



ROWING

DYNAMIC INDOOR ROWER



concept 2 DYNAMIC

USE MANUAL



concept2.com

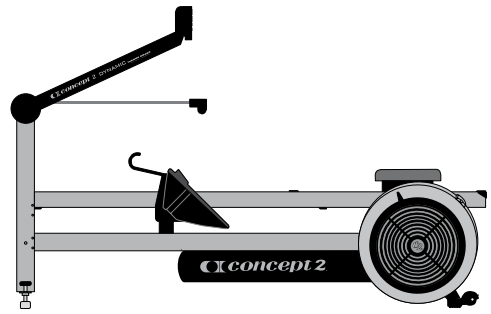


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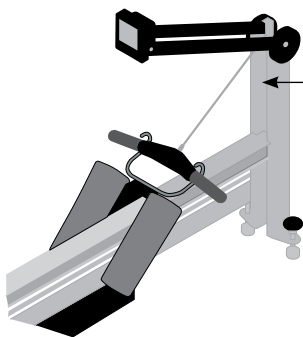
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Serial Number Location
 The label is located on the inner left side of the front leg/monitor arm assembly (the leg that attaches to the monitor arm).

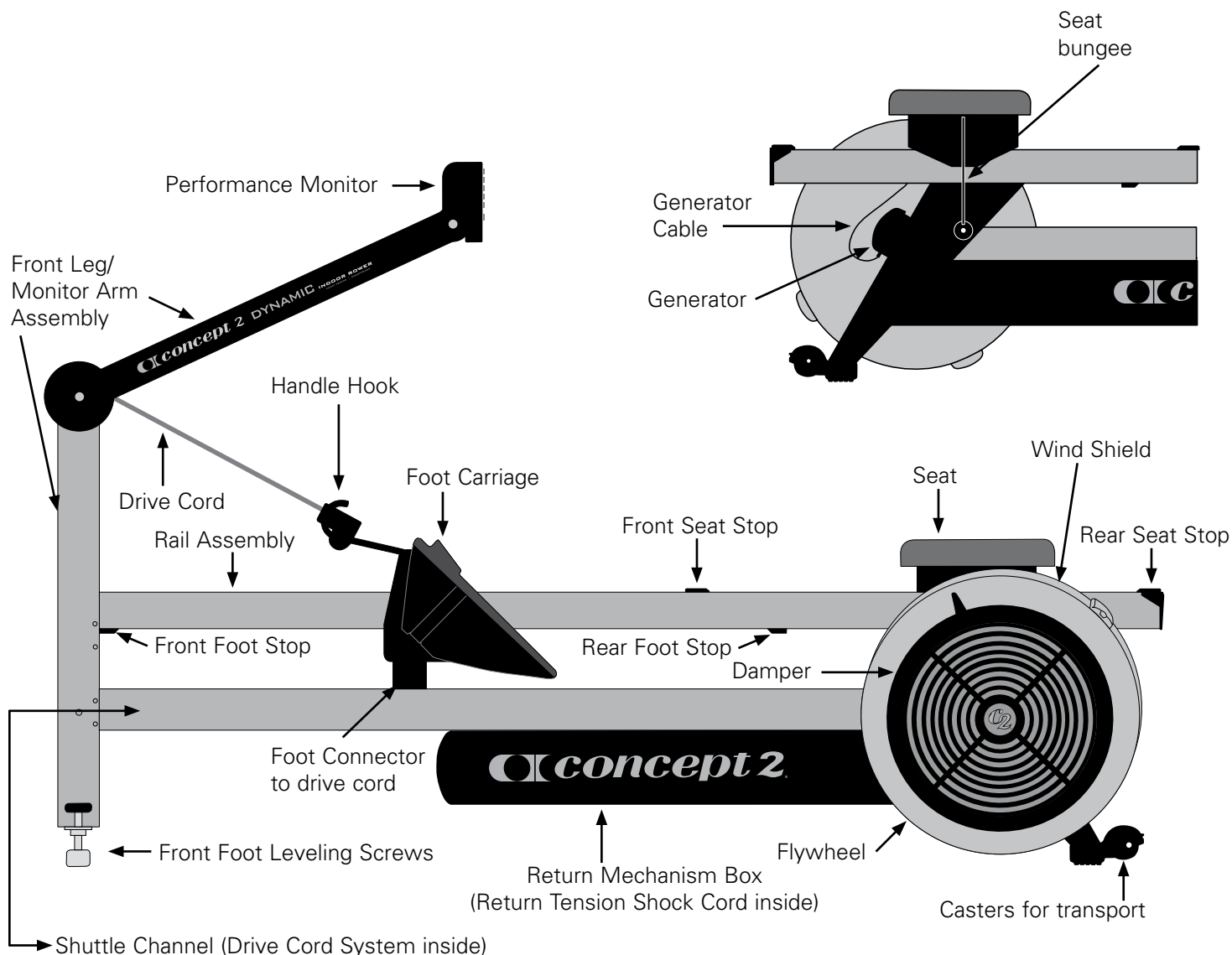
RECORD YOUR SERIAL NUMBER HERE



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

ABOUT THE DYNAMIC INDOOR ROWER

The Dynamic Indoor Rower is designed to meet the specific training needs of the competitive rowing athlete. The Dynamic Indoor Rower more closely simulates the physics experienced while rowing a racing shell and the “dynamics” between the boat and athlete. On the Dynamic Indoor Rower, a user’s body mass is relatively stationary while components of the machine actively move in response to the rowing motion, similar to the way a lightweight rowing shell moves around the rower’s body.



