



FIRST DEGREE FITNESS  
*Fluid* INNOVATION

# PRODUCT GUIDE

## 2018



# The Horizontal Series GOES PLUS SIZE

2018 marks significant manufacturing improvements to the Horizontal Series which we have labelled the Plus range. The Plus range presents three standout upgrade options that distinguish FDF as a unique and superior water resistance rower in the home gym and commercial markets.

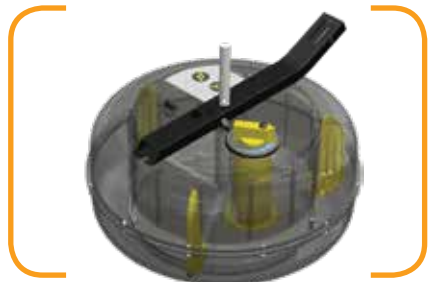
## WHAT'S NEW?

- + **3 horizontal tank options**  
(4 Level Manual, 5 Auto-Level, 10 Auto-Level XL tank)
- + **New console** with Bluetooth and auto-level
- + **New impeller design** will differentiate FDF tanks from anything else in the market place
- + **New deluxe** handle for improved ergonomics

## THE DETAIL

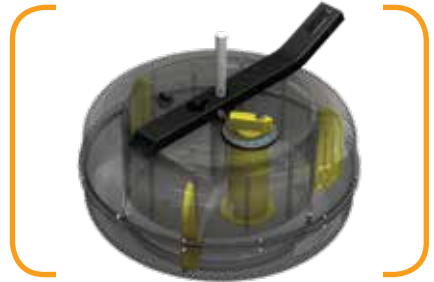
### ➤ PLUS

- + **4 level manual adjustment:** with new audible and tactile selector dial.
- + **Improved resistance levels:** redesigned valve provides more accurate and even levels of adjustment, creating significantly greater Fluid Force at maximum resistance by putting more of the water into the impeller tank when needed.
- + **New impeller design with 15% greater resistance:** new yellow plastic moulding, captures more water and delivers a greater drag with improved proximity to surrounding tank walls. Looks great when spinning.
- + **New precision aligned upper tank shell design:** double sealed to prevent water egress when tank is overfilled or stood vertically for storage. Design offers more precise mechanism, tighter tolerances, greater precision in assembly and alignment of internal components, equating to a more robust longer lasting product.
- + **Longer tank warranty:** previously 3 years, now 5 years.
- + **Console Technology:** standard existing monitor.



## ➤ PLUS V

- + **New 5 level with auto-adjust:** level changes are received by the monitor.
  - + **Improved resistance levels:** redesigned valve provides more accurate and even levels of adjustment, creating significantly greater Fluid Force at maximum resistance by putting more of the water into the impeller tank when needed.
  - + **New impeller design with 15% greater resistance:** new yellow plastic moulding, captures more water and delivers a greater drag with improved proximity to surrounding tank walls. Looks great when spinning.
  - + **New precision aligned upper tank shell design:** double sealed to prevent water egress when tank is overfilled or stood vertically for storage. Design offers more precise mechanism, tighter tolerances, greater precision in assembly and alignment of internal components, equating to a more robust longer lasting product.
- + **Longer tank warranty:** previously 3 years, now 5 years.
  - + **Console Technology:** Bluetooth, auto-level adjust with inbuilt potentiometer that changes the level shown on the monitor according to the selector dial level. Improved LCD with greater contrast and clarity, unaffected by viewing angle.
  - + **Connectivity:** designed to integrate with rowing and fitness apps.



## ➤ PLUS XL

- + **Market-first 10 level auto-adjust:** level changes are received by the monitor.
  - + **Huge resistance range for any fitness level:** this tank offers a massive 10 x Fluid Force and delivers a far greater range of adjustable resistance than any other water rower on the market. With a top end resistance for athletes and a low minimum range similar to our 4L tank, the Plus XL allows any fitness level to interval train at a challenging intensity.
  - + **65% greater maximum resistance:** extra-large, bright yellow impellers capture more water and maximise the drag impact against the internal baffles and tank walls.
  - + **New extra-large patented twin tank:** available on select commercial models, the Plus XL is visually impressive with a larger storage capacity than the Plus or Plus V tanks. Its seamless join promises greater precision in assembly and alignment of internal components, equating to a more robust, longer lasting product.
- + **Longer tank warranty:** previously 3 years, now 5 years.
  - + **Console Technology:** Bluetooth, auto-level adjust with inbuilt potentiometer that changes the level shown on the monitor according to the selector dial level. Improved LCD with greater contrast and clarity, unaffected by viewing angle.
  - + **Connectivity:** designed to integrate with rowing and fitness apps.





