

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.

S-350 Full Commercial



Concealed precision rollers for smooth action and low maintenance. Low rail / high seat creates clear heel space for freedom of foot placement and greater user comfort.



Superior footplate design allows fast, single action adjustment for foot size - no fiddling with separate plastic footplates. Heels remain secured while rowing.



Optional Seat Back Kit available for deconditioned, injured or elderly users



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