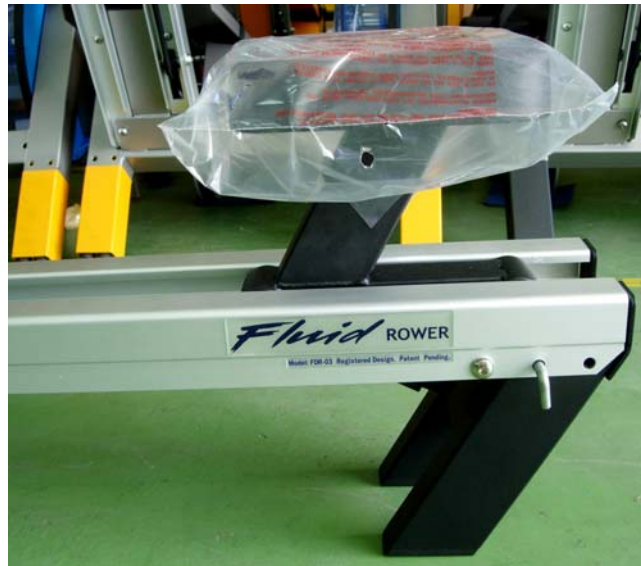


THE FLUID ROWER SEAT AND RAIL:



The Fluid Rower possesses the smoothest seat action on the market today.
Here's why:



- Hardened steel wheel axles along with PU wheels and Japanese NSK 6202Z bearings just prior to final assembly:



- Test fitting a bearing before pressing and loctiting into place, after which the seat wheels are tested for free spinning before being assembled onto the Fluid Rower.
- Once this is complete, the seat itself is bolted into place and the finished unit sent off to the assembly line.

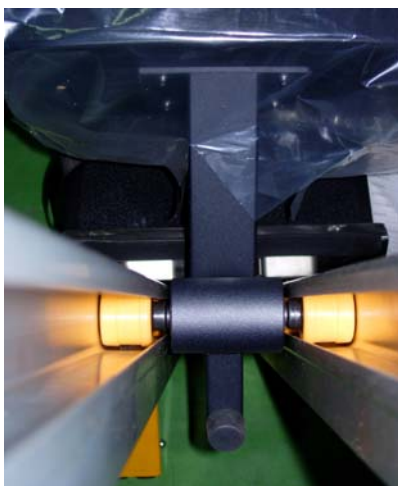


- A complete seat assembly.
- All First Degree Fitness products; including the rower seat are ED coated prior to painting for superior rust protection.



Aluminum rail visual inspection

- Our extruded aluminum seat rails go through rigorous QC inspection before being allowed onto a Fluid Rower.
- Here, a Quality Control inspector checks down the length of the seat rail for any signs of cosmetic flaws, metal shards or warping that could interfere with the smooth action of the Fluid Rower seat.
- Every Fluid Rower is fully assembled and test rowed for smoothness, prior to packing.



A completed assembly, Rower seat and rail.

- Upon completion of entire rower assembly, the Fluid Rower enters a "Quiet room" for final inspection before packing. It is here that the seat rail assembly goes through its final QC process before being boxed for shipping.
- A three tiered QC process assures any issue concerning the seat/rail assembly (or the entire Fluid Rower for that matter) will be addressed long before reaching a customer.