



INDOOR
POWER

 **concept 2**

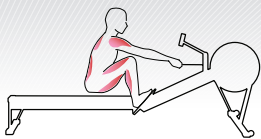
 **concept 2.**



THIS IS YOUR SPORT.

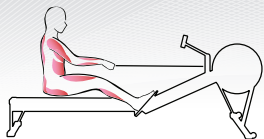
Whether your goal is general fitness or competing in the Olympics, rowing offers an efficient exercise that works all your major muscle groups as it improves your cardiovascular fitness. Indoor rowing is a full-body, low-impact workout suitable for all ages and abilities. You can choose to row hard or easy, long or short—it's a sport for everyone. We hope you'll join us.

The Ultimate Workout



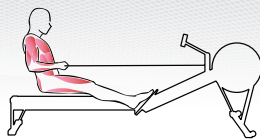
LEGS

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



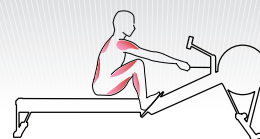
CORE

Rowing is a great way to work your abdominal and back muscles. A strong core supports a stronger back and 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 fitness.



Join the Rowing Community

The fitness benefits attract people to rowing; the camaraderie and sense of community keep them rowing. Whether you row with a team or on your own, visit concept2.co.uk to join the online rowing community:

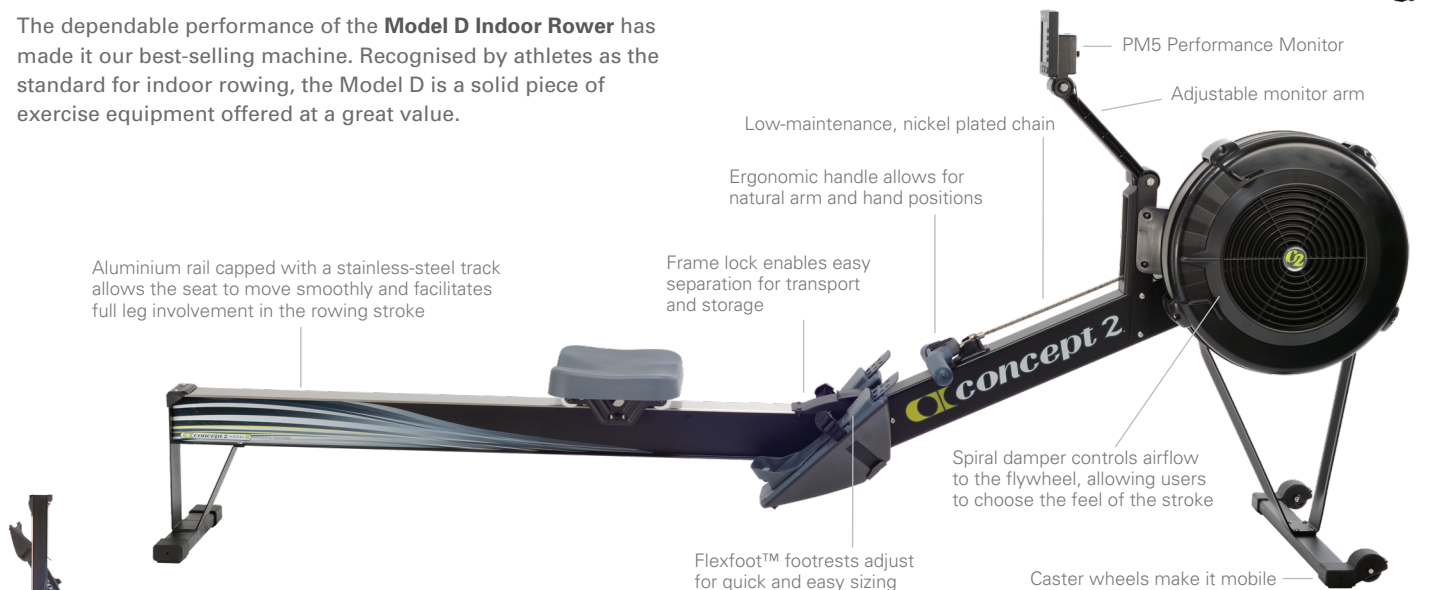
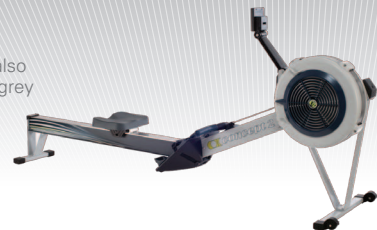
- Track your training in the Online Logbook
- Rank your best workouts against others
- Participate in an online challenge
- Join a virtual team

