

Imagine a **TOTAL IMMERSION**, fun fitness program.

Introducing the **E520 NetRacer™** with **WebRacing™**

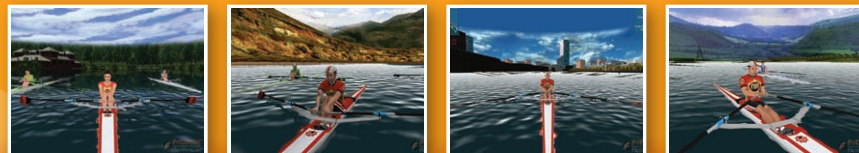


First Degree Fitness is proud to present the best of a new category of **Virtual Fitness Entertainment** solutions combined with the best rowing emulation of the real on water rowing experience.

Whether you are a large gym chain, college athletics program, hotel/spa, government, wellness center or rehab center, this new solution is a must have centerpiece to attract and sustain member participation. When's the last time your members had something really exciting to share with friends and family that earns ongoing enthusiasm. Look at this as your gateway to providing them deeper support from those friends and family in the most fun venue possible. Consider the benefits:

- ▶ Row in a totally inspired fun environment. Stamp out "boring" unsustainable fitness solutions.
- ▶ Compete against yourself, members of an online rowing community, as departmental teams, against champions, or in live group settings.
- ▶ Rowing now emerges as a primary mainstream exercise choice as the highest quality rowers combine with the best of virtual, online rowing competition courses.
- ▶ Optimal for commercial or high end home applications.
- ▶ Optimized for the newly inspired sedentary person on up to fitness enthusiasts and athletes.
- ▶ Connect with peers, friends, family or cross department for unprecedented fun and support.
- ▶ Select from courses around the world.
- ▶ Track your fitness performance data and set goals.

▶ **Four Rowing Courses**



▶ *First Degree Fitness Rowers provide the best real water emulation and only Variable Resistance Rowers. Web Racer, powered by NetAthlon, delivers a solution suite that includes web racing courses, an online or group customizable level of competition and a wide range of personal performance data.*

The best low impact, whole body rowing workout now includes the best Virtual Fitness Entertainment.



FIRST DEGREE FITNESS
INNOVATION WHERE YOU NEED IT

E520 Fluid Rower – Features and Benefits

- ▶ Unmatched durability – virtually maintenance free.
- ▶ 20-level patented Variable Fluid Resistance.
- ▶ Widest range of resistance available.
- ▶ Ergonomic handle.
- ▶ Belt drive – no chains.
- ▶ Comfortable seat at “office chair” height.
- ▶ Concealed roller design – cleaner, safer & smoother.
- ▶ Instant, 1-touch adjustment for foot size.
- ▶ “Easy roll” transport wheels.
- ▶ Stands for storage.
- ▶ Optional back support (*not included*). A back support addition may be purchased separately to add lumbar support to your rower.
- ▶ Unique heel support assembly that provides an ergonomic “heels together” layout for user comfort.
- ▶ Instant, one-touch adjustments for foot size.



Rowing with WebRacing from First Degree Fitness® Powered by Netathlon®

A powerful program loaded into a robust ALL-IN-ONE Touch Screen LCD Display. Connect online, access your own entertainment options; I-Phone, I-Pod, iTunes, Rhapsody. Read emails, watch movies. Connect to the WebRacing Community and compete against your friends or other members. Race against your Avatar, or compete against your last best performance.

Rowing with WebRacing from First Degree Fitness will inspire you to maintain your exercise regimen well beyond when other programs become dull and boring. Now you can group row at the gym and at home. Greater flexibility with the best ongoing stimulus.

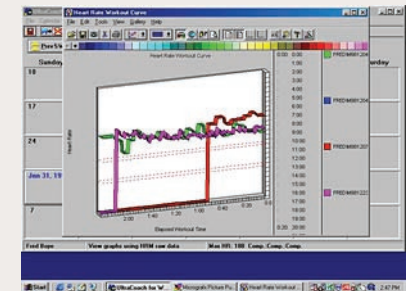
4 Panoramic Rowing Courses



Online WebRacing



Vital Fitness Data



Hardware

- 15.6” LCD ALL-IN-ONE LCD TOUCH SCREEN DISPLAY/PC
- Touch screen, 1.3 megapixel camera
- Weight 9.5 lbs / Color: Black
- Processor Type: Intel Atom N270 / 1.6 GHz
- Mainboard Chipset Type: Mobile Intel 945GSE Express
- RAM Installed Size: 1 GB Technology DDR2 SDRAM
- Storage Controller Type: 1 x Serial ATA – integrated
- Controller Interface Type: Serial ATA-300
- Storage: Hard Drive: 1 x 160 GB – standard – Serial ATA-300 – 5400 rpm
- Card Reader Type: Card reader Supported Flash Memory Cards: Memory Stick, MultiMedia Card, SD Memory Card
- Graphics Controller Type: Integrated Graphics Processor
- Intel GMA 950 Dynamic Video Memory Technology 3.0
- Audio Output Type: Sound card – integrated
- Sound Output Mode: 5.1 channel surround
- Compliant Standards: SRS Premium Sound
- Speaker(s): 2 x right / left channel
- Audio Input Type: Stereo microphone
- Network adapter – integrated
- Wireless LAN Supported: Yes
- Data Link Protocol: Ethernet, Fast Ethernet, Gigabit Ethernet, IEEE 802.11b, IEEE 802.11g, IEEE 802.11n (draft)
- Compliant Standards: IEEE 802.11b, IEEE 802.11g, IEEE 802.11n
- 6 x Hi-Speed USB – 4 pin USB Type A (2 front, 4 rear)
- 1 x network – Ethernet 10Base-T/100Base-TX/1000Base-T – RJ-45
- 1 x audio – line-out – mini-phone stereo 3.5 mm
- 1 x audio – line-out (side surround)/line-in – mini-phone stereo 3.5 mm
- 1 x audio – line-out (center/subwoofer)/ microphone – mini-phone 3.5 mm
- Power adapter provided: 65 Watt
- Operating System / Software: Microsoft Windows XP Home Edition
- Sound Emission: 26 dB



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