

 **concept 2**®

CELEBRATING OVER 40 YEARS OF INNOVATION



Indoor Rowers / SkiErg



Concept2: A Legacy of Sport

For over forty years, Concept2 has been designing and manufacturing innovative, high-quality products to help you achieve your fitness goals—for better health, training for the Olympics or anything in between.

Regardless of whether you choose the Concept2 Indoor Rower or SkiErg, you are choosing superior products from one of the most well-established companies in the industry. The self-calibrating Performance Monitor 5 (PM5) helps set our machines apart, accurately measuring your power and personal improvements, and allowing for fair comparisons with users anywhere in the world.

Best of all, the exercises of rowing and Nordic skiing:

- are low impact and high calorie burning.
- work the entire body in efficient, rhythmic motions.
- offer user-controlled intensity.
- build strength and endurance for total body workouts.
- can be done by all ages and abilities.
- apply functional fitness principles.

All of our products are manufactured in Vermont and ship factory direct. They are built to last, offering commercial-grade quality and durability. Ask about our warranty and 30-day money-back guarantee.

Learn more at concept2.com or give us a call. We're here to help!

Concept2 Products



Model D

The world's most popular rowing machine, found in homes, health clubs and schools around the world.



Model E

Includes all the proven features of the Model D plus additional height and ruggedness.



Dynamic

The Dynamic Indoor Rower is designed to meet specific training needs of the competitive on water athlete.



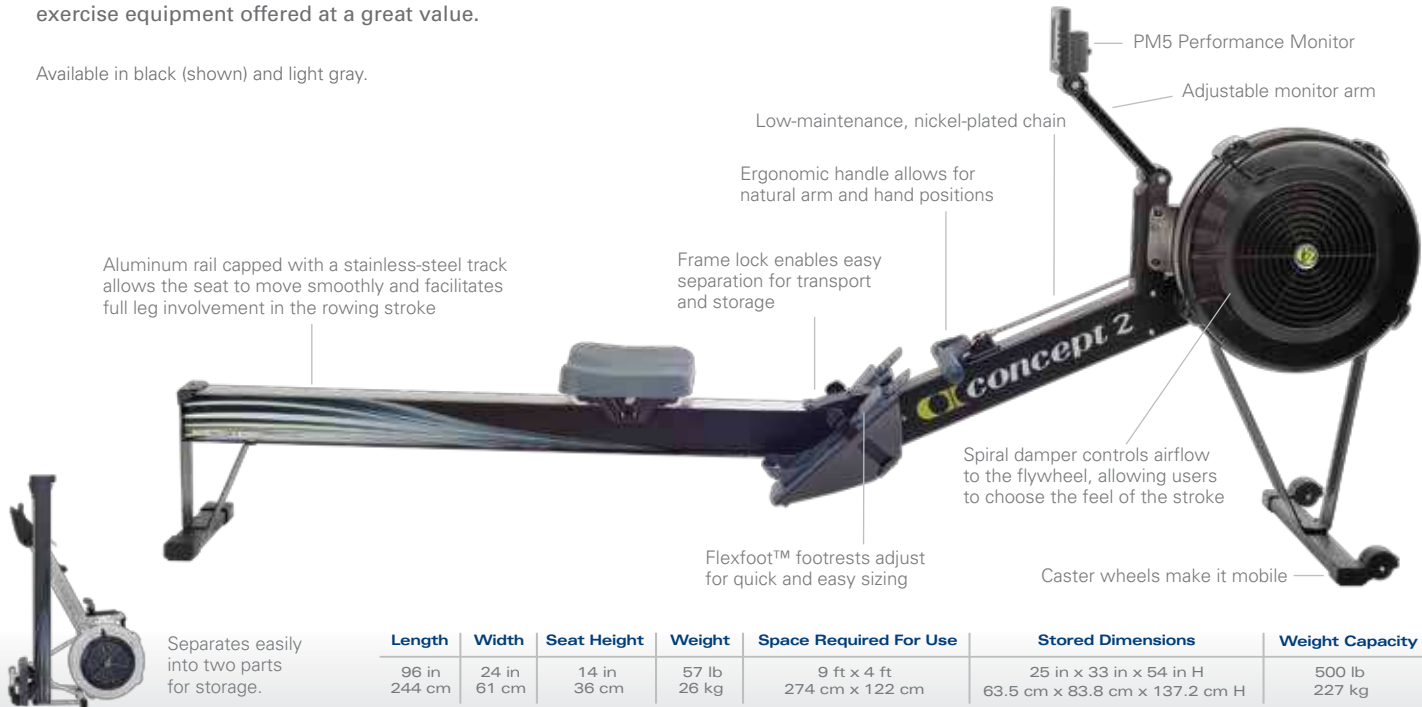
SkiErg

The SkiErg helps build strength and endurance using the poling motions integral to both techniques of Nordic skiing.

Model D Indoor Rower

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

Available in black (shown) and light gray.



Separates easily into two parts for storage.

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

Model E Indoor Rower

The **Model E Indoor Rower** offers presence and durability with its 20 inch frame height and powder coat with glossy finish. From a practical standpoint, the higher frame means easier 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.

