



JOIN THE ROWING
REVOLUTION





Separates easily for storage

concept 2 MODEL D INDOOR ROWER

The Model D delivers proven performance and fitness benefits.

In 1976, Concept2 founders Pete 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 oar design.

They missed making the team that year but were right on target with their oar design concepts, which quickly developed into Dreissigacker Racing Oars.

Since then, their blade designs have changed the face of sport and have been

used by Olympic and world champions around the globe.

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 and Olympic training centres around the world.

2 CONCEPTS.

Fan engineered to minimise noise while providing the smooth feel of rowing on the water

PM3 Performance Monitor standard on all Model D Indoor Rowers.
*PM4 upgrade option available.

Aluminium rail capped with a stainless steel track allows the seat to move smoothly and facilitates full leg involvement in the rowing stroke to provide a true, full body workout

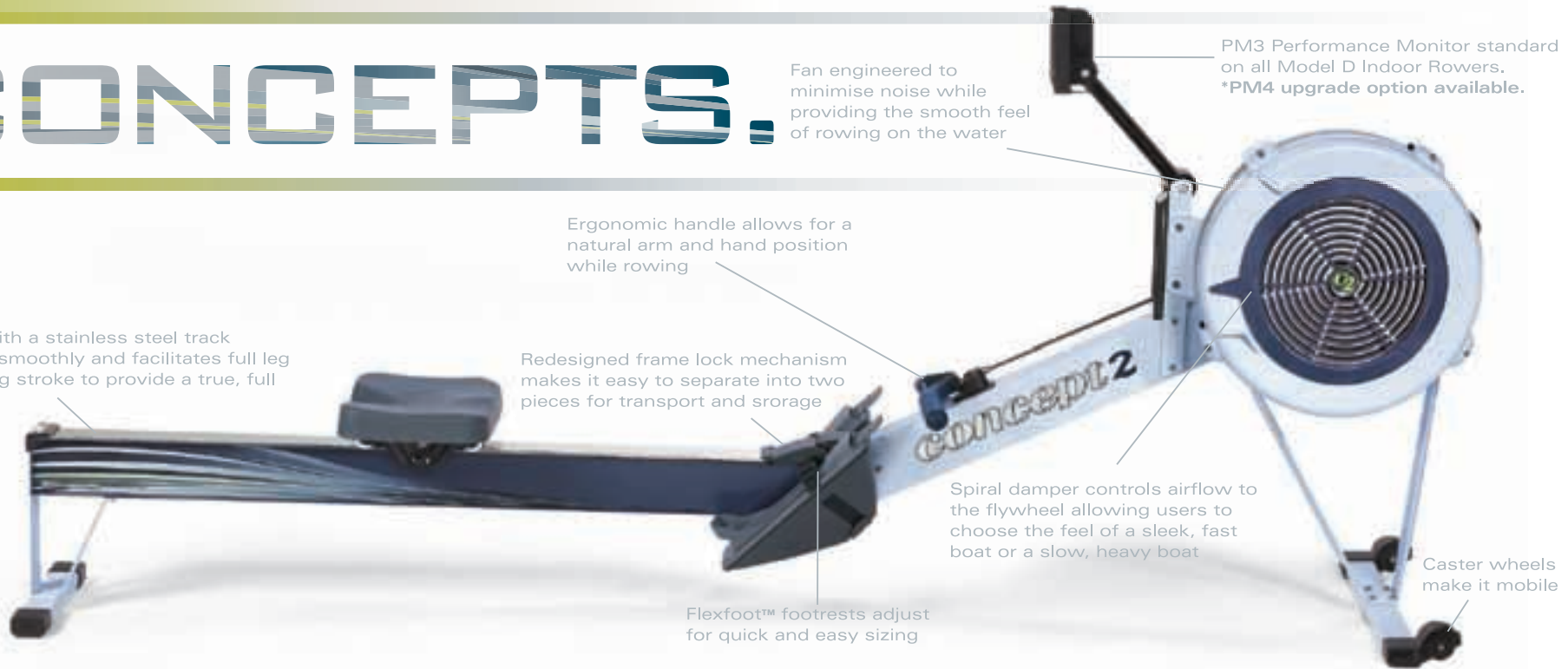
Ergonomic handle allows for a natural arm and hand position while rowing

