

YOU ARE THE STARS



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YOU ARE THE STARS!

You do amazing things with our machine!
We do everything we can to make our Indoor Rower a valuable lifelong investment, but YOU are the people who use it to change your lives.

We are continually impressed with your accomplishments and would like to celebrate them in this issue of the Update. Over the years, many of you have sent us stories about how you have been able to use rowing and the Indoor Rower to make big changes in your lives. Here is just a sampling of those stories. Keep them coming. We plan to create an area on our website where we will post customers' stories, grouped according to the focus of the success—from weight loss, to lowered cholesterol, to control of diabetes and more. Watch for this new web area on www.concept2.com.

“ How, like, HUGELY grateful I am to C2 and the community here on the forum. I started out on November 1, 2002 with years of no-conscious athleticism behind me, and the Holiday Challenge was this great tool for motivating the lazy beast-me AND the competitive, sporty-me to form a habit of getting sweaty and breathing hard every day! As I've mentioned in previous posts, this new habit has allowed me to cut my diabetes medication in HALF, which is a fantastic success, and my doctor and I are looking gleefully forward to eliminating the meds altogether within six months. I have no idea if I've lost weight, but I reckon I will get skinnier in the long run, and continue to improve in fitness and general health.

I can state with certainty that the sense of accomplishment I'm feeling at this moment is unbelievably sweet and, again, I'm really grateful to have been supported in achieving this Holiday Challenge as a new year is rolling in. Plus, gosh, having established a daily hour of rowing is going to make the New Year's resolution thing at least a little easier to succeed at! Thanks! ”

Iliana Filby



“ Ladies and gentlemen you have changed my life. Today my Rower is one year old. It took me two years to convince myself that I needed a lifelong exercise program. I found myself starting to firmly believe I was getting older. There were things I just couldn't really expect of myself because, hey, I'm 48 and not 25 anymore. Then I decided that was a choice I could control.

Your machine and my attitude have truly changed me into a different person. I am now 30 to 35 pounds lighter. I do 12K, five times a week, or some other exercise equivalent. I have 1977 kilometers on my rower and I actually feel, mentally and physically, better than I ever have in my entire life. Again, thanks. I just had to let you know what a profound effect your labors can have on people.

P.S. Of course, my Concept2 rower works exactly like the day it came out of the box. What did you expect! ”

Stan Herman

Diane



“ I am a 57-year-old man who was a distance runner for fifteen years. About two years ago I began looking for alternative exercises as a way of staying in shape and not pounding my knees, hips, and back. I went back to rowing because it was an old piston-type rowing machine that got me started on the fitness trail twenty years ago. In January, my doctor told me that I had developed a pre-diabetic condition and suggested that I lose twenty pounds and get back on the exercise path. So I drug [sic] out my old rower and started to watch what I ate. In early spring, I discovered your company while surfing the net and purchased one of your Rowers a few weeks later. I am pleased to tell you that I have lost nearly forty pounds and my blood glucose levels are now normal. I row four to five times a week for an hour trying to row 10K in under 43:30 while maintaining my heart rate at a level of 145 or less. One day a week I row 20K in under ninety minutes using the same parameters for MHR (maximum heart rate). A few days ago I passed one million meters and, at the moment, my odometer reads 1037K. I love my rower and wanted to offer my thanks for allowing me the means to get into the best total condition of my adult life.

Bob Jackson



Keep up the good work! ”

**WE DO EVERYTHING WE CAN TO MAKE
OUR INDOOR ROWER A VALUABLE
LIFELONG INVESTMENT— BUT YOU ARE THE
ONES WHO USE IT TO CHANGE YOUR LIVES.**

“ My experience with rowing was very sporadic until June 16, 2002, when I started rowing regularly. Two and a half years ago, I was diagnosed with diabetes. Both my grandmothers died from complications of diabetes and my dad and three of his sisters are diabetic, so it is rampant in my family. Walking had been my main exercise until I got back on my rower and found out how it lowered my blood sugar readings.

Since then, I have tried to row 5000 meters daily; I even rowed on a Concept2 rower in Redondo Beach, California, when I was there visiting with family. Rowing has helped me lose 35 pounds, get off blood pressure medication and drop my blood sugar readings 30-40 points.

