



PACIFIC PLUS

RECREATIONAL FLUID ROWER

A minimalist design offering maximum performance

Pacific Plus has a sleek, minimalist design making it a top seller in the quality home gym category. Don't be deceived by its compact size, this recreational rower packs a punch with 4 levels of Fluid Force resistance that emulate a realistic on-water stroke profile. Keep track of consistency - simply select the desired level of resistance at the turn of a tactile and audible dial.

Constructed from durable steel and aluminium, Pacific Plus has a slender frame that facilitates a smooth glide on the leg drive. Perfect for all levels of fitness, this rowing machine is easy to transport and stores compactly on its end.

Transform your fitness with one machine

The Pacific Plus provides an accurate rowing simulation with an instant catch and consistent resistance experienced on-water. Delivering 4 levels of Fluid Force, FDF's patented twin tank technology assures no lag or dead spots throughout each stroke.

The Pacific Plus delivers a total body, high calorie burning workout by activating the upper and lower core muscle groups simultaneously. Built for efficiency and usability, this rower will always exceed your training expectations.



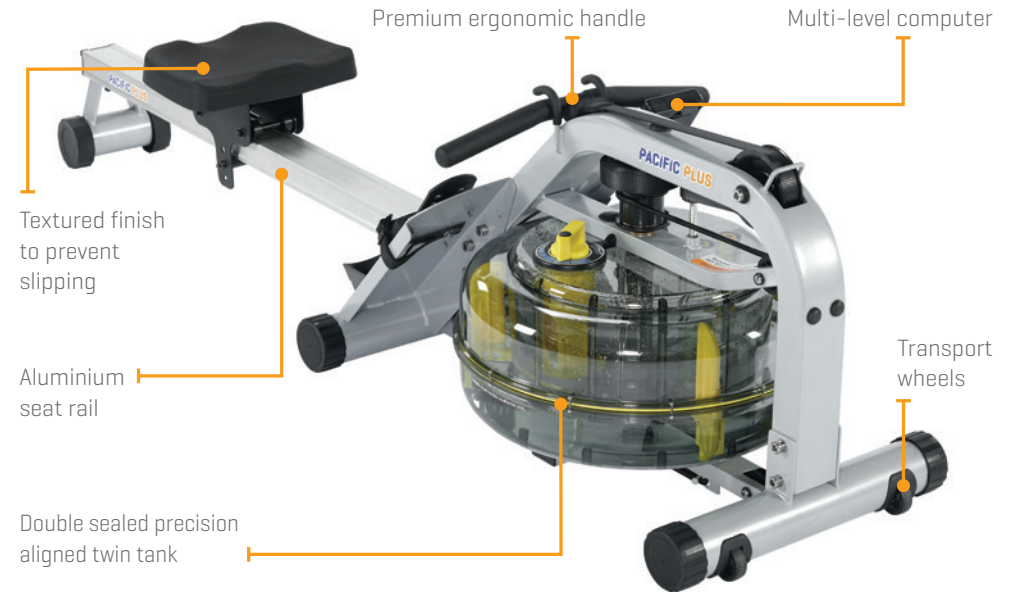
BROWSE THE RANGE [FIRSTDEGREEFITNESS.COM](https://www.firstdegreefitness.com)

PRODUCT HIGHLIGHTS

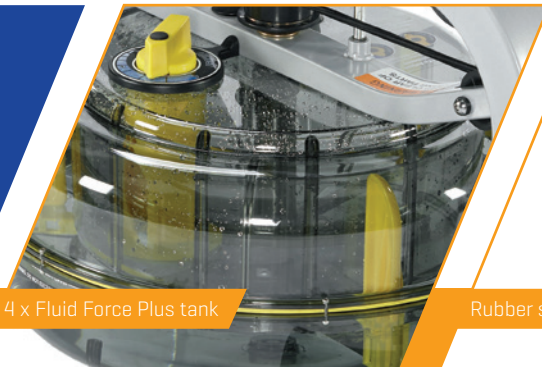
PACIFIC PLUS



- + 4 x Fluid Force with audible and tactile, selector dial
- + Ergonomic handle to minimise strain on hands, wrists and forearms
- + Height adjustable footplates and straps for optimal foot placement and comfortable rowing position
- + Multi-level computer with USB connectivity
- + Precision bearing seat runner for sustainable, smooth operation
- + Compact footprint and vertical storage option – 1990 x 520mm [78.35 x 20.47"], or upright 520 x 560mm [20.47 x 22.05"]
- + Max user weight – 150kg [330lbs]
- + 5 year warranty guarantee



BUILT FOR PROGRESSIVE TRAINING.



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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