



BUILT FOR LIFE TO  
CHANGE YOUR LIFE



If you've ever been in a gym, the chances are you'll have come across the Concept2 Indoor Rower, the best-selling rowing machine in the world. It can be found in gyms, rowing clubs, schools, homes and Olympic training centres around the world.

It's rare to find an activity that works as many muscle groups through as wide a range of motion as rowing does. Knees, hips, arms and shoulders each see 90-130 degrees of rotation in every stroke, much more than most other aerobic activities. This makes rowing a fantastic calorie burner, while also developing flexibility and strength.

Central to the Indoor Rower's success is the highly sophisticated Performance Monitor that offers immediate feedback on every stroke. The accuracy, reliability and comparability of the captured data allows you to reliably chart your progress and is unique within the fitness world, to the extent that it has created an entirely new indoor sport and a worldwide community of indoor rowing enthusiasts.

Rowing is impact-free and you can row as hard or as easily as you want, which makes it suitable for people of all ages and levels of fitness. The Indoor Rower is also built to last. All our machines are designed to cope with years of extreme, high volume punishment. Whether for use in a gym, Olympic training centre or your home every machine meets the same high degree of quality control.

As a result, thousands of customers every month find rowing on the Concept2 Indoor Rower to be the best low-impact, full-body workout available.

## UNBEATABLE EXERCISE

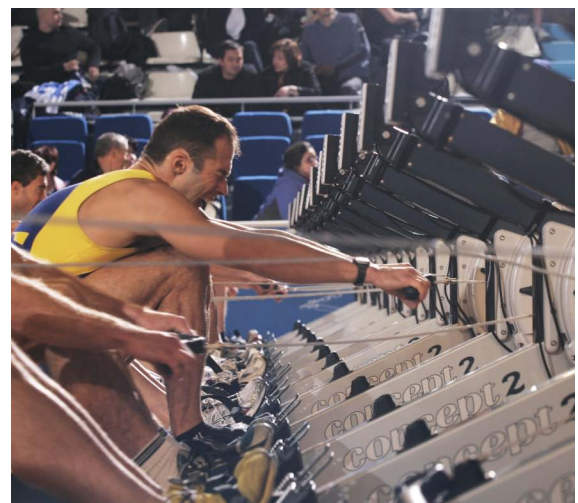


## MOTIVATIONAL SUPPORT

The fitness benefits may be what first attracts people to indoor rowing, but it's the camaraderie and sense of community that keep them going. Make sure you visit [concept2.co.uk](http://concept2.co.uk) to sign up for our email newsletter and join the online indoor rowing community to take full advantage of all we have to offer.

There you can create your own online personal logbook, join our Distance Award Scheme and rank your personal bests on the World Ranking. You can also create your own personalised interactive training programme, participate in our online rowing challenges, join the indoor rowing forum and even start an online training diary.

If it's competition you're after, meanwhile, you're not alone. Every year, over 25,000 people around the world compete in indoor rowing races. There's everything from national and world championships through to casual local competitions, and the British Championship held in Birmingham each November is the world's largest race. So, whether you row alone or with others, for competition or for fun, there's nothing like indoor rowing.



# concept 2 MODEL D

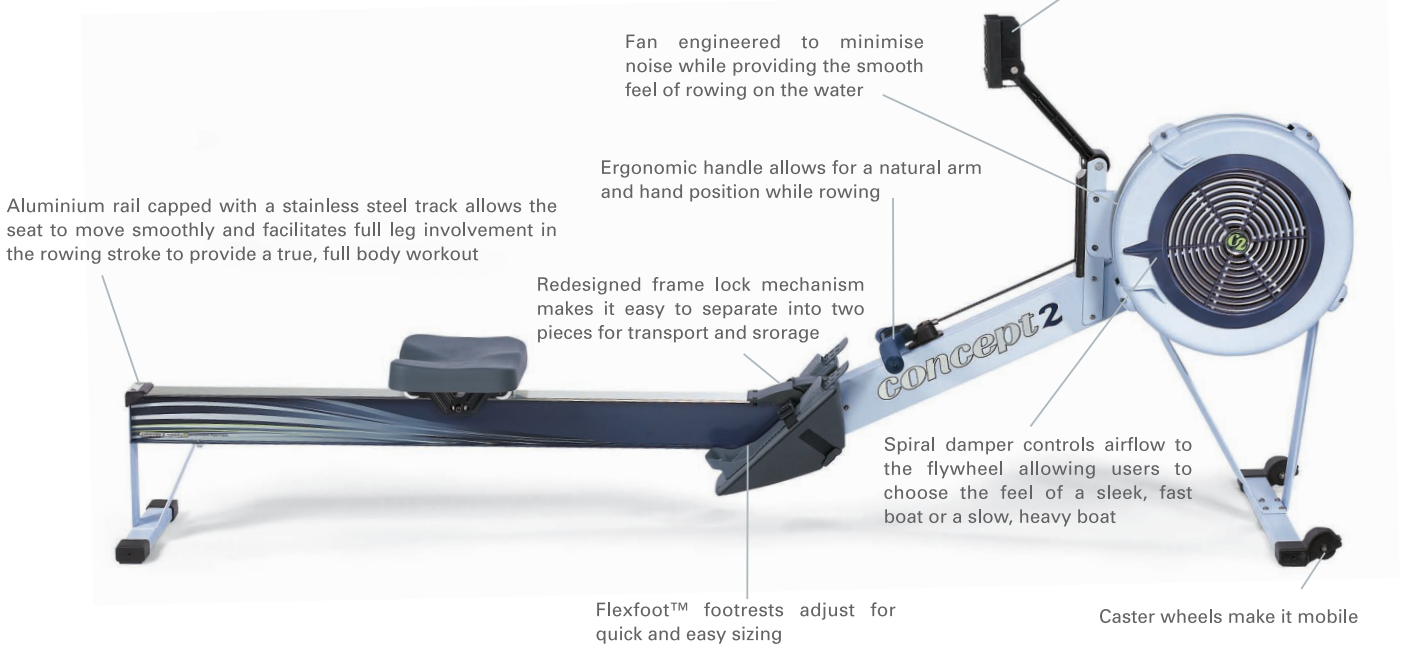
The **Model D** delivers proven performance and fitness benefits.



