



INDOOR ROWER

 **concept 2**®

THREE DECADES OF EXCELLENCE

Every Concept2 Indoor Rower is grounded in a 30-plus year legacy of rowing excellence.

In 1976, Concept2 founders Peter and Dick Dreissigacker were competing for a spot on the U.S. Olympic Rowing Team. Eager to shave precious seconds off their time, they applied their engineering backgrounds to create a lighter, more efficient oar.

Peter and Dick's innovative oar design took the rowing world by storm, and what began as a small home-grown experiment quickly developed into Dreissigacker Racing Oars.

Since then, their blade designs continue to change the face of the sport. Olympic and world champions around the globe use Dreissigacker Racing Oars.

In 1981, they applied their rowing experience and engineering expertise to the creation of a stationary exercise machine that could replicate the extensive fitness benefits and exhilaration of on-water rowing.

Today's Concept2 Indoor Rowers are found in health clubs, homes, schools, boathouses and Olympic training centers around the world.



Concept2 founders Dick and Peter Dreissigacker.



WHY ROW?

Lifetime Fitness

Whether you're 9 or 90, already fit or on the road to fitness, rowing offers a superb aerobic workout to help you achieve your fitness goals.

Weight Loss

The full-body, rhythmic nature of rowing makes it wonderfully efficient at burning calories with minimal stress on your legs and feet.

Injury Rehab

Rowing is a low-impact activity so it is a great way to rebuild muscle tone and strength while increasing mobility and flexibility after injury.

Training for Other Sports

The physical benefits of rowing are a natural complement to many sports, making it a great way to train year round.

Competition

Originally designed for world class rowers, the Concept2 Indoor Rower serves as a powerful training tool for competitive athletes at all levels around the world.

Learn more at concept2.com

THE ULTIMATE WORKOUT

It is rare to find an activity that works as many muscle groups through as wide a range of motion as rowing. Knees, hips, arms and shoulders will each see 90–130 degrees of rotation in every stroke, which is more than you'll find in most other aerobic activities. This extensive muscle involvement makes rowing a great calorie burner that also allows you to develop flexibility and strength. Rowing is impact-free and the intensity is completely user-controlled. Thousands of customers have found rowing to be the best low-impact, full-body workout available.

LEGS

Each rowing stroke involves full compression and extension of the legs, working the muscles of the calves, thighs, hamstrings, buttocks and hips. Because rowing is low-impact, it's much easier on your knees than most strength-building activities.

CORE

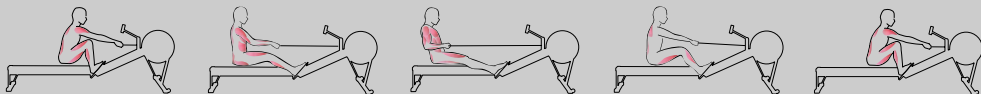
Rowing is a great way to work your abdominal and back muscles. Fitness experts believe a strong core yields numerous benefits, from a stronger back to better posture.

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.



