

**concept 2**

**UPDATE**



[concept2.com](http://concept2.com)

**FALL 2011**

GEARING UP FOR LONDON  
2011 HOLIDAY CHALLENGE  
SKIERG • MORE THAN SKIING  
QUICK WORKOUTS  
UPLOADING METERS TO YOUR LOGBOOK

## GEARING UP FOR LONDON

Concept2 has the pleasure of working with several National Team athletes who are gearing up for the London Olympics in 2012: Andréanne Morin (Canada), Ali Cox (USA) and Sam Loch (Australia). These athletes are guest bloggers at [concept2.com/blog](http://concept2.com/blog) where you can read about their training and travels, ask questions and get their advice.

As the Games approach, each of these athletes must qualify in their respective countries to represent at the Olympics. Each nation is required to qualify boat entries, which is separate from deciding which athletes will row in those boats.

Teams have two chances for qualification—the first is at the World Championships the year preceding an Olympic year or at the regional continental qualification regattas; the second is a final qualification opportunity staged at the last World Cup event during the year the Olympics occur. This final qualification will happen in May 2012 in Lucerne, Switzerland.

Paralympians qualifying for London needed to place in the top eight boats at this year's World Championships. A final Paralympic Qualification Regatta will be held in Belgrade, Serbia, in May 2012. The sport of rowing will be included in the Paralympic Games for only the second time.

The following American and Canadian boats secured entries in the 2012 Olympic Regatta with their performances at this year's World Championship in Bled, Slovenia, August 28–September 4, 2011:

USA	Canada	<b>Guide to rowing terms:</b> M = men's W = women's L = lightweight x = sculling + = with coxswain - = without coxswain # = number of athletes in the boat  Paralympic categories: AS = arms and shoulders LTA = leg, trunk and arms
LTA4+	LTA4+	
ASM1x	LM2x	
M1x	LW2x	
LW2x	M2x	
M4x	M2-	
W4x	M4-	
M2-	M8+	
W2-	W8+	
M4-		
W8+		

At the 2008 Beijing Olympics, 64% of all Olympic medalists raced with Concept2 oars. Countless more trained indoors on Concept2 Indoor Rowers. We look forward to another Olympics and hope we can help athletes get to the starting line with confidence and to the finish line in front.

## LATEST INNOVATIONS

Concept2 has been working hard to support all Olympic aspirants with innovative, efficient equipment—both for indoor training and on water racing. Here's a quick review of our latest products:

- The Dynamic Indoor Rower offers competitive athletes a close simulation of the dynamics of on water rowing. On the dynamic erg, a user's body mass is relatively stationary while components of the machine actively move in response to the rowing motion, similar to the way a lightweight rowing shell moves around the rower's body. Visit [concept2.com/dynamic](http://concept2.com/dynamic) for details.
- The Dynamic Link joins two or more Dynamic Indoor Rowers so athletes can train as a crew. See [concept2.com/link](http://concept2.com/link) for details.
- The Skinny sweep shaft, introduced this past summer, was developed in collaboration with elite women athletes looking for a softer feel when using the most efficient Concept2 blade designs. The result is a skinnier shaft offering unique bending characteristics, reduced wind resistance and opportunities for smaller outer grips. A Skinny scull shaft is currently in development. Visit [concept2.com/skinny](http://concept2.com/skinny) for more details.



## ROWING FOR DISASTER RELIEF

Our home state of Vermont was hit hard by Hurricane Irene. Many homes, farms and businesses were inundated by flood waters. Covered bridges that have stood for a century or more were washed away—not to mention numerous new bridges and roads. As we go to press, the recovery and relief efforts have only just begun—and will continue for quite some time.

We have heard from many of you who are wondering how you can help. Here's one way: Participate in the Holiday Challenge! Allocate your hard earned meters to help devastated areas in Vermont and other parts of the world that have suffered a natural disaster in 2011.