Separates easily for storage



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



## concept 2 MODEL D

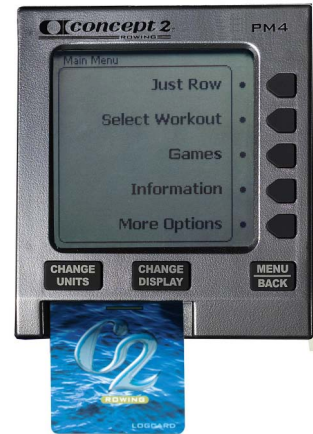
Length	Width	Seat Height	Weight	Space Required For Use	Stored Dimensions	Monitor
240cm	60cm	36cm	28kg	285cm	90cm x 72cm x 135cm H	PM3

# concept 2 MODEL E

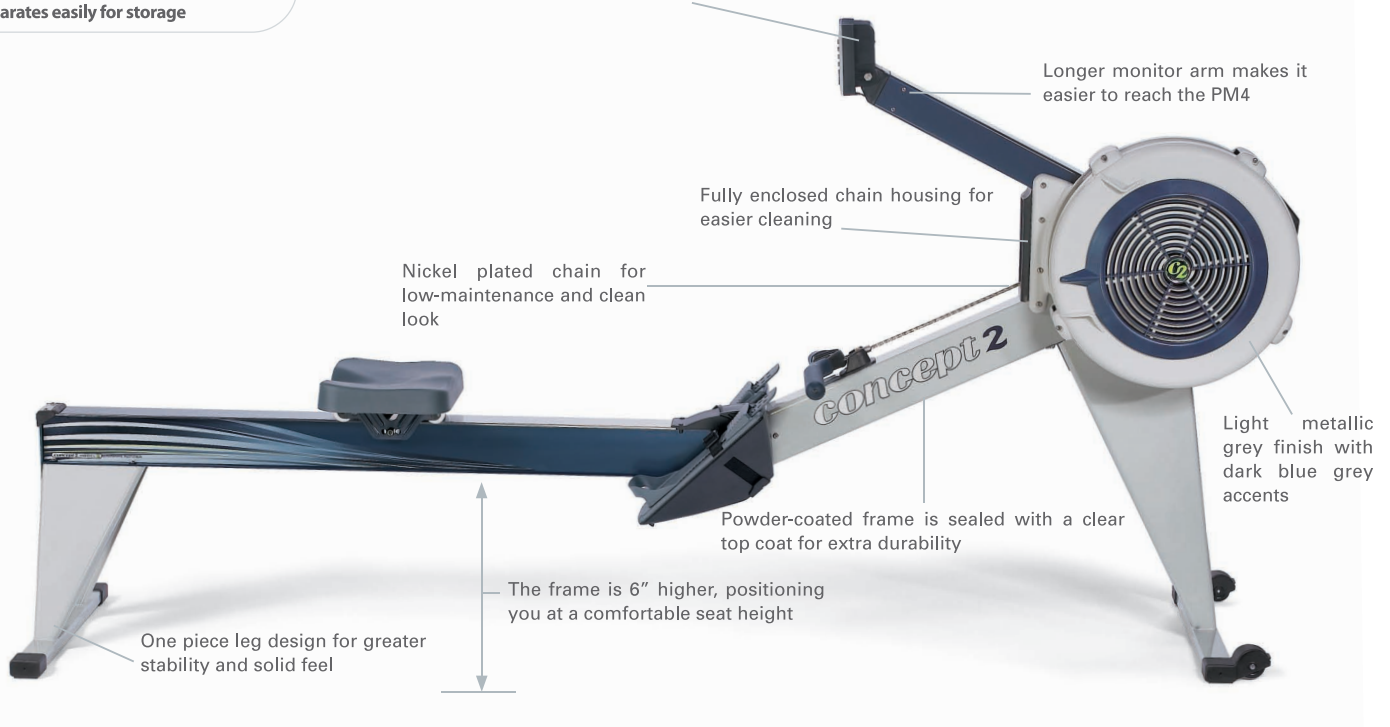
The **Model E** is the 5th generation of our successful Indoor Rower. It includes all the proven features of the Model D plus the PM4 and the additional features described below.



