



concept 2[®]

INDOOR ROWERS | SKIERG | BIKEERG



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 what training machine you choose, you can expect superior products from one of the most well-established companies in fitness. The Performance Monitor 5 (PM5) helps set our machines apart, reliably measuring your power and personal improvements, and allowing for fair comparisons with users anywhere in the world.

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!

INNOVATIVE, HIGH-PERFORMANCE TRAINING EQUIPMENT SINCE 1976

Concept2 Products



INDOOR ROWERS

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.



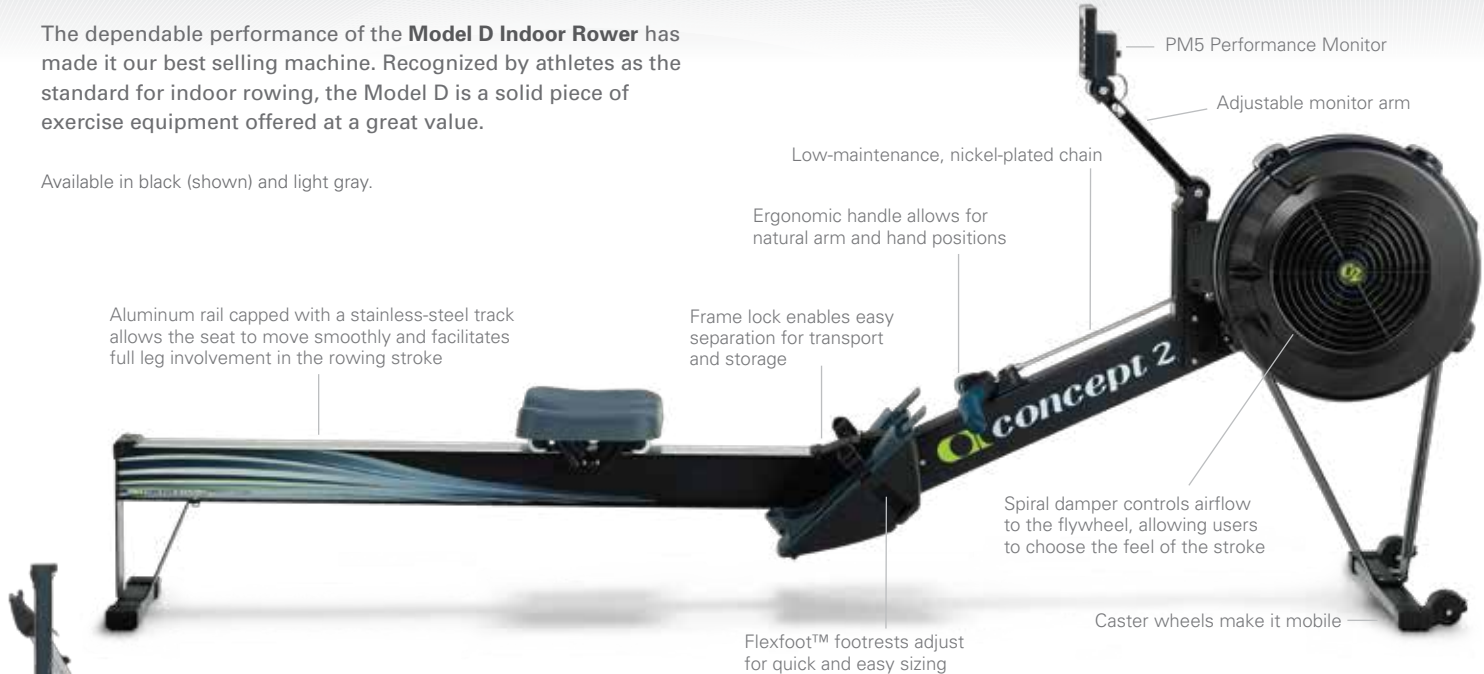
BikeErg

The BikeErg is the latest addition to our family of sport-based ergometers, bringing to cycling our flywheel technology and powerful Performance Monitor.

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.

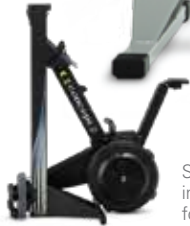
Length	Width	Seat Height	Weight	Space Recommended For Use	Stored Dimensions	Weight Capacity
96 in 244 cm	24 in 61 cm	14 in 36 cm	57 lb 26 kg	9 ft x 4 ft 274 cm x 122 cm	25 in x 33 in x 54 in H 63.5 cm x 83.8 cm x 137.2 cm H	500 lb 227 kg

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.



Separates easily into two parts for storage.

Length	Width	Seat Height	Weight	Space Recommended 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 moves, while the feet (and your body mass) move very little 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 Recommended 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
23.5 in 60 cm	50 in 127 cm	85 in 216 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).

BikeERG

The **Concept2 BikeErg** is the latest addition to our family of sport-based ergometers. The BikeErg uses our air resistance flywheel to create a smooth, quiet ride that responds to your efforts. The damper is your “gearing,” allowing you to adjust the feel of your ride. The BikeErg has a clutch, so when you stop pedaling the flywheel keeps on spinning. With the same powerful Performance Monitor 5 (PM5) as our indoor rowers and SkiErg, the BikeErg provides instantaneous workout feedback, with a wide variety of displays and workouts to choose from.



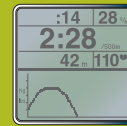
Length	Width	Seat Height	Weight	Space Recommended For Use	Stored Dimensions	Weight Capacity
48 in 122 cm	24 in 61 cm	31-40.5 in 79-103 cm	58 lb 26 kg	48 in x 24 in 122 cm x 61 cm	Must be stored fully assembled	300 lb 136 kg

Performance Monitor

Display Options



All Data



Force Curve



Pacer



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, PaceBoat/PaceSkier/PaceBike, 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 with compatible devices.

Connectivity Supports machine-to-machine racing, plus connectivity to computers and smartphones.



Bluetooth®



Go High Tech

Each Concept2 machine comes with everything you need to get fit and stay fit—including our powerful 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 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 exercise 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 up 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!

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!

The logo for Concept 2, featuring a stylized 'C' icon followed by the text 'concept 2' in a lowercase, italicized sans-serif font, with a registered trademark symbol (®) to the right.

concept2.com 800.245.5676