The challenge begins on Thursday, November 24, and ends at midnight Saturday, December 24, 2011. For every person that rows or skis at least 100k during the challenge, Concept2 will donate \$.02 for every kilometer (1000 meters) you accumulate to your choice of the following organizations:

- Vermont Disaster Relief Fund: [vt211.org](http://vt211.org)
- American Red Cross Disaster Relief (international): [redcross.org](http://redcross.org)
- Unicef—Emergency Relief Programs: [unicef.org](http://unicef.org)

When you get beyond 100k, we'll donate \$.04 per kilometer. Our goal through this group effort is to reach a total \$30,000 to support these causes. The usual prizes of pin and certificate will be awarded as well. **Note:** For kids and adaptive athletes, the \$.04 rate will take effect at 50k.



## HOLIDAY CHALLENGE 2011

### How to Participate

It's easy! All you have to do is row or ski and enter your meters in your Concept2 Online Logbook. The Holiday Challenge is not about speed but all about motivation and perseverance. When you reach either 100,000 meters or 200,000 meters, you will automatically receive instructions for claiming your prizes and certificates of completion. Don't have an online logbook yet? That's easy, too. Visit [concept2.com/logbook](http://concept2.com/logbook) for instructions.

## THE CONCEPT2 SKIERG: IT'S A LOT MORE THAN SKIING

**A**lthough the Concept2 SkiErg was created as a training tool for competitive Nordic skiers, it is rapidly gaining fans who participate in a wide range of activities. From wrestlers to golfers, motocross riders to runners and adaptive athletes, people are finding that the SkiErg offers valuable cross-training and conditioning.

What are the secrets to its success? People like the downward pull motion, which is rare in other aerobic exercise equipment. They also like that it's a standing exercise that involves so many of the core muscles while still working the entire body. And it has the same accurate Performance Monitor as our indoor rowers, so it gives you feedback on every pull.

The SkiErg can be used in a number of ways:

- **Individual workouts:** The SkiErg offers a great combination of core strengthening and aerobic conditioning. You can do any kind of workout from intervals to long steady state.
- **Combined training with the indoor rower:** The motion of the SkiErg nicely complements the motion of rowing. Try alternating intervals between rowing and skiing for a high quality and varied workout.
- **Group workouts:** Just as you can run group rowing classes, the SkiErg is suitable for group skiing classes. Participants can pull in sync while still working at the intensity level that suits them.

### Especially for Nordic Skiers:

The SkiErg offers a safe and convenient alternative to rollerskiing and also gives you a measurable workout so you can track your training progress. You can do the same intervals or steady state workouts that you would do on snow or on rollerskis.

In addition to straight double-poling, you can use other techniques and drills to add challenge and variety to your workouts. Here are a few possibilities:

- **One-legged skiing:** This drill adds an element of balance and works a slightly different set of muscles. Try alternating between ten pulls on one leg and ten on the other.
- **Kick double-pole:** This technique is based on classic on snow technique. Extend one leg back as you raise your arms, then kick it forward as you finish the pull—just as you would do on snow.
- **One leg hop:** This suggestion came to us from CXC, a ski organization in the Midwest. It's similar to one-legged skiing, but as you pull with your arms you also raise one leg, adding a one-legged hop just as you finish the pull. Not only is this a challenging balance exercise, it also adds to the work of the core and hip flexors.

Visit [concept2.com/ski](http://concept2.com/ski) for information on training and technique.

*Kris Dobie*

## LINKING UP A DYNAMIC DUO

The Dynamic Indoor Rower brings an on water feel to indoor training, making it feel like rowing in a single without getting on the water. Now you can turn your single into a double or create whatever team boat you want!

The Link allows you to join two or more Dynamic Indoor Rowers so you can train as a crew. The Link forces you to match your power application, rhythm and timing, just like in a boat, making you work as a team while still providing the best off water workout around. The Link connects the indoor rowers through the foot carriages to simulate the coordination that rowers feel on water.

Each 7-foot Link connects via pins that fit into brackets (included) installed onto the right foot carriage. The bracket can stay installed for easy transitions from individual to team rowing. Once assembled, just insert the Link's pins into the brackets on each Dynamic Indoor Rower and start rowing! The distance between the Dynamic Indoor Rowers can be adjusted to find the optimal stroke length for the rowers.

The Link only works with the Dynamic Indoor Rower. To join other indoor rower models for team training, you can use Concept2 Slides. Slides provide a dynamic feel to our indoor rowers by "floating" the machine on wheels that run along a base of two tracks. See [concept2.com/slides](http://concept2.com/slides) for details.

