

E316 FLUID ROWER

*Fully featured compact commercial
Ergometer*

**ORIGINAL TECHNOLOGY
THOUGHTFULLY APPLIED AND
CRAFTED WITH CARE**

Patented Fluid Technology is the only system that provides Variable Fluid Resistance at the touch of a lever.

The E-316 Fluid Rower delivers the closest thing to real, on-water rowing with a natural catch and resistance through the stroke. Plus, like all the rowers in our fluid family, it has unmatched durability, is easy to use and delivers a great whole body workout, calorie and cardio burn. The E-316 has 16 resistance levels and has a smooth, cable driven system.



FIRST DEGREE FITNESS
FLUID INNOVATION

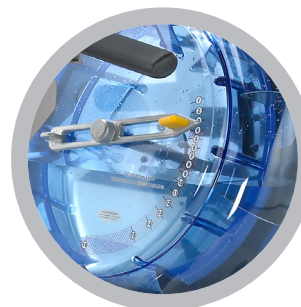
www.firstdegreefitness.com

Small footprint, easy mobility, compact storage. Ideal for group classes. Virtually maintenance free-ideal for the commercial environment. Our fluid rowers are both physiologically superior in terms of the way they prepare your body without beating it up and motivationally superior in terms of its experience quotient. Our rowers deliver a great low impact whole body workout that includes the highest cardio and calorie burn.

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FEATURES AND BENEFITS

- 16 level patented Variable Fluid Resistance. Interactive Performance Monitor (IPM) with USB port: The IPM displays: time; speed; distance; stroke rate; calories per hour; watts; 16 level adjustment, pacer, and has a heart rate receiver built in. The IPM gives you quick start, manual programs, interval training, USB port allows interactive programming.
- Height Adjustable footplates with Advanced Heel Cradle footboard design (Reg. Design) and straps to ensure optimal foot placement and comfortable rowing position.
- Direct Drive System (Patent Pending)
- Fitted with Heart Rate receiver as standard
- Rigid frame construction for maximum stability. Rubber feet for adhesion to floor surfaces and to prevent damage. Extended transport wheels for ease of movement
- Dyneema® cable – no noisy chains, no lubrication
- Deluxe ergonomic handle allows comfortable grip and minimised strain on forearms, wrists and hands
- Seat at “office chair” height for ease of entry and exit. Optional Back Support (Not Included). May be purchased separately to add lumbar support to the rower.
- Air Glide low friction seat rollers, concealed for cleaner, safer, and smoother ride. Tough hardened dual anodised aluminum seat rails
- Maximum user weight 204kg (450lbs). Compact footprint 190 x 56 cm (75 x 22”) and stands vertical for storage in just 55 x 75cm (22 x 30”)
- International full commercial warranty: 10 years on frame, 3 years on tank & seals, 2 years monitor and wear items



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