

# FLUIDPOWERCUBE

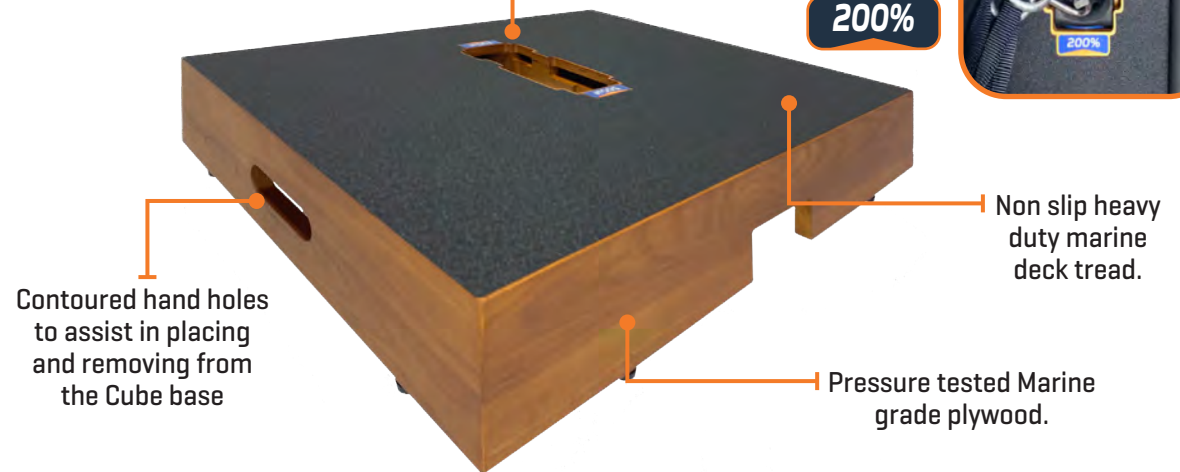
## OLYMPIC PLATFORM

The **FluidPowerCUBE Olympic Platform** add on accessory provides an athlete with an Olympic bar height for all movement patterns.

Ideal for increasing squat depth for advanced athletes and increasing the range of motion for all ground-up movement patterns.

The **CUBE Olympic Platform** is manufactured from Marine grade plywood pressure tested to resist water and decay. The cross bracing underneath provides a sturdy, stable platform when training.

FLUID  
POWER  
ZONE



SEMI SQUAT on base plate



FULL SQUAT with Olympic Platform



Start height on base plate



Olympic Platform lower start height



Diameter 450mm 17.72"



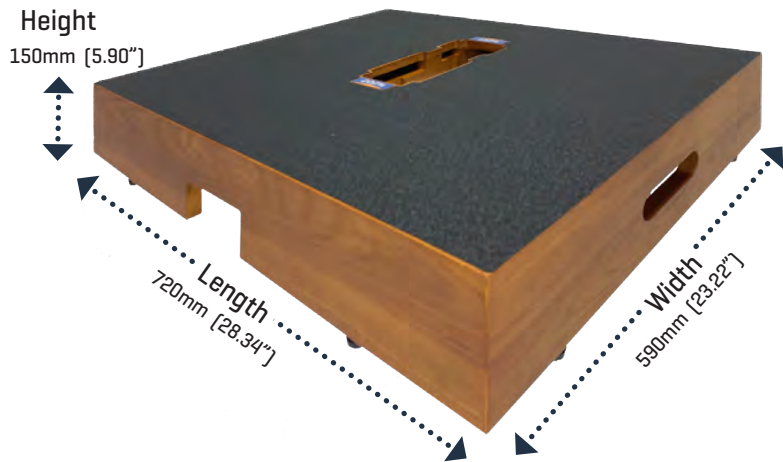
225mm / 8.86"

# FLUIDPOWERCUBE

## OLYMPIC PLATFORM

### PRODUCT SPECIFICATIONS

PRODUCT MODEL NO:	PZ-CUB-PLAT
PRODUCT NET WEIGHT:	11.8kg [26.02lb]
PRODUCT GROSS WEIGHT:	12.6kg [27.78lb]
DIMENSIONS:	L 720mm [28.34"] x W 590mm [23.22"] x H 150mm [5.90"]
MAX USER WEIGHT:	180kg [396.8lb]



## CUBE FUNDAMENTAL EXERCISES

By adding the CUBE Olympic Platform, you will get a greater range of movement for these fundamental exercises



### 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.