One Link is now included with every purchase of two Dynamic Indoor Rowers; please call 800.245.5676 for details. Additional Links can be purchased by phone or [online](#).



## BLOCKING THE BREEZE

All Concept2 Dynamic Indoor Rowers now ship with a removable Wind Shield. The clear plastic Wind Shield is located on the top of the flywheel and is designed to deflect air coming from the flywheel away from the rower's body. Rowers who prefer the additional breeze can easily remove the Wind Shield by bending it slightly and pulling the tabs at either end out of the flywheel enclosure.

Using the Wind Shield will slightly reduce the current drag factor setting, making it feel like you're rowing at a slightly lower damper setting. The flywheel damper can be adjusted as needed to maintain the desired feel. Learn about damper setting and drag factor at [concept2.com/dragfactor](http://concept2.com/dragfactor).

Customers who purchased a Dynamic Indoor Rower prior to the Wind Shield's release may call 800.245.5676 for details on obtaining this accessory as a retrofit. The Wind Shield is also available as a replacement part.



## QUICK WORKOUTS

**I**t happens to all of us: a project takes longer than expected or traffic is terrible on the way home, and you watch your precious workout time disappearing. Soon, you think, it won't even be worth taking the time to change into your workout clothes. But don't give up yet! In as little as 30 minutes total (meaning about 20 minutes of actual rowing or skiing) you can get a worthwhile workout.

Here are some short but effective workouts to try the next time you are tight on time.

### Tabata Intervals

The Tabata interval workout was shown to be effective in a study done by Tzumi Tabata in 1996. Specifically, doing these short intense intervals five times per week was shown to be more effective at improving both aerobic and anaerobic capacity than an hour of steady moderate work five times a week.

You'll want to warm up, so do a 10 minute warm-up, including several 10–15 stroke bursts in the last five minutes.

Row or ski 7–8 repetitions of: 20 seconds maximum effort, 10 seconds very easy. That's it.

Take 5 minutes for a cool-down, easy rowing or skiing.

### 3–30 Intervals

After a 5–10 minute warm-up, alternate 3 seconds of maximum effort with 30 seconds of very easy effort for a total of 10 minutes. Cool down for 5 minutes and you're done.

### Short Rest Intervals

Warm up for 5 minutes, then alternate between 1:45 of moderately hard rowing or skiing and 15 seconds easy. Do this for 10 minutes or longer if you have the time. Save 5 minutes for the cool-down.

### Ten Minute Build

Warm up for 5 minutes, then begin a 10-minute block during which you will gradually build the intensity from relaxed to all-out. By the time you reach the last minute of the block you should be at maximum effort. Then cool down for 5 minutes.

## MONTH BY MONTH MOTIVATION

A fitness goal and a little camaraderie can really help the meters add up. And a great place to find both is in our annual calendar of online challenges. Here's a glimpse of what's to come in 2012:

### January

- **Virtual Team Challenge (VTC)** Join an existing team, or create your own, and see how many meters you can row or ski during the month of January.

### February

- **Tour de SkiErg** This challenge offers a series of four different challenge pieces, one per week.
- **Valentine Challenge** Row 14k February 9–14 and you'll be able to download some special erg-friendly Valentine's Day cards.

### March/April

- **March Madness** Every day in March we draw a lucky winner's name from everyone who rowed or skied at least 5k that day.
- **World Erg Challenge (WEC)** This team-based challenge attracts a large field of both real and virtual teams. Join the fun and see how many meters your team can row or ski between March 15 and April 15.

You can find more information about all our challenges at [concept2.com/challenges](http://concept2.com/challenges).

## TO WARM UP OR NOT TO WARM UP

**M**ost everyone talks about warming up before a workout, but there's surprisingly little research out there to prove the effectiveness of doing a warm-up—or what a proper warm-up should include.

The general belief is that a warm-up will help improve your performance. The theory is that it increases the blood flow to, and the temperature of your muscles, which increases the oxygen supply—and all of this improves your efficiency. Indeed, this would seem to be proven anecdotally by the simple fact that most serious athletes do warm-ups before their races.

There is also speculation that a warm-up decreases the risk of injury—but again, there is no definitive proof to back this up.