Concept2 Indoor Rowers combine the feel of rowing on water with the convenience of training indoors. Regardless of which model you choose, you will get the same great workout.

Model D Indoor Rower

The dependable performance of the **Model D Indoor Rower** has made it our best-selling machine. Recognised by athletes as the standard for indoor rowing, the Model D is a solid piece of exercise equipment offered at a great value.

The Model D is also available in light grey



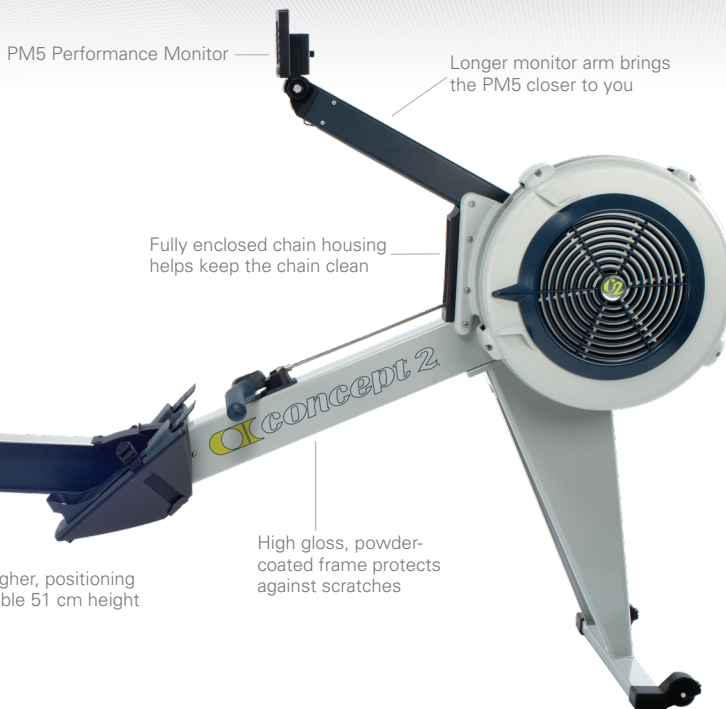
Separates easily into two parts for storage

Length	Width	Seat Height	Weight	Space Required For Use	Stored Dimensions	Monitor	Weight Capacity
244 cm	61 cm	36 cm	26 kg	274 x 122 cm	63.5 x 83.8 x 137.2 cm H	PM5	227 kg
96"	24"	14"	57 lb	9' x 4'	25" x 33" x 54" H	PM5	500 lb

Model E Indoor Rower

The **Model E Indoor Rower** offers presence and durability with its 51 cm frame height and powder coat with glossy finish. From a practical standpoint, the higher frame means it is easier to get on and off for those with tired knees or mobility considerations. One-piece leg design for both the front and rear legs results in stability and a sure, solid feel. A fully enclosed chain housing keeps the nickel plated chain clean.

The Model E includes all the proven features of the Model D plus those listed here.



PM5 Performance Monitor

Longer monitor arm brings the PM5 closer to you

Fully enclosed chain housing helps keep the chain clean

One-piece leg design for solid look and feel

High gloss, powder-coated frame protects against scratches

The frame is 15 cm higher, positioning the seat at a comfortable 51 cm height



Separates easily into two parts for storage

Length	Width	Seat Height	Weight	Space Required For Use	Stored Dimensions	Monitor	Weight Capacity
244 cm	61 cm	51 cm	29 kg	274 x 122 cm	68.6 x 119.4 x 137.2 cm H	PM5	227 kg
96"	24"	20"	65 lb	9' x 4'	27" x 47" x 54" H	PM5	500 lb

Dynamic Indoor Rower

The **Dynamic Indoor Rower** offers an even closer simulation to rowing on the water. Unlike the Model D and E Indoor Rowers, the foot carriage on the Dynamic is free to move and there is 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 for the competitive rowing athlete.



