



VIKING 3 PLUS

RECREATIONAL FLUID ROWER

Minimalist Scandinavian design, huge performance

The Viking 3 Plus is a Viking ship inspired horizontal rower built from hand lacquered, ethically sourced American Ash timber. Innovative craftsmanship takes this rowing machine to the next level in fitness furniture design with its sculpted mainframe and structural integrity.

An excellent cardio trainer that achieves full body engagement, the Viking 3 Plus water rowing resistance is founded on FDF's patented Fluid Force technology for a smooth and lifelike rowing action.

Also popular with rehabilitation and deconditioned users, this indoor rower comes with scalable options for additional lumbar support or heightened entry and exit.

A memorable workout experience

The Viking 3 Plus is as close to on-water rowing as you can get, emulated by an instant catch and consistent resistance expected with a professional rowing stroke.

With 4 levels of Fluid Force, users can glide between heavy and light rowing challenges by turning an audible, tactile selector dial for resistance precision.

This striking looking rower grants the ability to rapidly improve fitness and endurance, while complementing any surrounding decor. Combined with market leading rowing innovation including steel-blade impellers wrapped in moulded plastic for maximal water capture and patented twin tank technology, this rugged platform will always perform to perfection.



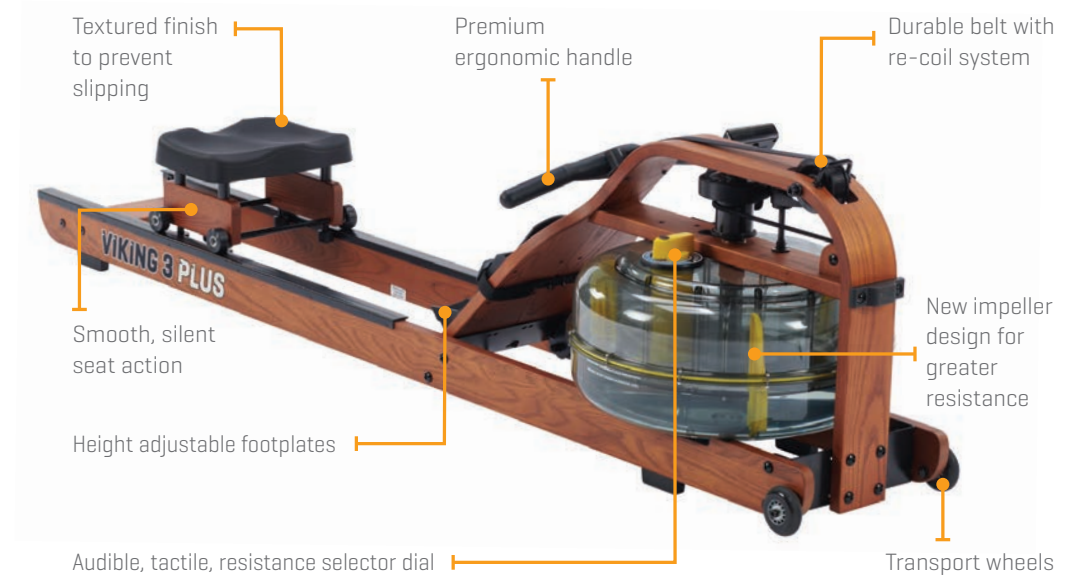
BROWSE THE RANGE [FIRSTDEGREEFITNESS.COM](https://www.firstdegreefitness.com)

PRODUCT HIGHLIGHTS

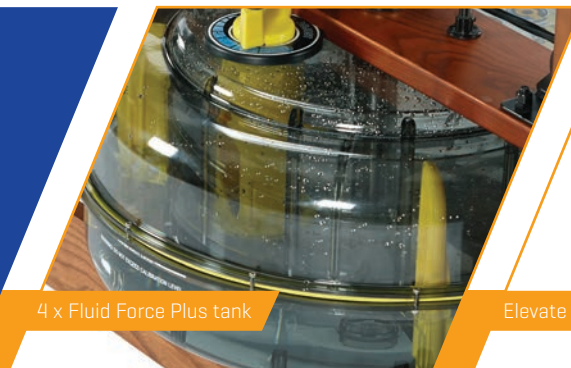
VIKING 3 PLUS



- + 4 x Fluid Force with audible and tactile, manual selector dial
- + Premium ergonomic handle for optimal grip and minimal strain
- + Multi-level computer with USB connectivity
- + Compatible with FDF Elevate Kit for convenient on-off rower access
- + Compatible with FDF Seat Back Kit for correct posture and optimal back support
- + Compact footprint and vertical storage option – 2130 x 520mm [83.86 x 20.47"], or upright 520 x 545mm [20.47 x 21.46"]
- + Max user weight – 150kg [330lbs]
- + 5 year warranty guarantee



WATER ROWING AT ITS FINEST.



ABOUT FIRST DEGREE FITNESS

Fitness products made by FDF are inspired by real life. From rowing a boat on water to running or cycling your favourite track, our designs are engineered to simulate exercise you're passionate about.

FDF Fluid Force, a unique water resistance technology, underpins our diverse range of full body fitness solutions. With Fluid Force you can row harder, train smarter and build strength faster.

Distributed in every continent across the globe, our FluidRower, FluidPowerZone and ergometer ranges are loved by athletes, sports trainers, medical professionals and health conscious individuals. We're passionate about our brand and we stand behind the craftsmanship of every fitness machine we make.



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