comfortable seat, deluxe handle and quality finish offer a brilliant price point for clubs and studios.



FIRST DEGREE FITNESS
FLUID INNOVATION

www.firstdegreefitness.com

Experience an outstanding strength, endurance and cardio workout with high calorie burn all in one incredibly easy to use piece of equipment.

Using fluid resistance technology, there are no whirring noises, no cables, no dead zones – just the joy of a great workout– it's really like rowing on water.

TRIDENT CHALLENGE AR

FEATURES AND BENEFITS

- Adjustable fluid resistance: adjusting from MIN to MAX delivers a broad range of resistance, suitable for any fitness level, at the turn of a dial.
- Height Adjustable footplates and straps to ensure optimal foot placement and comfortable rowing position.
- Multilevel Computer complete with USB port displays: Time, distance, 500M split time, strokes per minute, calories per hour, watts, interval training and heart rate (optional).
- Strong 100 x 50mm oval steel tube construction and heavy duty seat rail.
- Deluxe ergonomic handle allows comfortable grip and minimised strain on forearms, wrists and hands
- Built-in transit wheels. Light and easy to move around. Stores in just 53 x 51cm (21 x 20").
- Super comfortable seat running on precision bearings and Delrin® low friction seat rollers along a concealed track for cleaner, smoother and safer operation.
- Durable belt drive: smooth, clean, quiet (no whirring noises) and built to last.
- Simple assembly and virtually maintenance free - ideal for the commercial environment.
- Tough polycarbonate tank shell with a triple-bladed stainless steel paddle.
- Stores upright in just 53 x 51cm (21 x 20"). Length: 2150mm (84.6"), width: 800mm (31.5"), height: 1000mm (39.4"). Maximum user weight: 150kg (330lbs).
- Commercial Warranty: frame - 10 years; tank and seals - 3 years; non-wearing mechanical components - 2 years, other components 1 year limited.



VIKING AR ROWER

Home, Light Institutional use

WORLD CLASS FUNCTIONALITY AND FINE WOOD DESIGN

Unprecedented Craftsmanship

The Viking AR achieves a unique synergy of elegance and crafted engineering, using solid wood and pressure formed laminate construction for strength and beauty.

Unequaled Rowing Quality

The Viking AR delivers the best application of Adjustable Fluid Resistance and precise emulation of actual rowing, to create a superior on-water experience. Form and function are seamlessly blended to give you the best total body exercise. Getting fit has never felt so good!



The Viking AR Rowing Ergometer is quick and easy to assemble, and built to last, like the hull of the Viking Longships of old. The combination of Scandinavian Beech timber (sustainable - of course), with a synthesis of solid rail and curved laminate construction, make this the strongest and most aesthetically pleasing wooden Rower available.

VIKING AR ROWER

FEATURES AND BENEFITS

- Home / Light Commercial use warranty
- Adjustable Fluid Resistance, from feather-light to Olympic sprint at the turn of a dial.
- Ethically produced from solid beech and wood laminates sourced from sustainable Scandinavian forests.
- Height Adjustable footplates and straps to ensure optimal foot placement and comfortable rowing position.
- Deluxe ergonomic handle allows comfortable grip and minimised strain on forearms, wrists and hands
- Multilevel Computer complete with USB port displays: Time, distance, 500M split time, strokes per minute, calories per hour, watts, interval training and heart rate.
- No dead spots. Unique triple bladed impeller and baffled tank internals deliver instant catch and consistent resistance throughout the whole stroke.
- Simplified assembly and virtually maintenance free. The solid construction makes this perfect for any application - home or health club.
- Durable belt drive – smooth, clean, quiet and again maintenance free.
- Low impact, non-jarring whole body cardio-respiratory workout.
- Best emulation, with the sensory stimulation of the sight, sound and feel, of real on-water rowing.
- Stores Upright in just 53x46cm (21x 18”).
- Length 1975mm(77.8”), width 530mm(20.9”), height 540mm (21.3”), max user weight 150kg (330lbs)
- Warranty: Home use: frame – 5 years, non-wearing mechanical parts - 3 years, wearing mechanical parts – 2 years. 2 year Home, 1 year limited commercial use.



VIKING2 AR ROWING ERGOMETER

SIMPLY THE BEST WOODEN FRAMED ROWING MACHINE

Outstanding Craftsmanship

Solid American Ash construction - frame integrity is assured by extensive metal fixtures and precision components to produce a rigid exercise platform that lasts a lifetime. Highest quality, hand lacquered finish creates the perfect 'fitness furniture' to integrate with and enhance any environment.

Unparalleled Rowing Quality

Industry best on-water rowing emulation with natural catch and feel. **Adjustable resistance** at the turn of a dial, from feather light to Olympic challenge. The Viking2 AR seamlessly blends form and function to give you the best total body exercise to help you achieve your objectives. Getting fit has never looked or felt this good!



Compare the quality of finish, integrity of construction and attention to detail that the superb Viking2 AR offers at unbeatable value for money. Patented twin tank design provides outstanding exercise function. **Instantly adaptable** to each user allowing progression as fitness level and abilities improve.



FIRST DEGREE FITNESS
FLUID INNOVATION

www.firstdegreefitness.com

VIKING2 AR ROWING ERGOMETER

- Adjustable Resistance, from feather light to Olympic challenge at the turn of a dial. Instantly adapts for progressive training, interval training or multiple users.
- No dead spots! Patented twin tank design with triple-blade, stainless steel impeller delivers instant catch and consistent resistance through the entire stroke.
- Deluxe ergonomic handle minimizes strain on hands, wrists and forearms.
- Smooth and silent seat action and seat that shapes to the user, with textured finish to prevent slip. Exceptional comfort assured.
- Easily adjusted footplates with secure heel capture and angled surface under ball of foot to assist leg drive.
- Durable belt drive – smooth, clean, quiet and maintenance free.
- *Active recoil system* to facilitate rapid stroke rate utilises extended bungee length and 2 x precision one-way bearings.
- Best emulation of actual rowing with the sensory stimulation of the sight, sound and feel of being on the water. Smooth, progressive and satisfying exercise action.
- Multi-level exercise monitor (with USB port for extended functionality): time, distance, 500M split time, strokes per minute, calories per hour, watts, interval training and (optional) heart rate.
- Ethically produced using first grade American Ash from sustainable plantations.
- Simplified assembly and virtually maintenance free.
- Transport wheels at front allow for easy movement.
- Low impact, non-jarring, total body cardio respiratory workout.
- Stores in upright position 550x540mm (22x21") and assembled length 2135mm (84"), width 550mm (22"), height 540mm (21"). Maximum user weight 150kg (330lbs).
- Warranty. Home use: frame – 5 years, non-wearing mechanical parts – 3 years, all other – 2 years (see website for full details).

