

Virtual Team Challenge starts January 1, 2009

Create a virtual team of friends, family, co-workers or long-lost schoolmates from anywhere in the world and participate in the Virtual Team Challenge! The goal is to collectively row as many meters as you can in the month of January. Virtual teams (who do not meet up to row at a specific physical location) can be made up of anyone from anywhere who wants to participate. Teams can also be real “clubs” with a physical location. Team captains will be asked to indicate their club division when registering their team for the first time. The choices are:

- Virtual
- Health Club
- YMCA
- JCC
- School
- Rowing Club
- Corporate Fitness Center
- Military
- Correctional Facility

There will be separate Honor Boards for each club division, so you can compare your club’s performance with other clubs. Team standings in all divisions will be posted online throughout the duration of the challenge. You will also be eligible for prizes regardless of how many meters are rowed.

For complete details on how to participate or to check out all the rowing challenges throughout the year, visit concept2cts.com/challenges.



Concept2’s Online Tools

Need motivation to row? Check out the variety of online tools at concept2.com. You’ll find information on creating an online logbook to keep track of your rowing, as well as be able to search the world rankings, calculate pace or VO2max, or strike up a conversation with other rowers in the Concept2 Forum.

In the last few months we have done a bit of redecorating and have added some new features to the online logbook. If you have not visited recently, we encourage you to check it out. Each month, over 1000 people create a new account at concept2.com/logbook and join in the fun.

Whatever it is you’re after—an easy way to record your training, extra motivation during the winter months, sharing your training with friends, or seeing how your 5000m time compares with people on the other side of the world, the online logbook should fit your needs. Check it out!

Online Logbook Facts*

- Ranking Season: May 1, 2008–April 30, 2009
- Total Number of Logbook Users: 123,951
- Active Members This Season: 20,465
- Total Meters This Season: 3,660,450,355
- Total Meters Last Season: 7,377,253,807
- Total All Time Meters: 33,668,929,171
- Approximate Distance Earth to Mars: 56,000,000,000

* As of November 22, 2008

Trends in Physical Education

PE4Life was founded in January 2000 as a non-profit 501(c)(3) organization dedicated to inspiring active, healthy living by advancing the development of quality, daily physical education programs for all children. Concept2 CTS's Josh Carlson recently caught up with Steve Hinderhofer, a PE4Life PE teacher at Grundy Center and asked him about rowing and physical education:

Q What are today's trends in PE?

SH: I think the trends in physical education today are moving towards a lifestyle approach towards fitness—meaning that we are looking to educate students to take care of themselves for the long term. We, as physical educators, can provide support and guidance until students enter college. At that point we have to make sure that they are ready to take care of their bodies, minds, and souls.

Another trend would have to be the incorporation of technology and 21st century sport and fitness equipment (like the indoor rowers) into the curriculum.

Finally, subject equality is key. Physical education is as important as math, science, and other subjects that students study in a school day. As national fitness data and obesity trends continue to be in the news, we will begin to understand that subject equality is important.

Q What are the ways you have implemented indoor rowers into your program?

SH: First, individual rowing. Students are able to use the equipment to play games, get a workout and race friends.

Second, by giving the students the LogCards, they are able to keep track of individual performance.

Finally, the venue racing has been a nice success. Unlike a treadmill or elliptical machine, the indoor rowers allow students to compete and see their success live with our projector. The students are able to encourage, cooperate and strategize and get a workout all at the same time. Great piece of equipment.

Q What characteristics do you like best about the indoor rowers?

SH: I love the flexibility and durability of the equipment. There are so many things we can do with the indoor rowers. We are just scratching the surface and I look forward to the future.

Concept2 CTS provides schools with free curriculum and programming ideas. Visit concept2cts.com/schools or email kidsrow@concept2cts.com for more information.

FAQs about Performance Monitor (PM) Batteries

Q. What type of batteries does the PM4 use?

A. The PM4 for the Model D and Model E comes equipped with a rechargeable battery pack that recharges as you row. The recharge rate depends on the usage pattern of the rower: the more and harder you row, the more quickly the PM4 charges. The rechargeable battery pack works when a PM4 is installed on either a Model E or D Indoor Rower. All PM4s can also use two D-Cell (IEC LR20) batteries. Retrofit PM4s for Model A/B/C will ship with D-Cell batteries as the recharge function is not available on those models.

Q. If my rechargeable battery (PM4 only) has no charge left, how can I recharge it?

A. If your PM4 rechargeable battery is so dead that rowing does not bring it back to life, you can recharge it by connecting the PM4 to a computer using the USB cable supplied with your PM4. To fully recharge the battery, it is recommended to leave the PM4 connected to the computer for at least eight hours or overnight. The USB cable is provided with your PM4 for two purposes: recharging a dead battery and transferring workout data to your computer or online logbook by connecting the Performance Monitor to a computer. For more about the latter, visit concept2.com/utility.