# Quick Guide

The horizontal series plus range will be standard on all newly manufactured horizontal models.

	PLUS	PLUS V	PLUS XL
Fluid Force	4x	5x	10x
Auto-Level Change		DF	DF
Resistance Increase (based on original 4 level tank max)	15%	15%	65%
New Impeller Design	DF	DF	DF
Console	Multi-level	Bluetooth Monitor	Bluetooth Monitor
Connectivity	USB	Smart Device	Smart Device
Warranty	5 Years	5 Years	5 Years
Premium Handle		DF	DF
	Min. standard on all Horizontal Models	APOLLO HYBRID	APOLLO PRO
		APOLLO BLACK	VIKING PRO
		VIKING 2	OMEGA PRO
		VIKING 3	
		TRIDENT PRO	

## > TANK COMPARISON



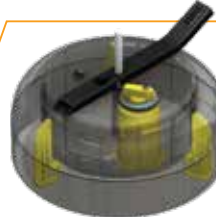
Superseded 4L Manual Adjust



Plus - 4L Manual Adjust



Plus V - 5L Auto Adjust



Plus XL - 10L Auto Adjust



# NEW Horizontal Models

## OMEGA PRO

### › A NEW COMMERCIAL HEAVY WEIGHT

Constructed for the fiercest of workouts, this commercial grade indoor rower packs a punch with 10-levels of intense Fluid Force. Featuring FDF's latest extra-large patented twin tank, this rower is not only visually impressive, it delivers 50% more resistance at its maximum level in comparison to our Plus tank. The ultimate group training solution, this rower is an unbreakable interval training machine.

Destined to become our top selling commercial model, the OMEGA PRO sets new performance levels that cannot be beaten in the current market - AVAILABLE NOW.

## PRODUCT HIGHLIGHTS

## OMEGA PRO

Contoured seat, smooth action

Premium ergonomic handle

Bluetooth connectivity with auto-level adjust

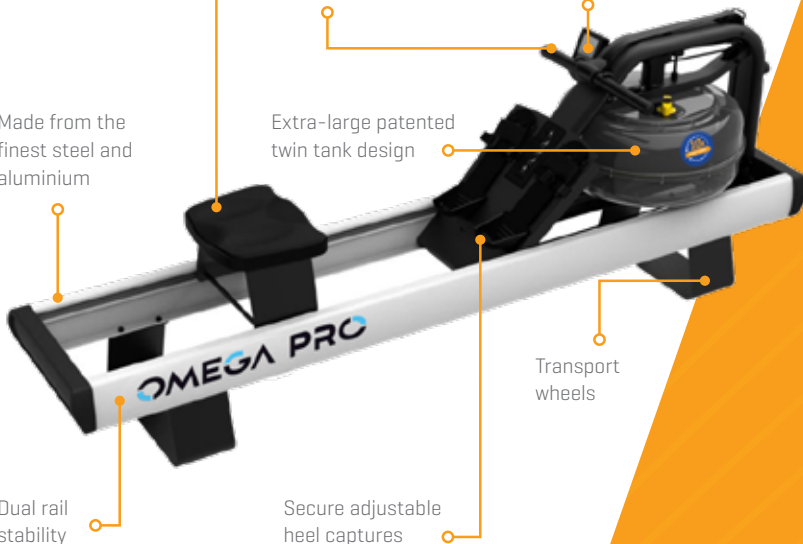
Made from the finest steel and aluminium