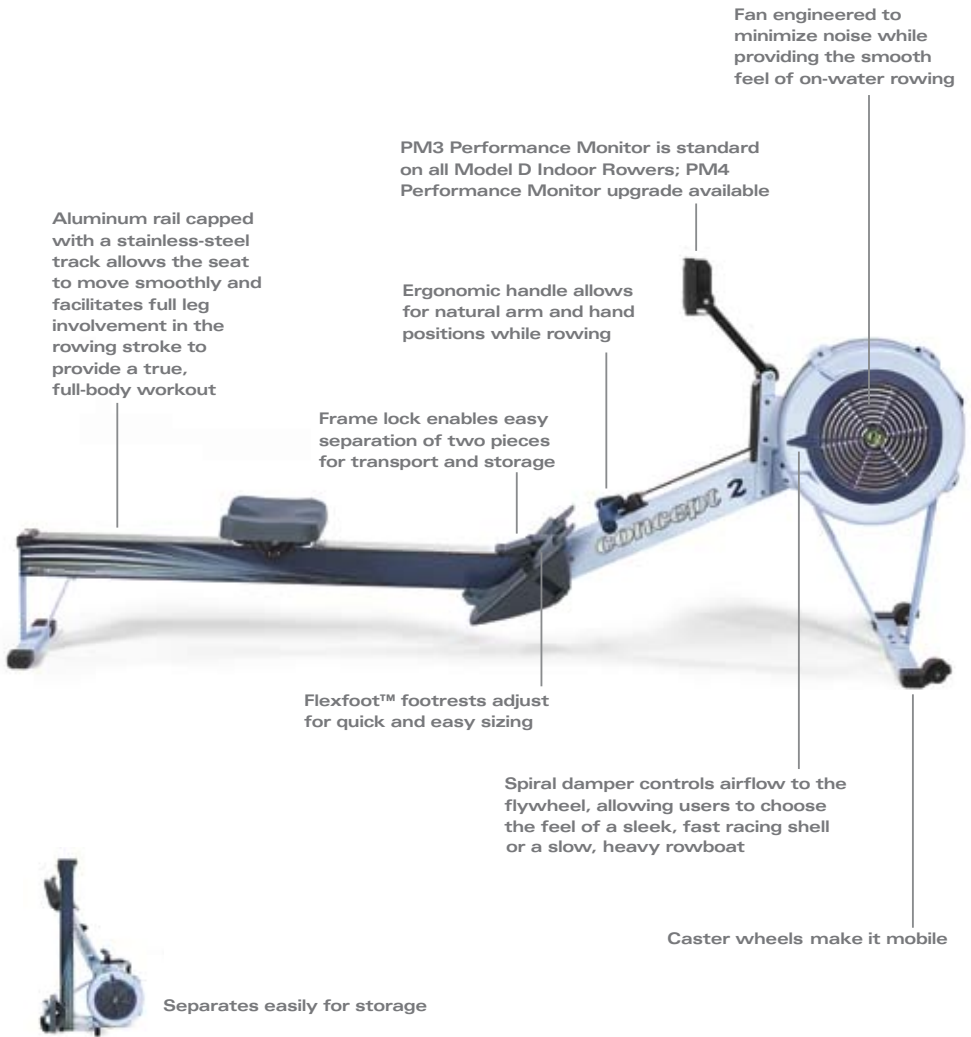
JOIN THE ROWING REVOLUTION AND START MAKING WAVES

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 personal 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.

If competition is what motivates you, rowing has plenty to offer. Today, over 40,000 rowers around the world compete each year in indoor rowing races. They range from world-class rowing competitions, where the best go head-to-head in pursuit of titles and world records, to more casual local competitions where the only thing at stake is bragging rights and a t-shirt. With the wireless technology of the PM4 (standard on the Model E and an optional upgrade on the Model D), you can set up your own race with other rowers in the same room—no cables or computers required!

MODEL D INDOOR ROWER

The Model D delivers proven performance and fitness benefits.

