Iliana Filby

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.

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.

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

Diane Brown

Completing the 2002 Holiday Challenge was another goal realized. This past year, I walked the Los Angeles and Portland, Maine marathons, managing a total condition of my adult life. I am more grateful to have been supported in achieving this goal than I can possibly express. I can state with certainty that the sense of accomplishment I’m feeling at this moment, my odometer reads 1037K. I love you all for your support.

Stan Herman

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 Rovers 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. Keep up the good work!

Bob Jackson

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 (equiva-lent to 117days 8 hours) and my average meters per minute is 23.7 275.

Stan Herman

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. It 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 on I will get skinner 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 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. In early spring, I discovered your company while surfing the net and purchased one of your Rovers 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. Keep up the good work!

Bob Jackson

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

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 (equiva-lent to 117days 8 hours) and my average meters per minute is 23.7 275.

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 all my achievement of my personal goal and to thank you all for your support.

Sincerely,

Rich DiBello

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

by Judy Gorr

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 a 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.

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.

Check Your Technique

Stretches

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.

Consider 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 lover 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 work-out 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 when 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!

Key Stretches

Key Stretches
Row Together

by Suzanne Hudson

Since 1991, Concept2 has been offering a program to elementary and middle schools called Row Together, designed to introduce young children to the fun and fitness benefits of rowing.

The premise is simple: Concept2 loans selected elementary and middle schools up to two Indoor Rowers for the course of the school year. In exchange, the schools must conduct simple student testing twice a year, as well as integrate rowing into science, math and geography curriculum, in addition to physical education units.

Here are two examples of the Row Together program in action.

Coledale Public School in Ontario, Canada, has been making good use of its two rowers since September—an understatement, perhaps, when it is revealed that over one-third of the student body, or 225 students, voluntarily participates in the school rowing club. Teams of 10 students rotate through a rowing schedule of 25 time slots before school, during morning and afternoon recesses, at lunch and after school.

Steve Chopyk, a teacher at Coledale since 1989, is the driving force behind this rowing enthusiasm. His commitment to the success of the Row Together program at Coledale has resulted in some pretty impressive achievements. “We recently became the first public elementary school in Canada to enter the Canadian Indoor Rowing Championships on February 2, 2003,” says Chopyk. “We took 67 kids, the Coledale Cougars, to the event—twice as many entrants as any other school, club or team. The organizers of the event were wonderful and even created three new age categories to accommodate our kids. Our kids won several gold medals!”

In Taylor, Michigan, at Johnson Elementary School, the kids in Rob Stewart’s 6th grade class are well on their way toward their goal of logging four million meters on Concept2’s Online Ranking. These meters are being used to chart a trek around the state of Michigan, and student teams have presented reports on cities they have “rowed” through. The students have also used these logged meters to work with decimals, percentages and fractions and, with the help of heart rate monitors, are learning about heart function, heart rate and developing fitness experiments.

The enthusiasm extends beyond the classroom as teachers and parents have started rowing after school. Plus, a local boat club is going to see a majority of Stewart’s class take to the water this spring for a chance to experience on-water rowing. According to Stewart, “The Concept2 Indoor Rower provides benefits to students physically and academically. The program has presented a chance for students who don’t excel in the traditional ‘ball’ sports to develop athletically. Finally, the growth of women’s crew as a varsity sport provides additional college scholarship possibilities for my female students who participate in rowing.”

For information on how your school can apply for the Row Together program, contact Suzanne Hudson at suzanneh@concept2.com.
Exciting  Crazy  Fun  Insane

Whichever adjective you choose, the World Indoor Rowing Championships, or C.R.A.S.H.-B. Sprints, are always a combination of them all. The C.R.A.S.H.-B.s are the culmination of a winter indoor rowing race series that takes place in various locations throughout the U.S., Canada and Europe. Many top athletes, as well as the average rower, converge on the Reggie Lewis Track and Tennis Center in Boston every February to row 2000 meters as fast as they can.

It’s a wild event—this year over 1700 people participated, with hundreds more spectating. Here’s a recap that will hopefully convey the spirit and excitement that is the C.R.A.S.H.-B.s.