Separates easily for storage



PM4 Monitor is standard on all Model E Indoor Rowers



Longer monitor arm makes it easier to reach the PM4

Fully enclosed chain housing for easier cleaning

Nickel plated chain for low-maintenance and clean look

Light metallic grey finish with dark blue grey accents

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

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

One piece leg design for greater stability and solid feel

# concept 2 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

# UNBEATABLE ACCURACY

## 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:

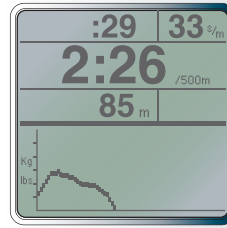
- Built in compatibility with Suunto heart rate technology (chest belt provided) offers improved transmission and eliminates interference from nearby rowers
- A rechargeable battery pack is included with the PM4. As you row you will actually be recharging your battery. The battery pack can also be recharged 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](http://concept2.co.uk/pm4)
- Fitted as standard to the Model E, the PM4 is available as an option or upgrade for the Model D



Main Menu



All Data



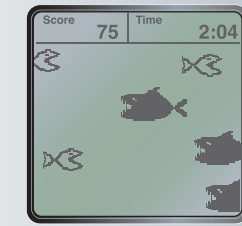
Force Curve



Pace Boat

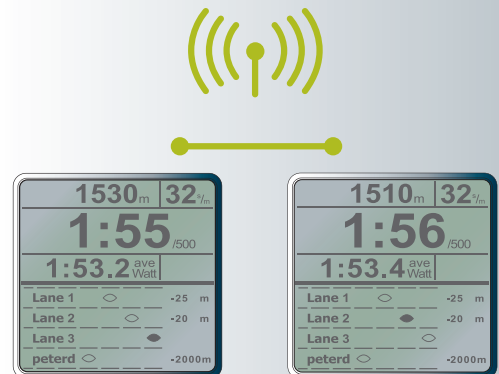


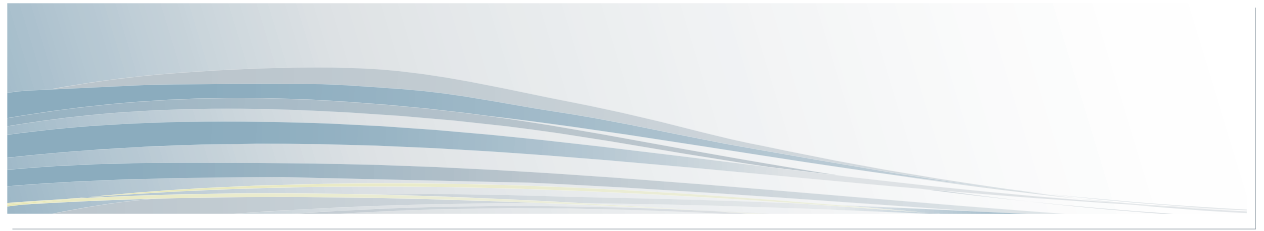
Bar Chart



Fish Game

## Wireless or Wired Racing - PM to PM Communication





## WEIGHT LOSS

The Concept2 Indoor Rower is used by everybody from Olympic champions to people starting to exercise after years of inactivity, and from children to old age pensioners! You certainly don't need to be a fitness fanatic to reap the rewards that the Indoor Rower can offer.

One of the Indoor Rower's more popular uses is as a way to help maintain or lose weight. When used in conjunction with a careful diet, it can be a very efficient way to lose those excess pounds. This is because it employs all the major muscle groups to deliver a comprehensive workout with a motion that is smooth, rhythmic and impact-free. Being weight-bearing, it places a lot less stress on your body than activities such as jogging, making it an ideal exercise choice for those who are over-weight or have joint problems.

As a company we strive to give added value, and with weight management in mind we provide a wide range of materials to help you. Our website contains articles on fat burning and exercise, as well as an interactive weight loss programme that generates your own personalised training plan. We've also just teamed up with Nutracheck, the UK's No.1 online food diary business to give you the best weight management advice available.

