The flywheel housing configuration is a registered trademark of Concept2, Inc.

CONCEPT2: A LEGACY OF SPORT

For over 45 years, Concept2 has been designing and manufacturing innovative, high-quality products to help you achieve your fitness goals—for better health, training for the Olympics or anything in between.

Regardless of whether you choose the Concept2 RowErg®, SkiErg®, BikeErg®, or StrengthErg™ you can expect superior products from one of the most well-established companies in fitness. The Performance Monitor 5 (PM5) helps set our machines apart, reliably measuring your power and personal progress, and allowing for fair comparisons with users anywhere in the world.

All of our products can be ordered factory-direct from our headquarters in Vermont, United States. They are built to last, offering commercial-grade quality and durability. Ask about our warranty and 30-day money-back guarantee.

Learn more at **concept2.com** or give us a call. We're here to help!

INNOVATIVE, HIGH-PERFORMANCE TRAINING EQUIPMENT SINCE 1976

RowERG

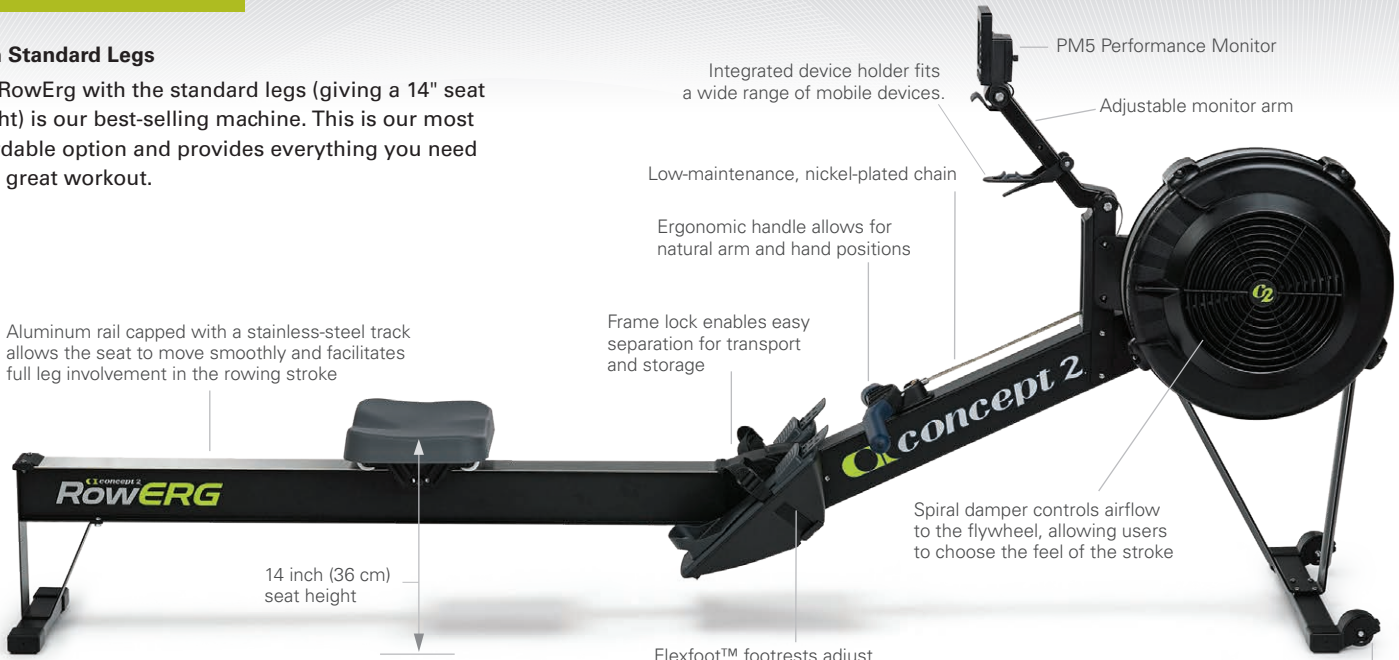
The Concept2 RowErg sets the standard for indoor rowing machines. Built by rowers, for rowers, the RowErg is used by people of all ages and abilities worldwide who want a full-body, low-impact workout.

