

concept 2[®] **BikeERG**[®] PRODUCT MANUAL



For complete product information,
scan the QR code or go to:

concept2.com/start

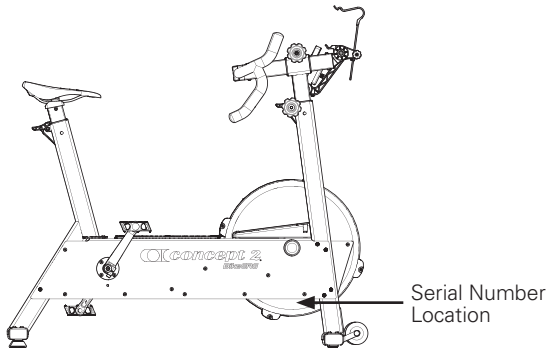


Download our **FREE**
ErgData app for:

- Workouts
- More data displays
- Real time rowing with the
Concept2 community

concept2.com/ergdata

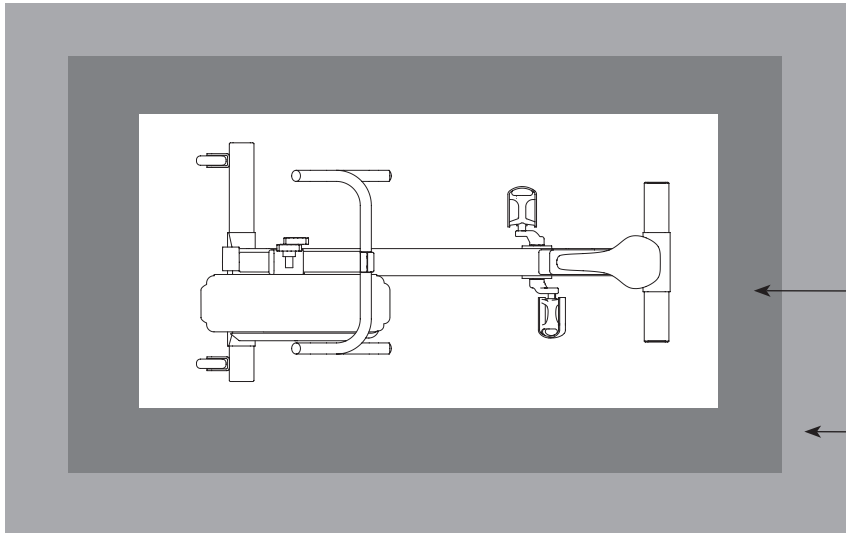




IMPORTANT NOTE:

For additional information about Concept2, complete warranty details, or to register to receive product updates:

concept2.com/registration



WEIGHT CAPACITY

350 lb
159 kg

MACHINE DIMENSIONS

24 in x 48 in
61 cm x 122 cm

TRAINING AREA

48 in x 60 in
122 cm x 152 cm

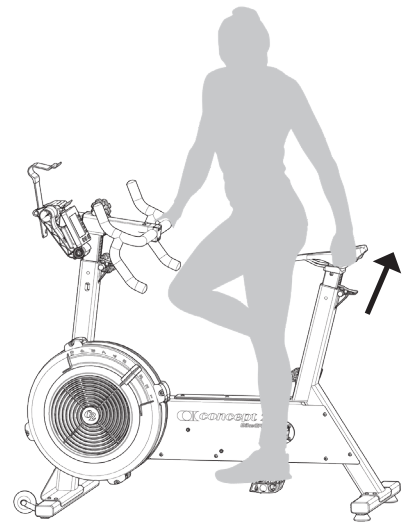
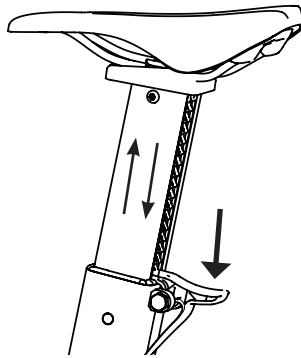
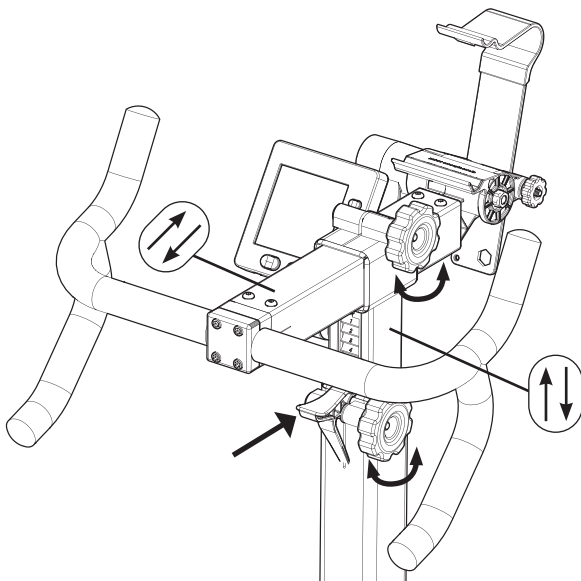
FREE AREA

72 in x 84 in
183 cm x 213 cm

Usage class SA: For professional high-accuracy use.

The Concept2 BikeErg is designed and produced to Usage Class rating "S" for professional, institutional and/or commercial use, and Accuracy Class "A" for High Accuracy Training Data, as defined per ISO 20957-1 Safety Standards.

