

# COMPARABLE DAMPER SETTINGS FOR MODELS B, C, D & E

D & E DAMPER (14T cog)	C DAMPER (14T cog)	B DAMPER small cog (13T)	B DAMPER large cog (15T)	B DAMPER +speedring small cog(13T)	B DAMPER + speedring large cog (15T)
1					
	1				
2					
	2				
					1/4 open
3	3				
			closed		1/2 open
4	4				
				closed	3/4 open
5	5		1/2 open		
					open
6	6				
			open		
7	7			1/4 open	
8	8	closed			
				1/2 open	
9	9				
10	10	1/2 open		3/4 open	

**NOTES:**

1. This table is an approximation and should be used as a guide only. The different cog sizes used on the Model B vs. the Model C, D and E make exact force/speed of hand\* comparisons difficult, and variations between machines due to accumulated lint in the flywheel cover can dramatically effect the feel at a given setting.
2. Remember: the setting does not directly effect the power output of the rower for a given score. The monitor will give actual output readings regardless of the damper setting.
3. Because of variations from machine to machine, we recommend viewing the DRAG FACTOR as the best way to fine tune your damper setting. See your monitor manual to find out how to view the DRAG FACTOR.

For an explanation about DRAG FACTOR, visit [concept2.com](http://concept2.com).

\*The resistance felt during the drive phase of the rowing stroke for a given speed of pull-through.

