

AQUA AR ROWING ERGOMETER

OUR COMPACT ROWING ERGOMETER WITH DUAL SIDE RAIL CONSTRUCTION

COMPACT PLATFORM

If you are challenged for space, we have developed our Aqua AR Rower to include all the functionality and performance of its bigger siblings in a machine that is only 2070mm long and 520mm wide (81.5 x 20.5 inches)! Simple to lift at the back end and wheel away on smooth transport wheels, the Aqua can be stored in the vertical position in only 580 x 520mm (23 x 20.5 inches). For any application where space is limited but first class performance is still desired, this is the ideal machine.

UNBEATABLE ROWING QUALITY

Industry best on-water rowing emulation with natural catch and feel. **Adjustable resistance** at the turn of a dial, from feather light to Olympic challenge. The compact Aqua AR Rower provides outstanding performance in a cleverly engineered, steel cage format. Whatever your exercise goals or space requirements, the Aqua will deliver results and continue to challenge you to exceed with patented Variable Fluid Resistance.



With the structural integrity of steel cage engineering and first class components, perfectly packaged and simple to assemble, the Aqua offers amazing value. Our patented twin tank design delivers outstanding exercise function. Experience the feeling of real rowing in your home. **Instantly adaptable** to each user, encouraging progression as fitness level and rowing skills improve, you never outgrow a Rower from First Degree Fitness.



FIRST DEGREE FITNESS
FLUID INNOVATION

www.firstdegreefitness.com

AQUA AR ROWING ERGOMETER

FEATURES AND BENEFITS

- Adjustable Resistance, from feather light to Olympic challenge at the turn of a dial. Instantly adapts for progressive training, interval training or multiple users.
- Ergonomic handle minimizes strain on hands, wrists and forearms.
- Smooth and silent seat action and seat that shapes to the user, with textured finish to prevent slip. Exceptional comfort assured.
- Easily adjusted footplates with secure heel capture and angled surface under ball of foot to assist leg drive.
- Durable belt drive – smooth, clean, quiet and maintenance free.
- Simplified assembly and virtually maintenance free.
- Transport wheels at front allow for easy movement.
- Low impact, non-jarring, total body cardio respiratory workout.
- *Active recoil* system to facilitate rapid stroke rate utilises extended bungee length and 2 x precision one-way bearings.
- Best emulation of actual rowing with the sensory stimulation of the sight, sound and feel of being on the water. Smooth, progressive and satisfying exercise action.
- The strength of an engineered steel cage wrapped around the world's best resistance system.
- Stores in upright position 580 x 520mm (23 x 20.5") and assembled length 2070mm (81.5"), width 520mm (20.5"), height 580mm (23"). Maximum user weight 150kg (330lbs).
- Warranty. Home use: frame – 5 years, all other – 1 year (see website for full details).



FIRST DEGREE FITNESS
FLUID INNOVATION

www.firstdegreefitness.com