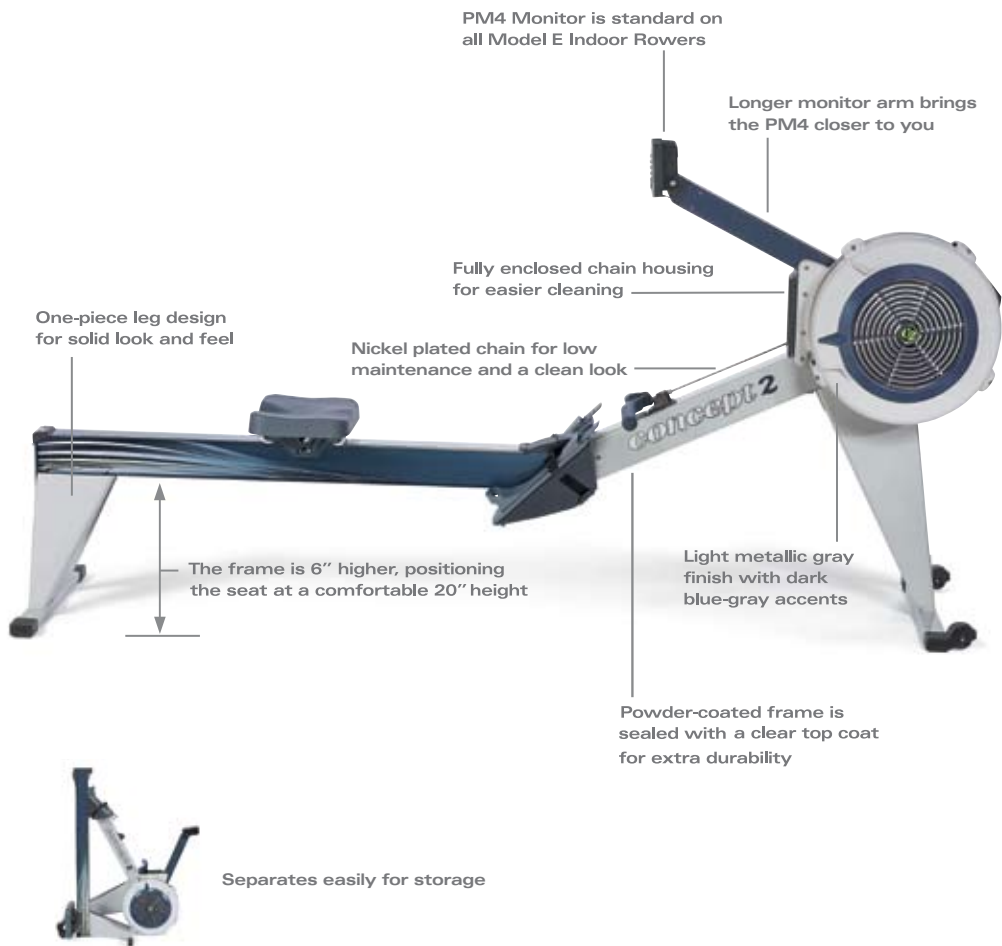


Length	Width	Seat Height	Weight	Space Required For Use	Stored Dimensions	Monitor	Weight Capacity
7' 11"	24"	14"	57 lbs.	9' x 4'	25" x 33" x 53" H	PM3	500 lbs.

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MODEL E INDOOR ROWER

The **Model E** includes all the proven features of the Model D, as well as the PM4 and the additional features described here.



Length	Width	Seat Height	Weight	Space Required For Use	Stored Dimensions	Monitor	Weight Capacity
7' 11"	24"	20"	65 lbs.	9' x 4'	27" x 47" x 54.5" H	PM4	500 lbs.

INDOOR ROWER

PERFORMANCE MONITORS

DISPLAY OPTIONS



All Data



Force Curve



Pace Boat



Bar Chart



Large Print



PM3

(standard on the Model D Indoor Rower)

Automatic Operation
Performance Data

Display Options

LogCard

Integrated Heart Rate Display

USB Interface
User-Friendly Menu

Monitor turns on when you start rowing. Track distance, speed, pace, calories burned, and watts.

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

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

Optional Polar® receiver lets you track cardiovascular data.

Transfer data to your Mac or PC.

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)

The PM4 includes all the features of the PM3 plus:

Heart Rate Monitoring

Rechargeable Battery Pack

Connectivity



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

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

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

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Also from Concept2



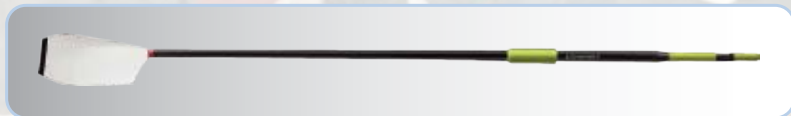
Indoor rower purchased separately.

CONCEPT2 SLIDE

Feel the sensation of floating on the indoor rower. One pair of Slides is required to float a single indoor rower. Link two indoor rowers together with a pair of Slides plus a spare Slide to simulate a "double" for team training.

Go to concept2.com/slide to view Slides in use.

DREISSIGACKER RACING OARS



Sweep and sculling oars are made of fiberglass and carbon fiber so they are lightweight and strong. Every oar is custom made to customer specifications. Visit concept2.com/oars for more information.



SkiErg

Nordic skiing is an exhilarating and aerobically demanding sport; the Concept2 SkiErg makes this terrific exercise accessible to anyone.

The PM3 monitor comes standard on the Concept2 SkiErg. The PM4 is available as an optional upgrade.

Visit concept2.com/ski for more information.

The Concept2 SkiErg shown with optional floor stand.

For more on training, workout ideas, success stories and product information, read our twice-yearly Update newsletter at concept2.com/update.



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concept2.com

800.245.5676

Cover: C.R.A.S.H.-B. World Indoor Rowing Championship in Boston, Massachusetts.