

# FLUIDPOWERPRESS

## SQUAT TO OVERHEAD PRESS MACHINE

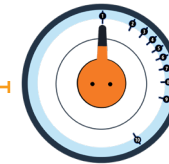
FluidPowerPRESS is an industrial quality, concentric action Squat to Overhead press machine. The resistance is infinitely variable via the 10x Adjustable Fluid Resistance mechanism, built into every FluidPowerZone machine and the unique semi isokinetic nature of our patented Twin Tank system.

The PRESS enables you to explode with high loads at high speeds, without having to deal with the eccentric loading unavoidable with most traditional forms of resistance exercise. This built in safety feature allows both the athlete competing for peak power and the deconditioned first time participant to achieve their fitness and strength goals without intimidation or injury.

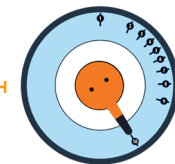
The tapered shoulder pads, ergonomic hand rails and counter balanced press arm mean all exercisers can find a comfortable, secure training position without the need to make time consuming adjustments.

The FluidPowerPRESS 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, CLIMB or CUBE.

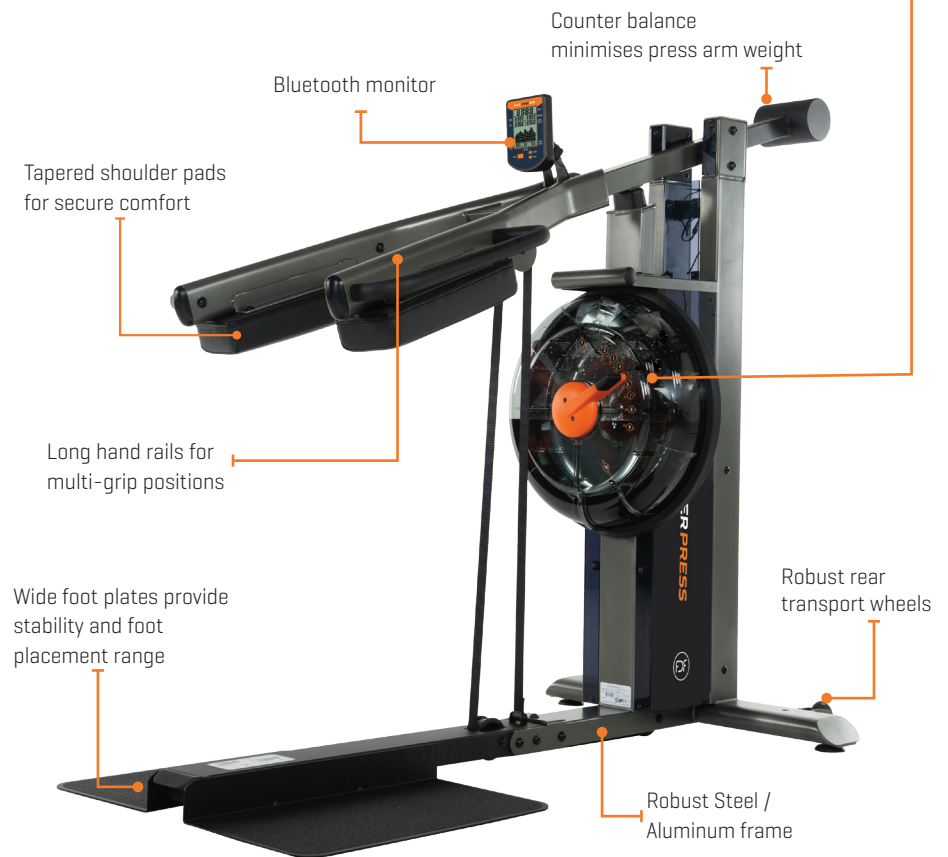
FLUID  
POWER  
ZONE



MINIMUM



MAXIMUM



COLOUR OPTIONS: ORANGE GREY CUSTOM

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

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

# FLUIDPOWERPRESS

## PRODUCT SPECIFICATIONS

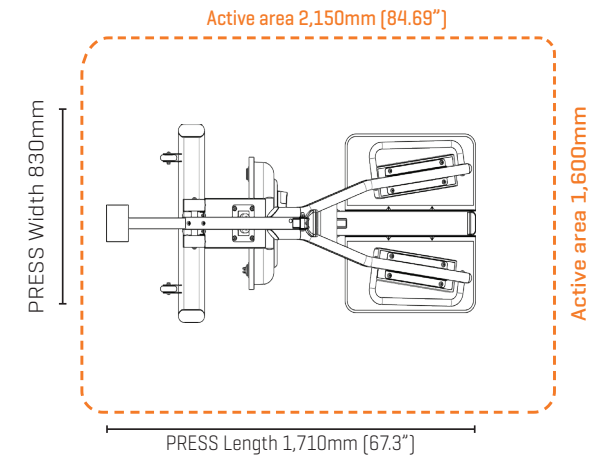
PRODUCT MODEL NO:	PZ-PRE
FLUID RESISTANCE:	Vertical FDF Twin Tank - 10 levels
PRODUCT NET WEIGHT:	94.3kg [207.9lb]
PRODUCT GROSS WEIGHT:	116kg [255.7lb]
DIMENSIONS:	L 1,710mm [57.1"] x W 830mm [32.7"] x H 2,450mm [96.5"]
MIN ACTIVE AREA REQUIRED:	L 2,150mm [84.6"] x W 1,600mm [63"]
MAX USER WEIGHT:	180kg [396.8lb]
VERTICAL SPACE:	H 2,480mm [97.6"] at full extension
PRESS ARM WEIGHT:	6kg / 13.2lb
COMMERCIAL WARRANTY:	Frame 10 years - Fluid Tank 5 years Mechanical and all other non wearing components - 2 years

# FLUID POWER ZONE



## CONSOLE FEATURES

- + Bluetooth connectivity
- + Auto start
- + Time - Elapsed time
- + Level - Auto to selected resistance level
- + Watt - Unit of power
- + RPM/SPM - Revolutions/Strokes per min
- + Power Graphs - 2 Options
- + Heart rate - Polar compatible
- + Calories burned per hour



## 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 just dead weight for a flywheel effect. 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



CLIMB



ERG



UBE



CUBE