

# EVOLUTION E350

## COMMERCIAL FLUID ROWER

The FDF Evolution E350 FluidRower is a high-quality compact commercial grade rowing ergometer with an instant natural catch and a smooth, consistent feel through the whole stroke. The E350 resistance is provided by the unique semi isokinetic properties of our patented Twin Tank Adjustable Fluid Resistance system.

The E350 will cater for the explosive power of any HIIT workout all day every day and yet remains silky smooth at any combination of stroke rate and resistance making it suitable for long cardio sessions, warm ups, cool downs and rehabilitation.

Rowing has long been viewed as an efficient training modality for your whole body; the E350 FluidRower takes this efficiency to new levels. Set the Fluid Resistance to suit you, choose your stroke rate and range of motion and train effectively and efficiently to meet your fitness goals.

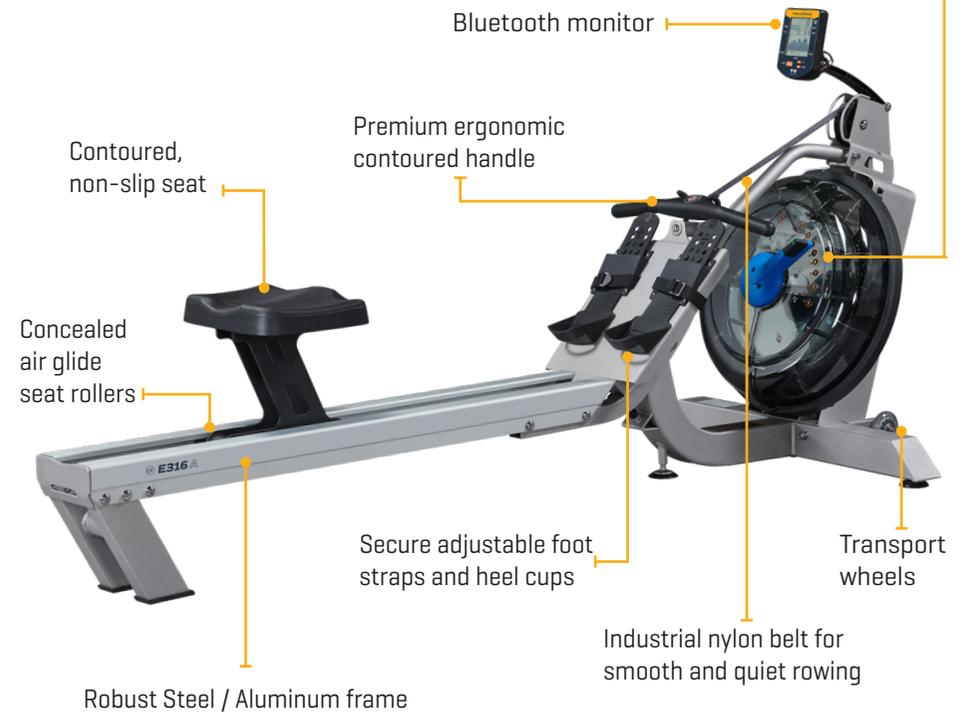
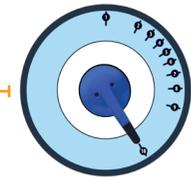
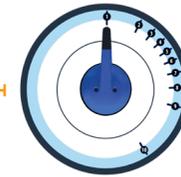
The E350 FluidRower has a unique, robust design with the adjustable Fluid Resistance angled Twin Tank, a convenient height rowing seat and a comparatively short frame length. The attractive narrow design provides practical benefits for easy access, minimal floor space requirements and compact vertical storage option making it ideal for group classes. Every fitness facility needs at least one rowing machine, and the unique versatility of the E350 FluidRower makes it an obvious choice.

Partner the E350 FluidRower with FluidExercise Arm Cycle UBE to create motivating individual or group training options.

COMPACT FOOTPRINT



COMPACT CLASS STORAGE



View the full range of rowers at [FLUIDROWER.COM](https://www.fluidrower.com)

Visit [FIRSTDEGREEFITNESS.COM](https://www.firstdegreefitness.com) to view all FDF product ranges.

