



INDOOR ROWER



concept2.com

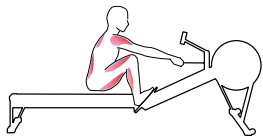
800.245.5676

A Sport for All

People turn to rowing for many reasons: training for a world championship, recovering from injury, cardiac rehabilitation, managing diabetes, keeping fit, losing weight, camaraderie... the list goes on. And we hear from people every week who've not only achieved their goals with rowing, they've far surpassed them. Rowing works for kids, seniors, and everyone in between. It works for elite athletes, adaptive athletes, and people who've never been athletic before. Whatever your goals or experience, rowing will work for you, too.

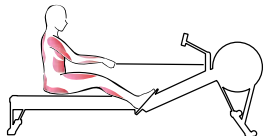


THE ULTIMATE WORKOUT



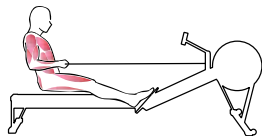
LEGS

Each rowing stroke involves full compression and extension of the legs, working the muscles of the calves, thighs, hamstrings, buttocks and hips.



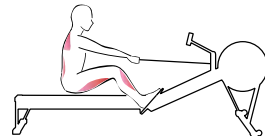
CORE

Rowing is a great way to work your abdominal and back muscles. Fitness experts believe a strong core yields numerous benefits, from a stronger back to better posture.



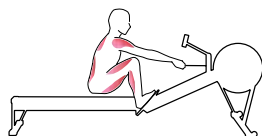
UPPER BODY

Rowing will strengthen and tone your upper body. Shoulders, back and arms are all involved in the rowing stroke.



HEART AND LUNGS

Because it engages so many muscle groups simultaneously, rowing puts a healthy demand on the cardiovascular system, resulting in improved aerobic fitness.



JOIN THE ROWING COMMUNITY

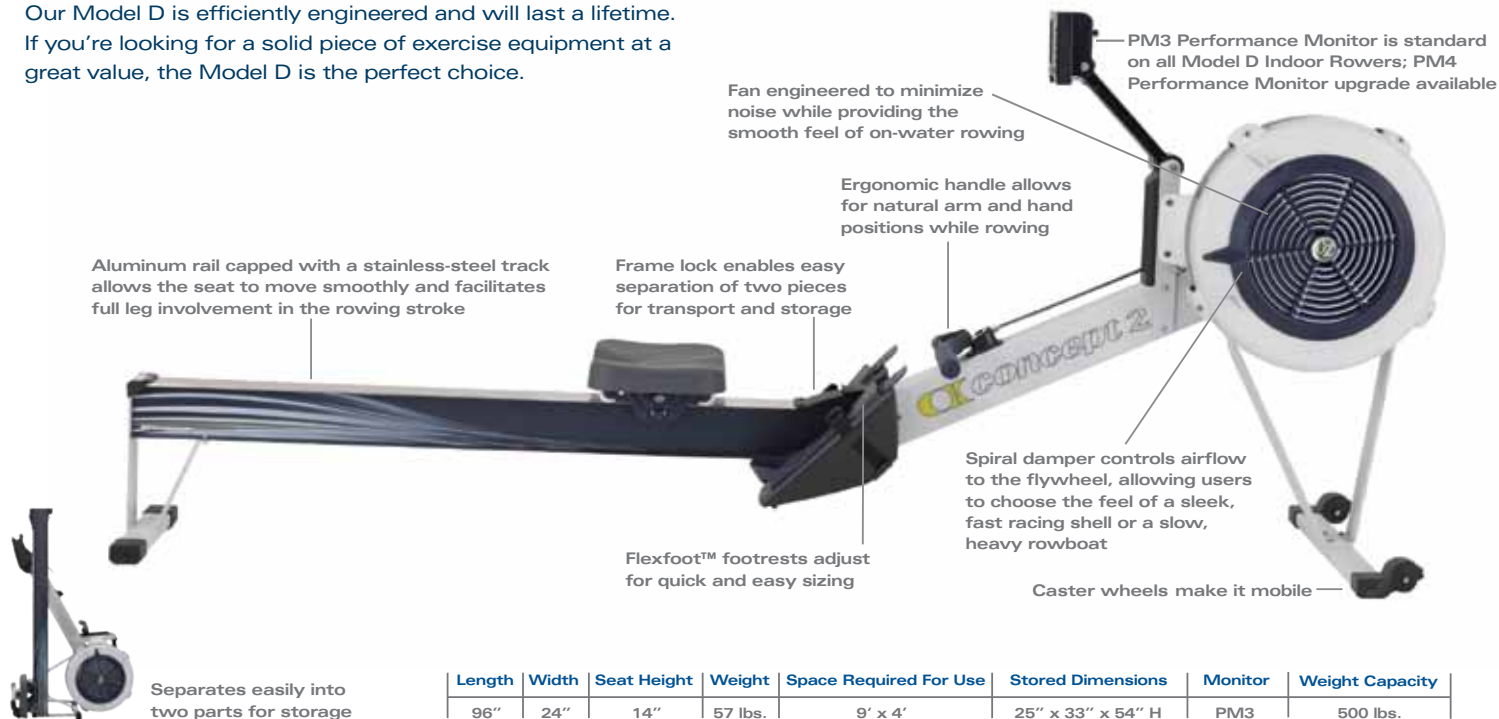
The fitness benefits attract people to rowing; the camaraderie and sense of community keeps them rowing. Whether you row with a team or on your own, visit concept2.com to join the online rowing community: set up an online logbook to track your workouts; post your personal best times to see how you measure up to others worldwide; take advantage of our online rowing challenges to add incentive to your workouts. You can also join a virtual rowing team or take advantage of the Training Forum to exchange training tips.

