



# CONCEPT2 MODEL D INDOOR ROWING MACHINE

SKU: concept2-d

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PRODUCT DESCRIPTION



*Connect to ErgData with your PM5*

### Connected Training

If you're looking for a more immersive training experience or a live competition or coaching option—there's an app for that! Our PM5 is an open platform, which means you can connect wirelessly via Bluetooth to a wide variety of apps, [including our own ErgData and other third-party apps](#), that give you the training motivation and support that you want. You're not locked into a single experience with Concept2, but you do have our commitment that your machine's performance and your workout measurement will be reliable, no matter what other workout experience you connect. You can also connect to heart rate equipment and devices with ANT+.

### One Machine, Two Height Options

Our standard RowErg has a 14" seat height, while our elevated version has taller legs that provide a 20" seat height. The elevated version is a good choice if you like the convenience and appearance of a taller machine. The increased seat height can also make it easier to get on and off.



## Flywheel and Damper

Our RowErgs use air resistance to respond to your effort on every stroke, so you are in full control of your exertion and resistance at all times. The spiral damper allows you to easily adjust the airflow to the flywheel, so you can change the feel of the stroke to suit your preference. The flywheel design minimizes noise while maximizing a smooth feel.



## Storage and Mobility

The RowErg is easy to wheel around for workouts and can be quickly separated into two pieces (no tools required) for compact storage. Ideal for homes or gyms that need flexible space. The taller legs of the elevated version feature large caster wheels for easier moving.



## Adjustable Footrests and Ergonomic Handle

Adjustable footrests allow for quick and easy sizing to fit a wide range of shoe sizes. We designed the ergonomic handle with a 10-degree bend that allows you to row comfortably with a natural arm and hand position.

## Easy To Assemble

All that is needed to assemble the RowErg is to install the front legs. We include all necessary tools and clear, illustrated instructions. Takes just 20-30 minutes. View the [assembly video](#).

## Durable Construction That's Easy to Maintain

Our machines are famous for their durability. Tough and built to last, our machines withstand rigorous use in boathouses, training centers, living rooms, hotels, health clubs and military bases around the world. We make sure our machines are easy to care for so you can focus on using your investment, not maintaining it.

## Included with your Purchase

We include the following items with your RowErg with PM5 purchase:

- Smartphone Cradle
  - User Manual
- Performance Monitor Quick Start Guide
- Tools and illustrated assembly instructions
  - \*Self assembly

### ADDITIONAL INFORMATION

#### More Information

#### Warranty

Frame: 5 years, other parts: 2 years

#### Product Dimension

244 x 61cm (L x W)