

# E520 FLUID ROWER

## STYLE, DURABILITY AND RUGGED PERFORMANCE

With unique tripod frame design, exceptional engineering and build quality, the E520 delivers the strongest platform available for the club environment. The shorter length, higher seat height and sheer presence of this model make it the perfect rowing ergometer for inclusion in a club's cardio-vascular area. Of course, it's a brilliant product for the home gym too.

**Adjustable resistance** at the turn of a lever, easily accessible while seated, keeps users challenged, motivated and engaged. Our patented twin tank system delivers a massive range of resistance to suit every rower, from deconditioned seniors to professional athletes and oarsmen. **Instantly adaptable** to each individual, it encourages progression as fitness levels and abilities improve. You never outgrow a Fluid Rower!

Demonstrate innovation and a sensitivity to the needs of your members. Invest in the E520 Fluid Rower and watch the popularity of rowing increase.



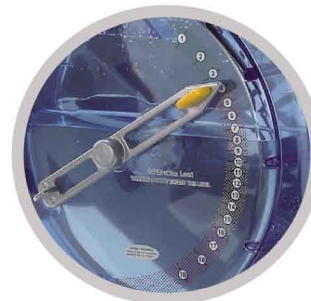
Give your members the sight, sound and feel of real on-water rowing. With superior aesthetics, user-engagement and versatility, the E520 puts challenge and fun back into the rowing category. Experience the natural catch and consistent resistance throughout the full length of the stroke, to deliver better exercise results with less chance of injury. Virtually maintenance free and engineered for the toughest commercial environments, this exceptional machine will safely engage you in one of the most effective forms of exercise available.



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## FEATURES AND BENEFITS

- **Variable Fluid Resistance** with 20 levels. Instantly adapts for progressive training, interval training or multiple user requirements.
- **No dead spots!** Patented twin tank design with stainless steel flywheel / impeller delivers perfect catch and consistent resistance throughout the entire stroke.
- **Best emulation of actual rowing** with the sensory stimulation of the sight, sound and feel of being on the water.
- Interactive Performance Monitor (IPM) with USB port - displays: time, speed, distance, stroke rate, calories, watts, level, pacer and heart rate. The IPM gives you Quick Start, manual programs, interval training, 6 previous workout memory and a unique pacer system.
- USB connectivity to WebRanking, Fluid-Coach, WebRacing and more.
- Smooth action seat that shapes to the user, with textured finish to prevent slip. Exceptional comfort assured. Optional back support available.
- Deluxe Ergonomic handle allows comfortable grip and minimized strain on forearms, wrists and hands.
- Easily adjusted footplates with secure heel capture and angled surface under ball of feet to assist leg drive.
- Durable belt drive – smooth, clean, quiet and maintenance free.
- Active recoil system to facilitate rapid stroke rate via extended bungee length and precision (German INA) dual one-way bearings.
- Dual seat rails in anodized aluminium with low friction seat rollers, concealed for a cleaner, smoother and safer ride.
- Rigid frame construction provides unmatched platform stability.
- Rubber cupped feet for adhesion to smooth floors and prevention of damage.
- Quality transport wheels for ease of movement. Stands for compact storage.
- Maximum user weight: 150kg (330lbs). Length: 191cm (75.19”), width: 82cm (32.28”).
- International full commercial warranty: 10 years on frame, 3 years on tank & seals, 2 years monitor and wear items.



**FIRST DEGREE FITNESS**  
*Fluid* INNOVATION