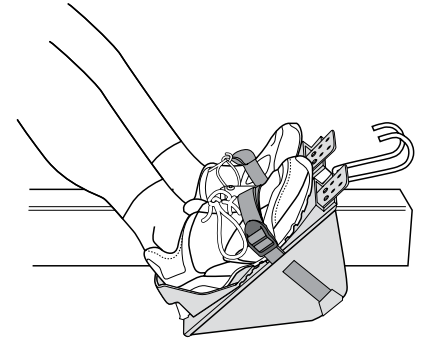
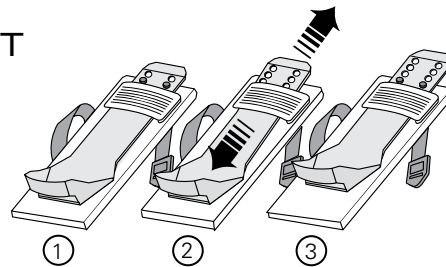
SETTING THE LEVEL OF THE DYNAMIC INDOOR ROWER

The Dynamic Indoor Rower should be approximately level for the moving components to work properly. Use the front foot leveling screws to fine tune the level as follows:

Have a friend watch you row:

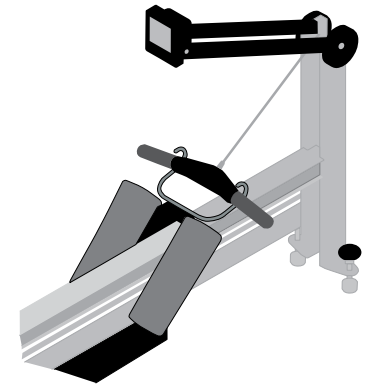
- If the seat tends to stretch the bungee more to the front of the machine than the rear while rowing, raise the front of the Dynamic Indoor Rower by turning both front foot leveling screws clockwise several turns.
- If the seat tends to stretch the bungee more to the rear of the machine than the front while rowing, lower the front of the Dynamic Indoor Rower by turning both front foot leveling screws counter-clockwise several turns.

SETTING THE FLEXFOOT



USE OF HANDLE HOOK

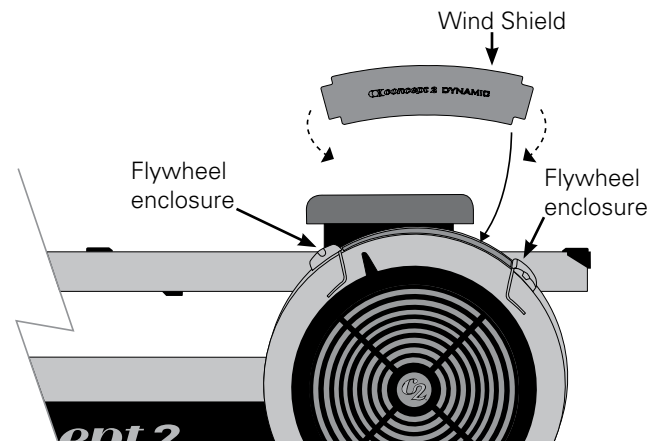
1. The handle should be placed in the foot carriage handle hook whenever the machine is not in use.
2. Before you row, secure your feet in the foot carriage, then grasp the handle from the handle hook.
3. When finishing a training session, secure the handle in the foot carriage handle hook, then remove your feet from the foot carriage.



USE OF THE OPTIONAL WIND SHIELD

The clear plastic Wind Shield located on the top of the flywheel is an optional accessory designed to deflect air coming from the flywheel away from the rower's body. If you prefer the additional breeze, the Wind Shield can be easily removed by bending it slightly and pulling the tabs at either end out of the flywheel enclosures.

Using the Wind Shield will slightly reduce the current drag factor setting, making it feel like you're rowing in a slightly lower damper setting. The flywheel damper may be adjusted as needed to maintain the desired feel. More about damper setting and drag factor can be found at concept2.com.

