

VORTEX VX-3FA

COMMERCIAL FLUIDROWER - FLUID ASSIST

FLUID ROWER



The FDF Vortex VX-3FA FluidRower with Fluid Assist® adjusts the resistance levels via  and  buttons in the handle [pressed by your thumbs as you row] that communicate wirelessly with the motor built into the patented Twin Tank system.

Adjust the 20 levels of Fluid Resistance without taking your hands off the rowing handle, so you never miss a rowing stroke. Changing the resistance on-the-fly has never been easier or more convenient.

The Vortex VX-3FA has exceptional build quality and durability, locating the Twin Tank system on the side to reduce machine footprint. With raised seat height, amazing comfort and smoothness of travel, this innovative design provides practical benefits for easy access and minimal floor space requirements.

The Vortex VX-3FA FluidRower, with our unique Fluid Assist® motorised level change, boasts sculpted steel profiles and a lacquered metallic finish, making it the flagship model of the premium FDF commercial range. It is the perfect rower for high-end fitness centres, group rowing classes, HIIT sessions, rowing enthusiasts or anyone who wants the best Rowing Ergometer available.



MINIMUM

MAXIMUM

Industrial nylon belt for smooth and quiet rowing

Performance monitor

WiFi
Wireless fluid level adjustment motor

Non-slip seat

Concealed air glide seat rollers

WiFi
Wireless resistance adjustment built into the handle

Secure adjustable foot straps and heel cups

Office chair seat height for easy entry and exit

Concealed transport wheels

WIRELESS ADJUSTMENT BUILT INTO THE HANDLE

Adjust the Fluid Resistance Level (1 -20) at the touch of the  &  buttons



Wireless communication to change the Fluid Resistance levels

MODERN SCULPTED STEEL PROFILES



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

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



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**FLUID
ROWER**



HOW THE WIRELESS VX-3FA LEVEL CHANGE SYSTEM WORKS

Change the level of resistance on-the-fly while you concentrate on your rowing stroke, simply by pressing the  and  buttons on the handle. Tactile response allows you to feel each press and the level screen on the console instantly shows you what level you have selected. The smart system allows multiple, rapid presses, instantly displayed on the console, while the motorised adjuster quickly changes the Twin Tank level to match. It's that simple, fast and smart across the 20 resistance levels available at your fingertips.

FLUID ROWER

ARMS AWAY

BODY PREP

THE CATCH

DRIVE ONE

DRIVE TWO

FINISH

ADJUST FOOTPLATES

1. Slide footplate from 1 - 6 to suit your foot length.
2. Hook footplate onto mounting peg and push down firmly to lock into position.
3. Place feet against heel captures and tighten the footstraps until firm.

VX-3FA WIRELESS ROWING HANDLE



WIRELESS FLUID LEVEL ADJUSTMENT MOTOR



TWIN TANK VX-3FA



VORTEX VX-3FA

FLUID
ROWER



VX-3FA - 20 LEVELS OF FLUID RESISTANCE

LEVEL 1

LOW RESISTANCE

Fluid level **LOW** in outer active resistance tank



Fluid level **FULL** in inner passive holding tank

LEVEL 10

MID RESISTANCE

Fluid level **MIDDLE** in outer active resistance tank



Fluid level **MIDDLE** in inner passive holding tank

LEVEL 20

HIGH RESISTANCE

Fluid level **FULL** in outer active resistance tank

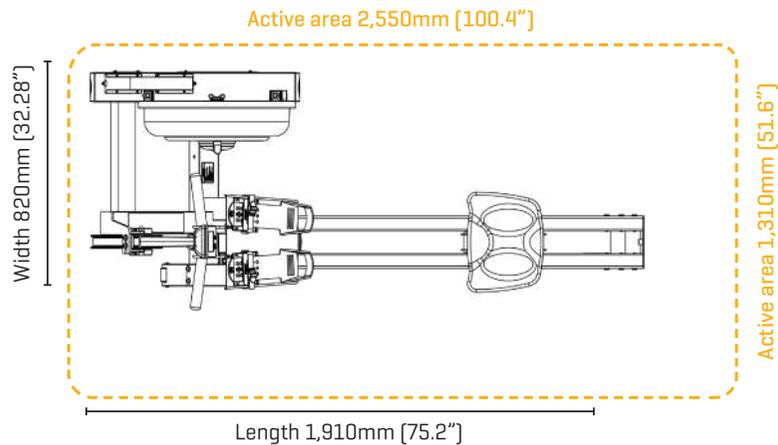


Fluid level **LOW** in inner passive holding tank

VORTEX VX-3FA FLUIDROWER

PRODUCT SPECIFICATIONS

PRODUCT MODEL NO:	VX-3FA
FLUID RESISTANCE:	FDV Vertical Twin Tank - 20 levels Motorised Fluid Assist
FLUID ASSIST POWER :	110/ 220 V to 6V Power Supply to Fluid Assist Motor
MONITOR:	Wireless / Heart Rate Compatible
PRODUCT NET WEIGHT:	69.8kg [1153.87lb]
PRODUCT GROSS WEIGHT:	78.8kg [173.72lb]
DIMENSIONS:	L 1,910mm [75.2"] x W 820mm [32.28"] x H 860mm [33.9"]
MIN ACTIVE AREA REQUIRED:	L 2,550mm [100.4"] x W 1,310mm [51.6"]
MAX USER WEIGHT:	150kg [330lb]
COMMERCIAL WARRANTY:	Frame 10 years - Fluid Tank 5 years Mechanical and all other non wearing components - 2 years



CONSOLE FEATURES

- + Wireless connectivity
- + Auto start
- + Time - Elapsed time
- + Level - Auto to selected resistance level
- + Watt - Unit of power per stroke
- + Distance - Updated every stroke
- + SPM - Strokes per minute
- + 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 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.

OPTIONAL ACCESSORY



SEAT BACK KIT



View all product ranges at
FLUIDPOWERZONE.com

FLUIDROWER.com
FLUIDEXERCISE.com