Extra-large patented twin tank design

Dual rail stability

Secure adjustable heel captures

Transport wheels





# NEW Horizontal Models

## NEON

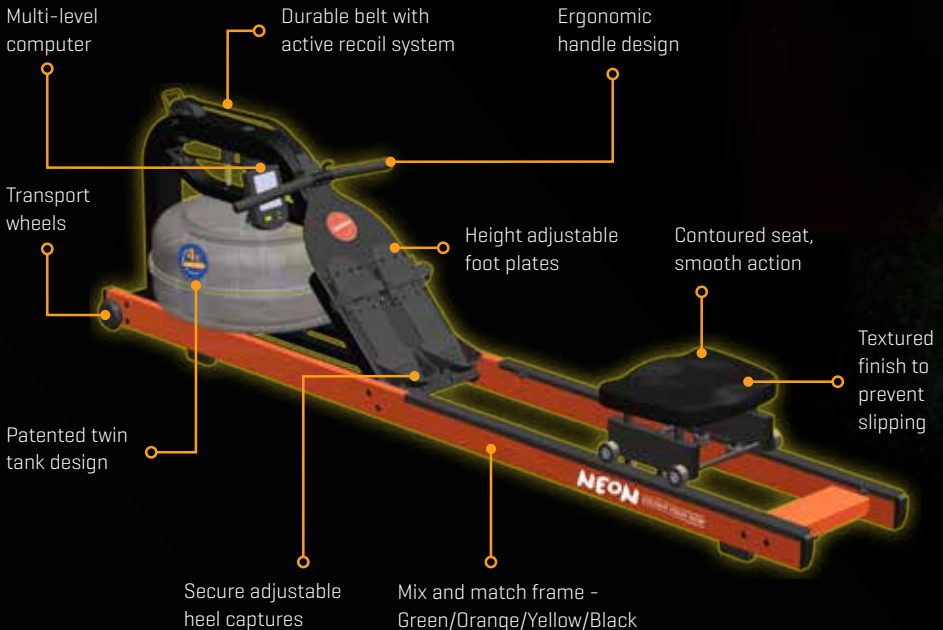
### › MIX AND MATCH YOUR OWN INDOOR ROWER

Colour your row with NEON. Guaranteed to illuminate the contemporary home gym, NEON's changeable bright yellow, orange, green and black coloured frame options will appeal to the young fitness enthusiast who cares about style. Engineered from the finest steel and aluminium, this light recreational rower won't disappoint with FDF's structural integrity, patented Fluid Force and unbeatable ergonomics.

**ELECTRIFY YOUR SALES FLOOR WITH NEON – AVAILABLE NOW**

## PRODUCT HIGHLIGHTS

## NEON COLOUR YOUR ROW





MIX AND MATCH  
**YOUR COLOUR**



# Evolution and Vortex Upgrades



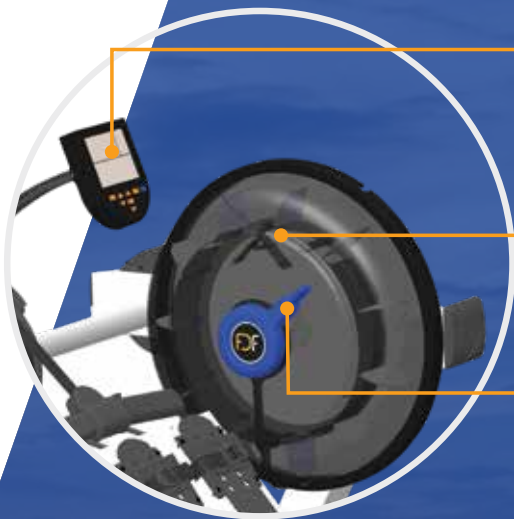
In 2018, newly manufactured models (excluding VX-3 Fluid Assist) will include:

- + **Market-first 10 level auto-adjust:** level changes are received by the monitor.
- + **Huge resistance range for any fitness level:** this new tank offers a massive 10x Fluid Force and delivers an impressive range of adjustable resistance. Replacing the existing 16 and 20 level tanks, the 10 levels still provide the same scope of actual resistance, but reduce it to a more practical range, while introducing consistency across the tank models.
- + **New graphics:** all 2018 models will use a black tank back and rubber surround, with a charcoal tinted, polycarbonate tank shell.
- + **Tank upgrades:** upgrades to industrial design on many models, with improved strength, function and durability.
- + **Console technology:** Bluetooth, auto-level adjust with inbuilt potentiometer that changes the level shown on the monitor according to the selector dial level. New console will assist with the delivery of more accurate measurement of watts and other exercise parameters. With upcoming application developments for collaboration and connectivity, this will deliver better comparative and competitive outcomes.
- + **Connectivity:** designed to integrate with rowing and fitness apps.