So what's an athlete to do? Our feeling is that a warm-up is a good idea. It may be nothing more than five minutes of easy rowing or skiing, but our experience is that it helps prepare both your body and your mind, resulting in a better workout.

Here's our advice:

- If you already do a warm-up, don't stop. Consider varying your routine to see if you can develop an even better warm-up.
- If you don't currently do a warm-up, we encourage you to give it a try. You may find that it allows you to perform with greater intensity in your workout, and for a longer duration.



Here are a few sample warm-ups to try:

### 1. 10s and 20s

Row or ski easily for 2–5 minutes, then do a series of 10-stroke bursts with 10 easy strokes in between. Start with moderate intensity and increase the intensity with each successive "10."

### 2. Pyramid

Row or ski easily for 2–5 minutes, then do a 10-stroke burst followed by bursts of 15 strokes, 20 strokes, 15 strokes and 10 strokes, increasing the intensity slightly with each piece. Take 10 easy strokes between pieces.

### 3. 30 Seconds On/ 30 Seconds Off

Row or ski easily for 2–5 minutes, then alternate 30 seconds harder with 30 seconds easier, gradually building the intensity as feels comfortable.

**A note about stretching:** Opinions about stretching vary widely—when to stretch, what kind of stretching to do and whether it helps. Based on what we've read and what works for us, we suggest doing your stretching after you have warmed up, or even after your workout. The body seems to stretch better when it is warm.

## GETTING OFF TO A GREAT START

**M**any of us simply hop on our indoor rowers and “just row.” This approach to rowing works just fine when it comes to achieving your fitness goals, but if you plan to race this season, you might consider how the first few seconds of your row can make or break your race.

A “racing start” consists of 4–5 strokes that take you (and your flywheel or boat) from a dead stop up to your racing pace. While starting from a dead stop with regular full length strokes may work for some people, most will find it more efficient and less stressful on the body to start with several short, quick strokes and then gradually lengthen to regular rowing. Here are two race start protocols that you can try:

### 1) Half, half, three-quarters, full:

- a. Start with your seat halfway between your regular catch position (shins vertical) and your finish position (legs extended). This is called “half-slide” and is your starting point for the first stroke.
- b. Return to the half-slide position to start your second stroke.
- c. For the third stroke, let the seat roll to “three-quarters slide”—almost all the way to your normal catch position, but not quite.
- d. By now, you should be pretty well up to speed and can make the 4th stroke a full one. But if you feel like you need one more three-quarter slide stroke, that’s fine too.
- e. From here on, row at full length.

### 2) Half, quarter, half, three-quarters, full:

- a. Start with your seat halfway again, as in above.
- b. Make the 2nd stroke a very short quick one, using just one-quarter of the slide.
- c. Begin to lengthen by returning to a half-slide stroke.
- d. Next take a three-quarters slide stroke followed by a full-slide stroke.
- e. From here on it’s regular rowing.

### A few notes of advice:

- It’s important to warm up well before doing racing starts at full intensity.
- Use proper rowing technique.
- Whenever you do racing starts, it’s advisable to begin with 50–75% of maximum intensity and gradually build.
- After your racing start, be sure to settle back down to your planned rowing pace. It’s easy to get excited at the start of a race, which can lead to a “fly-and-die” situation—not a good race strategy!
- Feel free to experiment and develop a racing start protocol that works best for you!



## THE INDOOR RACE SEASON IS UPON US!

**M**ake this your year to try an indoor rowing race! There is no qualification process, you don't have to row very fast, and it can be a great goal to keep you motivated during the long winter months. Most races offer events for a range of age groups from Juniors through Masters. The standard race distance is 2000 meters; however, some of these races offer other distances as well. Satellite regattas offer participants the chance to qualify for a free trip to Boston to compete at the C.R.A.S.H.-B. Sprints World Indoor Rowing Championships.

The satellite races are just the tip of the iceberg. There are many more indoor rowing events held around the U.S., Canada, and the world. For C.R.A.S.H.-B. details and a full listing of all races to date, visit [concept2.com/racing](http://concept2.com/racing). Find the race nearest you and email or visit their website for more information. Even if you decide not to race, these events are fun for spectators, too.