The Concept2 RowErg is available with either standard or tall legs. The standard legs give a 14 inch (36 cm) seat height while the taller legs make the seat 20 inches (51 cm) from the floor. The elevated version is a good choice if you would like a machine with a higher seat, or prefer the appearance of a taller machine. The powerful PM5 connects via Bluetooth to a wide range of apps, including our own free app ErgData. An integrated device holder allows you to keep your smartphone or tablet securely in place while using ErgData or other favorite apps.

RowERG

With Standard Legs

The RowErg with the standard legs (giving a 14" seat height) is our best-selling machine. This is our most affordable option and provides everything you need for a great workout.



Separates easily into two parts for storage

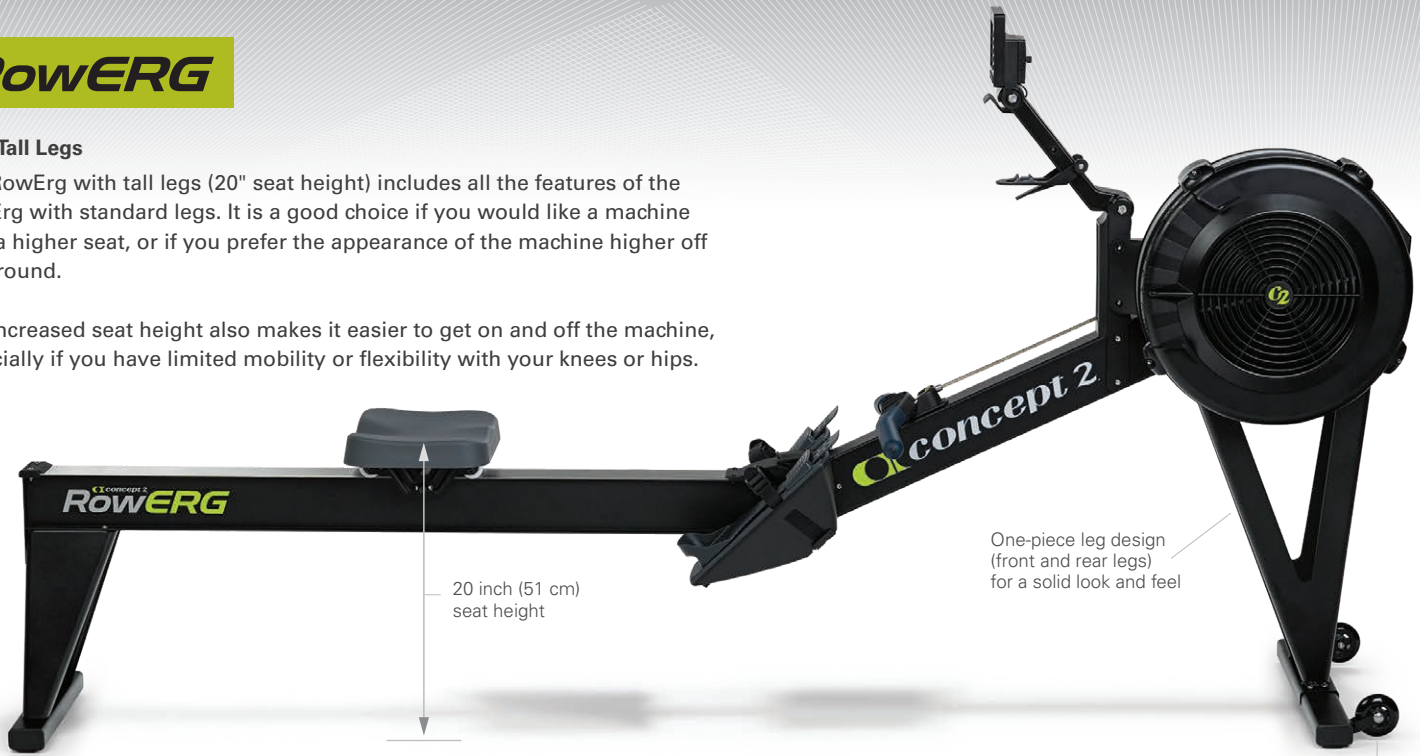
Length	Width	Seat Height	Weight	Space Recommended For Use	Stored Dimensions	Weight Capacity
96 in 244 cm	24 in 61 cm	14 in 36 cm	57 lb 26 kg	9 ft x 4 ft 274 cm x 122 cm	25 in x 33 in x 54 in H 63.5 cm x 83.8 cm x 137.2 cm H	500 lb 227 kg

