Whether your goal is general fitness or competing in the Olympics, rowing offers an efficient exercise that works all your major muscle groups as it improves your cardiovascular fitness. Indoor rowing is a full-body, low-impact workout suitable for all ages and abilities. We hope you'll join us.
The Ultimate Workout

**LEGS**
Each rowing stroke involves full compression and extension of the legs, working the calves, thighs, hamstrings, buttocks and hips.

**CORE**
Rowing is a great way to work your abdominal and back muscles. A strong core supports a stronger back and 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 fitness.

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Join the Rowing Community

The fitness benefits attract people to rowing; the camaraderie and sense of community keep them rowing. Visit concept2.com to join the online rowing community:

- Track your training in the Online Logbook.
- Participate in an online challenge as an individual or as part of a team.
- Rank your best workouts against others.
- Sign up for our Workout of The Day (WOD) emails.
Concept2 Indoor Rowers combine the feel of rowing on water with the convenience of training indoors. Regardless of which model you choose, you will get the same great workout.

**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.

- Aluminum rail capped with a stainless-steel track allows the seat to move smoothly and facilitates full leg involvement in the rowing stroke.
- Frame lock enables easy separation for transport and storage.
- Ergonomic handle allows for natural arm and hand positions.
- Spiral damper controls airflow to the flywheel, allowing users to choose the feel of the stroke.
- Flexfoot™ footrests adjust for quick and easy sizing.
- Caster wheels make it mobile.
- Low-maintenance, nickel plated chain.
- Adjustable monitor arm.

<table>
<thead>
<tr>
<th>Model</th>
<th>Description</th>
<th>Length</th>
<th>Width</th>
<th>Seat Height</th>
<th>Weight</th>
<th>Space Required For Use</th>
<th>Stored Dimensions</th>
<th>Monitor</th>
<th>Weight Capacity</th>
</tr>
</thead>
<tbody>
<tr>
<td>PM5</td>
<td>Performance Monitor</td>
<td>500 lb</td>
<td>24”</td>
<td>14”</td>
<td>57 lb</td>
<td>9’ x 4’</td>
<td>25” x 33” x 54” H</td>
<td>PM5</td>
<td>500 lb</td>
</tr>
</tbody>
</table>

Spiral damper controls airflow to the flywheel, allowing users to choose the feel of the stroke.

Ergonomic handle allows for natural arm and hand positions.

Aluminum rail capped with a stainless-steel track allows the seat to move smoothly and facilitates full leg involvement in the rowing stroke.

Frame lock enables easy separation for transport and storage.

Separates easily into two parts for storage.
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.

<table>
<thead>
<tr>
<th>Length</th>
<th>Width</th>
<th>Seat Height</th>
<th>Weight</th>
<th>Space Required For Use</th>
<th>Stored Dimensions</th>
<th>Monitor</th>
<th>Weight Capacity</th>
</tr>
</thead>
<tbody>
<tr>
<td>96”</td>
<td>24”</td>
<td>20”</td>
<td>65 lb</td>
<td>9’ x 4’</td>
<td>27” x 47” x 54” H</td>
<td>PM5</td>
<td>500 lb</td>
</tr>
</tbody>
</table>

One-piece leg design for solid look and feel

Longer monitor arm brings the PM5 closer to you

Fully enclosed chain housing helps keep the chain clean

High gloss, powder-coated frame protects against scratches

Separates easily into two parts for storage.
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 is free to move and there’s minimal movement of body mass 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.

**Specifications**

- **PM5 Performance Monitor**
- **Aluminum monitor arm pivots for storage**
- **Dyneema® high-strength drive cord**
- **Moving foot carriage offers a closer simulation to rowing a boat on water**
- **Seat moves within a small range**
- **Optional Wind Shield (included) can be used to deflect breeze**
- **Adjustable feet for leveling**
- **Caster wheels make it mobile**

**Dimensions**

- **Length**: 76”
- **Width**: 24.25”
- **Seat Height**: 21.5”
- **Weight**: 92 lb
- **Space Required For Use**: 7.5’ x 4’
- **Stored Dimensions**: 76” x 24.25” x 21.5” H
- **Monitor**: PM5
- **Weight Capacity**: 500 lb
PM5 (standard on all models)

Features:

**Automatic Operation** Monitor turns on when you start your workout.

**Performance Data** Track distance, speed, pace, calories burned, 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, pace boat, bar chart, or large print.

**Backlit Display** Screen illuminates automatically when you start your workout.

**USB Flash Drive** Store performance data and/or transfer data to your Mac or PC.

**Wireless Heart Rate Monitoring** using ANT+ and Bluetooth Smart with compatible devices.

**Connectivity** Supports machine-to-machine racing, plus connectivity to computers and smartphones.
This Is Our Sport Too.

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 rowing experience and engineering to design, manufacture, sell and service unique products for the benefit of the entire Concept2 community.

Rowing is our reason for being. We continue to promote and encourage the growth of rowing, indoors and outdoors.

Also from Concept2

DREISSIGACKER RACING OARS
Every oar is custom made to customer specifications.

CONCEPT2 SKIERG
The Concept2 SkiErg brings the fitness benefits of Nordic skiing to everyone.

For a complete list of products and accessories, visit concept2.com.