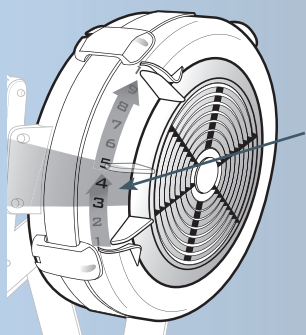


# Welcome to Concept2 Rowing

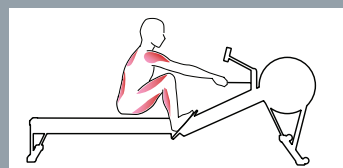
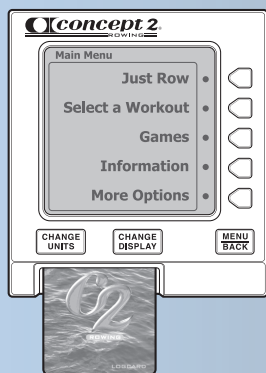
## *Your Concept2 Indoor Rower is on the way!*

When you receive your indoor rower find the information packet located in the box. There you will find assembly instructions and instruction manuals for your rower and Performance Monitor.

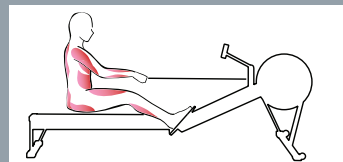


### *Your First Row:*

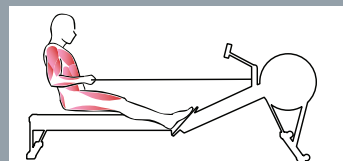
1. Set your damper. A damper setting of 3-5 will give you the best aerobic workout.
2. Adjust the FlexFeet so the footstrap crosses the ball of your foot.
3. The Performance Monitor will start automatically when you start to row, or you can press [MENU/BACK]. Note that you can press [CHANGE DISPLAY] at any time to view a different graphic display and [CHANGE UNITS] to view different units. Experiment to see which display and units you like best. Later, be sure to read the enclosed Performance Monitor Manual and on-board INFO section for additional details about PM function.
4. We know you're excited to take your first strokes but, before you do, take a look at these examples of proper rowing technique. Better yet, watch the technique DVD that came with your machine.
5. Row slowly and easily for no more than five minutes, using good technique. If possible, have someone watch you to be sure you are getting the proper body angle at the catch and finish.



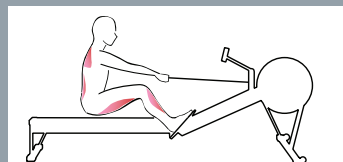
Catch



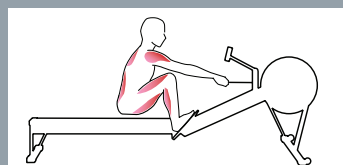
Drive



Finish



Recovery



Catch



INDOOR ROWER

concept2.com

800.245.5676

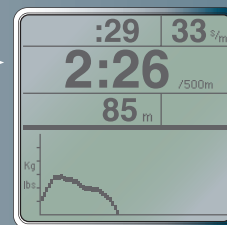
Now that you've taken your first strokes, you probably have a few questions. Please take a short break to read the following:

## How do I know how fast I'm going?

The best way to monitor your speed and power output is to watch the central display of the Performance Monitor.

You can choose the units you like best: watts, calories, or pace (expressed as time per 500 meters). Let's take pace as an example. The smaller the number you see, the faster you are going, because it's taking less time for you to row 500 meters.

Watch this number and try to make it smaller without letting the spm (strokes per minute) creep up higher than 30. This requires relaxing on the recovery phase of the stroke. The recovery should take longer than the drive phase.



## What do all these numbers mean?



The :29 in the upper left corner is elapsed time. The 33 is strokes per minute (spm), which is simply a measure of your stroke cadence. It is not a measure of your output.