When a customer buys a rowing machine from us it is the beginning of the relationship rather than the conclusion. We want you to use the machine when you've bought it, use it safely and reap the rewards of regular use. For us, indoor rowing is an investment in your life.

I feel better in mind as well as in body. And I'm not the only one proud of what I have achieved. My wife is thrilled as well.

The down side has been that I've had to get a whole new wardrobe of clothes as I've lost six inches off my waistline, but it's a nice problem to have!

*Neil Dunkley, who lost 4.5 stone in 6 months.*

I appeared on Channel 4's Fit Farm and in 12 weeks lost more weight as a percentage of my body weight than any other guest. I was the only contestant to use the Concept2 Indoor Rower and put 70% of my success down to the rowing. It is the most effective exercise I know and quite simply, it's changed my life. I feel like my old self again

*David Pearce*



# THE ULTIMATE WORKOUT

Indoor rowing on the Concept2 Indoor Rower is firmly established as the gateway for people beginning rowing, and thereafter a fundamental component of a rower's training mix. The value of indoor rowing, however, is not just limited to the sport of rowing. Sports as diverse as athletics, rugby, sailing, triathlon, football and Formula 1 have all embraced it.

The Indoor Rower's cross-training value lies in the complete range of training types it offers. This means that indoor rowing can provide a robust fitness foundation for almost anyone, whether to complement their training and enhance their performance in the sport they love, or simply to live a healthier life.

## 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

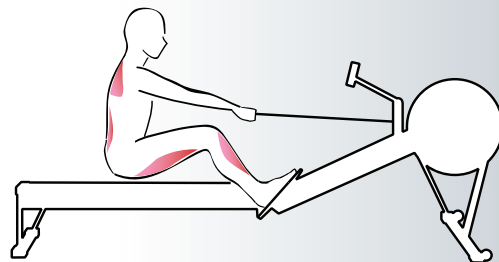
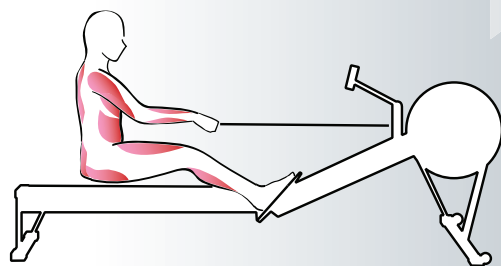
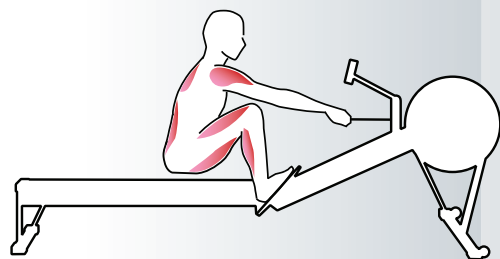
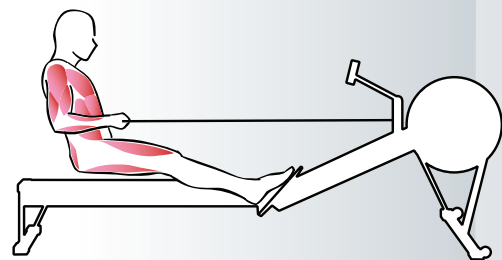
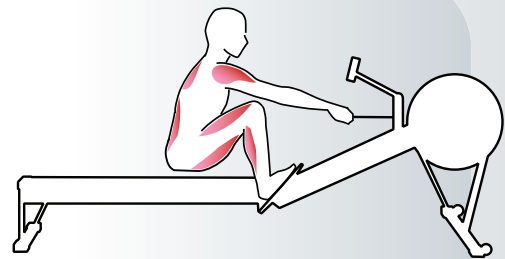
Indoor rowing is one of the few exercise modes that will work your "core" abdominal and back muscles. Fitness experts believe a strong core yields numerous benefits, from a stronger back to better posture.

## UPPER BODY

Indoor rowing will strengthen and tone your upper body. Shoulders, back and arms are all involved in the rowing stroke.

## HEART & LUNGS

Because it engages so many muscle groups simultaneously, indoor rowing puts a healthy demand on the cardiovascular system resulting in improved cardiovascular health.





*"If you're thinking of getting fitter, losing some weight and generally improving your health, in my opinion the single best fitness machine for you is the Concept2 Indoor Rower. Throughout my rowing career, it formed one of the main building blocks of my training. No matter how hard I tried, I could never beat it. It never broke and it never let me down. The quality of the machine, the similarity to rowing on the water and the accuracy of the feedback enabled me to attain a level of fitness and mental toughness far beyond anything I had achieved in my early days. It gave me the confidence to take on the world and, well, you know the rest..."*

*Sir Steve Redgrave*