### C.R.A.S.H.-B. SPRINTS

#### WORLD INDOOR ROWING CHAMPIONSHIPS

February 2012 Boston, MA

Please visit [concept2.com/racing](http://concept2.com/racing) for complete details on race dates and locations.

C.R.A.S.H.-B., P.O. BOX 381972,  
CAMBRIDGE, MA 02238

email: [office@crash-b.org](mailto:office@crash-b.org) website: [crash-b.org](http://crash-b.org)

#### OFFICIAL 2012 SATELLITE REGATTAS

The Beach Sprints, Long Beach, CA  
Indianapolis Indoor Sprints, Indianapolis, IN  
Tennessee Indoor Rowing Championships, Chattanooga, TN  
Mid-Atlantic Erg Sprints, Alexandria, VA  
Pittsburgh Indoor Rowing Championships, Pittsburgh, PA  
Mid-Winter Meltdown, Madison, WI  
Mile High Sprints, Denver, CO  
San Diego Indoor Classic Rowing Championships, San Diego, CA  
St. Louis Indoor Rowing Championships, St. Louis, MO  
Golden State Indoor Rowing Championships, Sacramento, CA  
Main Line Slide, Villanova, PA  
Ergomania! Northwest Indoor Rowing Championships, Seattle, WA  
Great Baltimore Burn, Towson, MD  
Southwest Ergometer Amateur Tournament (S.W.E.A.T.), Dallas, TX  
Annual Southern Sprints, Melbourne, FL  
Peninsula Indoor Rowing Championships, Redwood City, CA  
The Monster Erg, Victoria, BC Canada  
Canadian Indoor Rowing Championships, Mississauga, ON Canada  
St. Valentine's Massacre, Travers Island, NY  
Atlanta Erg Sprints, Atlanta, GA  
Cincinnati Indoor Rowing Championships, Park Hills, KY

## LOVE THE RESULTS—BUT DON'T HATE THE ERG



Chris Worden

Concept2 often receives feedback from customers who discover the indoor rower at their local gym or buy it for their home and proselytize about its benefits. "It is the best investment I've ever made" and "I'm in the best shape in my life." So why do so many on water rowers, for whom indoor training has become ubiquitous in the sport, claim they hate the erg so much? Perhaps it's because they love it.

Rowing is often described as the ultimate team sport, requiring all members to row in synchrony. The erg, however, gives athletes a chance at individual glory. This makes your erg "score" (such as your best time over the 2k distance) a deeply personal number because it reflects what fitness level each athlete brings to the boat. Because an indoor rower score is just one measurement of skill, many rowers protest "ergs don't float!" Luckily, good coaches recognize this and consider how effectively each rower translates erg fitness into boat speed.

Erg tests can be grueling, painful and exhausting. It is easier to hate them than to love them. But when rowers exclaim, "I hate the erg," challenge them to remember that the erg represents an opportunity. Everyone loves

reaching a new personal best. A strong erg score can earn you a seat in the boat and a chance to race; it also reflects your fitness gains.

While many rowers have a strong preference to glide along the water instead of strapping in their feet on shore, the truth is, we love to erg. Without the erg, we wouldn't as easily track our improvements. We wouldn't be able to compare our scores. We would be stuck all winter whining about frozen water and no place to row.

Athletes who return to the sport often mention that they remember being in the best shape of their lives when they rowed. The painful memories of erg tests are easily replaced by the joys of trying new distances and rowing towards new goals. Rowers can be advocates for the sport when they share their favorite workouts and positive memories from their hard core days indoors on the erg.

Share the workout you love to hate at

[facebook.com/Concept2.Rowing](https://facebook.com/Concept2.Rowing)

or [twitter.com/concept2](https://twitter.com/concept2).



 **concept 2**  
ROWING

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## HOW TO UPLOAD YOUR METERS TO YOUR ONLINE LOGBOOK

**M**any of you have asked whether it's possible to upload meters to your online logbook (it is!), and if so, how to do it. This article walks you through the high-level steps. For more detailed instructions, visit [concept2.com/uploadmeters](http://concept2.com/uploadmeters).