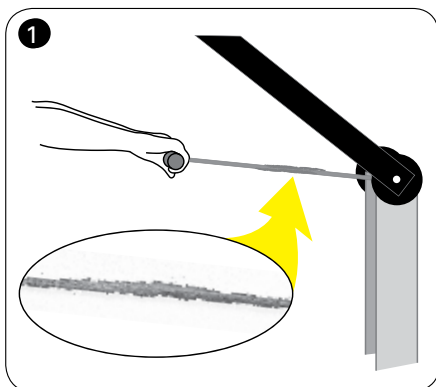


BEFORE YOUR FIRST ROW

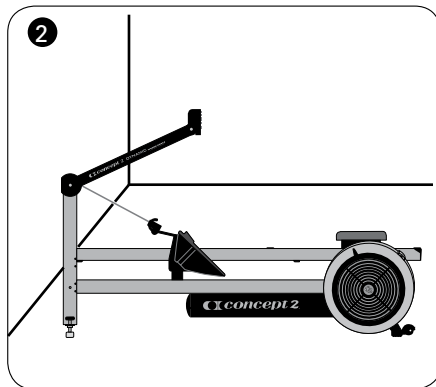
1. Consult your physician. Be sure that it is not dangerous for you to undertake a strenuous exercise program.
2. Carefully review the rowing technique information on page 7. Improper technique such as extreme layback or jumping off the seat can result in injury.
3. Start each workout with several minutes of easy rowing for a warm-up.
4. Start your exercise program gradually. Row no more than five minutes the first day to let your body adjust to the new exercise.
5. 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.
6. The best damper setting for a great cardiovascular workout is in the range of 3–5. Rowing with the damper setting too high can be detrimental to your training program because it may reduce your output and increase your risk of injury.
7. Aim for a stroke rate of between 22 and 30 spm (strokes per minute).

IMPORTANT SAFETY NOTES

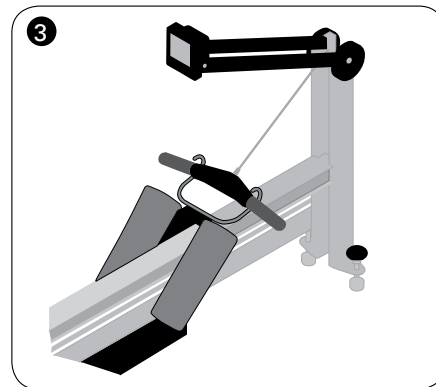
Use of this machine with a worn or weakened part, such as the chain, drive cord, sprockets, cord/handle connector, handle u-bolt or shock cord, may result in injury to the user. When in doubt about the condition of any part, Concept2 strongly advises that it be replaced immediately. Use only genuine Concept2 parts. Use of other parts may result in injury or poor performance of machine. Perform proper maintenance as described in the Maintenance section on page 16.



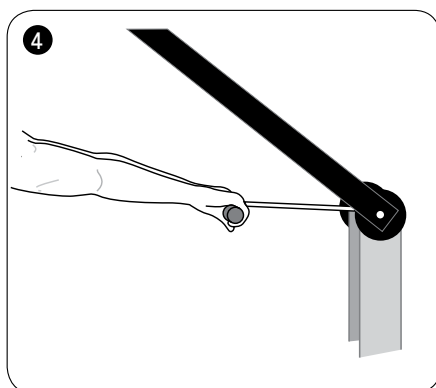
1. Do not use if drive cord shows excessive signs of wear



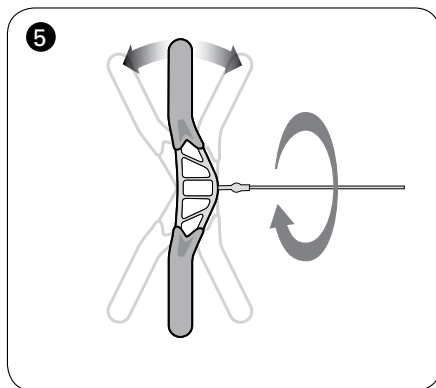
2. The machine must be used on a stable, level surface.



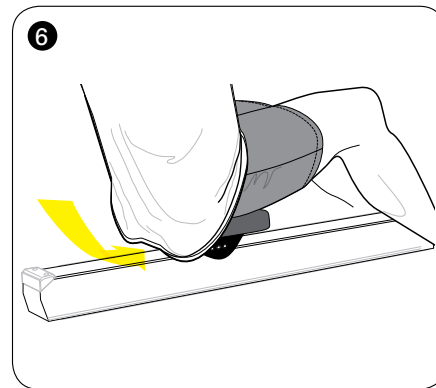
3. Place handle in the foot carriage handle hook whenever the machine is not in use.



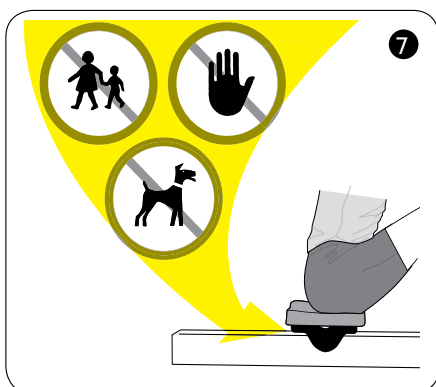
4. Pull straight back on the handle with both hands.



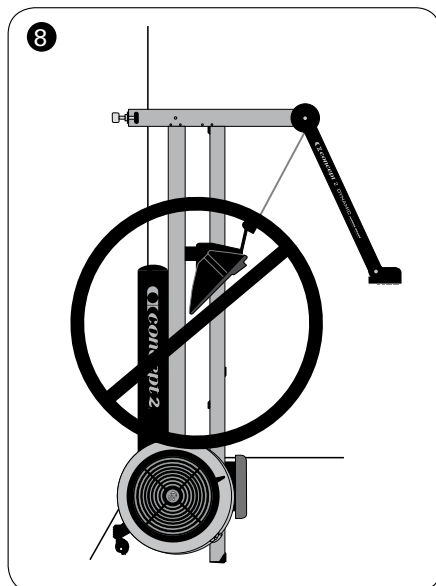
5. Do not twist drive cord or pull from side to side.