**2,000 meters of pure fun**

**Carol Skricki**

U.S. National Team member, World Record Holder, 40-49

Heavyweight Women  6:48.2

Age: 40  Height: 6’2”

Carol started sculling recreationally in 1991 and entered her first race in 1993. After winning the Club 1x event at the Head of the Charles in 1994, she caught the attention of national rowing team coaches and in 1997 became a member of the National Team.

“The 2003 C.R.A.S.H.-B. Sprints taught me that sometimes ‘the zone’ in my head can be too quiet. I knew I was going to have to deal with distractions. In some ways, that’s what the Sprints are all about. My focus continued through the first 500 meters of the race as I hit my target splits and settled into my rhythm. I didn’t even glance at the little boats on the computer screen in front of me. Then the announcer’s voice broke into my self-absorbed world of numbers and breathing—someone else was in first place. ‘I don’t think so,’ I said to myself as I threw my race plan out the window. The voices in my head edited themselves down to two words—‘just go’.”

**New World Records for 2003**

**Women**

<table>
<thead>
<tr>
<th>40-49 HWT</th>
<th>Carol Skricki</th>
<th>U.S.A.</th>
<th>6:48.2</th>
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</thead>
<tbody>
<tr>
<td>50-59 LWT</td>
<td>Lorene Smith</td>
<td>New Zealand</td>
<td>7:30.6</td>
</tr>
<tr>
<td>70-79 LWT</td>
<td>Eve Green</td>
<td>United Kingdom</td>
<td>8:54.6</td>
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**Men**

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<thead>
<tr>
<th>13-18 HWT</th>
<th>Karsten Brodowski</th>
<th>Germany</th>
<th>5:52.7</th>
</tr>
</thead>
<tbody>
<tr>
<td>50-59 LWT</td>
<td>Rich Careton</td>
<td>U.S.A.</td>
<td>6:30.0</td>
</tr>
</tbody>
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**Kelly Foster**

U.S.A., World Indoor Rowing Champion, Junior Heavyweight Women   6:49.4

Age: 17  Height: 6’

Kelly is a Junior at Lake Stevens High School and currently rows for the Everett Rowing Association. She has lettered in track, has played basketball and soccer for ten years and volleyball for two years.

“I went to Junior National Team selection camp in 2002. This is my second year of varsity crew. As for the C.R.A.S.H.-B. experience, it was amazing. I had the best race ever. And it was so cool to be surrounded by some of the best rowers in the world. It was really amazing to see all those people going so fast. It is hard to imagine someone pulling that hard, but I actually got to see them. All the supporters were great, too. I couldn’t believe how many spectators were there. It was so intense to have that many people seeing my race and having the announcer broadcasting throughout the whole track.”

**Karsten Brodowski**

Germany, World Record Holder, Junior Heavyweight Men   5:52.7

Age: 17  Height: 6’8”

Karsten was a basketball player before starting rowing three years ago. As his training takes so much time, rowing is the only thing he is doing these days. Karsten puts all trust into himself and his trainer, Steffen Becker. This year, Steffen is planning for Karsten to compete as a single-sculler; however, he will also try out for the pair or four. Karsten enjoyed the C.R.A.S.H.-B. competition very much. “Just traveling to the U.S.A. is a great thing for me. The C.R.A.S.H.-B.s this year was the greatest indoor rowing event I have participated in.”

**Tore Foss**

Norway, World Indoor Rowing Champion, 50-59 Heavyweight Men   6:11.4

Age: 51  Height: 6’4.5”

Tore is a trainer at Skullerud Sports Club in Norway. He has incredible upper body strength and can do a one arm lift of 473 pounds! He is the 1991 Norwegian Bodybuilding Champion, 2002 Norwegian Tempo Cycling Champion and two-time C.R.A.S.H.-B. Champion.
Dena Hirchak
by Suzanne Hudson

In 2000, when the Concept2 website was just a few years old and undergoing some renovations, Dena Hirchak had an idea. She thought she would learn a bit about web design and see what kinds of doors it might open. She was creative, smart and self-directed—why couldn’t she teach herself how to build a webpage? Besides, she had been a full-time customer service representative since her hire in 1994 and knew that a well-built website could be a valuable resource for customers.