We couldn't  
leave the  
Evolution and  
Vortex models  
untouched.



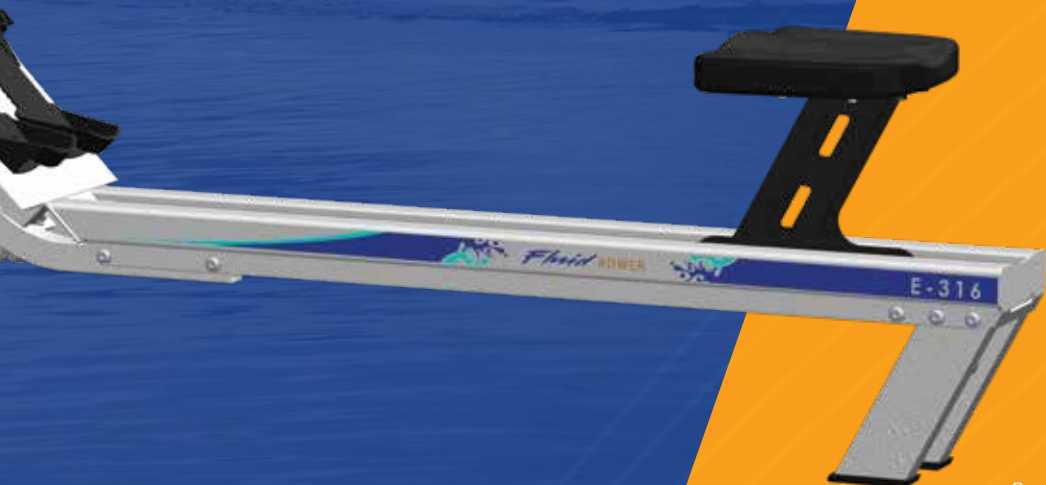




- Auto-level, Bluetooth monitor – real time power in watts per repetition
- Charcoal tinted, polycarbonate tank shell
- 10 x Fluid Force – massive range of resistance at the turn of a lever

UPGRADED

# Evolution E-316





# The Ultimate Circuit For **POWER ENDURANCE TRAINING**

## **THE** **POWER** **ZONE**

In 2018, FDF will launch its first **Concentric Fluid Power Training System**. A six-piece circuit, the first four pieces are due for release in Q2 and available for demo at **TAISPO and FIBO**. The final PowerZone pieces, Power Climb and Power Press will be released in Q3.

### › **WHAT IS CONCENTRIC FLUID POWER TRAINING?**

The PowerZone pieces are built to deliver concentric resistance only. Therefore, once you've completed the drive resistance phase of a movement (muscle shortening phase), you're done; there's no resistance on the eccentric (muscle lengthening) phase (the part that causes fatigue). This could be compared to a weightlifter who is trained to drop the weight at the top of the movement, rather than lowering it under strain.

To really understand the essence of concentric fluid power training, you first need to understand the essence of power endurance. Power is the most functional form of fitness; it is the combination of strength and speed. Endurance however, adds an aerobic component, which is central to group training.

The unique advantage of FDF's patented fluid resistance, the mechanics behind every PowerZone unit, is the ability to apply peak power to the entire range of motion without risk. It is practically impossible to hurt yourself because the force is simply based on your output. The more force you generate, the more resistance you receive.

### › **WHY IS POWERZONE CIRCUIT TRAINING A GAME CHANGER?**

The PowerZone will transform the group circuit mentality due to its functional flexibility and ability to accommodate such a broad range of users at the same time – from a teen, senior or average gym goer, through to elite athlete. The PowerZone will even satisfy the high intensity and volume of training necessary to supplement traditional Olympic lifting without compromise.

