

## 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.