

# E316 FLUID ROWER

**FULLY FEATURED - COMPACT COMMERCIAL ERGOMETER**

**NOW WITH BELT DRIVE**

The robust construction of this full commercial model inspires confidence and challenges even the fittest of rowers to explore and exceed their limits. Dual seat rails provide enclosed roller surfaces for a cleaner, smoother and safer action.

Our unique *Direct Drive* design ensures that all you feel, hear and see is the water churning through the tank. It's the closest thing to actual on-water rowing available and you will love it! Close your eyes and you could be out on the river.

**Adjustable resistance** at the turn of a lever 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.



Small footprint, easy mobility and compact storage make the E316 Fluid Rower ideal for group classes, cardio' areas or better home gyms. With superior aesthetics, user engagement and versatility, the E316 puts excitement and fun back into the rowing category. Revitalize rowing in your facility, whether club or home, with a product designed to outperform it's rivals. Virtually maintenance free and engineered for the toughest commercial environments, this exceptional machine will engage you in one of the most effective forms of exercise available.



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## FEATURES AND BENEFITS

- **Variable Fluid Resistance** with 16 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: 211cm (83.07”), width: 81cm (31.88”).
- International full commercial warranty: 10 years on frame, 3 years on tank & seals, 2 years monitor and wear items.