By way of example, two individuals with massively different abilities could appear to be doing the same workout, but can both be training at an individual peak power.

From complexes to functional training, the PowerZone allows you to perform Olympic style movements without the technical skill, risk of injury, or intimidation that typically comes with that environment.

Its small footprint, yet high volume, high intensity range of movements really does provide a solution for group training that keeps patrons safe and is easy to administer with very little knowhow.

## › HOW DO I MEASURE MY PEAK POWER?

When understanding peak power, it's important to understand the difference between strength and power. Strength is the amount of force you can exert at maximum effort (how much mass you can move at one time), while power is the combination of strength and acceleration (it has a speed component). It's simple physics; if you accelerate an object, it no longer weighs what it did when it was stationary.

The PowerZone measures peak power in watts, because watts are an accurate measurement of power.

## › WHAT ROLE DOES FLUID RESISTANCE PLAY IN THE POWERZONE?

The beauty of FDF's patented fluid technology is that when you increase your resistance level, you're effectively changing the load by controlling how much water goes into the outer or inner tank (refer to fluid technology diagram). This means you're achieving more resistance through the entire range of motion and maintaining constant resistance – this is what we call peak power.

If you compare this to changing the damper setting on a Concept 2 Ski Erg or rower, you are only changing the dynamics of the load, which is simply changing how quickly the flywheel decelerates on the recovery. This means your ability to produce power hasn't actually changed, resulting in the front end of the catch feeling heavier, with inconsistent resistance over the entire stroke.

## › FLUID TECHNOLOGY

### **LOW RESISTANCE**

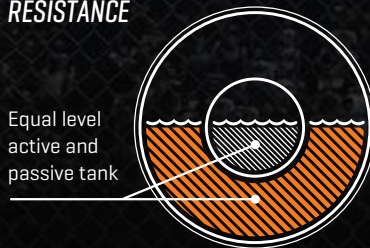
Full passive tank

Low active tank



### **MID RESISTANCE**

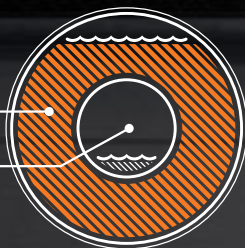
Equal level active and passive tank



### **HIGH RESISTANCE**

Full active tank

Low passive tank





# The PowerZone Products - Q2 RELEASE

## POWER CUBE

The Power Cube is an effective posterior chain and functional trainer, working the biggest and strongest muscles in the body at a high volume, without overloading. The foundation of the Power Cube is the deadlift, making it a great core trainer and accessible to any ability no matter their orthopaedic limitation.

Designed to support complex lifting routines, consisting of a sequence of several exercises, the Power Cube removes the weak muscular or mechanical link of traditional weight training to provide a Progressive Concentric Load Cycle to the targeted muscles. You can train at peak power throughout the entire range of motion.

### UNIQUE SELLING POINTS

- + Combines a huge range of movement options into one machine.
- + Doubles as a functional and strength power trainer providing the same benefits you would get from a set of kettle bells, Olympic weights, squat rack, and articulating arms with cables.
- + Works on both the upper and lower extremities and facilitates functional patterns like diagonal, chopping and swinging motions.
- + Suitable for rehabilitation and sports applications.
- + Trains lifts that complement rowing strength, as well as supports Olympic style movements without the technical skill and risk of injury, e.g. lifting with upward acceleration of a heavy weight without supporting the force of its return on the way back down.
- + The level of resistance is managed at three separate pulley points as well as the tank lever, providing four points of adjustment.
- + Instantaneous catch, no lag or slip. Apply power, feel resistance.

### EXAMPLES OF MOVEMENT COMBINATIONS

- + Dead lift - high pull - bent row - high curl.
- + High curl - high pull - bent row - dead lift.
- + Diagonal pattern pulling, chopping and swinging for upper and lower extremity work.