The middle display, where you see 2:26, is the stroke output display. In this photo, the 2:26 means that this person was rowing at a pace of 2:26 per 500 meters.

The 85 in the lower left is meters rowed so far.

The lower right shows Heart Rate, which will be displayed only if a compatible heart rate system is in use. (Heart rate receivers are available through Concept2.)

## To go faster, do I need to increase stroke rate or intensity?

To get faster times, you should focus on building intensity rather than stroke rate. Keep the strokes per minute (spm) in the range of 24-28. Damper setting should be between 3 and 5. This may feel easy at first, but give it some time. It's important to understand that the resistance is generated by the speed of the flywheel. So, to increase your score, you need to get the wheel spinning as fast as possible. This same idea applies when rowing in a boat, where the boat is moving so you have to be quick with your application of power.

## How do I increase the resistance?

Resistance on the Concept2 Indoor Rower is determined by the speed of rotation of the flywheel. It's wind resistance. The faster the wheel spins, the more resistance you will feel, regardless of the spm or damper setting. So, the resistance depends on how fast you can accelerate the flywheel, not how many strokes you take per minute or your damper setting.

For the best, and longest aerobic workout, keep the damper setting between 3 and 5. If you go higher, it will be less exhilarating, and more like a strength-building workout, and probably harder to row for a longer period of time.

Focus on how fast/hard you accelerate the flywheel. This number is indicated in that central display.

Our customers tell us that the following things have helped them stick with their exercise program:



- **KEEP A LOGBOOK:** Request a free logbook or set up an Online Personal Logbook at [concept2.com](http://concept2.com).
- **SET A REGULAR WORKOUT TIME:** And stick with it!
- **USE INCENTIVES:** We provide a variety of fun incentive programs. You can earn shirts, patches, certificates—and you don't even have to be fast. We reward persistence too! Start logging your meters today for our Million Meter Club. You can also take advantage of our annual program of online events and challenges by setting up an Online Personal Logbook at [concept2.com](http://concept2.com).
- **ROW WITH FRIENDS:** If you don't have a local group of rowing friends, you can find them online at [concept2.com](http://concept2.com). From the home page of the Online Ranking, click on **Ranking**, then click on **Training Forum**.
- **TRY COMPETITION:** You don't even have to leave your home. Check out how you stand in the world using our Online Ranking at [concept2.com](http://concept2.com), or attend an indoor rowing race. Visit our website for locations near you.
- **JUST GET STARTED!** That's the most important thing!
- **CONTACT US** if you have any questions about assembly, use, workouts and training, or to offer feedback. We're here to help!

Having read all this, you'd probably like to row a little more. Go ahead, but keep it to five minutes. It's best to start rowing easily. Do some easy stretching when you are finished with your workout.

***HOMEWORK:*** Read through your indoor rower manual and watch the technique DVD. There's a lot of good information there! And don't forget to go to [concept2.com](http://concept2.com) for more information.

# Customer Registration and FREE STUFF

Register with Concept2 to receive our bi-annual Indoor Rower Update newsletter. If you purchased your indoor rower directly from Concept2, you will automatically receive this publication (usually mailed in November and May).



**concept 2 MODEL D**



**concept 2 MODEL E**



Easy Storage

To request the most recent Indoor Rower Update and to ask for a copy of the Concept2 Logbook or C.R.A.S.H.-B. DVD, complete the registration process indicated below.

There are two ways to register:

## → Online!

1. Go to [concept2.com/registration](http://concept2.com/registration) and follow the instructions.
2. Enter the information requested.
3. Indicate which free materials you would like to receive.

While you are there you will also be able to:

- Establish an Online Personal Logbook to record all of your rowing meters. A personal logbook also gives you the option of receiving periodic emails about our online events and challenges.
- See a selection of Concept2 rowing apparel.
- Check out the Online Ranking and other resources on the site.
- Provide us with comments regarding your indoor rower purchase.

→ **Call us** toll-free at 800.245.5676 to speak with a customer service representative.