



PRODUCT MANUAL

concept 2[®]

INDOOR ROWERS



MODEL D



MODEL E

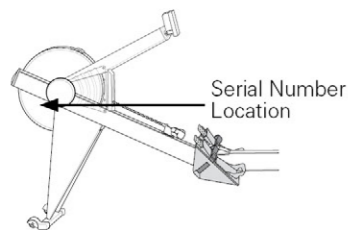
Light gray or black (shown)



INDOOR ROWER PRODUCT MANUAL

EN ENGLISH

IMPORTANT NOTE:
For additional information about Concept2, complete warranty details, or to register to receive product updates, please visit concept2.com/registration.



RECORD YOUR SERIAL NUMBER HERE

Manufactured 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, Haus 4
22041 Hamburg, Germany



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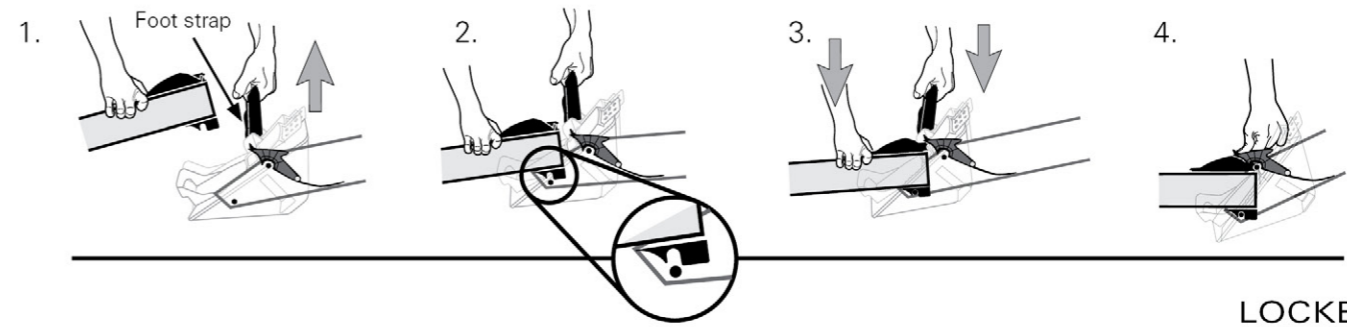
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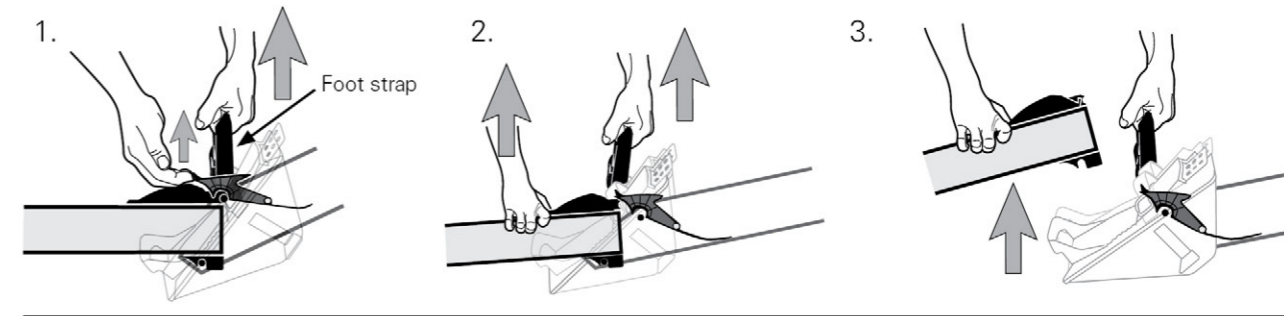
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ATTACHING THE MONORAIL



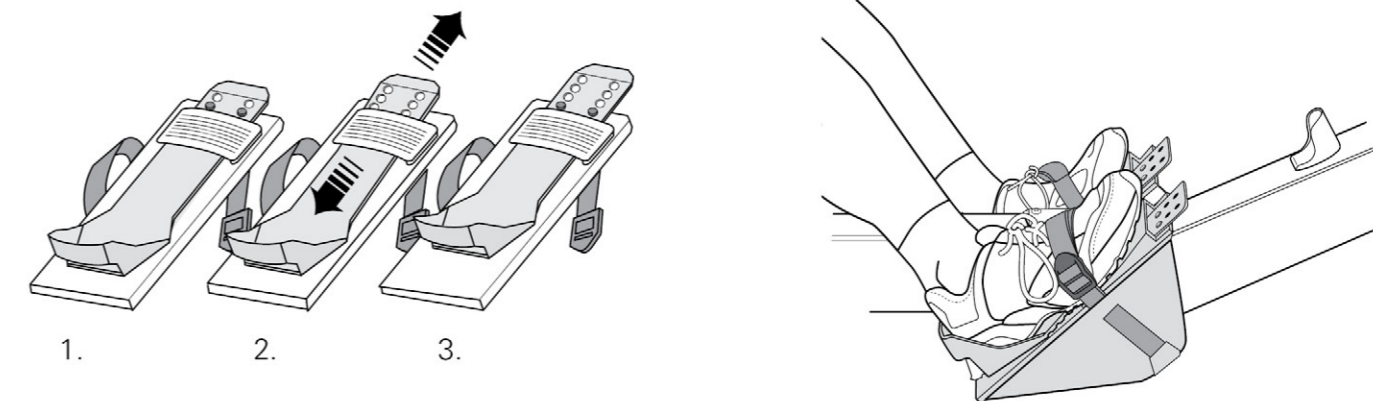
LOCKED

DETACHING THE MONORAIL



UNLOCKED

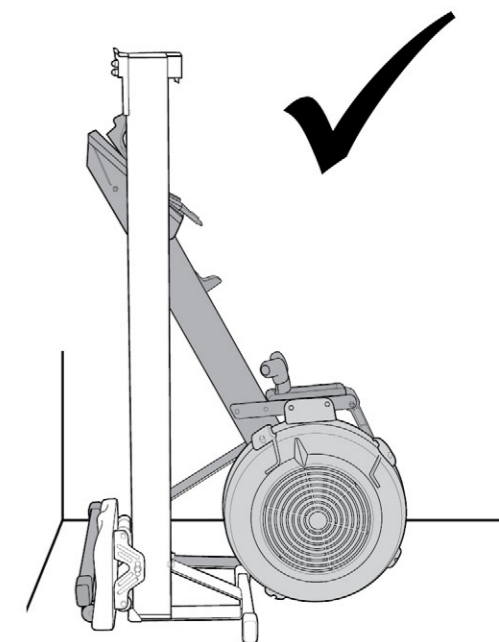
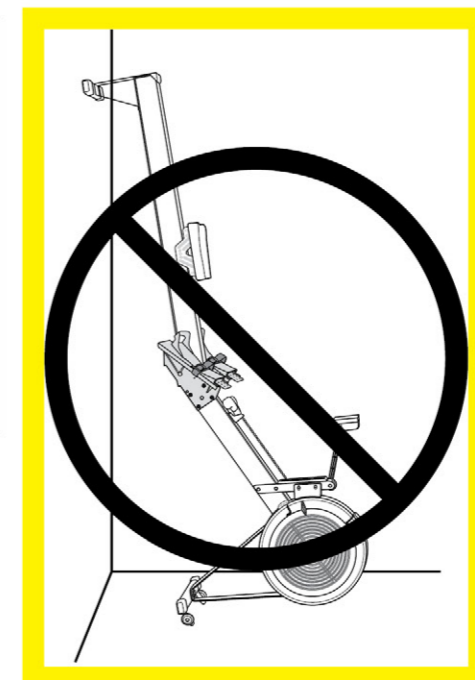
SETTING THE FLEXFOOT



EN USING THE DETACHABLE MONORAIL

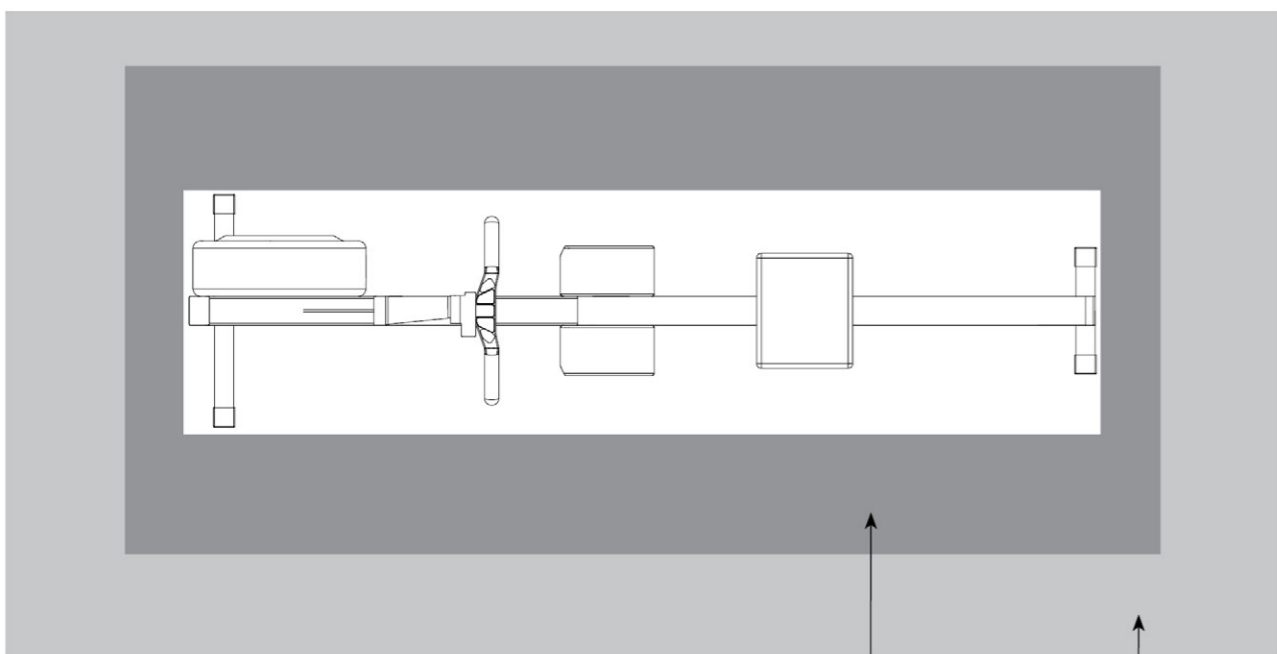
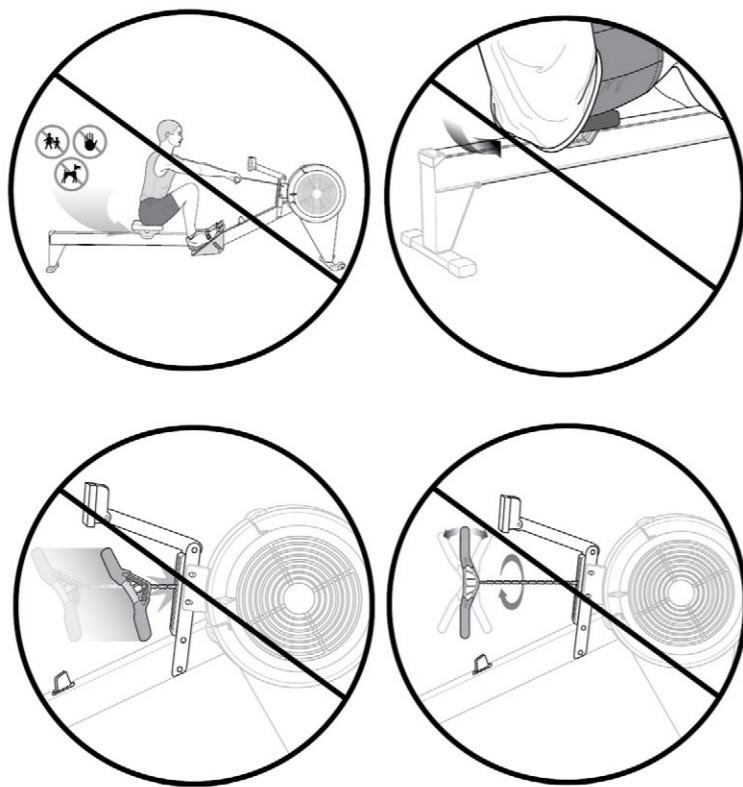
IMPORTANT SAFETY NOTES

- Always have the framelock in the locked position when the flywheel and monorail sections are connected. Failure to do so may result in injury if the unit is lifted or moved.
- To avoid possible injury, use caution while attaching the monorail section to the flywheel section and while operating the framelock.
- **DO NOT STAND INDOOR ROWER UP ON END AS THE INDOOR ROWER MAY TIP OVER.**



EN IMPORTANT USE AND SAFETY NOTES

- Use of this machine with a worn or weakened part, such as the chain, sprockets, chain/swivel connector, handle U-bolt or shock cord, may result in injury to the user. When in doubt about the condition of any part, Concept2 strongly advises that it be replaced immediately. Use only genuine Concept2 parts. Use of other parts may result in injury or poor performance of machine.
- The machine should be used on a stable, level surface.
- The machine should NOT be bolted or permanently fixed to the floor. Doing so may result in permanent damage to the frame.
- Keep children, pets and fingers away from seat rollers. Seat rollers can cause injury.
- Keep clothing free of seat rollers.
- Perform proper maintenance as described in the Maintenance section of this manual (page 28).
- ALWAYS PUT THE FRAMELOCK IN THE LOCKED POSITION BEFORE MOVING THE INDOOR ROWER.
- Do not let handle fly into chain guide.
- Pull straight back with both hands. Do not row with one hand only. Abuse of the chain can result in injury.
- Never twist chain or pull from side to side.
- Place handle against the chain guide or in handle hooks before letting go.



WEIGHT CAPACITY
as tested by Concept2*
500 lb
227 kg

MACHINE DIMENSIONS
2 ft x 8 ft
61 cm x 244 cm

TRAINING AREA
4 ft x 9 ft
122 cm x 275 cm

FREE AREA
6 ft x 11 ft
183 cm x 336 cm

*300 lb (135 kg) as tested per European Stationary Fitness Equipment Testing Standard EN 20957-7

EN BEFORE YOUR FIRST ROW

1) Consult your physician. Be sure that it is not dangerous for you to undertake a strenuous exercise program.

2) Carefully review the rowing technique information on page 10. Improper technique such as extreme layback or jumping off the seat can result in injury.

PROPER ROWING TECHNIQUE

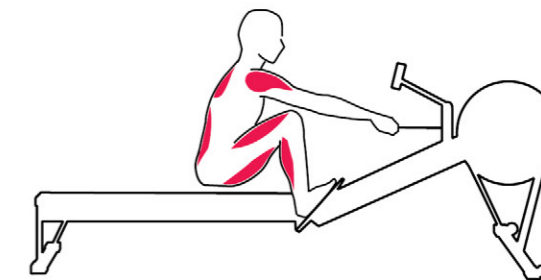
The rowing stroke can be divided into two parts: the drive and the recovery. The drive is in the work portion of the strokes; the recovery is the rest portion that prepares you for the next drive. The body movements of the recovery are essentially the reverse of the drive. Blend these movements into a smooth continuum to create the rowing stroke.

To view a video demonstrating proper rowing technique, visit concept2.com/technique.

concept2.com/technique

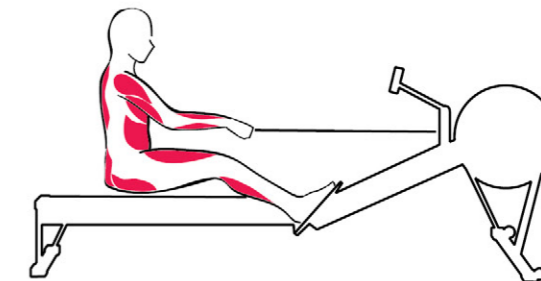
The Finish

- Upper body is leaning back slightly, using good support from the core muscles.
- Legs are extended and handle is held lightly below your ribs.
- Shoulders should be low with wrists and grip relaxed. Wrists should be flat.



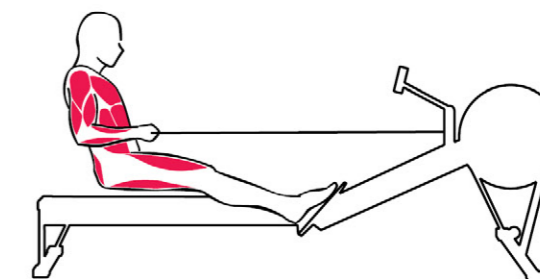
The Catch

- Arms are straight; head is neutral; shoulders are level and not hunched.
- Upper body is leaning forward from the hips with the shoulders in front of the hips.
- Shins are vertical, or as close to vertical as comfortable for you. Shins should not move beyond perpendicular.
- Heels may lift as needed.



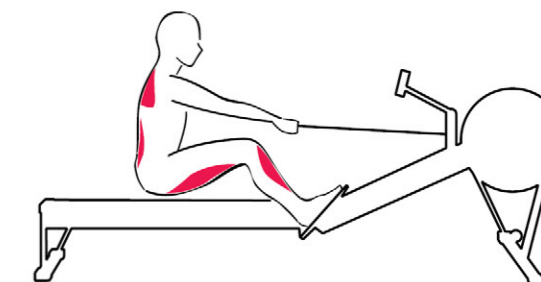
The Recovery

- Extend your arms until they straighten before leaning from the hips towards the flywheel.
- Once your hands have cleared your knees, allow your knees to bend and gradually slide the seat forward on the monorail.
- For your next stroke, return to the catch position with shoulders relaxed and shins vertical.



The Drive

- Start the drive by pressing with your legs, and then swing the back through the vertical position before finally adding the arm pull.
- Hands move in a straight line to and from the flywheel.
- Shoulders remain low and relaxed.



GETTING STARTED

1. Start your exercise program gradually. Row no more than five minutes the first day to let your body adjust to the new exercise.
2. Gradually increase your rowing time and intensity over the first two weeks. Do not row at full power until you are comfortable with the technique and have rowed for at least a week. Like any physical activity, if you increase the volume and intensity too rapidly, fail to warm up properly, or use poor technique, you will increase the risk of injury.
3. Aim for a stroke rate of between 24 and 30 spm (strokes per minute).

WORKOUT 1: Start with a row of 3-5 minutes, then take a break to stretch and walk around. If you feel good, do up to four of these short intervals of rowing. That's enough for the first day. You can repeat workout 1 for several days. Visit concept2.com/start for additional information and first workouts.

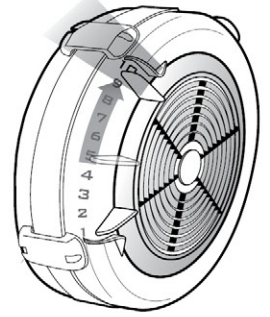
MONITOR YOUR PROGRESS: Monitoring your progress is one of the best ways to stay motivated and achieve your goals. We recommend signing up for our free Online Logbook, where you can record all your workouts and participate in the many challenges offered throughout the year. Visit concept2.com/logbook.

WORKOUT INTENSITY

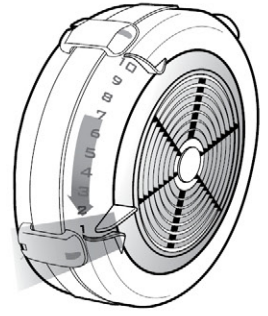
- The harder you pull, the more resistance you will feel. This is because the Concept2 Indoor Rower uses wind resistance, which is generated by the spinning flywheel. The faster you get the wheel spinning, the more resistance there will be.
- You can row as hard or as easy as you wish. The indoor rower will not force you to row at any set intensity level. It is up to you. As you put more effort into your rowing, you will go faster, produce more watts, and burn more calories. All of these outputs will be measured and displayed by the Performance Monitor (PM). Keep your goals in mind. For example, if your goal is to burn a lot of calories, it is more important to row for a long time than to row hard. If you row too hard, you won't last as long.

DAMPER SETTINGS ON THE FLYWHEEL

- The damper setting is like bicycle gearing. It affects the feel of the rowing but does not directly affect the resistance. With a little experimentation, you will find the damper setting that gives you the best workout and results. We recommend a damper setting of 3-5 for the best aerobic workout. This is the setting that feels most like a sleek, fast boat on the water. Higher settings feel more like a bigger, slower boat. Rowing with the damper setting too high can be detrimental to your training program because it may refine your output and increase your risk of injury.



up for slower



down for faster