### What You'll Need

- An online logbook (sign up for one at [concept2.com/logbook](http://concept2.com/logbook))
- Your LogCard
- One of the following devices for reading the LogCard:
  - PM3 or PM4 and a USB cable
  - Athena Card Reader
  - Omnikey Card Reader
- The Concept2 Utility software (free from [concept2.com/utility](http://concept2.com/utility))
- An internet connection



### The Main Gist


Your card reading device (the PM3, PM4, or one of the card readers mentioned above) works in conjunction with the Concept2 Utility software to upload data to your online logbook. The card reading device reads your LogCard, and the utility provides the interface and functions so you can see the data on your card and work with it.

### The High-Level Steps

1. Go to [concept2.com/utility](http://concept2.com/utility), download the utility and install it on your computer.
2. Launch the Concept2 Utility on your computer.
3. Plug your card reading device into your computer and insert your LogCard into the device.
4. On the main Concept2 Utility window, go to Transfer Data > Upload to Online Logbook. The Concept2 Utility will read your LogCard and display your workouts in a LogCard Data Viewer window.
5. In the LogCard Data Viewer window, click Click to Login next to your username.

6. In the Login window that appears, enter the username and password you normally use to log into your online logbook at [concept2.com](http://concept2.com) and click Validate. The Concept2 Utility will contact our logbook server with your login information and return your Ranking ID (your unique identifier in our logbook database). Confirm that the Ranking ID returned is yours (you can view your Ranking ID by going to your online profile and clicking Profile) and click OK. If the Ranking ID is not yours, click Cancel and repeat steps 5 and 6.
7. In the LogCard Data Viewer window, select which workouts you want to upload and click Upload to Logbook. You can only upload meters that a) were done during the current ranking year and b) are not already in your logbook. The Concept2 Utility will not allow you to select any workouts that don't meet these criteria.

### Getting Help and More Information

- If you're running into trouble with the process, don't despair! Troubleshooting tips are available online at [concept2.com/utility](http://concept2.com/utility) (click Troubleshooting once you get there), or give us a shout at 800.245.5676 (email: [rowing@concept2.com](mailto:rowing@concept2.com)). We're here to help!
- Before purchasing a card reader, make sure it'll work with your operating system (see compatibility info at [concept2.com/utility](http://concept2.com/utility) > Info for Card Reader Users).
- The upload process works for SkiErg LogCards too! Just follow the same steps.
- To access the full Concept2 Utility User Guide, visit [concept2.com/utilityhelp](http://concept2.com/utilityhelp) or click  on the main Concept2 Utility window.

## GET THE MOST OUT OF YOUR INVESTMENT!



**D**o you wonder if you're rowing correctly? Are you tired of doing the same workouts every session? The Concept2 Indoor Rowing Foundation training course may be just the ticket to get you back on the erg and achieving your best results ever. The trainings

are offered almost every month at locations around the country, and they're open to anyone who wants to become a better indoor rower—personal trainers, group exercise instructors, teachers, adaptive athletes and YOU!

Here are just some of the things you will learn in the full-day training:

- Proper set up and maintenance of the indoor rower.
- Correct technique (with individualized coaching to improve your rowing).
- Better use of the monitor to track your performance and set up different workouts.
- How to create a logbook on the Concept2 website to take advantage of the many free challenges throughout the year.
- Fun ways to spice up your workouts at home by incorporating group rowing workouts.

The more you know, the more fun you will have, and the better your results will be! Visit [ucanrow2.com](http://ucanrow2.com) for more information on the Rowing Foundations course and upcoming training dates.

## EMPLOYEE PROFILE

### Tracy Desrocher

Before coming to Concept2 in 1999, Tracy Desrocher made a living selling rocks. Not the garden variety rock, but beautiful stone sculptures that are found in homes and businesses. She jokes that if you can sell a stone you can sell just about anything, adding that being a good salesperson is more about building solid relationships first—the business will naturally follow.



After a few years as a customer service representative at Concept2, Tracy moved into a full-time commercial sales position, growing some of the relationships that began during her time taking customer calls. Some of these relationships include major health club chains and YMCAs, fitness equipment resellers and all branches of the military. This is where Tracy excels—making connections, listening to the customer and building relationships that last long after the sale is made.

Tracy appreciates that she's allowed to get creative when approaching potential new markets. This was especially true with specific communities like the military and CrossFit—she realized the potential of working with groups that aligned well with Concept2 and worked hard to make the relationship successful for all parties involved.

