

# FLUIDPOWERCLIMB

## CONTRALATERAL FULL BODY CLIMBER

The FDF FluidPowerCLIMB is a high-quality commercial grade contralateral full body climber. Contralateral climbing means that the opposite arm and leg will be synchronised in a natural movement pattern allowing the spine to remain in a neutral position.

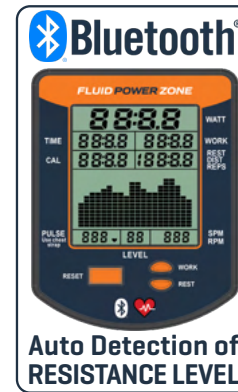
The CLIMB is designed to withstand the most vigorous HIIT workout or provide silky smooth resistance suitable for warm ups, cool downs and rehabilitation. The resistance is provided by the unique semi isokinetic properties of our 10 levels of Adjustable Fluid Resistance provided by our patented Twin Tank system and the climbing rate is driven by you. The CLIMB seamlessly and automatically adjusts to your step height and arm reach requirements. You control the Speed, Resistance and Range of Motion to allow you to train in any zone; Cardio, Power, Strength or Speed.

The full body CLIMB doubles up as a lower body stepper. Stepping reduces the total workload compared to climbing. The handrails can provide additional support to further reduce the load. Swapping between climbing and stepping adds another element of training variation in any zone, for any fitness level.

The FluidPowerCLIMB only takes up half the space of a treadmill. The CLIMB is a perfect inclusion for any type of fitness facility as a stand-alone machine or in combination with one or all of the FluidPowerZone machines; ROW, UBE, ERG, PRESS and CUBE.



# FLUID POWER ZONE



Multiple hand grip positions for comfort and different recruitment patterns

Bluetooth monitor

Natural contralateral climb action

Long angled hand rails for comfortable step action support

Generous foot plates with large toe caps

Super smooth belt drive technology

Robust Steel frame

Variable step / reach distance, auto adjust

Rear transport wheels


COLOUR OPTIONS: ORANGE GREY CUSTOM

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

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


# FLUIDPOWERCLIMB

## PRODUCT SPECIFICATIONS

PRODUCT MODEL NO:	PZ-CLI
FLUID RESISTANCE:	Vertical FDF Twin Tank - 10 levels
MONITOR:	FDF  Bluetooth / Heart Rate Compatible
PRODUCT NET WEIGHT:	144.6kg [318.8lb]
PRODUCT GROSS WEIGHT:	171.2kg [377.4lb]
DIMENSIONS:	L 1,550mm [61"] x W 790mm [31.1"] x H 2,480mm [97.6"]
MIN ACTIVE AREA REQUIRED:	L 2,150mm [84.6"] x W 1,390mm [54.7"]
MAX USER WEIGHT:	180kg [396.8lb]
VERTICAL SPACE:	H 2,480mm [97.6"] at full extension
COMMERCIAL WARRANTY:	Frame 10 years - Fluid Tank 5 years Mechanical and all other non wearing components - 2 years

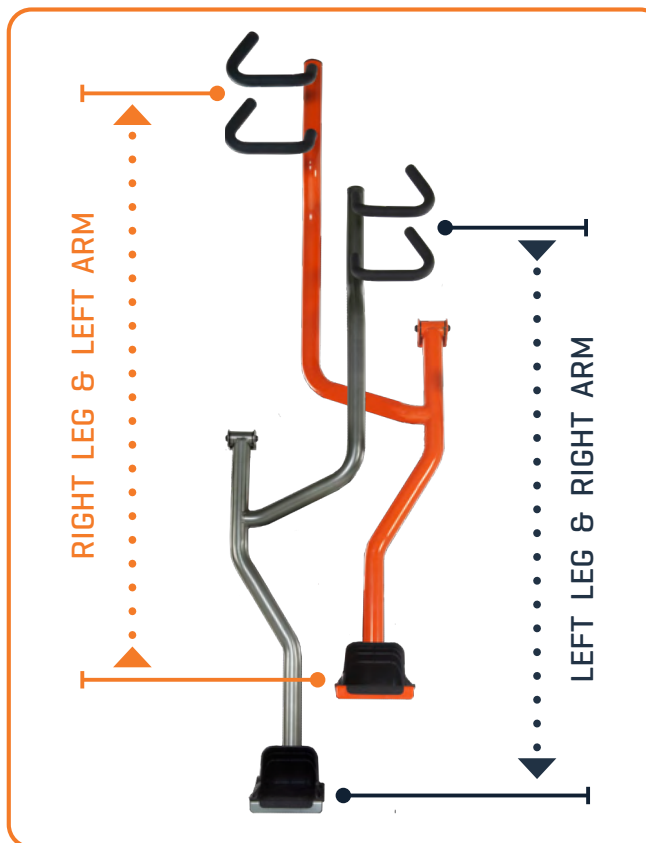


## CONSOLE FEATURES

- +  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



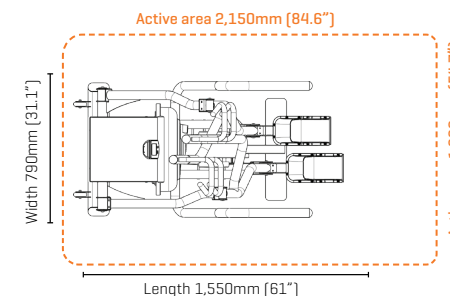
## NATURAL CLIMBING ACTION WITH NEUTRAL SPINE



### MULTIPLE HAND GRIP POSITIONS



### LARGE FOOT PLATES AND TOE CAPS



## 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 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 just 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



ERG



UBE



CUBE