

# APOLLO AR BLACK



## WATER RESISTANCE INDOOR ROWER

 Rowing training has never felt more satisfying.

Made from the highest quality, hand lacquered American Ash with the strength and integrity of a steel frame, the Apollo AR Black indoor water rower offers both good looking form and function. A stylish home gym favourite, this indoor rowing machine includes a multi-level computer with USB connectivity to motivate and monitor progress, as well as connect with other rowers online.

Perfect for all fitness levels, this water resistance rower is easy to transport and stores compactly on its end. You won't find a better combination of design, value and performance – once you go black you won't go back.

 Change rowing resistance at the turn of a dial.

If you are looking to rapidly improve cardio fitness and strength you will appreciate the range of water resistance offered by the Apollo AR Black. Not only does FDF's patented fluid innovation technology impress in terms of its likeness to real on-water rowing, you will appreciate the consistency of resistance throughout the entire stroke and ease of changing levels mid-workout. Powered by a triple bladed impeller, this indoor rower is incredibly quiet with a smooth action and instant catch.

Simply jump on and start rowing, this sleek rowing machine has all the right design ergonomics to start you off with a winning rowing technique.

*FITNESS PRODUCTS  
INSPIRED BY REAL LIFE*



*VARIABLE FLUID  
RESISTANCE*

BROWSE THE RANGE [FIRSTDEGREEFITNESS.COM](https://www.firstdegreefitness.com)

# PRODUCT HIGHLIGHTS

# APOLLO AR BLACK



- + 4 levels of patented Variable Fluid Resistance for continuous progression and instant adjustment
- + Ergonomic handle to minimise strain on hands, wrists and forearms
- + Multi-level computer with USB port for connectivity
- + Height adjustable footplates and straps for optimal foot placement and comfortable rowing position
- + Sensory simulation of sight, sound and feel of rowing a boat
- + Ethically sourced American Ash frame with black steel casing
- + Compact footprint – 2,135mm x 550mm, or upright 550mm x 540mm



A HOME  
GYM  
FAVOURITE.



Smooth, Silent Seat Action



Height Adjustable Foot Plates



Triple Blade Impeller



Multi-Level Computer

## ABOUT FIRST DEGREE FITNESS

When you use a fitness product made by FDF, you will experience a workout that has been inspired by real life. From rowing a boat on water to cycling your favourite track, our designs are engineered to simulate exercise you're passionate about.

Since the launch of our first fluid rower in 2001, we have rapidly developed a reputation as the creators of the world's finest rowing ergometers. Distributed in every continent across the globe, our fluid rower range is trusted and loved by athletes, sports trainers, medical professionals and health conscious individuals.

FOR WORKOUT TIPS AND PRODUCT SUPPORT VISIT [FIRSTDEGREEFITNESS.COM](http://FIRSTDEGREEFITNESS.COM)



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