

Fluid UBE



The professional Upper Body Ergometer

Features *Fluid* TECHNOLOGY System 20

Operates in both forward and reverse directions
for maximum muscle engagement

An Upper Body Ergometer (UBE) engages virtually every muscle in the upper body. As a warm-up for resistance training, it provides better activation of the upper torso than traditional alternatives.

When used in the standing position, the UBE engages all core muscles of the mid section. It is also widely used in the rehabilitation of many injuries and as a general exercise apparatus for those in wheelchairs.



- Crank arm rotates 360 degrees
- Permits correct adjustment for all users
- Can be used standing or seated
- Precise adjustment in 5 degree increments
- Counter-balanced for ease of rotation



- Contoured comfort seat
- Lumber support
- 3 positions horizontal adjustment
- Removable for standing use or wheelchair access

- Advanced workout computer displays time; distance; speed; rpm; calories per hour; watts; heart rate



- Fully adjustable self-levelling hand grips
- Optimum muscle utilisation
- Maximum user comfort

- Machine Dimensions
- Footprint 1250mm x 990mm (49" x 39")

- Available colours: silver, black



Ideal for seated or standing use



Seat adjusts horizontally to suit user



*Fully wheelchair compatible
Robust and heavy base plate
ensures weight of wheelchair
user will fully stabilise the
machine in vigorous use*

The best value for money UBE in today's market