RowERG

With Tall Legs

The RowErg with tall legs (20" seat height) includes all the features of the RowErg with standard legs. It is a good choice if you would like a machine with a higher seat, or if you prefer the appearance of the machine higher off the ground.

The increased seat height also makes it easier to get on and off the machine, especially if you have limited mobility or flexibility with your knees or hips.



Separates easily into two parts for storage

Length	Width	Seat Height	Weight	Space Recommended For Use	Stored Dimensions	Weight Capacity
96 in 244 cm	24 in 61 cm	20 in 51 cm	68 lb 31 kg	9 ft x 4 ft 274 cm x 122 cm	27 in x 47 in x 54 in H 68.6 cm x 119.4 cm x 137.2 cm H	500 lb 227 kg

RowERG

DYNAMIC

The Dynamic RowErg was designed for on water athletes and offers a close simulation to rowing on the water. Unlike our other RowErgs, the footrest on the Dynamic moves, while the feet (and your body mass) move very little throughout the stroke. The Dynamic demands similar concentration and body control to that needed when rowing in a boat, making it an excellent sport-specific training and coaching tool for the competitive rowing athlete.

Length	Width	Seat Height	Weight	Space Recommended For Use	Stored Dimensions	Weight Capacity
76 in 193 cm	24.3 in 62 cm	21.5 in 55 cm	92 lb 42 kg	7.5 ft x 4 ft 229 cm x 122 cm	76 in x 24.3 in x 21.5 in H 193 cm x 62 cm x 55 cm H	500 lb 227 kg

SkiERG

The SkiErg helps build strength and endurance using the poling motions integral to the sport of Nordic skiing, but you don't need to be a skier to benefit from the terrific low impact and full-body exercise. The double poling movement involves not just arms and shoulders, but also core and legs; classic ski technique (alternating arms) is also possible.

The SkiErg easily accommodates adaptive athletes and those with lower body injuries, as one can sit or kneel and still get a great upper body and core workout. The SkiErg is suitable for use with most wheelchairs.

Wall mount dimensions:

Width	Depth	Height
20.5 in 52 cm	16 in 40.6 cm	85 in 216 cm

Floor Stand dimensions (including SkiErg):

Width	Depth	Height
23.5 in 60 cm	50 in 127 cm	85 in 216 cm

Wide Floor Stand dimensions (including SkiErg):

Width	Depth	Height
32 in 81.3 cm	52 in 132 cm	85 in 216 cm

BikeERG

The BikeErg uses our air resistance flywheel to create a smooth, quiet ride that responds to your efforts. The damper is your "gearing," allowing you to adjust the feel of your ride. The BikeErg has a clutch, so when you stop pedaling the flywheel keeps on spinning.

With the same powerful Performance Monitor 5 (PM5) as our RowErgs and the SkiErg, the BikeErg provides instantaneous workout feedback, with a wide variety of displays and workouts to choose from. An integrated device holder allows you to keep your smartphone or tablet securely in place while using ErgData or other favorite apps.

Length	Width	Seat Height	Weight	Space Recommended For Use	Stored Dimensions	Weight Capacity
48 in 122 cm	24 in 61 cm	31-40.5 in 79-103 cm	68 lb 31 kg	60 in x 48 in 152 cm x 122 cm	Must be stored fully assembled	350 lb 159 kg

StrengthERG™

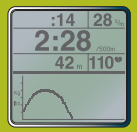
The Concept2 StrengthErg is the latest addition to our family of ergometers. The StrengthErg is a compact, multifunctional strength training machine. You can move easily between three primary stations: leg press, chest press, and seated row. Powered by Concept2's signature flywheel technology, the StrengthErg uses the power of air resistance to deliver a comprehensive and safe strength workout.

