

THE CONCEPT2 INDOOR ROWER COMPARED TO WATER RESISTANCE ROWERS

Description:	How does the Concept2 Indoor Rower compare to water-resistance rowers?
Resistance:	With both air and liquid resistance rowers, the user is in complete control of the resistance, because the harder you pull, the more resistance you will feel. If you row intensely you will get an intense workout; if you row easily, you will get an easy workout. There's no need to worry that you will be forced to work too hard. Indeed, the Concept2 Indoor Rower is used and enjoyed by everyone from cardiac rehab patients to Olympic level rowers worldwide.
Feel:	It's the feel of the resistance that is important if you plan to row the recommended minimum of 30 minutes. The Concept2's wind resistance is responsive and exhilarating. The flywheel has been carefully engineered to make it feel like you are rowing a sleek racing shell. We tested many drive systems and found that the chain drive mechanism provides the most direct connection to the drive – no wrapping, no corners, no tendency to wear out, as may exist with belts and straps. It's easier to take stroke after stroke, because it is smooth and rhythmic and feels so much like rowing on the water.
Adjustability:	The Concept2 makes it easy to fine-tune the feel of the stroke. Just slide the damper to allow either more or less air to get into the flywheel. No need to add or remove water. This is especially advantageous when several people in the same household or club are using the machine and prefer different feels.
Fluid Resistance:	It's important to understand that an exercise machine with water resistance won't necessarily feel more like on-water rowing than an exercise machine that uses air resistance. In fact, in the confines of a small tank, water behaves quite differently than in a lake or river. Concept2 made the decision to use air resistance rather than water or electrical resistance because it made it possible to achieve the on-water feel.
Suitability for Everyone:	The Concept2 Indoor Rower is suitable for all ages – from kids to seniors. More and more schools are introducing rowing as a sport that kids will be able to enjoy for the rest of their lives. Older athletes like it because it is easy on their joints, but gives them a full body workout. It's also a terrific choice for the blind or visually-impaired.
Comfort:	The Concept2 fits every body. As with most other rowing machines, there are just three points of contact: the seat, the handle and the footrests. This makes it easy for the indoor rower to work for a wide variety of sizes and body types. The Flexfoot (flexible footrest) can be easily adjusted to fit a range of foot sizes.
Comparability/Accuracy:	Perhaps the most powerful feature of the Concept2 Indoor Rower is its Performance Monitor (PM), which sets the indoor rower apart from virtually all other exercise equipment. The PM is not a mere revolution counter; it actually calculates the energy that you put into the flywheel when you row, using the acceleration and deceleration of the flywheel on every stroke. It is also self-calibrating to take into account local differences in conditions. Every flywheel is carefully calibrated at the factory to have the correct moment of inertia. This is what makes it possible to compare results from one Concept2 Indoor Rower to another. This makes it possible to have our Online Ranking. This makes it possible to have competitions. This is why Concept2 scores are used to help select school, collegiate and national team crews around the world. Other machines may have monitors, but if they aren't accurate and self-calibrating, none of this is possible.



continued on next page.

THE CONCEPT2 INDOOR ROWER COMPARED TO WATER RESISTANCE ROWERS - Page 2

Community:	The Concept2 Indoor Rower has inspired the growth of a community of indoor rowers, both real and virtual. Over 120,000 people have established Online LogBooks at concept2.com since the logbook was introduced in 2000, and over 7 billion meters have been collectively rowed in the past year alone! On our online forum you can chat with fellow rowers who are trying to lose weight, get faster, improve their health, and just plain have a great time rowing.
Fitness Challenges and Motivation:	Back in 1992, Concept2 introduced the Million Meter Club. The idea was to provide fun incentives for our customers to help them achieve their goals. Since then, we have added more prizes for more millions of meters rowed, and we have developed a year-round calendar of events and challenges designed to keep you rowing. And this is all made possible by the accuracy and comparability of the results displayed by the Concept2 Performance Monitor.
Opportunity to Compete:	A worldwide series of indoor rowing regattas has sprung up since the introduction of the Concept2 Performance Monitor. There are races for all ages and everyone is welcome, from novices to national team.
Storage:	Both models of Concept2 Indoor Rower can be easily separated into two parts to allow for easier transport and compact, vertical storage. The new D and E rowers make this easier than ever with a new, simpler frame lock design.
Look:	The clean design and subtle colors fit well in a variety of environments.
Sound:	With each Model Indoor Rower, the sound has become more subdued. There's a satisfying whirr with every stroke – great feedback on your efforts.
Maintenance:	We recommend simple maintenance: keep the monorail clean, and occasionally oil the chain with a drop of oil on a paper towel. Every indoor rower comes with a small bottle of mineral oil for this purpose. There is no need to change a tank of water, or treat it with chemicals to keep it clean and free of algae. And the beauty of air resistance is that there's no need to worry about leaks.
Experience:	We introduced our first Indoor Rower, the Model A, in 1981. We are now on our 5th generation Indoor Rower. Each model has continued the evolution of the machine – quieter, smoother, safer, more powerful monitor...