HANDLEBAR AND SEAT ADJUSTMENTS



BEFORE YOUR FIRST WORKOUT

- Consult your physician. Be sure that it is not dangerous for you to undertake a strenuous exercise program.
- Carefully review how to set up your BikeErg for optimal comfort.
- Gradually increase cycling time and intensity, if you increase the volume and intensity too quickly, fail to warm up properly, or use poor technique, you will increase the risk of injury.
- **Download Concept2's Free ErgData App** (IOS and ANDROID)
ErgData connects wirelessly to the PM5 via Bluetooth. Set up workouts right from the app, view additional data, customize your displays, track progress, and sync to the Concept2 Online Logbook. Share workouts, take part in the Workout of the Day and more.

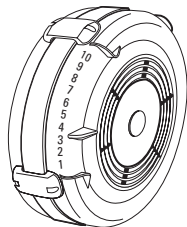
concept2.com/ergdata

DAMPER SETTINGS ON THE FLYWHEEL

The BikeErg features a damper with settings from 1 to 10. Higher numbers feel more like pedaling in a heavier gear. Lower numbers feel like pedaling in a lighter gear.

For general fitness and a good aerobic workout, use a damper setting where you can maintain a cadence in the range of 60 to 80 rpm. The BikeErg is a speed dependent, air resistance machine. Increasing pedaling cadence will increase the workout effort.

concept2.com/damper



CALIBRATION

The BikeErg will prompt you periodically to confirm calibration to ensure accurate results. The process is simple and the PM5 will guide you through it.

To confirm calibration, such as when location or conditions have changed, press More Options > Utilities > Calibration Utilities.

RECOMMENDED MAINTENANCE SCHEDULE

AFTER FIRST 5 HOURS OF USE

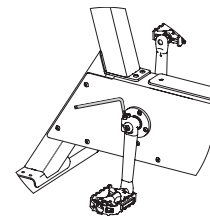
- Check all fasteners for tightness.

DAILY

- Clean saddle, handlebars, step pad and flywheel cover with a cloth and all-purpose cleaner after use.
- Do not use bleach or coarse abrasives.

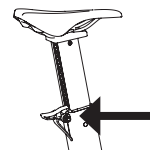
EVERY 250 HOURS OF USE

- Check that the crank arms are tight on the crank axle. Tighten the clamp screws if needed using the L-key supplied with the BikeErg. See illustration.
- Check all fasteners for tightness.
- Check for dust inside flywheel with a flashlight. Vacuum if needed.



AS NEEDED

Check the fit of the seat post. The seat post should move up and down with only light pressure applied. The seat post fit can be adjusted using a 1/2" wrench (not included) where shown. Do not overtighten.

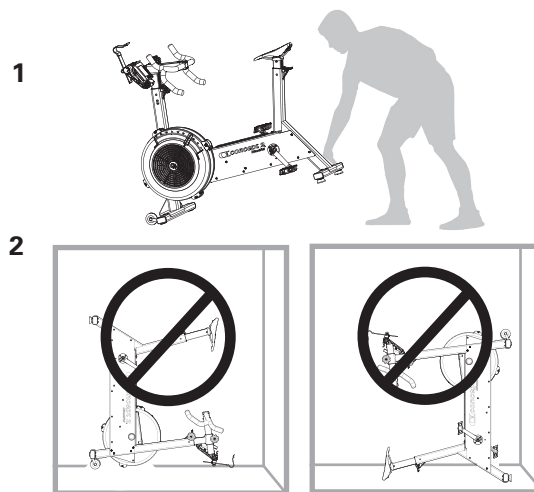


For complete maintenance information and instructions:

concept2.com/service

IMPORTANT USE AND SAFETY NOTES

- The machine should be used on a stable, level surface. The rear foot has leveling pads that can be adjusted as needed.
- To move the BikeErg, grasp the rear foot and lift until the caster wheels start to roll (1).
- The BikeErg is intended for indoor use.
- Use of this machine with a worn or weakened part may result in injury to the user.
- When in doubt about the condition of any part, Concept2 strongly advises that you replace the part immediately with genuine Concept2 replacement parts. Use of other replacement parts may result in injury or poor performance of the machine.
- **WARNING:** Keep unsupervised children away from the equipment. Keep pets and fingers away from pedals. Pedals can cause injury.
- Do not stand the BikeErg up on end as the BikeErg may tip over (2).
- Perform proper maintenance as described in the Maintenance section.



WARNING! Replace defective components immediately to ensure safety and performance, or keep the machine out of use until it is repaired. Incorrect or over-exercising may result in serious injury or death. If you feel faint, stop exercising immediately.

WARNING! If any of the adjustment devices are left projecting, they could interfere with the user's movement.

WARRANTY

Concept2 BikeErgs are backed by a limited 2 year and 5 year warranty. For complete warranty information in the US and Canada, visit concept2.com/warranty.

Note: This warranty does not cover the use of the BikeErg with parts or accessories from third parties.

For complete warranty information outside the US and Canada, contact the authorized Concept2 Preferred Reseller in your territory. A list of authorized Concept2 Preferred Resellers can be found at concept2.com/international. If you do not find a Preferred Reseller in your territory email c2global@concept2.com.

 **concept 2**[®]



Designed by:
Concept2, Inc.
105 Industrial Park Drive
Morrisville, Vermont 05661 USA
concept2.com/contact

EU Sales & Service Headquarters:
Concept2 Deutschland GmbH
Neumann-Reichardt-Straße 27-33
22041 Hamburg, Germany