

Concept2 Indoor Rowers combine the feel of rowing on water with the convenience of training indoors. Regardless of which model you choose, you will get the same great workout.

## Model D Indoor Rower

The dependable performance of the **Model D Indoor Rower** has made it our best selling machine. Recognized by athletes as the standard for indoor rowing, the Model D is a solid piece of exercise equipment offered at a great value.

Available in black (shown) and light gray.

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

Low-maintenance, nickel plated chain

Ergonomic handle allows for natural arm and hand positions

Frame lock enables easy separation for transport and storage

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

Flexfoot™ footrests adjust for quick and easy sizing

Caster wheels make it mobile

PM5 Performance Monitor

Adjustable monitor arm



Separates easily into two parts for storage.

Length	Width	Seat Height	Weight	Space Required For Use	Stored Dimensions	Monitor	Weight Capacity
96"	24"	14"	57 lb	9' x 4'	25" x 33" x 54" H	PM5	500 lb

# Performance Monitor

## Display Options



All Data



Force Curve



Pace Boat



Bar Chart



Large Print

## PM5 (standard on all models)

### Features:

**Automatic Operation Monitor** turns on when you start your workout.

**Performance Data** Track distance, speed, pace, calories burned, and watts.

**User-Friendly Menu** Manage a wide range of features such as preset workouts, games, and multiple languages.

**Display Options** View all data, force curve, pace boat, bar chart, or large print.

**Backlit Display** Screen illuminates automatically when you start your workout.

**USB Flash Drive** Store performance data and/or transfer data to your Mac or PC.

**Wireless Heart Rate Monitoring** using ANT+ and Bluetooth Smart with compatible devices.

**Connectivity** Supports machine-to-machine racing, plus connectivity to computers and smartphones.

