



## CONCEPT2 INDOOR ROWER SPECIFICATIONS - Models D and E

<b>Description:</b>	Institutional grade rowing exercise machine with air-resistance flywheel, sliding seat, and self-calibrating electronic performance monitor.
<b>Construction:</b>	<p><b>Frame:</b> extruded aluminum I-beam monorail with stainless steel seat track.</p> <p><b>Flywheel:</b> Fully enclosed chain driven flywheel is steel with glass reinforced ABS squirrel cage fan attached. The flywheel enclosure is made of hi-impact, ABS Thermo-plastic. The "Quiet Cog" system significantly softens the sound of rowing by damping the chain noise with a urethane washer on each side of the cog. The idler pulleys and travelling pulley are made of a Thermo-plastic elastomer for increased durability and noise reduction.</p> <p><b>PM Monitor (PM3 and PM4):</b> Battery powered LCD digital display features time/distance rowed; 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; optional heart rate monitor interface. Choose from a variety of units and graphic display options including Force Curve, Paceboat and Bar Chart. The Fish Game provides video game-like competition. C2 LogCard easily and automatically records workouts and tracks progress without separate paper record of each workout. PC-interface to transfer LogCard data to your personal computer. Power generation feature extends the life of the batteries by providing operating power to the PM while rowing. Monitor is powered by 2 D batteries (PM3) or a rechargeable battery pack (PM4) and are included. No external power source is needed. Wireless heart rate monitoring and PM to PM racing is standard on the PM4.</p> <p><b>Misc:</b> Adjustable air resistance; Flexfoot(TM) adjustable footboard system; impact-resistant, glass-reinforced Nylon, ergonomically-designed handle with overmolded soft rubber grips; molded rubber foot pads; anatomically designed seat top; built in caster wheels; quick disconnect feature for compact storage.</p> <p><b>Benefits:</b> The Concept2 Indoor Rower is the rowing machine of choice for all on water rowing programs as well as health clubs, cardiac rehabilitation centers and corporate fitness centers. The smooth, fluid feel of each stroke and the proper balance of momentum and drag are unsurpassed by any other rowing machine in the simulation of the on water rowing stroke. The rugged institutional grade construction assures minimal maintenance and years of trouble-free use. The self-calibrating electronic performance monitor is unique. Its' accuracy allows for objective comparison between workouts, as well as allowing measured competition between individuals.</p>
<b>Space Requirements:</b>	The Concept2 Indoor Rower measures 7'11" long by 24" maximum width. An area of 9' by 4' is required for operation of the machine. Storage requirement for two upright pieces is 27" x 47 x 54.5"H (Model E) and 25" x 33" x 53"H (Model D) .
<b>Spare Parts and Service:</b>	Spare parts are available direct from the factory. Machines are user serviceable. Initial assembly takes approximately 30 minutes and subsequent installation of the most common spare parts is not difficult. Technical assistance is available during regular business hours (M-F 7:30AM -5:00PM Eastern time) on our toll-free customer service line 800.245.5676.
<b>Warranty:</b>	Covers defective parts for a 2 - 5 year period from date of shipment. Copy of warranty is available upon request.