

The image shows three Concept 2 rowing machines in a bright, modern room with large windows. The machine in the center is a Concept 2 Model D, which is a full-body rowing machine with a high flywheel and a digital display. The two machines on either side are Concept 2 Model E, which are compact rowing machines with a lower flywheel. The room has light-colored wooden flooring and large windows that offer a view of a river and greenery. A green banner with the Concept 2 logo and text is overlaid on the right side of the image.

**concept 2**<sup>®</sup>

ROWERG | SKIERG



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® or BikeErg®, 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 improvements, and allowing for fair comparisons with users anywhere in the world.

All of our products can be ordered factory direct from our Vermont headquarters. 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.

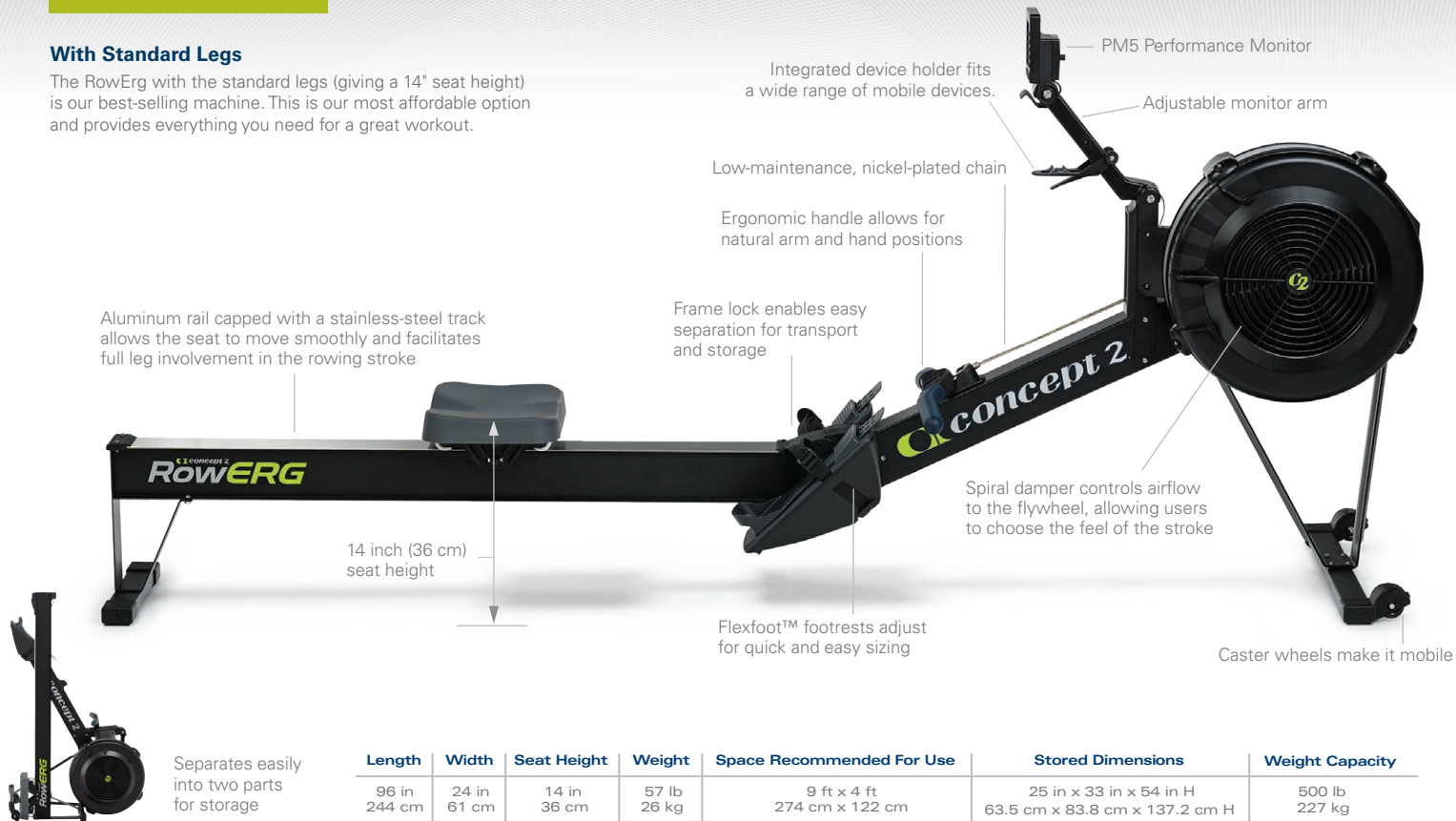
The Concept2 RowErg is available with either standard or tall legs. The standard legs give a 14 inch (36 cm) seat height while the taller legs make the seat 20 inches (51 cm) from the floor. The elevated version is a good choice if you would like a machine with a higher seat, or prefer the appearance of a taller machine. The powerful performance monitor 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.