Q. How do I tell how much battery power I have left?

A. From the Main Menu of the PM4, go to More Options>Utilities>Battery. The amount of power left will be displayed as a percentage for D-Cell batteries. It is hard to determine the capacity left in a rechargeable battery, so the indications will be "Low," "Very Full" or anywhere in between.

Q. Where can I find more information about the PM4?

A. We have recently improved our web support for the PM4. You will find "How to Use Your PM4" as well as an expanded Troubleshooting section at concept2cts.com/pm4.

Why Intervals are for Everyone

What are intervals?

An interval workout consists of bouts of high intensity work alternating with periods of lower intensity or rest. By varying the length of the work interval and the length of the rest interval, a wide variety of workouts can be designed to achieve a range of goals. Here are some common questions about intervals.

Intervals are only important for competitive rowers, right?

Wrong! Recent research is showing that intervals are not just for competitive athletes.

They will help anyone:

- Learn to row with greater intensity.
- Build the duration that you can maintain a certain level of intensity.
- Improve your speed of recovery.
- Develop your body's ability to switch between energy systems.

And they are a very time-efficient method of achieving all these goals.

Can intervals help me lose weight and maintain health?

Yes. New research suggests that interval training may be a time-efficient and effective way to lose weight, not to mention that it will build your fitness as effectively as longer moderate workouts. A recent study in Japan reached the intriguing conclusion that you would burn more fat with two 30 minutes bouts of exercise separated by a 20 minute rest period than in a single 60 minute session. And finally, intervals add variety and structure to your workouts, which makes them even more interesting and helps the time pass.

Why are intervals good for older athletes?

They have been shown to be the most effective workout for stemming the tide of aging. A recent pilot study in Norway has shown that interval workouts may be more effective than longer lower intensity workouts for reducing cholesterol, adjusting the ratio of fatty acids in the blood, and reducing the risk factors for metabolic syndrome.

They've also been shown to be an effective therapy for patients with heart failure. Consult with your physician before starting an exercise program.

Then why not do intervals all the time?

Because you can't. Expect to be tired after doing intervals. If you're not, you're not doing them hard enough. You need to allow your body to recover for a day or two after interval sessions. Competitive athletes might do intervals as many as five days per week during a high-intensity speed training week; older athletes can generally do intervals up to 2-3 times per week.

What should I know before I get started?

Warm up well. The reason intervals are so effective is that they are intense. By working intensely, even for a short period of time, you place a greater demand on your heart and lungs which in turn provides a stronger stimulus for physiological change. If all of your exercise is at the same moderate level, it will still burn calories, but it won't inspire your body to make changes. In order to work at higher intensity, it is even more important to get a good warm-up and be sure you are rowing with proper technique. We recommend at least 10 minutes of warm-up.

Here are some of our favorite interval workouts:

Pyramid intervals: Start with 100m, then 200m, then 300m on up to 1000m and then back down, with 1 minute rest in between. It will take approximately one hour.

Variations: Shorten the workout by lowering the top of the pyramid.

Short rest intervals: 30 seconds of rest every 3 minutes. Pre-set the PM for a 2:30 work interval and a 0:30 rest interval. Aim for 30 minutes total time (10 work intervals).

Variations: Make the intervals a little easier but shorten the rest to 20 seconds. You can also choose to do either fewer intervals, or more!

500 meter pieces: 6 repetitions of 500 meters of work with 1:45 rest, making each interval faster than the one before.

Variations: Choose to do 4 or 5 of these intervals, and you can opt to extend the rest length to 2 minutes.

Threshold intervals: 4 x 4 minutes with 2 minutes rest. Work at moderately intense effort until you get to the last minute, then up the intensity.

Variations: Start with just three intervals, and increase to five or six if you can.

We are Here for You!

We appreciate the investment that you make when you decide to purchase the Concept2 Indoor Rower for your facility, and we won't forget about you after the sale! As always, we are available to answer questions, give technical support, offer programming suggestions and rowing challenges that will help keep your members motivated. Call us toll-free at 877.887.8014, 7:30 a.m.–5:00 p.m. ET, Monday through Friday.

CONCEPT2 CTS ON THE ROAD

PATH Conference
Burlington, VT January 21
Quechee, VT January 22

YMCA National EXPO 2009
Jacksonville, FL
February 25–28

IHRSA 2009
San Francisco, CA
March 16–19

AAHPERD 2009 Convention
Tampa, FL
April 1–4

Fitness Industry Suppliers Association
(FISA)
San Diego, CA
May 12–15

Training Opportunities & Schedule

Interested in becoming a certified indoor rowing instructor? Want to learn more about leading indoor rowing classes? There are numerous training opportunities around the country throughout the year. To find the dates and locations of the trainings nearest you, check out our interactive map at concept2cts.com/workshops.

concept2cts.com

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