This past year, I walked the Los Angeles and Portland, Maine marathons, climbed Mt. Katahdin in Maine and Mt. Whitney (14,496 ft.) in Lone Pine, California. On December 1, 2002, I reached my goal of 1,000,000 meters. Completing the 2002 Holiday Challenge was another goal realized.

Brown

Set your goals high. Exercise is the key to staying young and healthy. Start rowing, eat healthy foods, and have fun with your grandchildren. ”

“ On March 17, 1990, after assembling my own Concept2 erg, I decided I would keep a log of my rows. This was a very good thing, it gave me goals and kept me motivated. I especially enjoyed receiving the perks, patches, certificates, T-shirts, sweatshirt and gym bag from you good folks at Concept2.

I made my personal goal to Row-Around-The-World which is 39,500,000 meters. I have mailed copies of my logbook to you. I developed my own Excel logbook and I do participate in the online log and competitions, which I enjoy very much.

Today is my 4738 day of rowing and I have completed my journey of 39,500,000 meters. I have averaged 8338.61 meters per day. That is 5.1816 miles per day. Total minutes rowed is 168,967 minutes (equivalent to 117 days 8 hours) and my average meters per minute is 233.773.

When I crossed the finish line this morning several people, including my lovely wife, were here to cheer me on. I just wanted to take this minute to share with you folks my achievement of my personal goal and to thank you all for your support. ”

Sincerely,
Rich DiBello



Maximizing the Benefits by Judy Geer

Note: We are not medical professionals. The material in this article is based on experience and communications with our customers. If you have concerns about your back, knees, hips or other body parts, be sure to discuss them with your doctor.

Some people find that rowing bothers their back (or knees, or shoulders...). Other people say that rowing is the only thing that makes their back (or knees or shoulders...) feel better. Every body is different, and you will have to experiment to see which kind of person you are.

The fact that rowing uses so many muscle groups means that it has the potential to strengthen and balance all those parts of the body. Rowing is also impact-free and non-weight-bearing, which makes it that much more appropriate and valuable as a tool for rehab, recovery and for people of all ages. At the same time, as with any sport, if rowing is not done correctly and appropriately, there is always the possibility that it could contribute to overuse problems or injuries.

For example, rowing is one of the few exercises that uses and strengthens the back. It also uses and strengthens the abdominal muscles, which help support the back.

Rowing is therefore a potentially useful tool in dealing with certain kinds of back pain. At the same time, it may not be appropriate exercise for certain back problems.

With this in mind, there are a number of things you can do to maximize the benefits of rowing for your entire body.

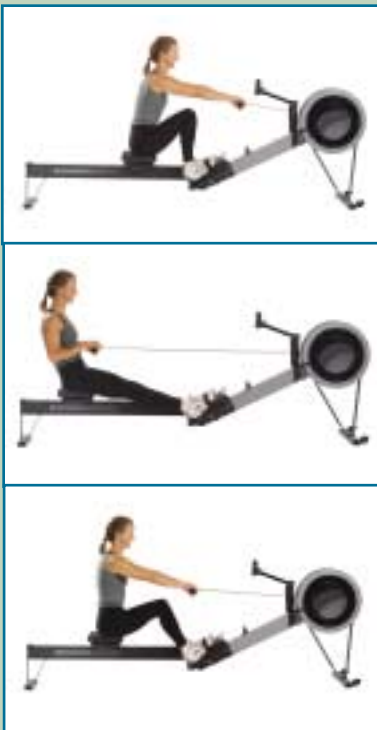
Check Your Technique
Stretch
Consider the Time of Day
Set the Damper
Build Up Gradually to Heavy Work
Vary Your Workouts
Remember to Take Rest Days

Check Your Technique

First, make sure that you are rowing with proper technique. If you don't already have our technique video, ask us to send you a copy.