## ▶ KEY FEATURES

**Accessories:**  
hip and squat belt,  
single handle, ankle  
and thigh strap and  
straight bar [with  
swivel] attachments

Auto-level,  
Bluetooth monitor  
- real time power  
in watts per  
repetition

Ergonomic support bar  
for squat and lower  
extremity cable work

10 x Fluid Force  
- massive range  
of resistance at  
the turn of a lever

3 separate attachment  
points with different  
gearing loads

**1:1 ratio**  
**Power and speed**  
- jump squats, high  
pulls, compound curl

Wide  
footplates  
for maximum  
stability

Transport  
wheels

**1:2 ratio**  
**Functional and sport**

- chopping patterns, kettlebell  
patterns, rehabilitation, upper  
extremity and lower extremity  
abduction/ adduction patterns,  
extension and flexion

**2:1 ratio**  
**Power and strength**

- squats, deadlifts,  
bent rows

THE   
**POWER**  
**ZONE**



# The PowerZone Products - Q2 RELEASE

## POWER ERG

The Power Erg is an anterior chain and functional trainer, supporting full body pulling movements that combine body weight and fluid resistance to achieve an impact free workout. The adjustable Fluid Force allows the user to create greater resistance throughout the entire range of motion while training at peak power.

Targeting the core, triceps and latissimus dorsi, the design of the Power Erg creates an inertial mass that is not only influenced by Fluid Force but also by the load of your own body weight as you push up from a squat position.

### UNIQUE SELLING POINTS

- + Independent arms with articulating heads to allow diagonal, chopping and swinging motions.
- + Supports alternating and symmetrical arm swings.
- + Works on both the upper and lower extremities – overcoming body mass resistance on the way up for a more taxing workout.
- + Suitable for rehabilitation and sports applications.
- + Instantaneous catch, no lag or slip. Apply power, feel resistance.

### EXAMPLES OF MOVEMENT COMBINATIONS

- + Lat pull ski pattern – alternating lat pull swim pattern – triceps extension – diagonal downward chopping pattern.
- + Parallel and split stance options.
- + Diagonal pattern pulling, chopping and swinging for upper and lower extremity work.

## › KEY FEATURES

Rotating pulley for diagonal chopping patterns

Independent arm resistance for bilateral and unilateral movement

Large diameter Dyneema cord

Auto-level, Bluetooth monitor – real time power in watts per repetition

10 x Fluid Force – massive range of resistance at the turn of a lever

Transport wheels

Wide footplates for maximum stability

THE  POWER ZONE



# The PowerZone Products - Q2 RELEASE

## POWER UBE

Designed for strength, intensity, agility, stability, flexibility and balance, the Power UBE is a commercial-grade water resistance ergo. Constructed for high-intensity, powerful workouts this CrossFit ready machine is not for the faint hearted.

This power endurance piece is aerobically oriented and complements the strength focused units in the PowerZone. Ultimate Power UBE RPM should be maintained somewhere between 50-65. Anything below 50 may feel too heavy and cause unnecessary strain on joints, while an RPM over 65 may have you spinning out because your load is too light.

### UNIQUE SELLING POINTS

- + Step on design, small footprint and wide footplates the user benefits from rapid access and total stability.
- + Peak power is generated from the ground up, integrating movement of the user's core and upper body.
- + Bi-directional arm rotation with ergonomic hand grips to reduce wrist torque.
- + Suitable for rehabilitation purposes, enabling reciprocal muscle group balance, and supporting major muscle joints.

### › EXAMPLES OF MOVEMENT COMBINATIONS

- + Arms only
- + Full Body
- + Arms and shoulders
- + Pushing and pulling



## › KEY FEATURES



THE  POWER ZONE



# The PowerZone Products - Q2 RELEASE

## POWER ROW

The Power Row is FDF's strongest rowing platform offering a rugged performance and unique frame design for training at peak power. Its patented twin tank design offers a massive resistance range of 10 x Fluid Force with a side mounted tank for seated level change.

Experience the natural catch and consistent resistance of a rowing stroke on water, this robust indoor rower caters to any age and fitness level.

