

VIKING2 AR ROWING ERGOMETER

SIMPLY THE BEST WOODEN FRAMED ROWING MACHINE

Outstanding Craftsmanship

Solid American Ash construction - frame integrity is assured by extensive metal fixtures and precision components to produce a rigid exercise platform that lasts a lifetime. Highest quality, hand lacquered finish creates the perfect 'fitness furniture' to integrate with and enhance any environment.

Unparalleled 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 Viking2 AR seamlessly blends form and function to give you the best total body exercise to help you achieve your objectives. Getting fit has never looked or felt this good!



Compare the quality of finish, integrity of construction and attention to detail that the superb Viking2 AR offers at unbeatable value for money. Patented twin tank design provides outstanding exercise function. **Instantly adaptable** to each user allowing progression as fitness level and abilities improve.



FIRST DEGREE FITNESS
FLUID INNOVATION

www.firstdegreefitness.com

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- Adjustable Resistance, from feather light to Olympic challenge at the turn of a dial. Instantly adapts for progressive training, interval training or multiple users.
- No dead spots! Patented twin tank design with triple-blade, stainless steel impeller delivers instant catch and consistent resistance through the entire stroke.
- Deluxe 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.
- *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.
- Multi-level exercise monitor (with USB port for extended functionality): time, distance, 500M split time, strokes per minute, calories per hour, watts, interval training and (optional) heart rate.
- Ethically produced using first grade American Ash from sustainable plantations.
- Simplified assembly and virtually maintenance free.
- Transport wheels at front allow for easy movement.
- Low impact, non-jarring, total body cardio respiratory workout.
- Stores in upright position 550x540mm (22x21") and assembled length 2135mm (84"), width 550mm (22"), height 540mm (21"). Maximum user weight 150kg (330lbs).
- Warranty. Home use: frame – 5 years, non-wearing mechanical parts – 3 years, all other – 2 years (see website for full details).