MODEL D INDOOR ROWER

The dependable performance of our **Model D Indoor Rower** is recognized by athletes as the standard for indoor training. The Model D delivers an effective cardiovascular workout that will increase your fitness level and tone your physique, whether you are competitive or not.

Our Model D is efficiently engineered and will last a lifetime. If you're looking for a solid piece of exercise equipment at a great value, the Model D is the perfect choice.

The Model D is also available in black

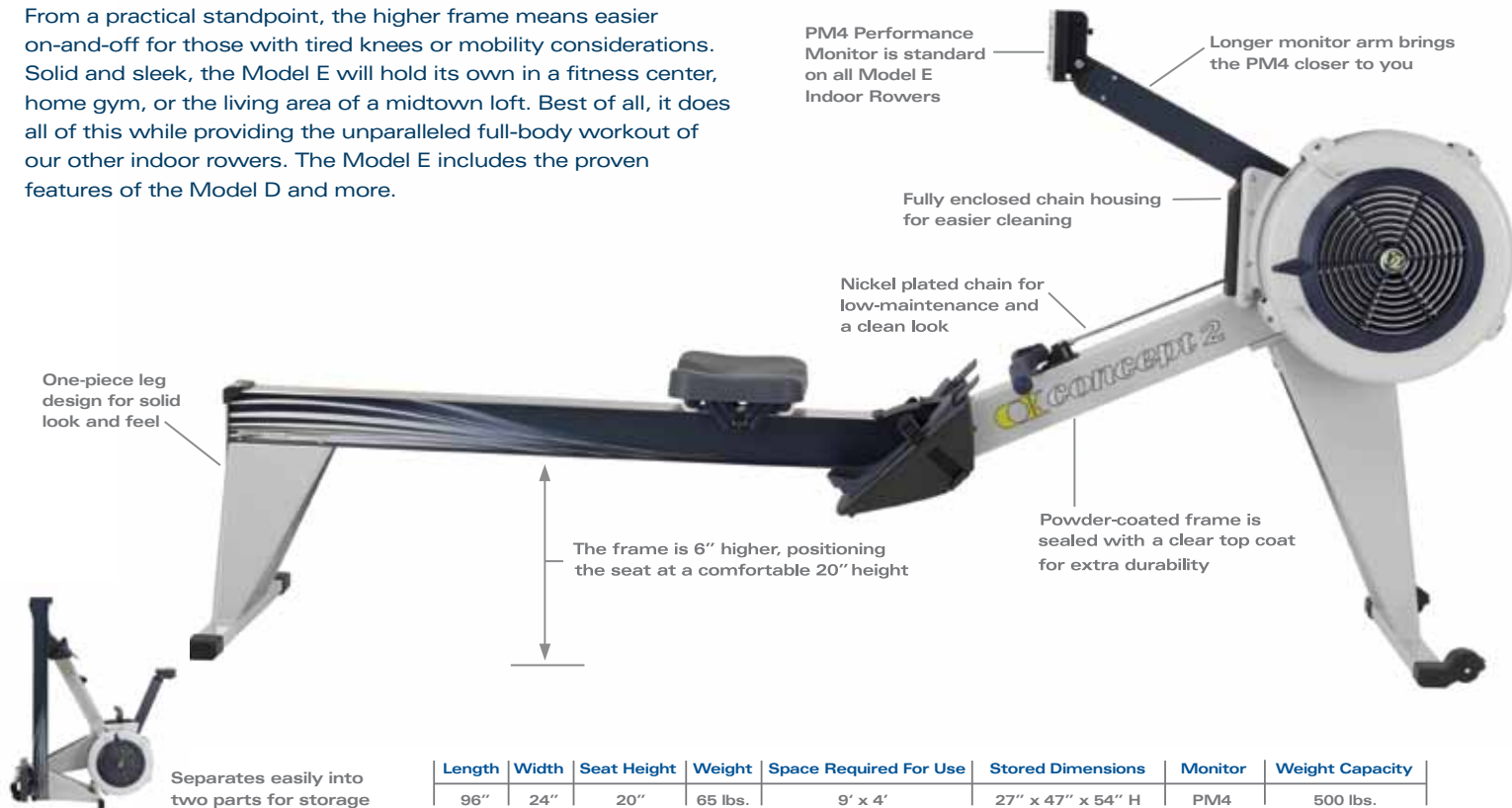


Separates easily into two parts for storage

Length	Width	Seat Height	Weight	Space Required For Use	Stored Dimensions	Monitor	Weight Capacity