Available in light gray (shown) and black.

One-piece leg design for solid look and feel

The frame is 6" higher, positioning the seat at a comfortable 20" height

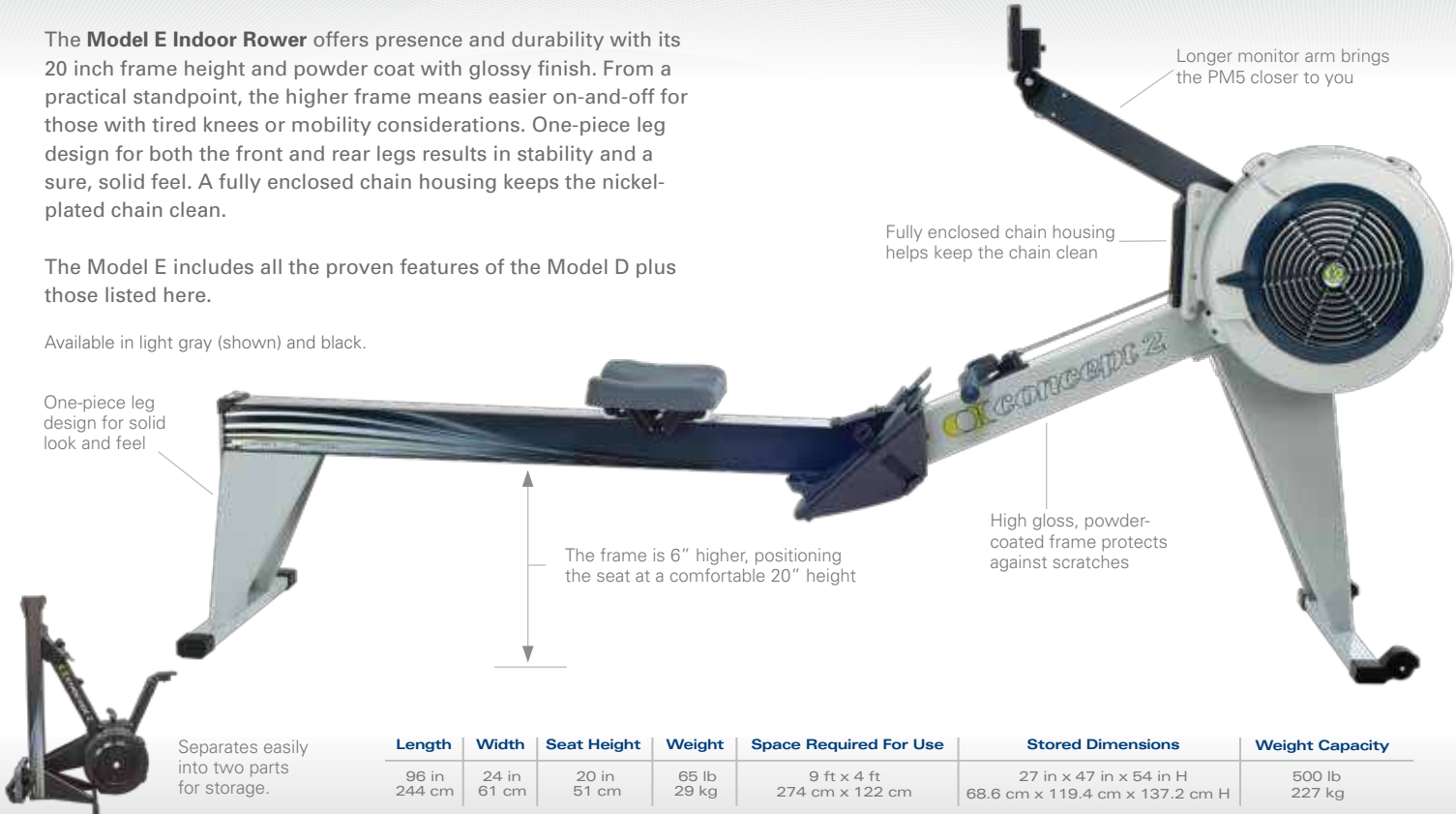
Fully enclosed chain housing helps keep the chain clean

Longer monitor arm brings the PM5 closer to you

High gloss, powder-coated frame protects against scratches

Separates easily into two parts for storage.

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



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 footrest 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 for the competitive rowing athlete.



Length	Width	Seat Height	Weight	Space Required For Use	Stored Dimensions	Weight Capacity
76 in 193 cm	24.3 in 62 cm	21.5 in 55 cm	92 lb 42 kg	7.5 ft x 4 ft 229 cm x 122 cm	76 in x 24.3 in x 21.5 in H 193 cm x 62 cm x 55 cm H	500 lb 227 kg

SkiErg

The **SkiErg** helps build strength and endurance using the poling motions integral to the sport of Nordic skiing, but you don't need to be a skier to benefit from the terrific low impact and full-body exercise. The double poling movement involves not just arms and shoulders, but also core and legs; classic ski technique (alternating arms) is also possible.

