

PACIFIC CHALLENGE AR



WATER RESISTANCE INDOOR ROWER

Bring the outdoors indoors, with a sensory cardio workout

This water rowing machine has a sleek, minimalist design that makes it a top seller in the quality home gym category. Don't be deceived by its compact size, this recreational rower packs a big pop with its 4 levels of variable water resistance and realistic on-water stroke profile.

Constructed from the finest steel and aluminium, the Pacific Challenge has a slender frame that underpins a smooth and durable slide on the leg drive. Perfect for all fitness levels, the Pacific Challenge AR is easy to transport and stores compactly on its end. You won't find a better combination of design, value and performance – once you experience an FDF rower, you won't look back.

A water rower designed to push you further

If you love a fitness challenge, the Pacific Challenge AR won't disappoint. FDF's patented twin tank with variable fluid resistance technology ensures no dead spots throughout the stroke, delivering resistance that emulates the catch and consistency of real on-water rowing.

The Pacific Challenge AR creates a total body, high calorie burning workout by activating the upper and lower core muscle groups simultaneously. Simply jump on and start rowing, this lean rowing machine has all the right design ergonomics to start you off with a winning rowing technique.



*FITNESS PRODUCTS
INSPIRED BY REAL LIFE*

**VARIABLE FLUID
RESISTANCE**

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

PRODUCT HIGHLIGHTS

PACIFIC CHALLENGE AR



- + 4 levels of patented Variable Fluid Resistance for progression and instant adjustment
- + Ergonomic handle to minimise strain on hands, wrists and forearms
- + Multi-level computer with USB port for connectivity
- + Height adjustable footplates and straps for optimal foot placement and comfortable rowing position
- + Sensory simulation of sight, sound and feel of rowing a boat on water
- + Precision bearing seat runner for sustainable, smooth operation
- + Triple bladed impeller and baffled tank for instant catch and consistent resistance
- + Compact footprint – 1975mm x 530mm or upright 530mm x 510mm



BUILT FOR PROGRESSIVE TRAINING.



ABOUT FIRST DEGREE FITNESS

When you use a fitness product made by FDF, you will experience a workout that has been inspired by real life. From rowing a boat on water to cycling your favourite track, our designs are engineered to simulate exercise you're passionate about.

Since the launch of our first fluid rower in 2001, we have rapidly developed a reputation as the creators of the world's finest rowing ergometers. Distributed in every continent across the globe, our fluid rower range is trusted and loved by athletes, sports trainers, medical professionals and health conscious individuals.

FOR WORKOUT TIPS AND PRODUCT SUPPORT VISIT FIRSTDEGREEFITNESS.COM



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