6. Keep clothing free of seat, rail assembly and rollers, and all chains and drive cord.



7. Keep children, pets and fingers away from seat and rail assembly and rollers, and all chains and drive cord.



8. Do not leave the Dynamic Indoor Rower unattended in a standing position. Stand it up only for access to machine for maintenance.

PROPER ROWING TECHNIQUE

The rowing stroke can be divided into two parts: the drive and the recovery. The drive is the work portion of the stroke; 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.

The Recovery (Phase 1)

- Extend your arms until they straighten.
- Lean your upper body forward to the eleven o'clock position, keeping your arms straight.
- Keep feet flat on the foot carriage and bend knees to draw the foot carriage towards you.



The Catch (Position 1)

- Arms are straight; head is neutral; shoulders are level, relaxed and low.
- Upper body is at the eleven o'clock position—shoulders in front of hips.
- Shins are close to vertical and the balls of the feet are in full contact with the footplate.



The Drive (Phase 2)

- With arms straight and upper body still in the eleven o'clock position, begin pressing the foot carriage away with your legs.
- As your legs approach straight, lean the upper body back toward the one o'clock position and draw your hands in to the lower ribs in a straight line.



The Finish (Position 2)

- Legs are extended and handle is held lightly at your lower ribs.
- Upper body is at the one o'clock position—slightly reclined with good support from your core muscles.
- Head is in a neutral position.
- Neck and shoulders are relaxed, and arms are drawn past the body with flat wrists.

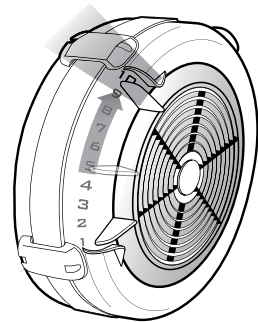


WORKOUT INTENSITY

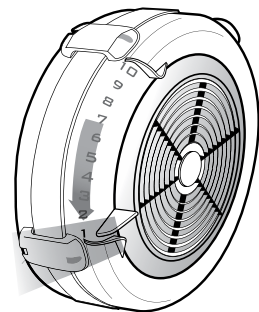
- The harder you push and pull, the more resistance you will feel. This is because the Concept2 Dynamic Indoor Rower uses wind resistance, which is generated by the spinning flywheel. The faster you get the wheel spinning, the more resistance there will be.
- You can row as hard or as easy as you wish. 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.
- 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.
- You can view your performance in pace, watts or calories. The PM displays your output in a choice of units and display options. You can choose the units and displays that work best for you.

DAMPER SETTINGS ON THE FLYWHEEL

up for slower



down for faster



INDOOR ROWER PACE CHART

Use this chart to predict your final time or distance for the workouts shown.

Average pace per	Your time will be:					Your distance will be:	
	500m	1000m	2000m	5000m	6000m	10,000m	30 min.
1:40	3:20	6:40	16:40	20:00	33:20	9000	18,000
1:42	3:24	6:48	17:00	20:24	34:00	8824	17,647
1:44	3:28	6:56	17:20	20:48	34:40	8654	17,308
1:46	3:32	7:04	17:40	21:12	35:20	8491	16,981
1:48	3:36	7:12	18:00	21:36	36:00	8333	16,667
1:50	3:40	7:20	18:20	22:00	36:40	8182	16,364
1:52	3:44	7:28	18:40	22:24	37:20	8036	16,071
1:54	3:48	7:36	19:00	22:48	38:00	7895	15,789
1:56	3:52	7:44	19:20	23:12	38:40	7759	15,517
1:58	3:56	7:52	19:40	23:36	39:20	7627	15,254
2:00	4:00	8:00	20:00	24:00	40:00	7500	15,000
2:02	4:04	8:08	20:20	24:24	40:40	7377	14,754
2:04	4:08	8:16	20:40	24:48	41:20	7258	14,516
2:06	4:12	8:24	21:00	25:12	42:00	7143	14,286
2:08	4:16	8:32	21:20	25:36	42:40	7031	14,063
2:10	4:20	8:40	21:40	26:00	43:20	6923	13,846
2:12	4:24	8:48	22:00	26:24	44:00	6818	13,636
2:14	4:28	8:56	22:20	26:48	44:40	6716	13,433
2:16	4:32	9:04	22:40	27:12	45:20	6618	13,235
2:18	4:36	9:12	23:00	27:36	46:00	6522	13,043
2:20	4:40	9:20	23:20	28:00	46:40	6429	12,857
2:22	4:44	9:28	23:40	28:24	47:20	6338	12,676
2:24	4:48	9:36	24:00	28:48	48:00	6250	12,500
2:26	4:52	9:44	24:20	29:12	48:40	6164	12,329
2:28	4:56	9:52	24:40	29:36	49:20	6081	12,162
2:30	5:00	10:00	25:00	30:00	50:00	6000	12,000
2:32	5:04	10:08	25:20	30:24	50:40	5921	11,842
2:34	5:08	10:16	25:40	30:48	51:20	5844	11,688
2:36	5:12	10:24	26:00	31:12	52:00	5769	11,538
2:38	5:16	10:32	26:20	31:36	52:40	5696	11,392
2:40	5:20	10:40	26:40	32:00	53:20	5625	11,250
2:42	5:24	10:48	27:00	32:24	54:00	5556	11,111
2:44	5:28	10:56	27:20	32:48	54:40	5488	10,976
2:46	5:32	11:04	27:40	33:12	55:20	5422	10,843
2:48	5:36	11:12	28:00	33:36	56:00	5357	10,714
2:50	5:40	11:20	28:20	34:00	56:40	5294	10,588
2:52	5:44	11:28	28:40	34:24	57:20	5233	10,465
2:54	5:48	11:36	29:00	34:48	58:00	5172	10,345
2:56	5:52	11:44	29:20	35:12	58:40	5114	10,227
2:58	5:56	11:52	29:40	35:36	59:20	5056	10,112
3:00	6:00	12:00	30:00	36:00	60:00	5000	10,000

