

Welcome To The Complete Exercise

The Concept 2 Indoor Rower has long been established as the world's number one rowing machine, and the new Model D more than confirms this status. The unique design allows anybody, from the casual rower to the professional athlete, to duplicate the motion of on-water rowing and benefit from a safe, time-efficient workout for the whole body.

The natural rowing motion provides the best workout around. It exercises all the major muscle groups as well as the heart, lungs and circulatory system. On top of this, it's weight-bearing and impact-free, meaning you protect your joints too. Using air resistance, the intensity of the workout is determined solely by how hard you want to row, making it suitable for everybody, regardless of their age or level of fitness.

The machine is sturdy, stylish and widely used in the toughest of environments. As a testament to this, there are more Concept 2 Indoor Rowers in UK gyms than any other piece of fitness equipment, and it's just as popular in the army, police and prison services. Used by millions of people every week, the Indoor Rower can be found everywhere from North Sea oil rigs to the NASA astronaut training centre and, unlike most items of gym equipment, it's perfect for the home.

A Passion For Excellence

When Pete and Dick Dreissigacker first started Concept 2 in 1976, it was oars not rowing machines that occupied their minds. As engineers and international rowers, their first product was a new type of composite rowing oar. Within a few years, the Dreissigacker Racing Oar had become the de facto standard in the sport and remains so today, with over 70% of the medals at the Sydney Olympics being won by crews using them.

It was this same passion for rowing and product excellence that led to the development of the first Concept 2 Indoor Rower back in 1981. The initial aim was to produce an off-water training device for rowers. As with the oars, it was rapidly accepted by the rowing world and soon established itself as the chosen test and training machine of almost every Olympic rowing team. Unlike the oars, however, the Indoor Rower also appealed to people who had never rowed on the water.

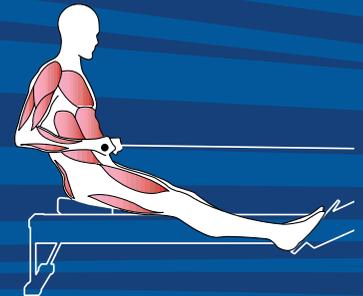
Quality and attention to detail have been the hallmarks of the Indoor Rower in all its versions and now, more than ever, it is regarded as the rowing and fitness industry standard. As well as its legendary reliability, durability and value for money, it is its accuracy in measuring physical performance that sets it apart from its competitors. The result is an outstanding fitness machine that caters for both gym and home use.



Muscle Groups

The main skeletal muscle groups used in rowing are the lower leg, the thigh, the buttocks, the back and abdomen, the arms and shoulders and the chest. The rowing stroke also exercises the smaller muscles used to keep good posture.

Not only does indoor rowing exercise the whole body, it is also weight-bearing and impact free, meaning that the muscles and joints are strengthened without the risk of injury found in other forms of exercise like running.



The new multi-lingual, menu-driven Performance Monitor (PM3) delivers an unparalleled range of state-of-the-art features. PC and heart rate compatible, it's mounted on a movable arm that can be folded back for storage.

The new flywheel enclosure is quieter, more durable and offers a broader range of resistance than the Model C

The sliding seat glides on a roller system and ensures that you use the full range and strength of your leg muscles.

The handle hook allows for easy reach of the handle when seated.

The monorail is an aluminium extrusion capped by a stainless steel rolling surface for lightness and durability.

For stability and comfort, the Flexfoot offers a wide range of adjustability, whatever your foot size.

Built-in castor wheels make it easy for one person to move the Rower.

Model D

The latest version of the Indoor Rower, the Model D, came out in 2003. It boasts a number of improvements over the long-standing Model C, including:

- Quieter
- Even greater durability
- More comfortable handle
- Easier to maintain
- A broader range of resistance
- A smoother feel when rowing
- The Performance Monitor 3



> The new ergonomically designed handle increases arm and shoulder comfort and the Finish position more closely matches on-water technique.



> Power Generation Feature. While rowing, the spinning flywheel automatically provides operating current to the PM3, greatly extending battery life.



Performance Monitor 3



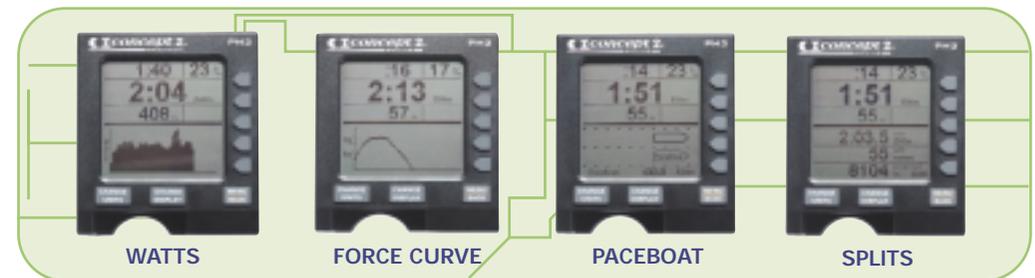
The key to the Indoor Rower is the revolutionary Performance Monitor. Unique amongst fitness machines, the Performance Monitor offers a wide range of functions for both the beginner and expert.

