

VIKING PRO V

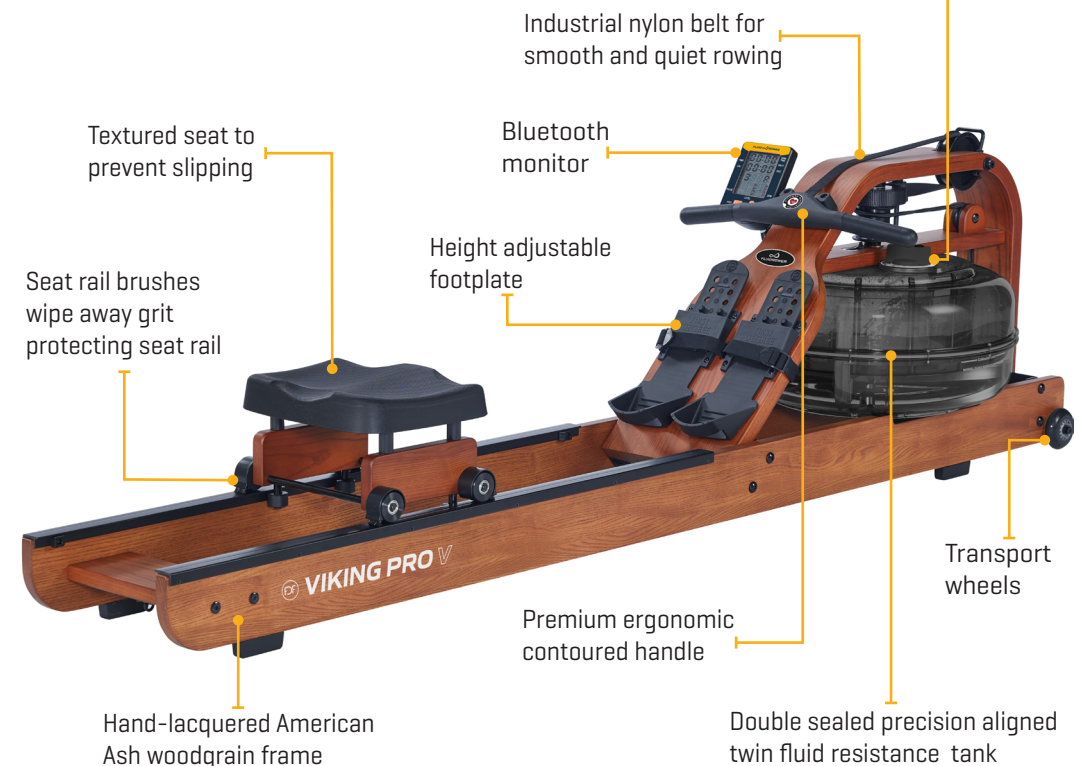
COMMERCIAL FLUID ROWER

This beautifully crafted FluidRower takes inspiration from the rugged strength of a Viking's ship and combines our patented adjustable resistance technology to deliver the luxurious Viking Pro V. Built for performance, appearance, and reliability this rowing machine sets remarkable benchmarks in both form and function.

The Viking Pro V has 5 levels of adjustable fluid resistance provided by our patented Twin Tank system. At level 1 the fluid resistance is suitable for beginners, deconditioned participants or rehabilitation patients just starting on their fitness journey. Dial to level 5 for high-intensity interval training (HIIT) or short sprints. The Viking Pro V offers silky smooth resistance at any speed and at any level. With a firm instant catch and a consistent resistance through the entire stroke, it provides the closest emulation of on-water rowing, encouraging you at every stroke to do a little more.

This impressive machine is equipped with goal tracking technology, including FluidRower App integration and Touch Heart Rate Handle compatibility. The console is complete with Bluetooth auto-adjust technology that correlates the chosen tank resistance level with performance monitor parameters, for accurate workout readings.

