

# NEPTUNE CHALLENGE AR FLUID ROWER

Delivers the sight, sound and feel of real on-water rowing in your home. Exceptional performance and quality without the price tag!

## Compact Platform

We challenged ourselves to develop a compact and durable platform for the home market, to deliver our patented Adjustable Fluid Resistance, made famous by our range of commercial Rowing Ergometers. Mission accomplished! Easy movement on large transport wheels and stands for storage in just 53x51cm (21x20"). Try out our impressive Neptune Challenge AR (**Adjustable Resistance**) Fluid Rower and you will see what we mean.

## Comfort Assured

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. Pivoting footplates that improve the ergonomics for less flexible or deconditioned users. Shaped and textured seat slides smoothly and ergonomic handle reduces strain on wrists and elbows.



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



**FIRST DEGREE FITNESS**  
FLUID INNOVATION

[www.firstdegreefitness.com](http://www.firstdegreefitness.com)

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## FEATURES AND BENEFITS

- **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.
- **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.
- 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.
- Durable belt drive – smooth, clean, quiet and maintenance free.
- Pivoting footplates improve ergonomics for less flexible or deconditioned users.
- Simplified assembly and virtually maintenance free.
- Transport wheels at front allow for easy movement.
- Low impact, non-jarring, total body cardio respiratory workout.
- *Active recoil system* to facilitate rapid stroke rate utilises extended bungee length and 2 x precision one-way bearings.
- Performance monitor: program for time, stroke count and tempo signal. Displays these plus strokes per minute and calories.
- Stores Upright in just 530x510mm (21x20”).
- General specifications: length – 1975mm (77.8”), width – 530mm (20.9”), height – 510mm (20.1”). Maximum user weight: 150kg (330lbs)
- Warranty. Home use: Frame - 5 years, Non-wearing mechanical parts - 3 years, all other - 1 year (see website for full details).



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