

FLUIDPOWERCUBE

GROUND BASED FUNCTIONAL TRAINING PLATFORM



FLUID
POWER
ZONE



The FDF FluidPowerCUBE is an industrial quality, ground-based, adjustable Fluid Resistance functional concentric training platform.

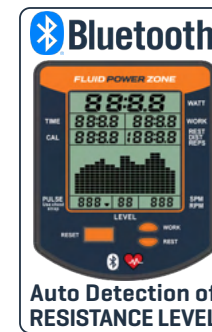
The concentric only resistance of the CUBE is delivered by our 10 levels of Adjustable Fluid Resistance provided by our patented Twin Tank system. The semi isokinetic nature of the Adjustable Fluid Resistance allows for powerful explosive movements without generating momentum. You control the resistance, you control the speed and you control the range of motion to allow you to safely train in any zone; Cardio, Power, Strength or Speed.

The CUBE is designed to support complex lifting routines without the force of accelerated weight on the way back down, providing a suitable workout platform for sports or rehabilitation applications. The CUBE offers all the benefits of Olympic Bar and Kettlebell training without the associated risks of decelerating or lowering the weights.

As with all FluidPowerZone machines, the CUBE incorporates our patented Twin Tank and expands on that with 3 separate resistance attachment options, offering concentric loads at 50%, 100% and 200% of the tank settings. The biggest and strongest muscles across the posterior chain are challenged at the high load setting (200%) and complex light resistance movements are ideally accommodated for at the lower load setting (50%). The range of options allows you to train at the correct load and at high volumes, all without overloading.

The CUBE includes an attachment accessory pack consisting of Squat Belt, Single Handle Strap, Ankle Strap and swivel Straight Bar, all stored on the inbuilt accessory rack. See the glossary of main exercises below.

The FluidPowerCUBE is a perfect inclusion for any type of fitness facility, it can open up a range of exercise options once only available to a skilled athlete. The CUBE will add variety to all types of training and can be combined with other FluidPowerZone machines to create unique training circuits or used as a stand alone, ground based functional trainer.



Accessories attachments storage rack

Robust rear transport wheels

Includes accessory pack: Squat belt, single handle, ankle strap, straight bar with swivel

Bluetooth monitor

Ergonomic support bar



MINIMUM



10x
FLUID RESISTANCE



MAXIMUM

3 Separate Resistance Attachment Options

50%

Functional & Sport

100%

Power & Speed

200%

Strength & Power

Steel frame

Wide foot plates provide stability and foot placement range

COLOUR OPTIONS: ORANGE GREY CUSTOM

VISIT [FLUIDPOWERZONE.COM](https://www.fluidpowerzone.com) FOR MORE WORKOUT OPTIONS

TRAIN IN ANY ZONE. **CARDIO. POWER. STRENGTH. SPEED.**

FLUIDPOWERCUBE

3 SEPARATE RESISTANCE ATTACHMENT OPTIONS

50%

FUNCTIONAL & SPORT

- + 50% of selected tank resistance
- + Diagonal and kettlebell patterns, rehabilitation, upper and lower extremity, abduction / adduction, extension / flexion

100%

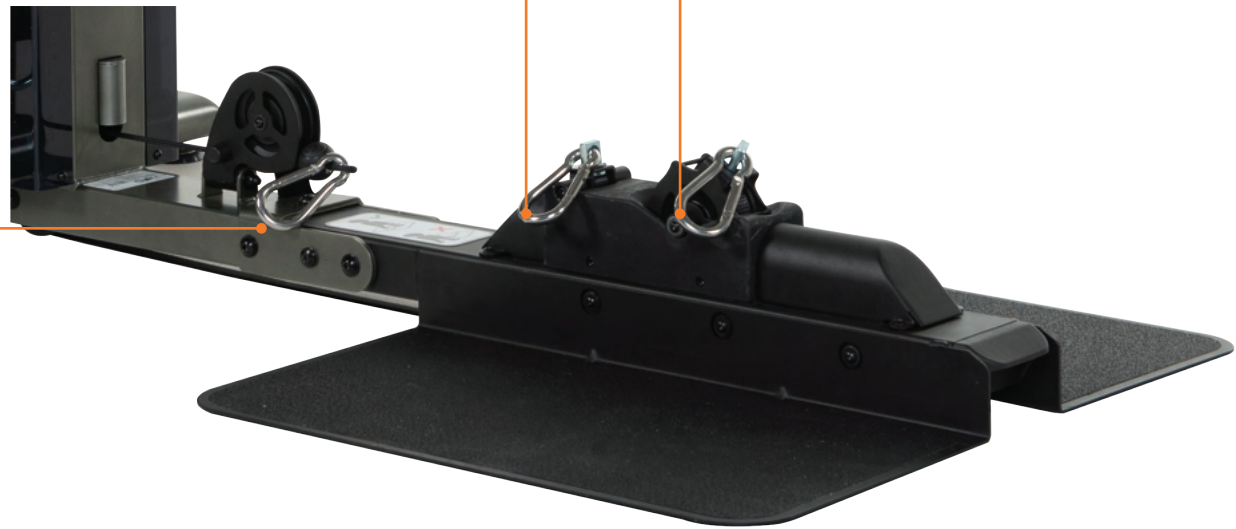
POWER & SPEED

- + 100% of selected tank resistance
- + High pulls, jump squat and one arm clean press