Redesigned frame lock mechanism makes it easy to separate into two pieces for transport and storage

Spiral damper controls airflow to the flywheel allowing users to choose the feel of a sleek, fast boat or a slow, heavy boat

Flexfoot™ footrests adjust for quick and easy sizing

Caster wheels make it mobile



concept 2 MODEL D

Length	Width	Seat Height	Weight	Space Required For Use	Stored Dimensions	Monitor
240cm	60cm	36cm	28kg	285cm	90cm x 72cm x 135cm H	PM3

* PM4 can be fitted as an alternative on the Model D Indoor Rower



concept2 MODEL E INDOOR ROWER

The Model E is the 5th generation of our successful Indoor Rower. It includes all the proven features of the Model D plus the PM4 and the additional features described below.

PM4 Monitor is standard on all Model E Indoor Rowers

Longer monitor arm makes it easier to reach the PM4

1 COMMITMENT.

Fully enclosed chain housing for easier cleaning

Nickel plated chain for low-maintenance and clean look

Powder-coated frame is sealed with a clear top coat for extra durability

Light metallic grey finish with dark blue grey accents

One piece leg design for greater stability and solid feel

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



concept2 MODEL E

Length	Width	Seat Height	Weight	Space Required For Use	Stored Dimensions	Monitor
240cm	60cm	51cm	29.5kg	285cm	69cm x 120cm x 137cm H	PM4



PERFORMANCE MONITORS

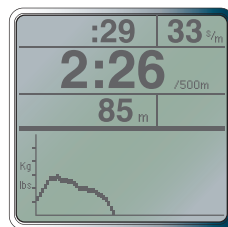


PM3 and PM4

Main Menu



All Data



Force Curve



Pace Boat



Bar Chart



Large Print

MONITOR TECHNOLOGY AT A GLANCE

PERFORMANCE MONITOR 3 (PM3)

- Automatic operation: Just start to row and the monitor turns on and gives feedback. You don't have to push a single button.
- Accurate tracking of performance data: distance, speed, pace, calories and watts
- Five display options: all data, force curve, rowing with a pace boat, bar chart and large print
- Removable LogCard stores workout data and personal preferences
- Integrated heart rate display if optional Polar receiver is installed (available from Concept2)
- Power generation feature draws power from your stroke to extend battery life
- Transfer of data to PC or Mac via USB interface
- Easy menu-driven operation accesses a powerful list of features:
 - Row a preset workout or set up a detailed workout of any type
 - Save your favourite workouts for ease of use
 - Row against a previous workout performance
 - Play the FISH GAME for a fun change of pace
 - Row with an animated rower to help you learn rowing technique
 - Review your past workout results
 - Choose from multiple language options

PERFORMANCE MONITOR 4 (PM4)

- The PM4 includes all of the features of the PM3 plus these additional features:
- Built in compatibility with Suunto heart rate technology (chest belt provided) offers improved transmission and eliminates interference from nearby rowers
 - Rechargeable battery pack is included with the PM4. As you row you will actually be recharging your battery. The battery pack can also be recharged by connecting the PM4 to a PC through the USB port
 - The PM4 has increased memory capacity to allow for future expansion and features
 - The PM4 has the computing power to support machine-to-machine racing, both wireless and wired. Learn more at concept2.co.uk/pm4
 - PM4 upgrade available for the Model D



Wireless or Wired Racing - PM to PM Communication



WEIGHT LOSS

The full body, rhythmic nature of rowing makes it wonderfully efficient at burning calories without putting a lot of stress on your legs and feet

INJURY REHAB

The low-impact nature of indoor rowing makes it a great way to rebuild muscle tone and strength while increasing mobility and flexibility after an injury

CROSS-TRAINING

The physical benefits of rowing are a natural complement to many sports such as running, swimming, cycling, tennis, or virtually anything else, making it a great way to cross-train during the off-season

