

Fluid ROWER S-500



Smooth, comfortable and stable.



Natural catch and constant resistance.



Reproduces the feel and pleasure of on-water rowing.

Experience the world's finest indoor rower

The Ultimate Professional Health Club Rower

Suitable for all commercial applications

Features *Fluid* TECHNOLOGY System 20

*Variable resistance at the touch of a lever.
Unmatched durability - virtually maintenance free.
The motivation of sight, sound and silken smooth stroke.*

The most comfortable seat of any rower on the market
Seat at "office chair" height, for ease of entry and exit
Optional back support for injured, de-conditioned or elderly users

Super-glide rollers run in concealed track
Avoid risk of user injury or damage to clothing
Cleaner, smoother and longer life

Unique non-slip footboard design
Ergonomic heels-together layout for user comfort
Instant one-touch adjustment for foot size.
Heels cannot come loose while rowing

Large diameter handle with tough webbing belt
Superior user comfort
Smooth clean operation – no chains, no lubrication

Advanced workout computer displays:
time; 500m split; distance; strokes per minute;
calories per hour; watts; interval training feature;
heart rate (optional kit required)

Inbuilt transit wheels for ease of movement
Footprint 1950mm x 710mm (77" x 28")
Stands vertical for storage

Available colours: silver, black



Why First Degree Fitness ...

Right from the start, we have seen how first-time users are captivated by the sight, sound and feel of a resistance system using water as its heart. To understand what we mean, just try one of our unique products, close your eyes and experience the difference. We blend the essence of indoor and outdoor exercise in a manner that no other apparatus can offer - this is what Fluid Technology is all about.

First Degree Fitness Limited was founded in 2001 with a mission to develop a range of unique products for the commercial fitness industry using our patented Fluid Technology as a medium of resistance. Each product is suited to users of all ages, body types and fitness levels, offering the ability to enjoy a perfectly tailored workout, with all the benefits that accrue as a result.

During 2006 that range was extended to the five products in this brochure, and the future will see FDF continue to release new cardiovascular machines, all bringing you the benefits Fluid Technology can offer. We will continue to employ and consult with professionals in each associated field to maximise the function and performance of our products.

Our original Fluid Technology System 20 offers 20 levels of resistance, from "feather light" to "Olympic sprint", all at the touch of a lever. This system is at the core of our three original models – the S-500 Rower, UBE and CXT. During 2006 we responded to market demands with the release of two compact rowers, using the new System 16. Pages 8 and 10 of this brochure present a full explanation of how these systems work.