Length	Width	Seat Height	Weight	Space Recommended For Use	Stored Dimensions	Weight Capacity
61 in 154 cm	26 in 66 cm	21 in 53 cm	90 lb 41 kg	7 ft x 4 ft 213 cm x 122 cm	Must be stored fully assembled. Do not stand up on end.	350 lb 160 kg

PERFORMANCE MONITOR

Display Options

All Data


Force Curve

Pacer

Bar Chart

Large Print

PM5 (included on all cardio machines and optional on the StrengthErg)

Automatic Operation Monitor turns on when you start your workout.

Performance Data Track distance, speed, pace, Calories, and watts.

User-Friendly Menu Manage a wide range of features such as preset workouts, games and multiple languages.

Display Options View all data, force curve, PaceBoat/ PaceSkier/PaceRider, bar chart or large print.

Backlit Display Screen illuminates automatically when you start your workout.

Wireless Heart Rate Monitoring using ANT+ and Bluetooth with compatible devices.

Connectivity Supports connectivity to heart rate monitors, smartphones, tablets and computers.

ANT+ HR Bluetooth®

CONNECT TO APPS

Each Concept2 machine comes with everything you need to get fit and stay fit—including our powerful Performance Monitor. But if you'd like to access additional data or add entertainment, you have options!

Concept2's free **ErgData** app provides additional performance statistics, stores and displays your workout results, and uploads your results to the Concept2 Online Logbook. Designed to run on iOS and Android devices connected to a Performance Monitor, ErgData:

- Connects wirelessly to the PM5 via Bluetooth and ANT+.
- Can display additional workout data in real time.
- Logs all your results, including intervals, splits and heart rate information.
- Row, ski or ride with others on the Real Time Loop virtual course.

Add variety to your routine, and choose from a number of apps that have been developed by other companies especially for use with the PM5. This means that you're not locked into one technology experience—choose the app that works for you! Whether you're looking for realistic video graphics, additional data and analysis, or just good entertainment, you can find it in an app and use the device of your choice, from smartphones to watches and tablets.

See the latest options available at **concept2.com/apps**.

Smartphone Cradle is included with the SkiErg and the Dynamic RowErg.

Integrated device holder is included with standard and tall RowErg models, BikeErg and the StrengthErg.

JOIN THE ONLINE COMMUNITY

concept2.com/community

Online Logbook and Online Ranking

Keep track of all your workouts in our free Online Logbook. The online logbook also enables you to participate in our challenges and competitive opportunities. Use the Online Ranking to compare your performances with athletes from around the world over a number of different events and categories. Our rankings include everybody from Olympic gold medalists to athletes in their 90s.

Online Challenges

Our online challenges offer motivation to exercise just a bit more than you might already! From individual events like the Holiday Challenge to team events like the World Erg Challenge, challenges can help to bring out your best, reinforcing your persistence and self-discipline.

Million Meter Clubs

Our Million Meter Clubs reward perseverance and long-term goals. They start at one million meters and run all the way up to 100 million, so there's always a new target. We recognize your achievement, no matter how long it takes you to get there.

Workout of the Day (WOD)

Each day we offer a new workout to help you stay on track with your training. Sign up on our website to receive your WOD email.

A LEGACY BORN ON WATER

Concept2 was founded in 1976 by brothers Dick and Peter Dreissigacker—two engineers with a passion for the sport of rowing. Over the many years, the brothers have applied their experience and engineering to design, manufacture, sell and service unique products for the benefit of the entire Concept2 community. As athletes with high expectations, they're not only inventors but constantly test their products during daily workouts and training sessions.

We continue to promote and encourage the growth of these sports, indoors and outdoors.

ALSO FROM CONCEPT2

OARS AND SCULLS

Every oar is custom made to your specifications.

ACCESSORIES

We have everything to make indoor training comfortable and easy, from seat pads and floor mats to stylish clothing.

SPARE PARTS

We continue to sell replacement and spare parts as far back as our original Model A Indoor Rower. We will keep your flywheel spinning!

concept 2®

concept2.com 800.245.5676

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