USING THE PERFORMANCE MONITOR(PM)

For more detailed information about using the Performance Monitor, please visit concept2.com/pm.

CHANGE UNITS allows you to select meters, pace, watts or calories. Push this button any time while setting up a workout, rowing or viewing results.

CHANGE DISPLAY allows you to choose another display. Push this button any time while rowing. Each time you press [CHANGE DISPLAY] a new display is shown. See below.

These buttons allow you to:

- make menu selections
- increment numbers for setting workouts and date/time
- view alternate displays while rowing

MENU BACK turns on the monitor and displays **Main Menu** or the previous menu. After a workout, press this button to end the workout and return to the **Main Menu**.

LogCard: when a LogCard is present, workout data will be stored on the LogCard. After your workout, return to the **Main Menu** before removing the LogCard to ensure proper storage of data. (If no LogCard present, data is stored in **Memory**.) Use the "Concept2 LogCard Utility" to back up your LogCard data to your PC. (USB cable provided.)

Note: A LogCard is provided with every Performance Monitor (PM). Each card can be shared by up to five users. Additional cards can be purchased from Concept2.

Five Graphic Displays



Note: Heart Rate (HR) will be displayed only if HR Interface is in use.

GETTING STARTED

Turning the PM On/Off:

The PM will turn on when you:

- take a stroke
- press [MENU/BACK]
- insert a LogCard or USB cable
- insert batteries or battery pack

The PM turns off after four minutes of inactivity on a workout screen, or after one minute on the **Main Menu** screen.

Setting Date and Time:

The first time you turn on the PM, you are prompted to set the date and time. This ensures your results are associated with the proper date.

- If you ever need to re-set Date/Time, from **Main Menu** press **More Options > Utilities > Set Date and Time**. Use buttons as indicated to increase or decrease time.

General Operation:

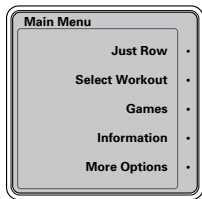
- The PM automatically displays your workout data as soon as you start rowing. It is not necessary to press any buttons if you do not want to.
- Press [MENU/BACK] to go back to the previous display.
- Press [CHANGE UNITS] or [CHANGE DISPLAY] at any time during and after your row to view different units and a different presentation of your workout data.
- We encourage you to explore the menu and experiment with the buttons!

Using a Heart Rate Monitor:

The PM displays your heart rate if one of the following heart rate systems is in use:

	PM3	PM4
POLAR	The PM3 will receive heart rate transmission from a Polar™ chest belt IF the optional Concept2 Heart Rate Receiver (available from Concept2) is in use and plugged into the PM3.	The PM4 will receive heart rate transmission from a Polar™ chest belt IF the optional Concept2 Heart Rate Receiver (available from Concept2) is in use and plugged into the PM4.
SUUNTO ANT+ HR GARMIN	Not available.	The PM4 will receive heart rate transmission directly from a Suunto™, Garmin® or ANT+HR™ chest belt. See More Options for set up.

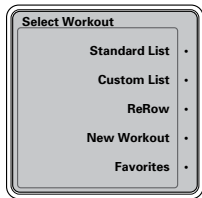
UNDERSTANDING THE PM MENU OF OPTIONS



Just Row – Automatic Operation

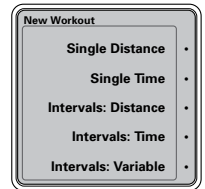
Just Row is designed for those days when you would rather not push any buttons or pre-set your workout. Your first stroke will turn on the PM and start recording your workout time and distance automatically. You may also select **Just Row** to set up the PM screen before you start rowing.

Note: You must row for at least one minute for results to be saved in memory or on your LogCard. **Just Row** allows you to row up to 50,000 meters.