Tracy is responsible for all government and military sales and it's due to her diligence that Concept2 is able to conduct business in that market so well, given the strict contractual agreements and tough bidding processes inherent in that realm. In addition, Tracy travels almost every month out of the year attending trade shows, sales conferences and athletic events. Then it's back in the office working hard to nurture current projects and keeping her customers happy.

Tracy and her 10-year-old son Ryley enjoy travelling, skiing and hunting, among other outdoor pursuits. Back in the day, Tracy was an avid hunter with a special love of bird hunting and training dogs, and she enjoys sharing these passions with her son. Tracy and Ryley live in Morrisville, Vermont, with J.J., their Shar-Pei.



## MODEL E INDOOR ROWER

The Model E Indoor Rower features a rugged double-coated frame, a rechargeable battery pack and a nickel-plated chain, all of which make it even more low-maintenance than the Model D. It stands 6" higher off the floor, putting the seat at normal chair height for easier access.

The PM4 monitor (standard on the Model E) makes rowing more fun with onboard games, wireless heart rate monitoring and racing capabilities. The PM4 supports both Polar™ and Garmin™ Heart Rate technology. Garmin heart rate belt included.

PN 1997-US with PM4  
\$1260 plus shipping

## MODEL D INDOOR ROWER

The Model D Indoor Rower includes adjustable Flexfoot footrests, caster wheels and an instant latching mechanism. The PM3 monitor is standard on the Model D. A PM4 upgrade is also available. The Model D requires minimal maintenance and is built to withstand heavy use.

PN 1990-US with PM3  
\$900 plus shipping  
PN 1992-US with PM4  
\$1050 plus shipping



## DYNAMIC INDOOR ROWER

The Dynamic Indoor Rower is designed to meet specific training needs of the competitive rowing athlete. The difference between this machine and the Model D or E is that as you row, your feet do most of the moving rather than the seat. The seat is also free to move, but due to the physics of rowing, the seat movement is minimal.

In addition to the same rugged construction and Performance Monitor options as the Model D and E, the Dynamic Indoor Rower:

- Offers a closer simulation of the dynamics of on water rowing.
- Demands similar concentration and body control as when rowing in a boat.
- Serves as a training and coaching tool that is more sport-specific than the Model D or E.
- Encourages effective technical movements and more consistent power application.
- Has a smaller footprint (76 in/193 cm) than either a Model D (96 in/244 cm) or a Model D on Slides (132 in/335 cm).

PN 2790-US with PM3 \$1250 plus shipping

PN 2792-US with PM4 \$1400 plus shipping

Visit [concept2.com/dynamic](http://concept2.com/dynamic) for more information.



### SKIERG

Similar to the Concept2 Indoor Rower, the Concept2 SkiErg helps you build strength and endurance by working the entire body in an efficient, rhythmic motion. Skiing is a low-impact, high calorie-burning exercise suitable for all ages and abilities.

Just like the indoor rower, the SkiErg features:

- A Performance Monitor (either PM3 or PM4) which allows you to accurately assess your output, monitor your progress, and compare your scores with others.
- An air-resistance flywheel—the harder you pull the more resistance you feel.

PN 2700-US Wall Mounted with PM3 \$730 plus shipping

PN 2702-US Wall Mounted with PM4 \$880 plus shipping

PN 2710-US Optional Floor Stand \$230 plus shipping

Visit [concept2.com/ski](http://concept2.com/ski) for more information.



**Note:** Concept2 SkiErg shown with Optional Floor Stand



**Note:** Indoor rower purchased separately.

### CONCEPT2 SLIDE

Enjoy the dynamic feel of rowing on the water with your current indoor rower. One pair of Slides is required to float a single indoor rower. Connect two indoor rowers with a pair of Slides plus a spare Slide to simulate a “double” for team training.

PN 1800 (pair) \$290 plus shipping

PN 1800S (spare) \$155 plus shipping

3 or more pairs \$260/pair plus shipping

Go to [concept2.com/slide](http://concept2.com/slide) to view Slides in use.



### DREISSIGACKER OARS

Sweeps and sculls are made of fiberglass and carbon fiber so they are lightweight and strong. Every oar is made to customer specifications. Visit [concept2.com/oars](http://concept2.com/oars) for more information. Please call us to place an order. Oars cannot be ordered online.