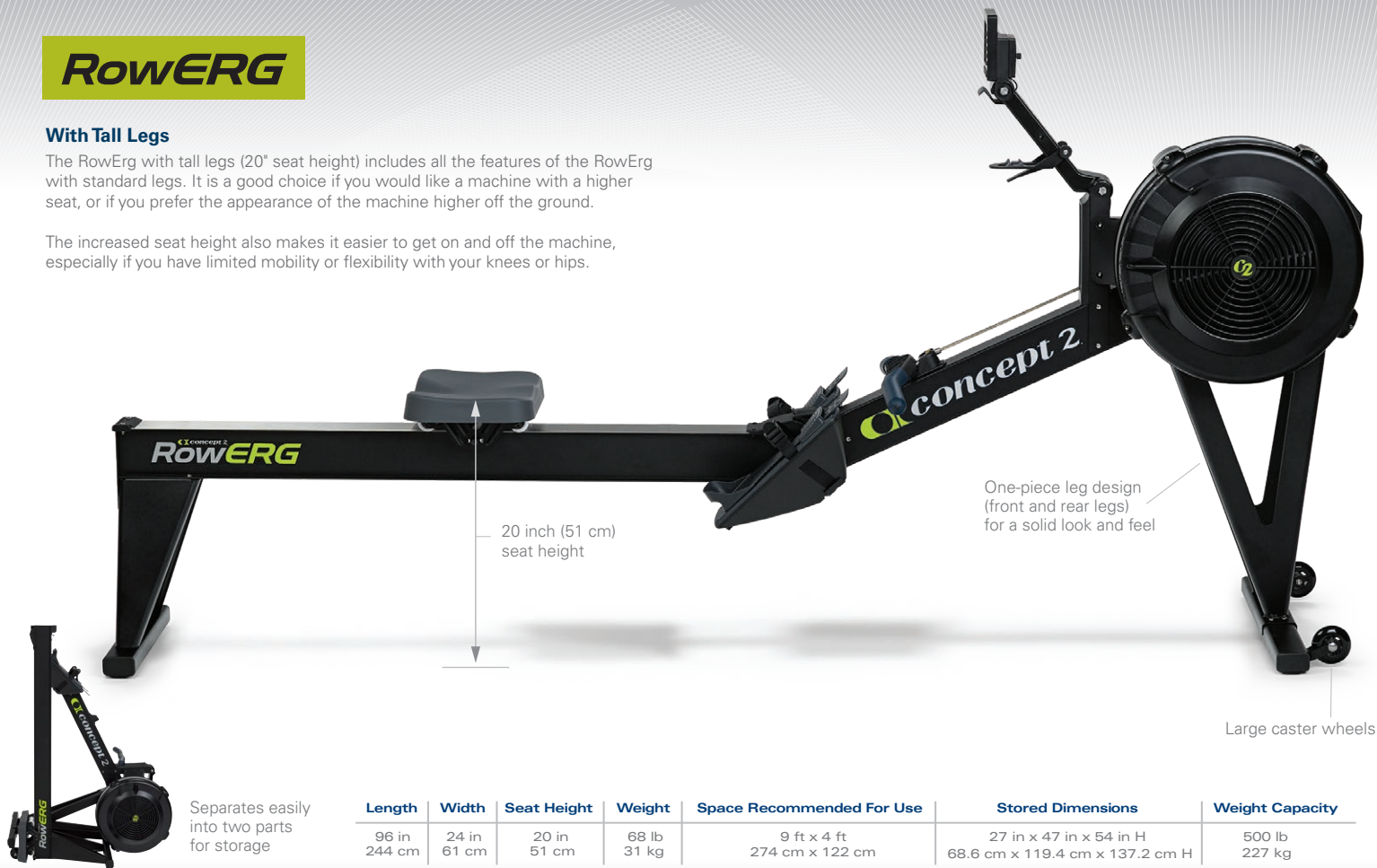
Length	Width	Seat Height	Weight	Space Recommended For Use	Stored Dimensions	Weight Capacity
96 in 244 cm	24 in 61 cm	14 in 36 cm	57 lb 26 kg	9 ft x 4 ft 274 cm x 122 cm	25 in x 33 in x 54 in H 63.5 cm x 83.8 cm x 137.2 cm H	500 lb 227 kg

# 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.



20 inch (51 cm)  
seat height

One-piece leg design  
(front and rear legs)  
for a solid look and feel

Large caster wheels

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.



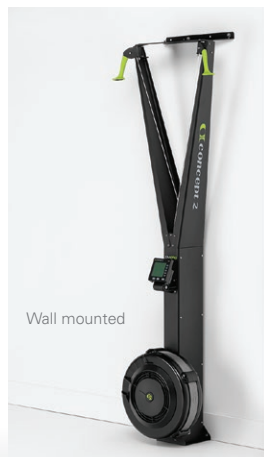
Length	Width	Seat Height	Weight	Space Recommended For Use	Stored Dimensions	Weight Capacity
76 in 193 cm	24.3 in 62 cm	21.5 in 55 cm	92 lb 42 kg	7.5 ft x 4 ft 229 cm x 122 cm	76 in x 24.3 in x 21.5 in H 193 cm x 62 cm x 55 cm H	500 lb 227 kg



# 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 mounted

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



## Join the Online Community

Visit **concept2.com** to join the online 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 three workouts to help you stay on track with your training. Choose from the short, medium, or long workout depending on your goals and schedule for that day. Sign up on our website to receive your WOD email.



### As The Flywheel Spins Podcast

Join Concept2 trainer Cady Hart-Petterssen in guided podcast workouts for the RowErg, SkiErg and BikeErg. All levels of users will find that time will fly as their flywheel spins!



# 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 past 45 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!

The Concept2 logo features a stylized 'C' icon composed of two overlapping shapes, one green and one yellow, followed by the text 'concept 2' in a bold, italicized sans-serif font, with a registered trademark symbol (®) to the right.

concept2.com 800.245.5676