

Setting Up Your Concept2 Indoor Rower for Children

Damper Setting: 1-3. If they say it feels too easy, remind them that they just have to pull harder and it will feel harder. **Children should not row in a damper setting higher than 3.** (Adults will get the best workout in a damper range of 3-5.)

Flexfoot: Use the highest setting for kids with the smallest feet. Very small feet may be more comfortable with some foam placed below the heel. Larger feet may require adjusting the Flexfoot to another hole. (Note: we have placed extra holes in the Flex Foot of your machine to accommodate smaller foot sizes.)

SAFETY:

Clothing: Athletic shorts or loose-fitting pants are recommended. Long shirt tails should be tucked in. **Skirts, overly baggy shorts and skirts should be avoided as they may get caught in the seat rollers.**

Keep fingers, pets and small children away from seat rollers.

Do not let go of the handle! Place it carefully either in handle hooks or against the flywheel.

Do not twist chain or pull from side to side. Pull straight back with both hands.

Use proper technique at all times.

Rowing hard: When kids row hard and fast, they may get excited and forget about proper technique. This may cause them to slip off the seat! Be sure to practice rowing hard, and build up to it gradually, so that they learn proper control.