200%

STRENGTH & POWER

- + 200% of selected tank resistance
- + Squats, deadlifts, bent rows and Olympic lifting movement



INCLUDES ACCESSORY PACK

- + Squat belt, single handle, ankle strap, straight bar with swivel

FLUIDPOWERCUBE

FUNDAMENTAL EXERCISES

SQUAT



DEADLIFT



HIGH PULL



BENT ROW



FRONT SQUAT



HIGH SHRUG



ROMANIAN DEADLIFT



DIAGONAL LIFT



ONE ARM CLEAN PRESS



KETTLEBELL SWING



DIAGONAL SWING



ONE ARM ROW



JUMP SQUAT



FLUIDPOWERZONE

PRODUCT SPECIFICATIONS

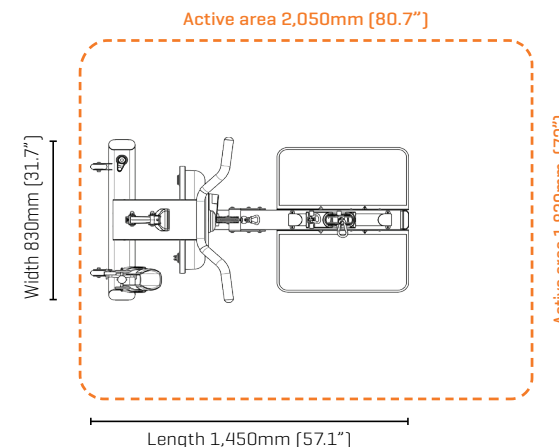
PRODUCT MODEL NO:	PZ-CUB
FLUID RESISTANCE:	Vertical FDF Twin Tank - 10 levels
MONITOR:	FDF Bluetooth / Heart Rate Compatible
PRODUCT NET WEIGHT:	81.5kg [179.68lb]
PRODUCT GROSS WEIGHT:	95.6kg [210.76lb]
DIMENSIONS:	L 1,450mm [57.1"] x W 830mm [31.7"] x H 1,350mm [53.2"]
MIN ACTIVE AREA REQUIRED:	L 2,050mm [80.7"] x W 1,830mm [72"]
MAX USER WEIGHT:	180kg [396.8lb]
VERTICAL SPACE:	H 2,150mm [84.6"]
COMMERCIAL WARRANTY:	Frame 10 years - Fluid Tank 5 years Mechanical and all other non wearing components - 2 years

FLUID POWER ZONE

CONSOLE FEATURES



- + Bluetooth Connectivity
- + AUTO START
- + TIME - Elapsed time
- + LEVEL - Selected resistance level
- + WATT - Unit of power
- + WORK - Interval Duration
- + REST - Rest Interval
- + DIST - Distance (Rowers only)
- + REPS - Total Repetitions
- + RPM/SPM - Revolutions/Strokes per min
- + PULSE - Heart rate - Polar compatible
- + CAL - Calories burned per hour/total cals
- + Power Graphs - 2 Options



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 adjustable 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.

ABOUT FDF (FIRST DEGREE FITNESS)

FDF is the leader in designing and manufacturing a range of adjustable Fluid Resistance fitness machines for commercial and residential applications. At the heart of the fitness range is our unique and patented Twin Tank Fluid Resistance system. The adjustable Fluid Resistance system challenged the conventional thinking of how water could work to provide adjustable resistance rather than a liquid mass flywheel. The patented Twin Tank system provides silky smooth resistance at any speed and is perfect for cardio training, warm-ups, cool downs, intense HIIT workouts or rehabilitation programs. FDF categorizes the range of adjustable Fluid Resistance machines under the banners, FluidRower, FluidExercise and FluidPowerZone, see the adjacent web links. FDF products are distributed throughout the globe and are popular in Fitness Centers, Hotels and Apartments, Sporting Clubs, Universities, First Responders, Defence Force Training Facilities and Physical Rehabilitation Clinics.



View all product ranges at

[FLUIDPOWERZONE.com](https://www.fluidpowerzone.com)

[FLUIDROWER.com](https://www.fluidrower.com)

[FLUIDEXERCISE.com](https://www.fluidexercise.com)

* FDF reserves the right to modify any product design, manufacture or aesthetic without notice or consultation. Product specifications and warranties may vary from country to country.



ROW



PRESS



CLIMB



ERG



UBE