

# VIKING3 AR ROWING ERGOMETER

ELEGANCE AND PERFORMANCE  
EXERCISE AND ART

## SCANDINAVIAN HERITAGE

Like the Viking Longboats of history, we have crafted the finest timber into the sleekest design to create the ultimate synergy of form and function. Using first grade American Ash, hand finished and double lacquered for a lifetime of pleasure, we wrap the world's best rowing function (patented Variable Fluid Resistance) within a craftsman built framework. Constructed around a central frame of pressure-formed laminate for unmatched strength and durability, each individual machine is numbered, checked and carefully packed to ensure it reaches its new home in perfect condition.

## UNPARALLELED ROWING PLEASURE

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 beautiful lines of the Viking3 are only exceeded by the outstanding performance of this exercise machine. Whatever your fitness goals, the Viking3 will deliver results and constantly challenge you to exceed with patented Variable Fluid Resistance.



Enhance your home and improve your fitness. Our unique twin tank design delivers outstanding exercise function. Experience the feeling of real rowing, **instantly adaptable** to each user, encouraging progression as fitness level and rowing skills improve. Connect the fun, passion and workout experience by putting the Viking3 in your home.

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## FEATURES AND BENEFITS

- **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).



**FIRST DEGREE FITNESS**  
*Fluid* INNOVATION