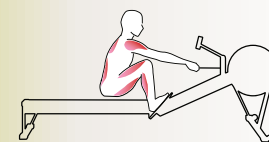
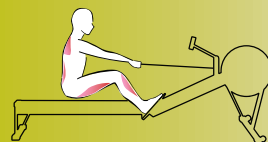
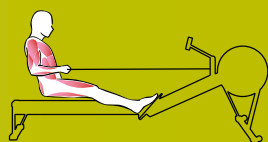
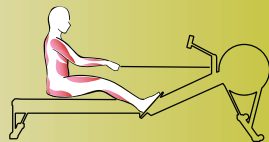
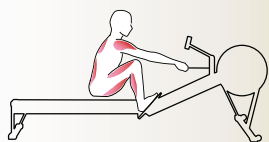
LIFETIME FITNESS

Whether you're 9 or 90, already fit or getting fit, indoor rowing offers a superb aerobic workout to help you achieve your fitness goals

COMPETITION

Originally designed as a training tool for world class rowers, the Concept2 Indoor Rower continues to serve as a powerful off-water training tool for competitive rowers at all levels around the world

FULL BODY. EVERY BODY.



THE ULTIMATE WORKOUT

It is rare to find an activity that works as many muscle groups through as wide a range of motion as indoor 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 greater muscle involvement makes rowing a great calorie burner, while also developing flexibility and strength. Indoor rowing is impact free, and the intensity is completely user controlled. Thousands of customers have found it to be the best low-impact, full body workout available!

LEGS

Each stroke involves full compression and extension of the legs, working the muscles of the calves, thighs, hamstrings, buttocks and hips. And, because it's low impact, it's much easier on your knees than most activities that build leg strength.

CORE

Indoor rowing is one of the few exercise modes that will work your "core" abdominal and back muscles. Fitness experts believe a strong core yields numerous benefits, from a stronger back to better posture

UPPER BODY

Indoor 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, indoor rowing puts a healthy demand on the cardiovascular system resulting in improved cardiovascular health.



CONCEPT2 ROWING

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JOIN THE ROWING REVOLUTION

The fitness benefits of indoor rowing may be what first attracts people to the sport, but it's the camaraderie and sense of community that keep them going. Whether you row with a team or on your own, make sure you visit concept2.co.uk to join the online indoor rowing community and take full advantage of all we have to offer.

Set up an online personal logbook to track your workouts and take part in our range of distance award schemes. 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. Download your own personalised interactive training programme. Sign up to our email newsletter, which is full of the latest special offers, training advice and reports. Take part in our thriving internet message board community and start an online training diary.

If it's competition that motivates you, indoor rowing has plenty to offer. Every year, over 25,000 people around the world compete in indoor rowing races. These range from world class 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 new capabilities and wireless technology of the PM4 (standard with the Model E and an optional upgrade with the Model D), you can set up your own race with other indoor rowers in the same room with no cables or PC required!

Whether you row alone or with others, for competition or for fun, there's nothing like indoor rowing.

QUESTIONS AND ANSWERS

Where can I purchase a Concept2 Indoor Rower?

Concept2 Indoor Rowers are available direct from concept2.co.uk or by calling Concept2 on 0115 945 5522.

How long does it take to assemble the Indoor Rower?

The Indoor Rower requires very little assembly. We include all necessary tools plus clear instructions with pictures. It should take no more than twenty minutes for the job.

Is it hard to learn to row?

No. Rowing is a very natural motion and most people pick it up quickly. A free instructional DVD is included with every Indoor Rower, or can be requested by contacting Concept2. You can also find indoor rowing and technique information at concept2.co.uk.

Where can I get more information about rowing?

You can find information on getting started, technique, suggested workouts, weight loss, cross-training, indoor rowing competitions, motivational challenges and more, all at concept2.co.uk.

What is the warranty on the Concept2 Indoor Rower?

Both the Model E and Model D come with a two year parts only warranty (one year warranty on wear parts)