Here are a few key points of technique:

- ◆ Forward body angle at the catch: The shins should not go beyond vertical; and the forward body angle shouldn't be more than about 25 degrees. It should feel like a comfortable amount of reach.
- ◆ Coordination of the drive: You should begin the drive by pressing down your legs, keeping your arms straight and maintaining the initial angle of your back. When your legs are about halfway extended, start prying open your back. Finally, finish the drive by pulling the handle all the way into your abdomen.
- ◆ Layback at the finish: Your back should swing past the vertical by about 25 degrees at the finish of the stroke. This layback position should feel comfortable, not stressed. You should feel your abdominal muscles doing some work when you sit in the finish position.



Stretch

A variety of aches and pains can be eased or prevented by investing a little time in stretching. For example, I find that both my knees and my back tend to get tight when my hamstrings are tight (the muscles in the back of the thigh). No big surprise: the knees are connected to the hamstrings and the hamstrings are connected to the butt, which is connected to the back. When one part of this linkage gets tight, it affects the rest of the linkage. So, to take care of your back, you also need to take care of your hamstrings.

We recommend doing at least some of the basic stretches located on page 5. First, we recommend that you row easily for 5-10 minutes to warm up your muscles. Then get off the Rower and stretch before you begin your workout.

Key Stretches

Consider the Time of Day

If you're like most people, you tend to be most stiff in the early morning. For this reason, the early morning may not be the best time to do a hard workout. However, it is also a favorite time of day for many rowers. Our advice to morning rowers is to start very easily. Don't expect to be able to do a hard interval workout right away. If you don't usually row in the morning but must do it every so often, be sure to allow a little extra warm-up time.

If you find you are having trouble with a certain part of your body, it might be worth moving your workout to a later time of day and see if that helps.



Set the Damper

The best all-purpose damper setting for a great cardiovascular workout is in the range of 3-4. If you have been rowing at a higher setting, this may feel a little light to you at first. But please give it a few days. The lower setting requires you

to be a little quicker in applying your power, which in the end gives you a better workout. Aim for a stroke rate (spm) of between 24 and 30 spm.

Build Up Gradually to Heavy Work

Be smart about increasing your workout load. If you haven't rowed in over a week, take it easy for your first row. Don't expect to be able to jump right in where you left off. And don't try to do intense interval work. Start with a steady row at a comfortable

pace. In your next row, try building the intensity gradually through several intervals of 1-3 minutes in length. Then, if this all feels good, you can start doing more intense work.

If it's been over a month since your last row, plan to build back up even more gradually to where you left off in both the length and intensity of your workouts.

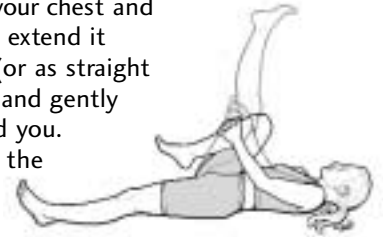
Vary Your Workouts

One of the great things about the Concept2 Indoor Rower is that it enables you to do a virtually infinite variety of workouts. The length, format and intensity of your workouts can all be varied. Variety can go a long way to preventing boredom and it can also be helpful to those who may develop aches and pains from doing exactly the same thing for too long. And, last but not least, the properly varied training diet will result in the greatest gains in fitness and performance!

Remember to Take Rest Days

Even though rowing makes you feel great and you want to do it every day, it's important to give your body a rest every so often. Some people find it easy to rest one or even two days per week. Others have a hard time going even a day without a workout. We recommend taking at least one day off per week from rowing. Take a walk, or do some other activity if you want. And if you just HAVE to row, make it a short, easy workout. It will make you hungrier the next day and you'll have a better workout!

Lie on your back and bend one knee up to your chest and hug it. Then extend it straight up (or as straight as you can) and gently pull it toward you. Repeat with the other leg.



Sit on the floor in the "hurdler's position" (one leg out and one leg bent back) and reach out to your toe with both arms, then repeat with the other leg.



Squat and try to get both heels on the floor.



Put one arm behind your head as shown, grabbing the elbow with your other hand. Pull gently. Repeat on other side.



Push into a bridge with straight legs and arms. Stretch one leg at a time.



Stand and stretch your quad by bending your leg back until you can grab your foot. Gently pull your leg up against your butt.