To review information on our latest innovation, the Skinny, visit [concept2.com/Skinny](http://concept2.com/Skinny).

For shipping outside the U.S. call Concept2. All prices and products are shown in U.S. dollars and are subject to change without notice.

## MONITOR YOUR HEART RATE

The Performance Monitors PM2, PM3 and PM4 will display your heart rate if you use one of the following compatible heart rate options:

**Polar™** To display your heart rate on the PM2, PM3 or PM4, you need a Polar Chest Belt and an external receiver and cable to connect to the PM. We also offer the Polar FT40 for those who want to monitor heart rate during activities besides rowing or skiing, or take advantage of the additional functions provided by Polar. Learn more about the FT40 at [polarusa.com](http://polarusa.com).

**Garmin™** The PM4 is compatible with Garmin technology, which offers wireless transmission from the Garmin chest belt to the PM4 display. A Garmin chest belt is provided with every PM4, and no external receiver or cable is required! We also offer the Garmin FR60 and 210 for those who want to monitor heart rate during activities besides rowing or skiing, or take advantage of the additional functions provided by Garmin. To learn more visit [garmin.com](http://garmin.com).



**Heart Rate Receiver and Cable**  
PN 1862  
\$25 plus shipping  
(For those who already have a Polar chest belt.)



**Garmin Forerunner 210 Wristwatch and Premium Chest Belt (GPS-enabled)**  
PN 2413  
\$249.99 plus shipping



**Polar Chest Belt, Heart Rate Receiver and Cable**  
PN 1747  
\$75 plus shipping



**Garmin FR60 Wristwatch and Chest Belt—Men**  
PN 2411  
\$129.99 plus shipping



**Polar FT40 Wristwatch and Chest Belt**  
PN 2488  
\$159.95 plus shipping  
(You will also need PN 1862 to see heart rate on your PM2, PM3, or PM4.)



**Garmin FR60 Wristwatch and Chest Belt—Women**  
PN 2412  
\$129.99 plus shipping

If you are unsure of which option is best for you, please visit [concept2.com](http://concept2.com) or call 800.245.5676.

Most products (excluding oars) can be ordered online at [concept2.com](http://concept2.com) or by calling 800.245.5676 (U.S. & Canada) or 802.888.6333 (Int'l. only). For shipping outside the U.S. call Concept2. All prices and products are shown in U.S. dollars and are subject to change without notice.



### CLOTHING

- » T-shirts Short-sleeved, cotton \$16.75–\$19.00
- Short-sleeved, dri-release® \$26.00
- » Performance Shirt Long-sleeved, Coolmax® \$45.00
- » Rowing Shorts Polypropylene/Spandex \$47.00
- Cotton/Lyca \$29.00



See our complete line of clothing, accessories and retrofits at [concept2.com/shop](http://concept2.com/shop).

### ACCESSORIES

More accessories for your indoor rower are available including:

- » AC adapters for Performance Monitor (PM1, PM3 and PM4)
- » Indoor Rower Covers
- » LogCards
- » LogCard Reader
- » Footstraps
- » Maintenance Kits

### RETROFITS

- » Caster Wheels
- » Model D Retrofit Handle
- » Flexfoot™ Retrofit Kit
- » PM3 and PM4 Retrofit Kits

## It's ErgBuddy!



We recently released ErgBuddy, an application designed to run on Apple iOS devices such as the iPhone, iPad and iPod touch.

ErgBuddy means your iOS device can now communicate wirelessly with a PM4 monitor and display your workout data in high resolution color. The display features large, bright digits, which provides high visibility and the ability to easily see all data. ErgBuddy is also fully compatible with the iOS VoiceOver feature, which means it can read out your performance data at regular intervals. This makes it an ideal training partner for the blind and visually impaired.

ErgBuddy is available to download for free from iTunes and is compatible with the PM4 monitor. You also need a Wahoo Key (available to purchase from either Concept2 or [wahoofitness.com](http://wahoofitness.com)), an ANT device that plugs into your iOS device to allow it to talk to the monitor.

For more information, visit [concept2.com/ergbuddy](http://concept2.com/ergbuddy).



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