The SkiErg easily accommodates adaptive athletes and those with lower body injuries, as one can sit or kneel and still get a great upper body and core workout. The SkiErg is suitable for use with most wheelchairs.



Wall mounted

Wall mount dimensions:

Width	Depth	Height
20.5 in 52 cm	16 in 40.6 cm	83.5 in 212 cm

Floor Stand dimensions (including SkiErg):

Width	Depth	Height
24 in 61 cm	52 in 132 cm	85 in 215.9 cm



Ergonomic strapless handle

Lightweight, high-strength drive cords for smooth feel and long life.

PM5 Performance Monitor

Aluminum frame with powder coat finish makes it light and durable.

Internal drive mechanism allows for both double-pole and classic (alternating arms) technique. Minimal maintenance required.

Optional floor stand with anti-skid, wear-resistant base offers firm footing. Wood interior.

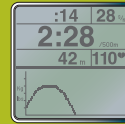
Caster wheels make it mobile (floor stand only).

Performance Monitor

Display Options



All Data



Force Curve



Pace Boat



Bar Chart



Large Print

PM5 (included on all machines)



Automatic Operation Monitor turns on when you start your workout.

Performance Data Track distance, speed, pace, calories, 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 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.



Go High Tech

Each Concept2 Indoor Rower and SkiErg comes with everything you need to get fit and stay fit—including our sophisticated Performance Monitor. If you'd like to access additional data or add entertainment, there are a number of options to consider.

Concept2's free **ErgData** app provides additional performance statistics, stores and displays your workout results, and uploads your results to the Concept2 Online Logbook. Designed to run on iOS and Android devices connected to a Performance Monitor, ErgData:

- connects wirelessly via Bluetooth Smart to the PM5.
- can display additional workout data in real time.
- logs all your results, including intervals, splits and heart rate information.

See concept2.com/ergdata for more details.

A number of apps have also been developed by other companies for use with the Concept2 Performance Monitor. See the latest options available at concept2.com/apps.

(Smartphone Cradle sold separately.)



Join the Online Community

Visit concept2.com to join the online community.



The Online Logbook

Our free online logbook allows you to keep track of all your workouts. It also enables you to participate in our challenges and competitive opportunities.



Online Challenges

Our online challenges offer motivation to row or ski just a bit more than you might already! From individual events like the Holiday Challenge to team events like the World Erg Challenge, challenges can help to bring out your best, reinforcing your persistence and self-discipline.



Million Meter Clubs

Our Million Meter Clubs reward perseverance and long-term goals. They start at one million meters and run all the way to 100 million, so there's always a new target. We recognize your achievement, no matter how long it takes you to get there.



The Online Ranking

For the competitive among us, the Online Ranking lets you compare your performances with athletes from around the world over a number of different events and categories. Our Rankings include everybody from Olympic gold medalists to athletes in their 90s!



Workout of the Day (WOD)

Each day we offer three workouts to help you stay on track with your training. Choose from the short, medium, or long workout depending on your goals and schedule for that day. Sign up on our website to receive your WOD email!

Testimonials

“

I will be suggesting the Concept2 Indoor Rower to as many people as I can get to listen. Keep up the good work. You are changing people's lives. And not just the real-serious-rowing-types, but regular people like me, too.

A.S., Minneapolis, MN

Both machines work and tone the most troubled areas on my body—legs, arms, back and abs, just to mention a few. Rowing and skiing also helps me to build stamina and endurance, and the challenges give me motivation to "Do."

”

D. Carrington, Queen Creek, AZ

I can't thank you enough for inventing such a great product and marketing it so that it's widely accessible to almost everyone. Your rowing machine is by far the best piece of gym equipment available.

”

J.Doyle, St. Catharines, ON

“

I liked rowing the first time that I tried it. Here's a full-body cardio activity that a big guy can do without the pounding and joint stress of running.

M.Hanisco, Hatboro, PA



“

Concept2 has set the standard for rowing machines, providing us with reliable, detailed results that help to translate our indoor training into on water speed. It's simply the next best thing to rowing on the water. The machine is built to last and will take whatever you're able to throw at it. I would recommend the Concept2 Indoor Rower to anyone after the benefits of rowing, whether you're looking to the Tokyo Olympics or just getting fit.

HAMISH BOND, NEW ZEALAND M2-
2-time Olympic Gold Medalist, Indoor Rowing World Record Holder

A Legacy Born on Water

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 experience and engineering to design, manufacture, sell and service unique products for the benefit of the entire Concept2 community. As athletes with high expectations, they're not only inventors but constantly test their products during daily workouts and training sessions.

We continue to promote and encourage the growth of these sports, indoors and outdoors.

Also from Concept2

DREISSIGACKER RACING OARS

Every oar is custom made to your specifications.

ACCESSORIES

We have everything to make indoor training comfortable and easy, from seat pads and floor mats to stylish clothing.

SPARE PARTS

We continue to sell replacement and spare parts as far back as our original Model A Indoor Rower. We will keep your flywheel spinning!



 **concept 2**®

concept2.com 800.245.5676