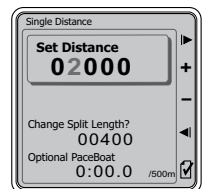


Select Workout

The PM lets you choose or create a wide variety of workouts. You can choose from the **Standard List** of pre-set workouts provided on the PM, or you can create workouts of your own and build your own **Custom List**. If you have a LogCard, you can store your five favorite workouts (**Favorites**) on the LogCard. The **Re-Row** function allows you to “re-row” a saved workout (in **Memory** or on the LogCard) by rowing against a Paceboat driven by a split-by-split* replay of the saved workout. You can also race a Paceboat in a **New Workout** by entering a pace for the Optional PaceBoat setting when you set up the workout.



*Understanding Splits: Your workout results will be displayed and stored in two ways—as a final result for the total distance or time, and as a set of points along the way called splits. The splits show how your pace varied through the workout. If you select a workout from **Standard List**, **Custom List**, or **Favorites**, the duration of the split will be set for you. If you set up a **New Workout** you have the opportunity to set the split duration. The PM divides your New Workout into five segments, or splits, unless you alter the split duration during set up. Interval workouts are not formatted to utilize splits.

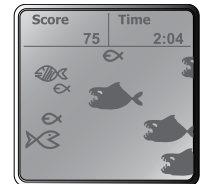


To edit **Custom List** you must have a LogCard inserted. From **Main Menu** select **More Options > LogCard > LogCard Utilities > Edit Custom List**. This enables you to copy workouts from **Favorites** on your LogCard to the **Custom List** on the monitor.

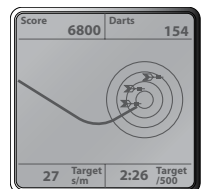


Games

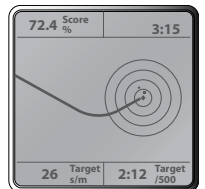
Fish Game: Earn points by catching good fish, and avoid losing points by getting caught by the bad fish! Row harder and your fish swims up. Row easier and your fish swims down. Each game lasts four minutes. Your Fish Game workout information (time, distance, pace per 500 meters, etc.) is logged to your LogCard (or PM **Memory** if rowing without a LogCard) just like a regular workout.



Darts (PM4 Only): This game rewards consistency in stroke rate and power output. You get 300 darts to “throw” in a game and your score is calculated just like a real game of darts. A bull’s eye is worth 50 points and the next three rings are worth 25, 10 and 5 points each.



Target Training (PM4 Only): This game rewards consistency and gives you additional options to make it a more powerful training tool. Your score is the percent of the best possible score obtainable. A bull’s eye is worth 5 points, and the remaining rings are worth 3, 2, and 1 point.

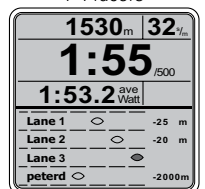


Target Training offers two choices:

- **Just Row** – An open-ended target training session that allows you to row for as long as you like. Like the Darts game, the target pace will be based on your recent strokes.
- **Advanced** – Gives maximum control of your target training session by allowing you to set your target pace, target stroke rate and workout time. If you are interested in achieving a target pace and stroke rate, and holding it for a pre-determined length of time, this is the game for you.

Racing (PM4 Only): The PM4 enables you to set up races with up to eight PM4-equipped indoor rowers without using a computer. This can be done wirelessly or by using Ethernet patch cables available from Concept2. If using cables, be sure to plug them in before starting the race.

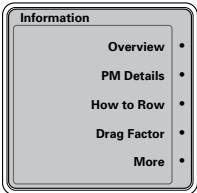
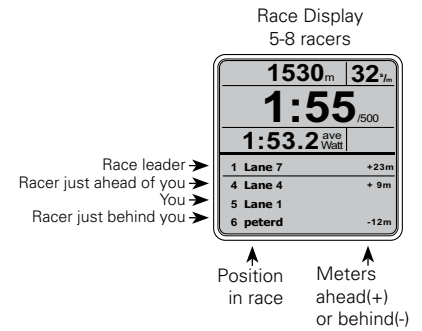
Race Display
1-4 racers



One person creates the race on their PM4 by following the PM4 menu; others join in using their own PM4. The race creator is always in Lane 1 and starts the race when all are ready. Remaining lane numbers are assigned based on order of entry into the race. The race screen displays names for racers using LogCards.

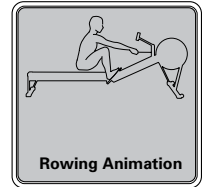
If using Suunto™ chest belts, you must use cables to race. In certain environments where other devices (WiFi, Bluetooth, etc.) are in use, Concept2 suggests use of cables. Only one wireless race can be in progress at a time.

Biathlon: This game simulates the Olympic sport of Biathlon. Row intervals that alternate with target shooting or another activity. Choose from a range of penalty distances. The PM keeps track of your “range” time and your total elapsed time.