96"	24"	14"	57 lbs.	9' x 4'	25" x 33" x 54" H	PM3	500 lbs.

MODEL E INDOOR ROWER

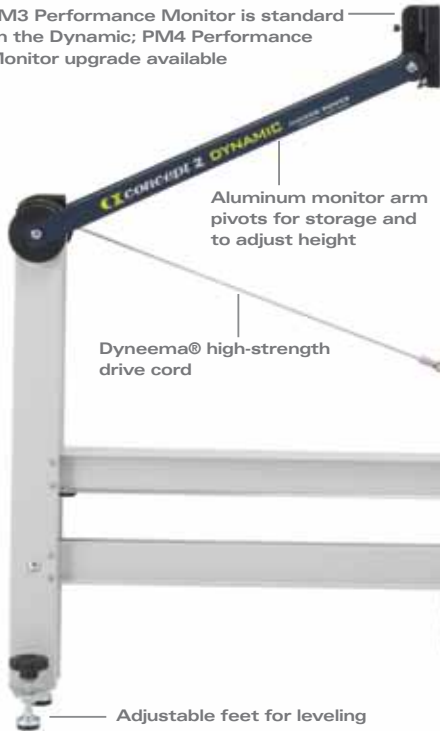
The **Model E** offers presence and durability with its 20 inch frame height, nickel-plated chain, and glossy clear coat finish. From a practical standpoint, the higher frame means easier on-and-off for those with tired knees or mobility considerations. Solid and sleek, the Model E will hold its own in a fitness center, home gym, or the living area of a midtown loft. Best of all, it does all of this while providing the unparalleled full-body workout of our other indoor rowers. The Model E includes the proven features of the Model D and more.