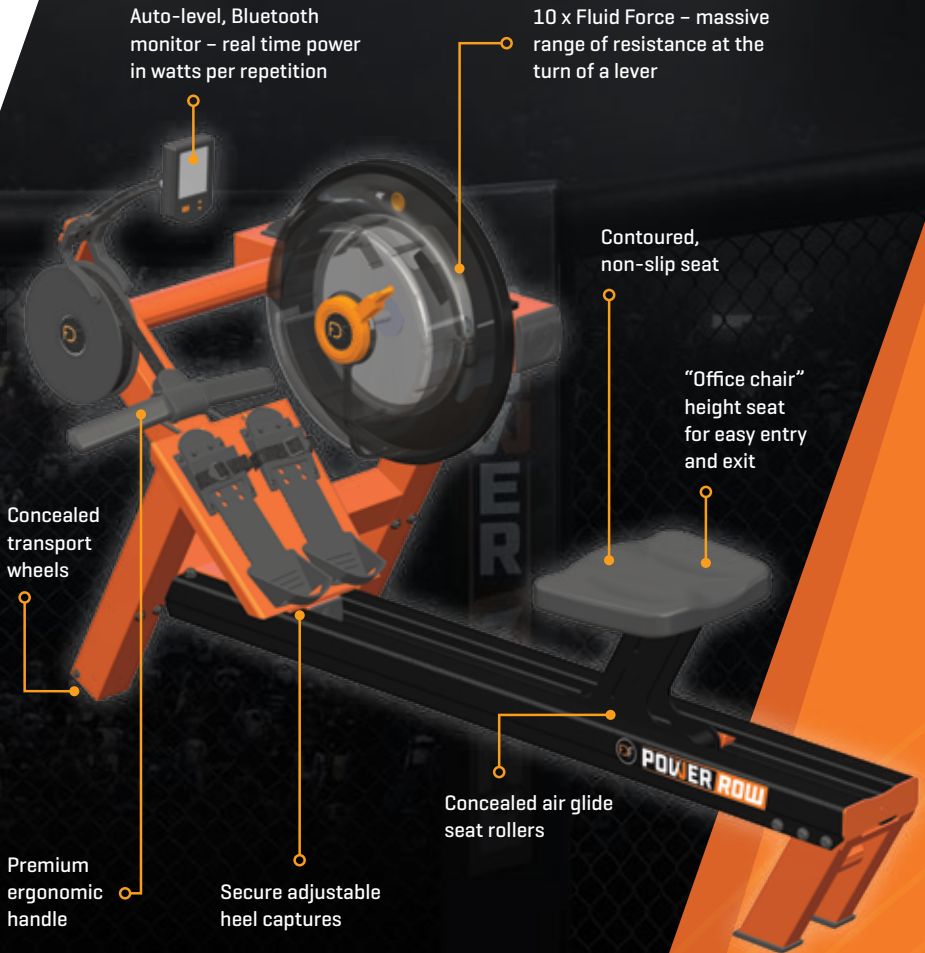
### UNIQUE SELLING POINTS

- + Fast recoil design for ultra-rapid rowing stroke.
- + Medically approved by the European Union Devices suitable for rehabilitation and medical applications.
- + Huge resistance range for interval training and gradual progression.
- + Sliding footplates with advanced heel capture to support leg drive.
- + Air glide seat rollers.
- + Auto-level Bluetooth monitor - real time power in watts per repetition.
- + Tripod frame, with shorter length and an 'office chair' height seat for ease of entry and exit.

### EXAMPLES OF MOVEMENT COMBINATIONS

- + Upright row - arms and back - half slide - full slide.
- + Legs only - legs and back - half slide - full slide.

## › KEY FEATURES



Auto-level, Bluetooth monitor – real time power in watts per repetition

10 x Fluid Force – massive range of resistance at the turn of a lever

Contoured, non-slip seat

“Office chair” height seat for easy entry and exit

Concealed transport wheels

Premium ergonomic handle

Secure adjustable heel captures

Concealed air glide seat rollers

THE  POWER ZONE



FIRST DEGREE FITNESS  
*Fluid* INNOVATION

FITNESS PRODUCTS *INSPIRED BY REAL LIFE*

To learn more contact [nick@firstdegreefitness.com](mailto:nick@firstdegreefitness.com)  
OR BROWSE THE RANGE AT [FIRSTDEGREEFITNESS.COM](http://FIRSTDEGREEFITNESS.COM)