Information/Help

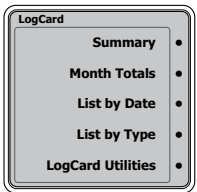
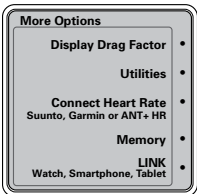
The PM contains on-board information to help you if the manual is not available. This section includes a brief rowing lesson with an animation of proper rowing technique, an explanation of the **Drag Factor**, information about batteries and more. We encourage you to press the **Information** button from the **Main Menu** and read through the information provided.



More Options

The **More Options** menu provides the following functions and utilities:

- **Display Drag Factor:** Drag factor is a measure of fan load. The PM self-calibrates by recalculating the drag factor every stroke so you get a true measure of your effort regardless of the damper setting or changing conditions.
- **Utilities:** Allows you to re-set the date, time or language. You can also adjust the contrast of the LCD, check battery status and add workouts to the **Custom List**.
- **Connect Heart Rate:** (PM4 only) Suunto™, Garmin® or ANT+™ heart rate chest belts can be used to display and record your heart rate. Each chest belt has a unique ID number. Use this menu to select your chest belt's ID number. Save your ID number to a LogCard to have the LogCard automatically recognize your chest belt (for future workouts).
For more information, visit concept2.com/heart rate.
- **Memory/LogCard:** The PM stores workouts in two ways. If no LogCard is present, the PM will store your most recent workouts in **Memory**. The oldest are automatically deleted. If a LogCard is inserted before a workout, the workout data is stored on the LogCard, which stores approximately 300 workouts. The LogCard enables you to track your total and monthly meters and your performance during each split or interval of your workout (including heart rate, if available). You can view your workouts listed by date or by type. Workout data can be moved from **Memory** to LogCard.
- **LINK:** (PM4 only) Wirelessly connect to Garmin watches that display the LINK HERE logo, ANT+ enabled smartphones and Concept2 mobile applications.



Monthly Totals	July	
Dec	7:44:40	88260
Nov	3:04:10	34800
Oct	7:37:50	89000
Sep	8:40:50	100950
Aug	47:10	9050
July	:00	0
Jun	1:44:50	21050
May	5:59:10	72160
Apr	9:09:30	109390
Mar	8:32:10	99260
Feb	7:20	1500
Jan	1:55:10	21570

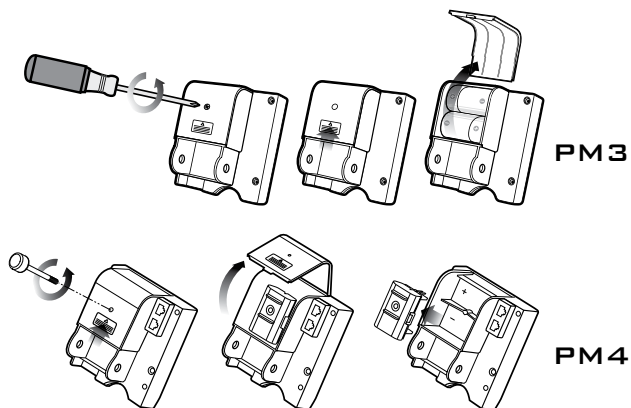
Additional information is available at concept2.com and c2forum.com.

BATTERY INFORMATION

PM3	PM4
The PM3 uses two alkaline D-Cell (LR20) batteries. When you are rowing, the flywheel provides a portion of the power to extend battery life (Model D Indoor Rower only).	Comes equipped with rechargeable battery pack. Recharge rate depends on usage pattern of rower: the more and harder you row, the more quickly the PM4 charges. Under certain usage patterns, it may be better to use two alkaline D-Cell (LR20) batteries. May also be recharged by connecting PM4 to PC using USB cable. Refer to concept2.com/pm4 for more info.

Notes:

- 1) Remove batteries or battery pack from the PM3 or PM4 if monitor will not be used for a period of four months or more.



Battery compartment: Loosen screw and press thumbstrike in direction shown to open.

Safety Information for PM4 Rechargeable Battery Pack

Do not:	Do:
<ul style="list-style-type: none"> • Open the plastic case • Drop the battery pack • Allow battery pack pins to touch each other or any metal object • Use if damaged or leaking • Trash, incinerate, crush, etc. 	<ul style="list-style-type: none"> • Use only in a PM4; if not used in PM4, store carefully so pins are not shorted • Keep clean and dry • Use between 0° and 40° C • Charge (row or plug PM4 into USB) after prolonged period of non-use • Keep battery pack away from children • Recycle properly

WARNING: If batteries leak, do not use them. Battery fluids are corrosive and can damage eyes, irritate skin, etc. If contact occurs, wash affected area immediately and thoroughly with water.

MISCELLANEOUS

● **Cleaning the PM**

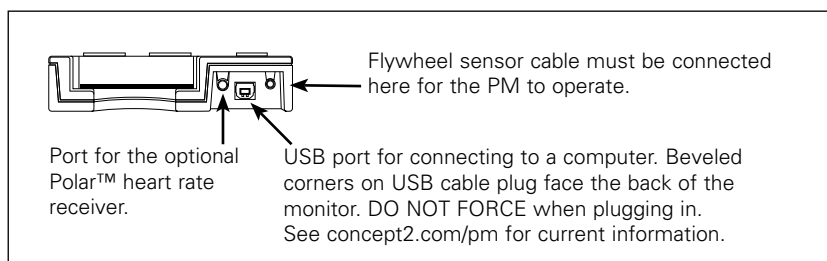
Use a cloth lightly dampened with water only. Do not spray with a cleaner or leave in the rain.

