(Concept 2



Spiral damper

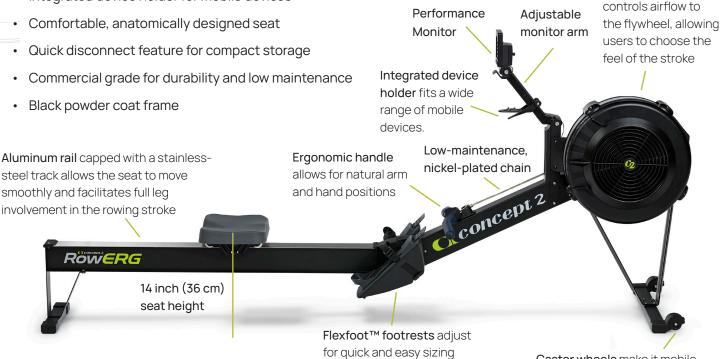
Caster wheels make it mobile

CONCEPT2 ROWERG

The Concept2 RowErg® is the rowing machine of choice for on-water rowing programs, as well as health clubs, schools, cardiac rehabilitation centers, and corporate fitness centers. Its rugged institutional-grade construction guarantees minimal maintenance, while its unique self-calibrating electronic performance monitor enables precise tracking and competition among users. The RowErg is available with either standard or tall legs.

FEATURES

- Fully-enclosed, chain-driven steel flywheel
- Customizable air resistance with 10 adjustments
- Wireless connectivity for heart rate monitoring, data management, app compatibility
- Flexfoot(TM) adjustable footrests
- Ergonomically-designed nylon handle with rubber grips
- Integrated device holder for mobile devices



PM5

Source on Contraction of Contraction	LENGTH 96 in 244 cm	WIDTH 24 in 61 cm	20 in	WEIGHT 57 lb 26 kg - TALL LEGS 68 lb 31 kg	SPACE RECOMMENDED FOR USE 108 in x 48 in 274 cm x 122 cm	STORED DIMENSIONS 25 in x 33 in x 54 in 63.5 cm x 83.8 cm x 137.2 cm	WEIGHT CAPACITY 500 lb 227 kg
owie d			51 cm	31 kg			





PERFORMANCE MONITORIN	NG AND PM5 MONITOR				
Self-Calibrating Accuracy	Allows objective workout comparisons and supports virtual and in-person competition.				
Backlit Liquid Crystal Display	Shows essential metrics such as time/distance rowed, calories burned, power produced (watts), stroke rate, cadence (watts, calories, meters), average pace (time per 500 meters), and projected finish (time or distance).				
Data Display Options	Offers preset workouts, split memory recall, and versatile display options like All Data, Force Curve, Pacer, Bar Chart, and Large Print.				
Games	Provides an interactive element to workouts.				
Wireless Heart Rate Monitoring	Compatible with ANT™+ and Bluetooth® Smart telemetry for heart rate monitoring.				
Data Management	Wireless telemetry to the free Concept2 ErgData app.				
Power Generation	Extends the life of the batteries by providing operating power to the PM while rowing. Monitor is powered by two 1.5 volt alkaline D Cell (LR20) batteries (included). No external power source is needed.				
Racing	Supports machine to machine racing.				
Apps	Compatible with the free Concept2 ErgData app and multiple third-party options.				
CONCEDUCTION C DECICAL					
CONSTRUCTION & DESIGN					
Frame	Extruded aluminum I-beam monorail paired with a stainless steel seat track.				
Flywheel	Fully-enclosed chain-driven mechanism with a steel core and glass-reinforced ABS squirrel cage fan.				
"Quiet Cog" System	Incorporates urethane washers for reduced chain noise.				
Adjustable Air Resistance	Customizable resistance settings to accommodate varying workout intensities.				
Flexfoot(TM) Adjustable Footrests	Supports adaptable foot positioning for enhanced comfort.				
Ergonomically-Designed Handle	Impact-resistant glass-reinforced Nylon handle featuring rubber grips.				
Integrated Device Holder	Accommodates devices of different sizes.				
Caster Wheels	Large diameter wheels allow for easy transport on rough, uneven surfaces.				
Anatomically Designed Seat	Prioritizes user comfort during extended rowing sessions.				
Compact Storage	Quick disconnect feature simplifies storage.				
Molded Rubber Foot Caps	For traction and stability.				
ADDITIONALINFORMATION					
Operational Dimensions	Requires an area of 108 in (274 cm) by 48 in (122 cm).				
Stored Dimensions	With standard legs: 25 in x 33 in x 54 in (63.5 cm x 83.8 cm x 137.2 cm). With tall legs: 27 in x 47 in x 54 in (68.6 cm x 119.4 cm x 137.2 cm).				
Assembly	Initial assembly takes approximately 30 minutes; spare parts available.				
Technical Assistance	Available during regular business hours (M-F 9:30 a.m 4:00 p.m. ET) through the toll-free customer service line: 800.245.5676.				
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Concept2 is the sole manufacturer and factory direct sales source for the Concept2 RowErg. All prices are factory direct. Prices are subject to change without notice.

Warranty Covers defective parts for 2–5 years from the shipment date. Copy available on request.