As is often the case with Dena, she took her idea and ran full steam ahead, taking classes and spending a lot of time honing her skills. Before long, Dena was able to move into the new and evolving job of Concept2 Webmistress and now juggles her workload between maintaining the site and implementing design changes while continuing in her role as a core member of the customer service team.

Since 1994, Dena has been the administrator of Concept2’s Million Meter Clubs (incentive programs to motivate people to row). In the early days of the clubs, there were three levels for one, five and ten million meters rowed. Likelide she knew, avid rowers would row more and more meters—ten, fifteen, twenty million and more, so as Concept2 has added more club levels, Dena has kept them organized and helps determine the prizes to go with them. “I’m constantly amazed at how dedicated our customers are to the sport of rowing,” says Dena.

Dena does her own share of logging the meters. Her most recent athletic achievement is the completion of the 2002 Holiday Challenge, rowing 200,000 meters between Thanksgiving and Christmas. She enjoys biking, snowshoeing and doing volunteer work. She is one of ten C2 employees who help deliver meals to area seniors with the Meals on Wheels program and she is the Vice-Chair of the Board of the Johnson After School Program.

Dena’s other hobbies include cooking, reading, baking and weaving. She’s been able to use her weaving skills in relation to web design, stating that “the brain goes through the same process” in playing with colors, moving things around to make a pattern or a page work and, finally, laying out the design. She plans to take more classes in web and graphic design, continuing to make improvements to C2’s website. If past performance is any indication, there should be some pretty neat stuff happening on the website soon.

Dena lives in nearby Johnson, with her husband Tyler, daughter Emma (10), son Angus (5) and Roxie, the family pooch.

The C2 Online Community www.concept2.com

This year, over three billion meters have been rowed and logged since the online year began on May 1, 2002, more than double the total meters last year.

Join the fun! Set up a Personal Online Logbook today.

Total MetersLogged Online

<table>
<thead>
<tr>
<th>YEAR</th>
<th># OF METERS LOGGED</th>
<th>% GROWTH</th>
</tr>
</thead>
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<td>119,624,070</td>
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<td>2002</td>
<td>1,615,165,521</td>
<td>229%</td>
</tr>
<tr>
<td>2003</td>
<td>3,555,639,401</td>
<td>220%</td>
</tr>
</tbody>
</table>

Have you cleaned your outlet perf recently?

See your manual or visit www.concept2.com for complete instructions.

Were you thinking the indoor rower racing season was over?

Think again! Down Under, the season is just beginning! There is at least one race a month starting in June and continuing through October in New Zealand and Australia. For a complete race calendar check out the website at www.concept2.com.
C2 Customer Service

C2 Indoor Rowing Almanac Goes Online

Beginning this year, our annual Almanac will become an expanded online production rather than a printed document. The new Almanac section of our website will be able to include much more data than was practical to print on paper, including archives of top times since the beginning of the World Ranking, as well as current records, photos and stories. Watch for the new Almanac link from the home page later this summer.

Online Resources

There is a comprehensive list of product manuals, training guides, schematic diagrams, and repair sheets for the Indoor Rower and oars available at your fingertips. All you have to do is go to www.concept2.com and look under the RESOURCES headline. Click on “PDF Index” and you will find downloadable versions of all our product literature.

Needy Ergs

Do you know of an Indoor Rower at a health club or other facility that is in need of some maintenance? If so, encourage the facility to call us for help with the repair or provide us with the name, address, phone number, and contact person at the facility. We’ll be happy to help you and the facility to improve the condition of the Rower!

FYI, instructions for maintenance can be found at our website: www.concept2.com/service/servicemain.asp. Maintenance repair kits which include commonly needed replacement parts can be found on page 13.

For further assistance call 800.245.5676 or email us at rowing@concept2.com.