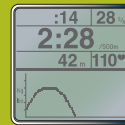
Length	Width	Seat Height	Weight	Space Required For Use	Stored Dimensions	Monitor	Weight Capacity
193 cm	61 cm	55 cm	42 kg	213 x 122 cm	193 x 61 x 84 cm	PM5	227 kg
76"	24.25"	21.5"	92 lb	7.5' x 4'	76" x 24.25" x 21.5" H	PM5	500 lb

Performance Monitor

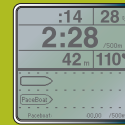
Display Options



All Data



Force Curve



Pace Boat

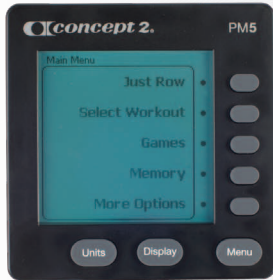


Bar Chart



Large Print

PM5 (standard on all models)



Features:

Automatic Operation Monitor turns on when you start your workout.

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

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

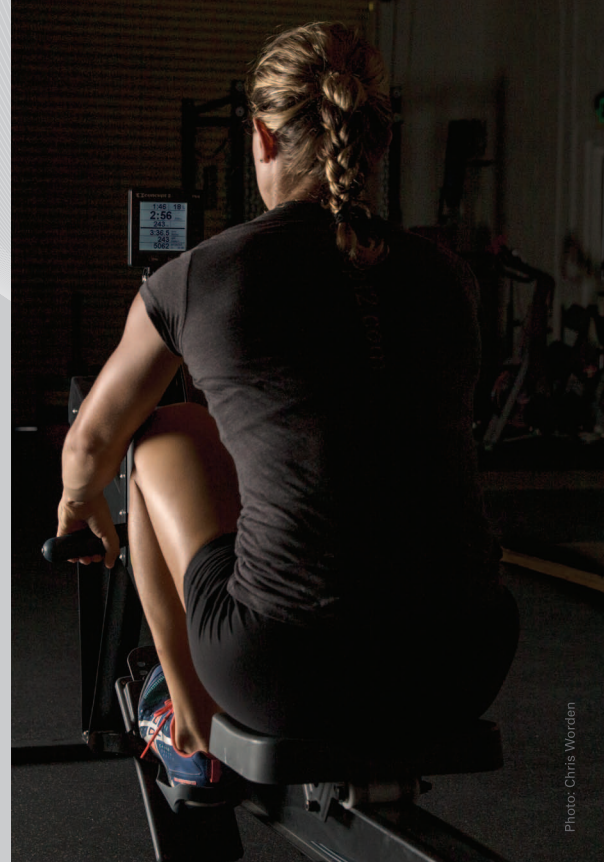
Display Options View all data, force curve, pace boat, bar chart, or large print.

Backlit Display Screen illuminates automatically when you start your workout.

USB Flash Drive Store performance data and/or transfer data to your Mac or PC.

Wireless Heart Rate Monitoring using ANT+ and Bluetooth Smart with compatible devices.

Connectivity Supports machine-to-machine racing, plus connectivity to computers and smartphones.



This Is Our Sport Too.

Concept2 was founded in 1976 by brothers Dick and Peter Dreissigacker—two engineers with a passion for the sport of rowing. Over the past 40 years, the brothers have applied their rowing experience and engineering to design, manufacture, sell and service unique products for the benefit of the entire Concept2 community.

Rowing is our reason for being. We continue to promote and encourage the growth of rowing, indoors and outdoors.

 **concept 2**[®]

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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.co.uk