A standout favourite in health clubs and CrossFit facilities, Viking Pro V boasts a robust construction that is suited to high-use environments. From its solid timber profile to its ergonomic handle and seat – every design aspect has been considered to assure comfort, sensory satisfaction and reliability.



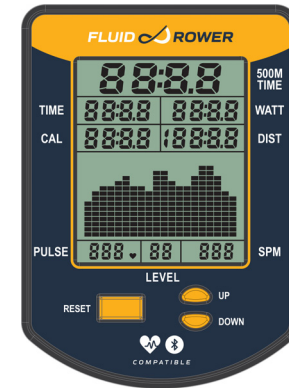
View the full range of rowers at [FLUIDROWER.COM](https://www.fluidrower.com)

Visit [FIRSTDEGREEFITNESS.COM](https://www.firstdegreefitness.com) to view all FDF products ranges.

VIKING PRO V FLUIDROWER

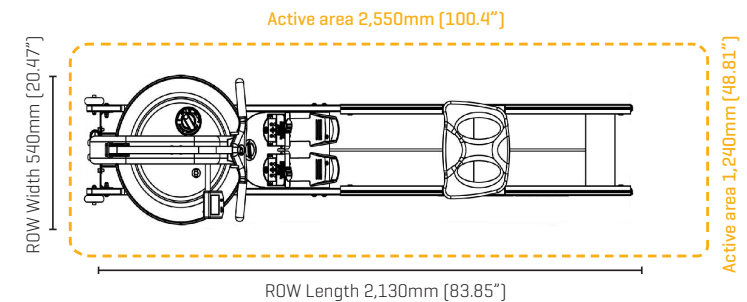
PRODUCT SPECIFICATIONS

PRODUCT MODEL NO:	VKPV
FLUID RESISTANCE:	Horizontal FDF Twin Tank - 5 Levels
MONITOR:	FDF Bluetooth / Heart Rate Compatible
PRODUCT NET WEIGHT:	56.08kg [123.64lb]
PRODUCT GROSS WEIGHT:	66.52kg [146.65lb]
DIMENSIONS:	L 2,130mm [83.85"] x W 540mm [20.47"] x H 750mm [29.72"]
MIN ACTIVE AREA REQUIRED:	L 2,550mm [100.4"] x W 1,240mm [48.81"]
STORED VERTICAL DIMENSIONS:	L 750mm [29.72"] x W 540mm [20.47"] x H 2,130mm [83.35"]
MAX USER WEIGHT:	150kg [330lb]
COMMERCIAL WARRANTY:	Frame 10 years - Fluid Tank 5 years Mechanical and all other non wearing compents - 2 years



CONSOLE FEATURES

- + Bluetooth connectivity
- + Auto start
- + Time - Elapsed time
- + Level - Auto to selected resistance level
- + 500M Time - Time to row 500 meters
- + Watt - Unit of power per stroke
- + Distance - Updated every second
- + SPM - Strokes per minute
- + Power Graphs - 2 Options
- + Heart rate - Polar compatible
- + Calories burned per hour



ABOUT FDF (FIRST DEGREE FITNESS)

FDF is the leader in designing and manufacturing a range of adjustable fluid resistance fitness machines for residential and commercial applications, based on 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 just dead weight for a flywheel effect. The patented Twin Tank system provides silky smooth resistance at any speed so is perfect for warm-ups, cool downs, intense HIIT workouts or rehabilitation programs. FDF have released a range of adjustable fluid resistance machines under the FluidROWER, FluidEXERCISE and the FluidPOWERZONE banners, see the adjacent web links. FDF products are distributed throughout the globe and are popular in Fitness Centres, Hotels and Apartments, Sporting Clubs, Defence Force training facilities and physical rehabilitation clinics.

OPTIONAL FLUIDROWER ACCESSORIES



TOUCH HEART RATE HANDLE



SMARTPHONE HOLDER



SEAT BACK KIT



ELEVATE KIT



View all FDF products at

FLUIDROWER.com

FLUIDPOWERZONE.com

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.