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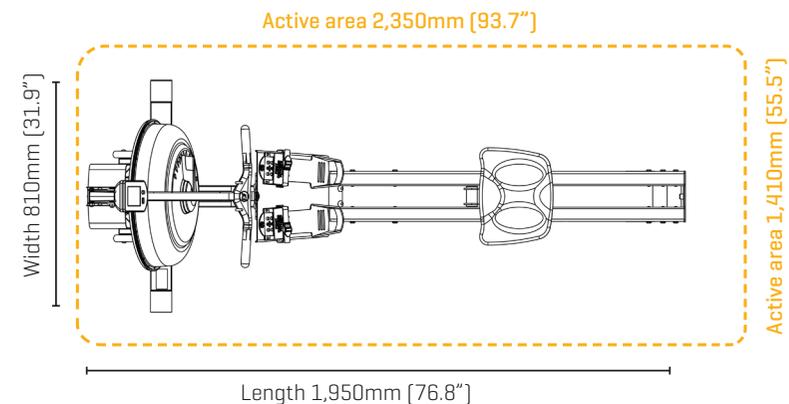
## PRODUCT SPECIFICATIONS

PRODUCT MODEL NO:	E350
FLUID RESISTANCE:	FDF Vertical Twin Tank - 10 Levels
MONITOR:	FDF Bluetooth / Heart Rate Compatible
PRODUCT NET WEIGHT:	50.00kg [110.23lb]
PRODUCT GROSS WEIGHT:	60.00kg [132.28lb]
DIMENSIONS:	L 1,950mm [61.40"] x W 810mm [31.20"] x H 1,015mm [39.96"]
MIN ACTIVE AREA REQUIRED:	L 2,350mm [93.70"] x W 1,410mm [55.50"]
STORED VERTICAL DIMENSIONS:	L 810mm [31.20"] x W 1,015mm [39.96"]
MAX USER WEIGHT:	150kg [330lb]
COMMERCIAL WARRANTY:	Frame 10 years - Fluid Tank 5 years Mechanical and all other non wearing components - 2 years



## CONSOLE FEATURES

- + Bluetooth connectivity
- + Auto start
- + Time - Elapsed time
- + Level - Auto to selected resistance level
- + 500M Time - Time to row 500 meters
- + Watt - Unit of power per stroke
- + Distance - Updated every second
- + SPM - Strokes per minute
- + Power Graphs - 2 Options
- + Heart rate - Polar compatible
- + Calories burned per hour



## ABOUT FDF (FIRST DEGREE FITNESS)

FDF is the leader in designing and manufacturing a range of adjustable Fluid Resistance fitness machines for commercial and residential applications. At the heart of the fitness range is our unique and patented Twin Tank Fluid Resistance system. The adjustable Fluid Resistance system challenged the conventional thinking of how water could work to provide adjustable resistance rather than just dead weight for a flywheel effect. The patented Twin Tank system provides silky smooth resistance at any speed and is perfect for cardio training, warm-ups, cool downs, intense HIIT workouts or rehabilitation programs. FDF categorizes the range of adjustable Fluid Resistance machines under the banners, **FluidRower**, **FluidExercise** and **FluidPowerZone**, see the adjacent web links. FDF products are distributed throughout the globe and are popular in Fitness Centers, Hotels and Apartments, Sporting Clubs, Universities, First Responders, Defence Force Training Facilities and Physical Rehabilitation Clinics.

## OPTIONAL FLUIDROWER ACCESSORIES



TOUCH HEART RATE HANDLE



SMARTPHONE HOLDER



SEAT BACK KIT



View all product ranges at  
[FLUIDPOWERZONE.com](http://FLUIDPOWERZONE.com)

[FLUIDROWER.com](http://FLUIDROWER.com)  
[FLUIDEXERCISE.com](http://FLUIDEXERCISE.com)

\* FDF reserves the right to modify any product design, manufacture or aesthetic without notice or consultation. Product specifications and warranties may vary from country to country.