

VIKING PRO

COMMERCIAL FLUID ROWER

Inspired by the greatest boat builders

The handcrafted design of the Viking Pro is so impressive even the Vikings would be envious. Built for performance as much as style, this indoor rowing machine drives new benchmarks in form and function.

A standout favourite in health clubs and CrossFit facilities, the Viking Pro boasts an integrity of construction that is suited to high intensity environments. From its solid timber profile to its ergonomic handle and seat – every design aspect has been considered to assure comfort and sensory satisfaction.

Unmatched in visual appeal, quality and ability to engage club members, making the choice to invest in the Viking Pro Indoor Rower will be easy.

Twin tank innovation for a realistic on-water rowing experience

The secret of the viking ship lay in its unique construction, so too does our patented variable fluid resistance. If you are accustomed to the natural catch and feel of actual on-water rowing, you will appreciate FDF's patented fluid innovation technology with its unrivalled emulation of propelling a boat through water.

The Viking Pro offers four levels of progressive resistance that can be adjusted at the turn of a dial. The rower can maintain a professional stroke profile with a consistent resistance that is delivered all the way to the finish, just like in a boat.



FITNESS PRODUCTS
INSPIRED BY
REAL LIFE



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

PRODUCT HIGHLIGHTS

VIKING PRO



- + Commercial-grade indoor rower, loved by group training and fitness professionals
- + 4 levels of patented Variable Fluid Resistance to suit any fitness level
- + Constructed from ethically sourced solid American Ash
- + Ergonomic handle design minimises strain on hands, wrists and forearms
- + Contoured seat with silent, smooth action and optional lumbar support
- + Multi-level computer with USB port for connectivity
- + Secure heel captures and angled surfaces to assist leg drive
- + Minimal footprint and vertical storage option – 2135mm x 550mm, or upright 550mm x 540mm



WATER ROWING AT ITS FINEST.



Optional Lumbar Support



Self-Cleaning Wheel Mechanism



Patented Variable Fluid Innovation



Multi-level computer with USB Connectivity

ABOUT FIRST DEGREE FITNESS

When you use a fitness product made by FDF, you will experience a workout that has been inspired by real life. From rowing a boat on water to cycling your favourite track, our designs are engineered to simulate exercise you're passionate about.

Since the launch of our first fluid rower in 2001, we have rapidly developed a reputation as the creators of the world's finest rowing ergometers. Distributed in every continent across the globe, our fluid rower range is trusted and loved by athletes, sports trainers, medical professionals and health conscious individuals.

FOR WORKOUT TIPS AND PRODUCT SUPPORT VISIT FIRSTDEGREEFITNESS.COM



FITNESS PRODUCTS
INSPIRED BY REAL LIFE