

PREDATOR E620ST

STANDING UPPER BODY ERGOMETER



Take the Predator Challenge for improved strength and stamina.

The Predator has been constructed for high intensity, powerful workouts. Commercial-grade and CrossFit ready, this standing UBE offers heavy duty performance that can withstand even the most demanding fitness levels.

From its step-on design, small footprint and wide foot plates, the user benefits from rapid access and total stability as power is transmitted from the ground up. Perfect for circuit training as well as CrossFit, the Predator's bullet-proof design aims to achieve an all-round body workout with integrated movement of the user's core and upper body.



A legendary fitness encounter with a dominant edge.

Whether you are a veteran, athlete or somewhere in between, the Predator is designed to target strength, endurance, intensity, agility, stability, flexibility and balance. The slimline footplates allow for wheelchair access and its bi-directional function offers huge advantage for rehabilitation purposes, enabling reciprocal muscle group balance and support of major joints

An eye-catching unit this UBE will quickly become a focal point of any facility, producing competitive results at an affordable price point. The Predator features FDF's famous fluid innovation technology with 20 levels of intense fluid resistance and continuous catch on the arm cycle, even with rapid change of direction.



FIRST DEGREE FITNESS
Fluid INNOVATION



VARIABLE FLUID
RESISTANCE

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

PRODUCT HIGHLIGHTS

PREDATOR E620ST

- + Bi-directional movement for complete muscle engagement
- + Built to withstand heavy usage – perfect for CrossFit
- + 20 levels of patented Variable Fluid Resistance to sustain any challenge
- + Tough polycarbonate tank
- + Environmentally friendly, rust proof e-coating to complete frame
- + Self-levelling, comfortable, ergonomic hand grips reduce wrist torque
- + Fixed crank arm design for maximum comfort and dependability
- + Wide foot supports maintain total stability and enable wheelchair access
- + Multi-level computer
- + Compact footprint - 1926mm x 1136mm



COMMERCIAL GRADE AND CROSSFIT READY.



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 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.

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



**FITNESS PRODUCTS
INSPIRED BY REAL LIFE**