The main principle behind the Performance Monitor, and what helps set the Indoor Rower apart from other fitness equipment, is that the times and distances it shows are comparable between different machines and users. Not only does this mean it's possible for you to reliably chart your progress, but it has led directly to the creation of an entire sport.

Now in its third generation, the PM3 has a number of new features for the serious rower, while also retaining the simplicity of earlier models. You can either get on the machine and just row, or you can choose from a library of pre-set workouts that load instantly.

Each PM3 can be used in conjunction with a Concept 2 LogCard. The LogCard will automatically store all your workout data so that you can chart your improvement over time. You can also program and store your favourite workouts on the LogCard for instant set-up, as well as download all data to a PC.

When you're rowing, as well as monitoring your heart rate (using the optional heart rate interface and chestbelt), you can race against your previous workout results, or against a PaceBoat. You can also choose from a variety of units and display options, including watts, calories, a Bar Chart and a Force Curve.



Concept 2 Slide

Consisting of a simple and easy to maintain track and carriage system, the Slide allows the Indoor Rower to move back and forth under the person rowing, adding an authentic on-water dimension to indoor rowing. The Slide also enables you to link an unlimited number of machines together to create the feel of rowing in a crew. Not only does it simulate the feel of rowing on water but it also forces you to row together, thus helping to develop timing, slide control on the Recovery and connection at the beginning of the stroke.

A Sport In Its Own Right

The unique ability of the Performance Monitor to provide an accurate, comparable score on any machine has led to the creation of a thriving sport based around the Indoor Rower. There are now more than 120 major indoor rowing races around the world, including World and European championships and a British Indoor Rowing Championship that attracts thousands of competitors every year. With age and weight categories, anyone of any age can race, and, although competition may be fierce, the fun spirit remains. For many people, the thrill of racing and meeting fellow competitors are major motivating factors for exercising and staying fit.



“.....the single best training aid I used when I was racing”

Sir Steve Redgrave, five times Olympic champion.

Lifelong Health And Fitness

We appreciate how difficult it is to stay motivated and stick to a regular exercise routine, so the purchase of a Concept 2 Indoor Rower is just the beginning of our relationship with you. As well as the sport, we also run a number of different distance award schemes and incentives to help encourage you to keep using your Rower. Every year we compile the Concept Ranking, which contains tens of thousands of times from rowers all over the country for a variety of distances, allowing you to compare and benchmark your progress. If you've got access to the internet, you can sign up for the On-Line Ranking and Logbook and store and rank all of your workouts. Our fortnightly e-mail newsletter also helps you to keep in touch with the latest special offers, developments and training advice, while our lively internet discussion forum is a great source of tips and inspiration.





"The Concept 2 Indoor Rower is the closest thing you can get to rowing on water and was the single best training aid I used when I was racing. Superbly built and easy to use, you'll find there's a whole world of indoor rowing ready for you to discover once you get started."

Sir Steve Redgrave, five times Olympic champion.

Built To Last A Lifetime

Easy To Use

Good rowing technique can be learnt in a matter of minutes. When you start rowing, the Performance Monitor begins to function. There's no need to press any buttons until you're ready to work to a pre-set programme.

Easy To Assemble

The Indoor Rower requires very little assembly – just the installation of the front leg and the frame lock. We include the necessary Allen Key and clear instructions with pictures. It should take no more than twenty minutes for the job.

Easy To Store

A unique self-locking system enables the monorail and seat section to be swiftly detached from the flywheel section for easy storage. The monorail is light weight, and the built-in castors make it easy for one person to move the heavier flywheel section of the Indoor Rower.



To complete assembly - slot the monorail into the front end of the machine and rotate the frame lock - it takes a matter of seconds

Easy To Order

You can pay for your Concept 2 Indoor Rower in one of three ways:

1. Cheque
2. Credit/Debit Card
3. Finance Plan

You can order a machine either on-line from our website www.concept2.co.uk or over the phone on **(0115) 945 5522**.

We also have a rental programme where you can hire a machine for periods of three months or more.

Dimensions

Assembled Dimensions

- Length: 240 cm
- Maximum Width: 60 cm
- Height: 100 cm
- Weight: 28 kilos

Disassembled Dimensions

- 90 cm x 72 cm x 135 cm(H)



 **concept 2**
INDOOR ROWER



you can't beat it...