Helpful Hint

When placing telephone orders with us, please refer to your CUSTOMER NUMBER, located in the blue box above your mailing label on the back cover of this newsletter. Some of you may notice that this number is different from the customer number you have been using. A recent computer system upgrade has prompted this change and accessing your customer file has never been easier—or faster!

SUMMER CAMPS

There are a number of rowing camps around the U.S. that offer rowing instruction and coaching for everyone, from beginner to experienced rowers. Some cater to high school students, women or masters rowers, and some to the whole family. Check out a full listing at www.concept2.com under Resources/Rowing Camps.

You can order these items online at:
www.concept2.com
or call
800.245.5676
(U.S. & Canada)
802.888.6335 (Int'l only)

Caster Wheels

Can be added to your Model A or B to make it easier to move. Standard on the Model C.
PN 486 $22.00 plus shipping

Flexible Retrofit Kit

Adjusts easily for a range of foot sizes and provides wider range of motion and greater security for the heel. Easily added to your Model A or B. Standard on the Model C.
PN 597 $18.80 plus shipping

Flexfoot Retrofit Kit

• Adjusts for a range of foot sizes and provides wider range of motion and greater security for the heel.
• Fits Concept C, Model A, B, C.
PN 1409 $2.90 plus shipping

AC Adapter

(Pre-1995 machines only)
Replace the batteries in your PM1 (Performance Monitor 1).
110 Volts only
PN 1751 $27.90 plus shipping

Rower Seat Pad

Option for seat comfort. 3/8” foam.
PN 1409 $2.90 plus shipping

Maintenance Kits

Contains the spare parts most likely to be needed for heavily used Indoor Rowers.
Model A PN 93 $50 plus shipping
Model B PN 295 $50 plus shipping

Contains: shock cord, pulleys(2), seat rollers w/hard- ware(3), traveling pulley, chain slide, PM1 batteries(3), chain oil.
Model C PN 1711 $40 plus shipping

Contains: shock cord, seat rollers(4), chain idler pulleys(2), foot straps(2), screws and washers for legs and seat, chain oil, handle grips and technique sticker.

All maintenance kits come with installation instructions.

PM2 Retrofit Kit

Replaces the PM1
• PN 16–Model A
• PN 611–Model B
• PN 1779–Model C
$130 plus shipping

PM2- Computer Interface

Race a computer-driven pace boat, plot your performance against a variety of variables or store workout data.
Monitor plus interface hardware and e-Row software.
PN 1770–Model C $180 plus shipping
PN 1784–Model B $180 plus shipping

PM2+ Computer Interface

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PN 1770–Model C $180 plus shipping

C.R.A.S.H.-B. Video

Exciting footage from the 2000 C.R.A.S.H.-B. Indoor Rowing championships in Boston, MA, with music, interviews and narration.
It’s great inspiration!

All maintenance kits come with installation instructions.

CRASH-B. Video

Exciting footage from the 2000 C.R.A.S.H.-B. Indoor Rowing championships in Boston, MA, with music, interviews and narration.
It’s great inspiration!

Rowing Technique Video

A short, instructional video on proper rowing technique. Good technique will help you get the most out of your rowing workout.

Training Guide

A comprehensive guide that offers information on training programs for specific goals, heart rate monitoring, performance monitor use, proper stretches, rowing technique, cross-training and sport-specific workouts.

 technique

Get the most out of your rowing workout.

Indoor Rower Accessories

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Rowing Tour of Lake Champlain

56 page, full-color work book featuring historical and ecological information as you ‘indoor row’ your way around Lake Champlain. Includes reproduction of a 200-year-old map, incentiveolon the Concept2, you may purchase the Polar®/Concept2 PM2 Heart Rate Receiver with Cable only.

OPTION 1
If you already own a Polar® Heart Rate Monitor but would like to tie it into your PM2, you may purchase the Polar®/Concept2 PM2 Heart Rate Receiver with Cable only.

PN 1761  $25 plus shipping

OPTION 2
If you do not yet own a Polar® Heart Rate Monitor, and wish to monitor heart rate only while rowing on the Concept2, you may purchase the Polar®/Concept2 PM2 Heart Rate Receiver as well as the Polar® chest belt transmitter.

