

CONCEPT2 STRENGTHERG

The Concept2 StrengthErg is a compact, multifunctional strength training machine.

It uses the power of air resistance to deliver a comprehensive and safe workout without the need to deal with weight plates, racks and barbells. You can apply as much or as little force as you want and the StrengthErg will accurately measure and display your result. Our free ErgData app gives you the performance tracking and analysis needed to achieve your goals.

FEATURES

- Fully-enclosed steel flywheel
- Customizable air resistance with 10 adjustments
- Integrated device holder for mobile devices
- Wireless connectivity for heart rate monitoring, data management, and app compatibility
- Commercial grade for durability and low maintenance
- Black powder coat frame and gray anodized posts



LENGTH	WIDTH	SEAT HEIGHT	WEIGHT	SPACE RECOMMENDED FOR USE	STORED DIMENSIONS	WEIGHT CAPACITY
61 in	26 in	39.5 in	90 lb	7 ft x 4 ft	Must be stored fully assembled	350 lb
154 cm	66 cm	100.3 cm	41 kg	203 cm x 122 cm		160 kg

PERFORMANCE MONITORING AND PM5 MONITOR

Self-Calibrating Accuracy	Allows objective workout comparisons.
Backlit Liquid Crystal Display	Shows essential metrics such as time, force, cumulative work, max force, average force, average work, number of repetitions, and chosen movement.
Data Display Options	Offers preset workouts, repetition memory recall, and versatile display options like All Data, and Large Print.
Wireless Heart Rate Monitoring	Compatible with Bluetooth® Smart telemetry for heart rate monitoring.
Data Management	Wireless telemetry to the free Concept2 ErgData app.
Apps	Compatible with the free Concept2 ErgData app.

CONSTRUCTION & DESIGN

Frame	Aluminum construction. Extruded and plate aluminum components. Steel construction feet.
Flywheel	Fully enclosed flywheel is aluminum with glass reinforced ABS centrifugal fan attached. The flywheel enclosure is made of hi-impact, ABS thermo-plastic.
Drivetrain	Polygroove belt system paired with a Dyneema® drive cord and anodized aluminum spool is quiet and reliable.
Adjustable Air Resistance	Customizable damper settings allow for quick adjustment of airflow to the flywheel. Adjusting airflow changes the resistance felt when a given force is applied.
Pull Bar/Push Bar	Knurled aluminum tubing for grip.
Height Adjustment	7 discrete height positions for slider
Integrated Device Holder	Accommodates devices of different sizes.
Caster Wheels	Large diameter wheels allow for easy transport on rough, uneven surfaces.
Foot Board	7 discrete foot height positions .

ADDITIONAL INFORMATION

Operational Dimensions	An area of 72 in (183 cm) by 36 in (92cm) is recommended for operation of the machine.
Stored Dimensions	61 in (155 cm) long by 26 in (66 cm) maximum width.
Assembly	Initial assembly takes approximately 60 minutes; spare parts are 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.
Warranty	Covers defective parts for 2-5 years from the shipment date. Copy available on request.

Concept2 is the sole manufacturer and factory direct sales source for the Concept2 StrengthErg.
All prices are factory direct. Prices are subject to change without notice.

For detailed technical information, visit concept2.com.