

# VIKING 3 V

## RECREATIONAL FLUID ROWER



### A luxurious look with durable stability

If you've been looking for an indoor rower that is user friendly and visually aesthetic, the Viking 3 V will outperform your expectations. Unprecedented in form and function, its appealing American Ash woodgrain finish will complement any studio or home gym.

The Viking 3 V inspires fresh motivation with the versatility to accommodate all levels of fitness. With a resistance range of 5 Fluid Force levels, a challenge always awaits and promises a real-life rowing stroke that could make you believe you are rowing a boat on water.

Complete with a reliable, heavy duty frame, safety is at the core of this rower design offering stability and a consistent resistance throughout the entire rowing stroke.

### FDF rowing innovation for greater engagement

Delivering all of the data needed to meticulously track any training goal, the Viking 3 V is equipped with FDF's latest rowing innovations including FluidRower app integration and heart rate handle compatibility. Complete with Bluetooth auto-adjust technology, the rower's tank resistance automatically correlates with the console monitor for a seamless workout.

The perfect sto-away, simply stand this model on its end for compact storage. Appealing to a wide market including rehab and seniors, the Viking 3 V is compatible with FDF's Seat Back kit for additional lumbar support and Elevate Kit for heightened on and off access.



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

# PRODUCT HIGHLIGHTS

## VIKING 3 V



- + 5 x Fluid Force with Bluetooth auto-adjust monitor (BAM)
- + Commercial-grade build with 5-year warranty
- + Premium ergonomic handle or upgrade to Heart Rate Handle for wireless readings straight to the console
- + Compatible with Elevate Kit for convenient and on-off access
- + Compatible with Seat Back Kit for correct posture optimal back support
- + Optional smartphone attachment for safe phone mounting
- + Compact footprint and vertical storage option – 2130 x 520mm (83.86 x 20.47”), or upright 520 x 545mm (20.47 x 21.46”)
- + Max user weight – 150kg (330lbs)



## WATER ROWING AT ITS FINEST.



## ABOUT FIRST DEGREE FITNESS

Fitness products made by FDF are inspired by real life. From rowing a boat on water to running or cycling your favourite track, our designs are engineered to simulate exercise you're passionate about.

FDF Fluid Force, a unique water resistance technology, underpins our diverse range of full body fitness solutions. With Fluid Force you can row harder, train smarter and build strength faster.

Distributed in every continent across the globe, our FluidRower, FluidPowerZone and ergometer ranges are loved by athletes, sports trainers, medical professionals and health conscious individuals. We're passionate about our brand and we stand behind the craftsmanship of every fitness machine we make.



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