

# Fluid TECHNOLOGY

## Level 1

Most water in the inner (passive) chamber.  
Light resistance.

## Level 8

Water levels equal between chambers.  
Medium resistance.

## Level 16

Most water in the outer (active) chamber.  
Heavy resistance.

## Why it works

- Water has a unique “cube rule” - this means that to go twice as fast requires 8 times the effort! The *Fluid* Rower automatically adapts to the intensity of the workout. With 16 levels of resistance, this provides infinite variation.
- *Fluid* Technology provides the most even resistance system available. It's the closest thing to real rowing, with natural catch and consistent workload through the stroke.

## How it works

- Two chambers are contained within one tank. The inner (passive) chamber stores water.
- Resistance is created by impeller blades churning water in the outer (active) chamber.
- Moving the level indicator transfers water between chambers. Maximum resistance occurs when the greatest volume of water is in the outer (active) chamber.

# Light Commercial **S-250**



Unique heel cradles maximise foot support and comfort.



Instant setting of correct foot placement using single central adjuster.

## Why rowing is good for you

- Rowing is highly aerobic
- Rowing engages all major muscle groups
- Rowing is low impact and non weight-bearing

## Why fluid rower is the best

- The *Fluid* Rower range offers high quality, variable resistance machines suitable for users of any fitness level, age or condition.
- *Fluid* Rowers are clear winners in any direct comparison with competitive equipment. Just look at the features.

## COMMON S350/S250 FEATURES



Ergonomic handle design. Angled shape prevents strain on wrists and hands.



Advanced workout computer displays: time; 500m split time; distance; strokes per minute; calories per hour; watts; interval training; pulse option (heart rate kit req'd)



Precision engineered 'Power Train' with massive resistance range. Patented *Fluid* TECHNOLOGY instantly adjusts through 16 levels.



Inbuilt transport wheels. Just tilt to engage



Compact Design  
Shorter footprint  
requires less floor space

Softly contoured seat for unmatched comfort and durability.  
Raised seat height for ease of access.



Both machines fold easily for storage in just 56 x 65cm / 22 x 26in.

Colours  
Available in silver, black and yellow





Model FR-S250 shown

### Fluid Rower S-350

**Overall Dimensions:**

Length: 1925mm / 75.8"

Width: 560mm / 22.0"

Height: 940mm / 37.1"

Maximum User Weight: 205kg / 450 lbs

**Warranty:**

Frame 10 Yrs

Tank & Seals 3 Yrs

Components 1-2 Yrs

(see website for full details)

### Fluid Rower S-250

**Overall Dimensions:**

Length: 1925mm / 75.8"

Width: 560mm / 22.0"

Height: 940mm / 37.1"

Maximum User Weight: 136kg / 300 lbs

**Warranty:**

Frame 5 Yrs

Tank & Seals 2 Yrs

Components 1 Yr

(see website for full details)

Available from: