

## CONCEPT2 ROWERG

The Concept2 RowErg® is the rowing machine of choice for on-water rowing programs, as well as health clubs, schools, cardiac rehabilitation centers, and corporate fitness centers. Its rugged institutional-grade construction guarantees minimal maintenance, while its unique self-calibrating electronic performance monitor enables precise tracking and competition among users. The RowErg is available with either standard or tall legs.

### FEATURES

- Fully-enclosed, chain-driven steel flywheel
- Customizable air resistance with 10 adjustments
- Wireless connectivity for heart rate monitoring, data management, app compatibility
- Flexfoot (TM) adjustable footrests
- Ergonomically-designed nylon handle with rubber grips
- Integrated device holder for mobile devices
- Comfortable, anatomically designed seat
- Quick disconnect feature for compact storage
- Commercial grade for durability and low maintenance
- Black powder coat frame

Aluminum rail capped with a stainless-steel track allows the seat to move smoothly and facilitates full leg involvement in the rowing stroke

14 inch (36 cm) seat height

Ergonomic handle allows for natural arm and hand positions

Integrated device holder fits a wide range of mobile devices.

PM5 Performance Monitor

Adjustable monitor arm

Spiral damper controls airflow to the flywheel, allowing users to choose the feel of the stroke

Low-maintenance, nickel-plated chain

Flexfoot™ footrests adjust for quick and easy sizing

Caster wheels make it mobile



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	108 in x 48 in 274 cm x 122 cm	25 in x 33 in x 54 in 63.5 cm x 83.8 cm x 137.2 cm	500 lb 227 kg
<b>ROWERG - TALL LEGS</b>						
		20 in 51 cm	68 lb 31 kg			

Separates easily into two parts for storage.

## PERFORMANCE MONITORING AND PM5 MONITOR

Self-Calibrating Accuracy	Allows objective workout comparisons and supports virtual and in-person competition.
Backlit Liquid Crystal Display	Shows essential metrics such as time/distance rowed, calories burned, power produced (watts), stroke rate, cadence (watts, calories, meters), average pace (time per 500 meters), and projected finish (time or distance).
Data Display Options	Offers preset workouts, split memory recall, and versatile display options like All Data, Force Curve, Pacer, Bar Chart, and Large Print.
Games	Provides an interactive element to workouts.
Wireless Heart Rate Monitoring	Compatible with ANT™+ and Bluetooth® Smart telemetry for heart rate monitoring.
Data Management	Wireless telemetry to the free Concept2 ErgData app.
Power Generation	Extends the life of the batteries by providing operating power to the PM while rowing. Monitor is powered by two 1.5 volt alkaline D Cell (LR20) batteries (included). No external power source is needed.
Racing	Supports machine to machine racing.
Apps	Compatible with the free Concept2 ErgData app and multiple third-party options.

## CONSTRUCTION & DESIGN

Frame	Extruded aluminum I-beam monorail paired with a stainless steel seat track.
Flywheel	Fully-enclosed chain-driven mechanism with a steel core and glass-reinforced ABS squirrel cage fan.
“Quiet Cog” System	Incorporates urethane washers for reduced chain noise.
Adjustable Air Resistance	Customizable resistance settings to accommodate varying workout intensities.
Flexfoot(TM) Adjustable Footrests	Supports adaptable foot positioning for enhanced comfort.
Ergonomically-Designed Handle	Impact-resistant glass-reinforced Nylon handle featuring rubber grips.
Integrated Device Holder	Accommodates devices of different sizes.
Caster Wheels	Large diameter wheels allow for easy transport on rough, uneven surfaces.
Anatomically Designed Seat	Prioritizes user comfort during extended rowing sessions.
Compact Storage	Quick disconnect feature simplifies storage.
Molded Rubber Foot Caps	For traction and stability.

## ADDITIONAL INFORMATION

Operational Dimensions	Requires an area of 108 in (274 cm) by 48 in (122 cm).
Stored Dimensions	With standard legs: 25 in x 33 in x 54 in (63.5 cm x 83.8 cm x 137.2 cm). With tall legs: 27 in x 47 in x 54 in (68.6 cm x 119.4 cm x 137.2 cm).
Assembly	Initial assembly takes approximately 30 minutes; spare parts 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 RowErg. All prices are factory direct. Prices are subject to change without notice.

For detailed technical information, visit [concept2.com](http://concept2.com).