



Fluid Rower Evolution E350 water rower machine



The Fluid Rower E350 indoor rower is a high quality rowing machine designed for all fitness levels and heavy use facilities. Featuring FDF's adjustable fluid resistance technology, this water rower accurately simulates the drift of a boat through water, with the rower experiencing instant catch and continuous resistance, as well as the sight and sound of water being propelled through the dual tank. The E350 Indoor Rower offers an adjustable resistance range of 1-10 and features an angled tank with a straight configuration for an unmatched stroke profile. The convenience of this water resistance technology means you can change the intensity during your workout to meet individual fitness goals and also allow for multi-user workouts. The E350 Fluid Rower has a small footprint with complete mobility and compact vertical storage, making it ideal for group classes, cardio areas and high-end home gyms.

CHF 2'890.00

Equipment:

- Resistance formation due to water resistance - Resistance formation depending on the tensile strength.
- Direct Drive System - Dyneema cable (the strongest plastic fiber cable)
- 10 adjustable resistance levels (Adjustable Resistance (AR)) by means of a rotary knob - The E350 from Fluid Rower has a water tank with two separate chambers. There is an active chamber and a passive chamber. Manually (in 10 steps), the water can be transported from the active to the passive chamber and vice versa by opening and closing integrated sluices. Only the water that is in the active chamber is moved during the training. The training resistance is built up on the one hand by the amount of water in the tank and on the other hand by the traction strength of the trainee.
- Auto-Adjust (level on console display adjusts to tank level)



- User-friendly training computer (Interactive Performance Monitor): LCD display for time, 500m average time, distance, strokes per minute, calories burned per hour, resistance level, heart rate, wheel rotation, watts
- multiple training programs (quick start, interval, speed and manual training, six preset training programs)
- Bluetooth compatible for integration of rowing and fitness APP's
- Shatterproof polycarbonate tank
- stainless steel water wheel
- large foot plate with adjustment possibility to the foot size
- space-saving height adjustment
- comfortable, ergonomic and smooth running roller seat with hidden seat rollers for a smooth run
- ergonomic handle
- transport wheels
- color: silver

Use: home use, payload: approx. 150kg

Unit dimensions: L212 x W81 x H101,5cm, space requirement: L332 x W201, folded up (vertical): 81 x 101cm, weight 54,8kg (without water filling)

Accessories: pulse receiver for wireless pulse collection

Options: Transmitter belt

Warranty: 1 year full warranty, 2 years on labor and parts (excludes consumables).

The Fluidrower App is available:

Apple App Store

<https://apps.apple.com/nl/app/fluidrower/id1449683562>

Google Play Store

<https://play.google.com/store/apps/details?id=com.firstdegreefitness.fluidworkout>