



 **concept 2**®



WELCOME
TO THE CONCEPT2 COMMUNITY



YOUR GUIDE

TO YOUR NEW ERG: APPS, TRAINING, CHALLENGES, RESOURCES AND MORE!



THANK YOU

FOR JOINING US

Concept2 is about more than just the machine. It's about the worldwide community that has grown around our ergs, thanks to all who use them and bring enthusiasm, fresh ideas, participation and camaraderie.

Read on for some of the ways you can connect to and interact with the Concept2 community. Our motivational programs, online challenges, videos and apps are always free to use and provide inspiration to make the most of your Concept2 RowErg®, SkiErg® or BikeErg®—there is something for everyone!

Our customer service team is always available to answer questions about your new machine and guide you on your fitness journey, wherever it takes you.

TRACK

YOUR PROGRESS WITH OUR ONLINE LOGBOOK

The Concept2 Online Logbook is the heart of our community. It's free to all Concept2 users and easy to use.

The online logbook:

- Gives you a place to store all your workouts so you can track your progress.
- Has year-round online challenges for motivation and fun.
- Allows you to participate in the Million Meter Club and other distance achievements.
- Lets you compare your performances with others worldwide in our Online World Ranking.
- Connects to other fitness platforms such as Strava and Garmin Connect.



Learn more about the
Concept2 Logbook:

concept2.com/logbook



CONNECT WITH ERGDATA



Let our free app **ErgData**® be your personal training partner, while serving as a connection to the Concept2 community!

- Row, ski or ride with others on the Real Time Loop virtual course.
- Easily set up workouts on the app and store them as favorites.
- Choose from a number of personalized displays.
- Share workouts with friends, who can choose to rero/ski/ride against you.
- Track your progress and connect to the Concept2 Online Logbook.
- Set up the Concept2 Workout of the Day with a single tap.
- Compatible with Apple Watch.



Learn more and
download ErgData
concept2.com/ergdata



JOIN OUR ONLINE CHALLENGES

We offer a variety of online motivational challenges all year-round, so there is plenty of opportunity to participate in one that feels right for you.

There are individual events like the Holiday Challenge, as well as team events like the World Erg Challenge. Many reward consistency and total meters, not speed, giving you incentive to work out regularly—with the added bonus of prizes!

Our famous Million Meter Club celebrates and rewards everyone that reaches this milestone, and every million that comes after.



You will never forget how good it feels to reach a million meter milestone!

-Karen S.

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Learn more about
Concept2 Challenges

concept2.com/challenges



DISCOVER

OUR TRAINING RESOURCES

Get the most out of your machine! From the Workout of the Day, online challenges, our blog and newsletter, to our free workout podcast **As the Flywheel Spins**, we've got you covered, regardless of your ability or experience.

Our YouTube channel is full of technique videos, training tips, and assembly and maintenance resources.

There are also many Concept2-compatible apps that offer live and on-demand classes, virtual racing, training programs and more.



Be sure to check out
concept2.com/start
for how to access
all our programs.

Concept2 trainer Cady Hart-Petterssen.

COMPETE

IN OUR RANKING AND RACES

If you have a competitive streak, we've got options!

- The Online Ranking allows you to rank your best results over a range of different times and distances. See how you compare by age, country, or even in a particular city or state, or just use the ranking to give yourself a target.
- There is a year-round calendar of races on Concept2 ergs—both virtual and in-person. Most of these races are open to anyone who wishes to participate.
- We have yearly sprint events for each of our machines. These virtual races allow you to compare your time against others worldwide.

Our powerful Performance Monitor makes all this possible, allowing for fair comparisons with users no matter where they are in the world.



Learn more about the
Concept2 Rankings

concept2.com/rankings



REACH OUT

WE'RE HERE FOR YOU

Concept2 was founded in 1976 by brothers Dick (left) and Peter (right) Dreissigacker—two engineers with a passion for the sport of rowing. Every machine and oar produced comes from a background of over 45 years of excellence.



If you have any questions, want some advice or need a spare part, our team is always happy to hear from you.



US and Canada

Monday-Friday 9:30 a.m. to 4 p.m. ET
800.245.5676

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Outside the US and Canada

concept2.com/international

Connect with Us!



#concept2 #drivenbycommunity