



## CONCEPT2 SKIERG® WITH PM5 SPECIFICATIONS

<b>DESCRIPTION:</b>	Institutional grade skiing exercise machine with air-resistance flywheel and self-calibrating electronic performance monitor.
<b>CONSTRUCTION:</b>	<p><b>FRAME:</b> Bent aluminum boxframe with steel top bracket. Optional floor stand is constructed of steel frame pieces with a Polyurea-coated wooden deck.</p> <p><b>FLYWHEEL:</b> Fully enclosed spool-driven flywheel is steel with glass-reinforced ABS squirrel cage fan attached. The flywheel enclosure is made of hi-impact, ABS Thermo-plastic.</p> <p><b>PM5 MONITOR:</b> Backlit liquid crystal display shows time/distance skied; calories burned; power produced (watts); stroke rate; stroke output (watts, calories, meters); average pace (time per 500 meters); library of preset workouts (timed, distance, timed interval, distance interval); projected finish (time or distance); split memory recall function; Wireless heart rate monitoring using ANT+® and Bluetooth® Smart with compatible devices. Choose from a variety of units and graphic displays including All Data, Force Curve, Pace Skier, Bar Chart and Large Print. On board games provide video game-like competition.</p> <p>Manage workout data on a USB flash drive and/or transfer data to your Mac or PC. Supports machine-to-machine racing, plus connectivity to computers and smartphones via the Concept2 ErgData app. Power generation feature extends the life of the batteries by providing operating power to the PM while skiing. Monitor is powered by two 1.5 volt alkaline D cell (LR20) batteries (included). No external power source is needed.</p> <p><b>MISC:</b> Adjustable air resistance; impact-resistant, glass-reinforced Nylon, ergonomically-designed handles with adjustable nylon straps; Dyneema® and Vectran drive cords. Wall mounting hardware included. Optional floor stand with high strength caster wheels allows for portability.</p> <p><b>BENEFITS:</b> The Concept2 SkiErg helps you build strength and endurance by working the entire body in an efficient, rhythmic poling motion that is integral to all techniques of Nordic skiing. Skiing is a low-impact, high calorie-burning exercise suitable for all ages and abilities. The user is in complete control of the resistance: the harder the pull, the faster the flywheel spins, which creates more resistance. The SkiErg easily accommodates athletes with lower leg injuries: injured athletes can sit or kneel, reducing the amount of leg involvement, while training at normal intensity and duration using just upper body and core.</p>
<b>SPACE REQUIREMENTS:</b>	When wall-mounted, the Concept2 SkiErg measures 85 in (216 cm) tall by 20.5 in (52 cm) wide and 16 in (40.6 cm) deep. When attached to the optional floor stand, the Concept2 SkiErg measures 85 in (216 cm) tall by 23.5 in (60 cm) wide and 50 in (127 cm) deep.
<b>SPARE PARTS AND SERVICE:</b>	Spare parts are available direct from the factory. Machines are user serviceable. Initial assembly takes approximately 30 minutes (additional 30 minutes to assemble the optional floor stand) and subsequent installation of the most common spare parts is not difficult. Technical assistance is available during regular business hours (M–F 9:30 a.m.-4:00 p.m. ET).
<b>WARRANTY:</b>	Covers defective parts for a 2–5 year period from date of shipment. Copy of warranty is available upon request.

Concept2, Inc. 105 Industrial Park Drive, Morrisville, VT USA 05661-8532 Toll Free: 800.245.5676 (USA & Canada)  
Fax: 802.888.4791 info@concept2.com concept2.com/ski

Concept2 is the sole manufacturer and factory direct sales source for the Concept2 SkiErg. All prices are factory direct. Prices are subject to change without notice.