PN 1747  $65 plus shipping

Performance Shirt
We have created a high-performance long-sleeved zip-neck shirt; great for outdoor workouts in cool weather or a layer to wear to and from the gym. The fabric is Coolmax®. In addition to its superior ability to manage moisture, Coolmax® is designed to minimize pilling. Deep teal blue with C2 logo on the left chest and back of neck.

Sizes: XS-XXL PN C2PSTB $34.10 plus shipping

Concept2 Slide
Everyone who gets on it smiles. If you are using the Indoor Rower to train for on-water rowing, or you simply want to feel the sensation of floating on the Rower, the Slide will provide a great new dimension to your indoor rowing workout. Available as pairs or singles, one pair is required to float a single rower (one frame supports the front leg, one frame supports the rear). A pair and a spare will allow you to link two Indoor Rowers together to simulate a “double” for great team training.

PN 1800  $225/pair plus shipping
PN 1800S  $120/spare plus shipping

PN 1800S  $120/spare plus shipping

Oars
The oars were our first product back in 1976 when the company was founded. We make both sweeps and sculls of fiberglass and carbon fiber so they are light in weight but strong and stiff. Our oars are made to customer specifications. Please call us for more information or visit our website at www.concept2.com.

Dreissigacker Oars
The oars were our first product back in 1976 when the company was founded. We make both sweeps and sculls of fiberglass and carbon fiber so they are light in weight but strong and stiff. Our oars are made to customer specifications. Please call us for more information or visit our website at www.concept2.com.

Sweep Oars $230 each plus shipping
Sculls $350 pair plus shipping
Oars cannot be ordered online.

Concept2 DIRECT
Since 1981 the Concept2 Indoor Rower has been providing a superb total body workout to people of all ages. Used everyday in homes and health clubs around the world, the Rower has proven to be extremely durable and highly effective. The Indoor Rower easily separates into two pieces for quick storage and is backed by our 30-day, money-back, in-home trial.

with PM2 monitor PN 1700 $795 plus shipping
with PM2+ monitor(PC interface)* PN 1709 $830 plus shipping

*For more information on the PM2+ see page 15

For more information visit www.concept2.com/dyno

The Concept 2 DYNO offers three core strength training exercises: Leg Press, Bench Press and Bench Pull. Unlike the Indoor Rower, the DYNO is designed specifically for strength-training and is not a rowing machine. However, it does use the same flywheel technology and offers the same smooth feel as the rower.

• Safe exercise for all. No risk of weights or bars injuring you if you can’t complete a lift. Suitable for all ages and strength levels.
• Smart Force Monitor provides instant, accurate feedback and is perfect for strength testing and monitoring progress.
• Dynamic Loading. The more force you apply, the more weight you ‘lift’. Up to 999 kgs. can be ‘lifted’ on the 55 kg. DYNO. Eight damper levers control airflow to the fan, setting different loads (or drag factors).

CONTACT:

Concept2 DIRECT
802.888.6333 (Int’l. only)
800.245.5676
www.concept2.com
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Ladies Scoopneck T
We thought it was about time to offer an alternative to the standard
loose-fitting, boxy cotton T-shirt. Announcing the latest addition to
our lineup of clothing—a ladies T-shirt that’s tapered in shape for a
closer, more fitted look. The sleeves are shorter and the fabric feels
great. 100% ring-spun cotton that’s soft and comfortable. The C2
logo is embroidered in spring green on the lower left hem.
Adult Sizes: S(4-6), M(8-10), L(12-14), XL(16-18), 2XL(20-22)
PN LTBK $18.15 plus shipping

Navy Coolmax Shortsleeve T
A must for your training wardrobe, this performance shirt is made with 100% CoolMax
Extreme™ fabric. Its unique properties allow moisture to escape, keeping you cool and
comfortable. It wicks away sweat and dries fast. Perfect worn next to the skin any sea-
son of the year.
Sizes: XS-XXL
PN CTN $29.80 plus shipping