Length	Width	Seat Height	Weight	Space Required For Use	Stored Dimensions	Monitor	Weight Capacity
96"	24"	20"	65 lbs.	9' x 4'	27" x 47" x 54" H	PM4	500 lbs.

DYNAMIC INDOOR ROWER

PM3 Performance Monitor is standard on the Dynamic; PM4 Performance Monitor upgrade available



Aluminum monitor arm pivots for storage and to adjust height

Dyneema® high-strength drive cord

Moving foot carriage offers a closer simulation to rowing a boat on water

Seat moves within a small range

Optional Wind Shield can be used to deflect breeze

Adjustable feet for leveling

Caster wheels make it mobile

The **Dynamic Indoor Rower** offers the closest simulation to rowing on the water and was developed to meet the specific training needs of the competitive rowing athlete. Unlike the Model D and E Indoor Rowers, the foot carriage on the Dynamic is free to move and there's minimal movement of body mass throughout the stroke. The Dynamic demands similar concentration and body control to that needed when rowing in a boat, making it an excellent sport-specific training and coaching tool.

Looking to move faster on the water? The Dynamic is what you've been waiting for.

Length	Width	Seat Height	Weight	Space Required For Use	Stored Dimensions	Height to Monitor	Monitor	Weight Capacity
76"	24.25"	21.5"	92 lbs.	7.5' x 4'	76" x 24.25" x 21.5"	33 "	PM3	500 lbs.

PERFORMANCE MONITORS

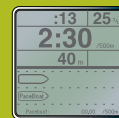
DISPLAY OPTIONS



All Data



Force Curve



Pace Boat



Bar Chart



Large Print

PM3 (standard on the Model D and Dynamic Indoor Rowers)

Automatic Operation Monitor turns on when you start rowing.

Performance Data Track distance, speed, pace, calories burned, and watts.

Display Options View force curve, pace boat, bar chart, large print, or all data.

LogCard 32k removable card stores performance data for up to five users.

Integrated Heart Rate Display Optional Polar® receiver lets you track cardiovascular data.

USB Interface Transfer data to your Mac or PC.

User-Friendly Menu Manage a wide range of features such as preset workouts, games, and multiple languages.

PM4 (standard on the Model E Indoor Rower, optional upgrade on the Model D and Dynamic Indoor Rowers)

The PM4 includes all the features of the PM3 plus:

Heart Rate Monitoring Built in wireless compatibility with Garmin ANT+ and Suunto. (Garmin chest belt included.)

Rechargeable Battery Pack Energy from your workout charges the battery, or recharge with computer integrated USB port.

Connectivity Supports wired and wireless machine to machine racing, with no computers needed. ANT+ technology allows for future expansion and features.



Three Decades of Rowing, Innovation and Excellence

Concept2 was founded in 1976 by brothers Peter and Dick Dreissigacker—two engineers with a passion for the sport of rowing. Their first product was a composite racing oar that rapidly replaced the wooden oars of the day.

In 1981, the brothers applied their rowing experience and engineering expertise to the creation of a stationary exercise machine that could replicate the extensive fitness benefits of on-water rowing. From these roots in the sport of rowing, the Concept2 Indoor Rower has grown to be a familiar and well-respected fitness machine worldwide, supported by exceptional customer service.



concept2.com 800.245.5676

Also from Concept2

DREISSIGACKER RACING OARS

Every oar is custom made to customer specifications.

CONCEPT2 SKIERG

The Concept2 SkiErg brings the benefits of Nordic skiing to everyone.

For a complete list of products and accessories, visit concept2.com.