● **Formulas Used**

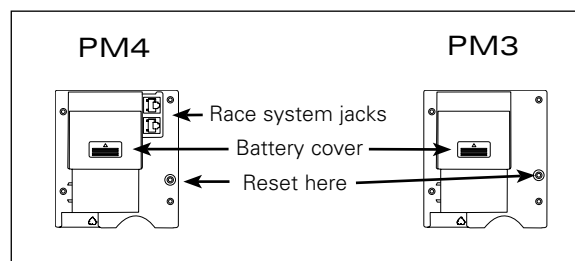
$$\text{Watts} = 2.80/(\text{sec}/\text{meter})^3$$

$$\text{Calories}/\text{Hour} = \text{Kcal}/\text{hr} = (\text{watts}) \times (4) \times (0.8604) + 300$$

● **Bottom View of PM**



● **Back View of PM**



TROUBLESHOOTING

1. If the PM malfunctions or does not “wake up,” try one of the following:
 - Insert a pen/pencil tip into the reset hole on the back and press lightly.
 - Remove the batteries for eight hours and insert two new alkaline D-Cell (LR20) batteries.
2. To change language: press [MENU/BACK] until screen stops changing. Press fifth grey button on right, then press second grey button on right twice, and select your language. Alternately, hold down CHANGE UNITS and CHANGE DISPLAY and reset monitor. You can then select your desired language. (**Note:** This procedure will reset PM to factory settings.)
3. If your computer does not recognize that your PM3/PM4 is connected to it try one of the following:
 - Use another computer and/or USB cable.
 - Remove batteries and USB cable for 30 minutes then reinsert batteries and try again.

Refer to concept2.com/pm for more information and software updates.

TRAINING ON THE DYNAMIC INDOOR ROWER

1) DETERMINE YOUR GOALS

They may be one or more of the following:

- lose weight
- maintain general health and fitness
- aid in rehabilitation
- cross-train for another sport
- train for competitive rowing

2) BEGIN YOUR EXERCISE PROGRAM

Here are some basic guidelines for setting up an exercise program to achieve your goals.

Weight Loss:

Frequency: 5–6 times per week

Duration: 20–50 minutes

Intensity: Moderate steady work, able to carry on a conversation; intervals for variety

Sample Workouts:

- 5000 meters
- 30 minute row
- 1 minute harder, 1 minute easier, for at least 20 minutes total

Maintain General Health and Fitness:

Frequency: 3–5 times per week; alternate with other types of exercise if desired

Duration: At least 20 minutes

Intensity: Moderate steady work, target heart rate

Sample Workouts:

- 20 minute row
- 4000 meter row
- 40 seconds harder, 20 seconds easier for 15–25 minutes

To Aid in Rehabilitation: Work with a doctor or rehab specialist to develop an exercise plan that will meet your needs.

To Cross-Train for another Sport:

Your program will vary depending on the nature and yearly cycle of your major sport.

Frequency: 2–4 times per week in your “offseason,” 1–2 times per week in competitive season

Duration: 30–60 minutes—shorter for intense, speed workouts; longer for steady state aerobic workouts

Intensity: Include steady state, anaerobic threshold work, more intense intervals, racing pieces

Sample Workouts:

- 40 minute row (or 10,000 meters)
- 1 minute hard, 1 minute easy for 40 min
- 1-2-3-4-3-2-1 minute pyramid, 30 sec off
- 3 minutes @ 18 strokes/min, 2 minutes @ 24 strokes/min, 1 minute @ 28 strokes/min, for 30-60 minutes.

To Train for Competitive Rowing: If you do not have a coach or a club program to follow, here’s a basic plan.

Frequency: 4-6 times per week (less when you are rowing on the water)

Duration: 20-60 minutes depending on the intensity of the workout

Intensity: the whole range—from racing to easy steady-state

Sample Workouts:

- 2 x (10 x 30 seconds, with 1 min rest) with 5 minutes between sets. Intensity: 8-10 seconds faster than race pace.
- 2 x (3 x 2 minute with 1 min rest) with 5 minutes between sets. Intensity: 2-4 seconds faster than race pace.
- 3 x 1500m with 5 min rest at race pace.

TRAINING ON THE DYNAMIC INDOOR ROWER

- 3000–4000m, 2–4 sec slower than race pace
- 30 minutes, 5–7 sec slower than race pace
- 60 minutes, 8–12 sec slower than race pace

3) MONITOR YOUR PROGRESS

Test yourself regularly by repeating the same workout periodically. Record and compare the results. We suggest using the 2000 meter distance and 30 minute row so that you can compare your performance with others in your age and weight class in the Concept2 Ranking.

4) EVALUATE AND ADJUST PROGRAM IF NECESSARY

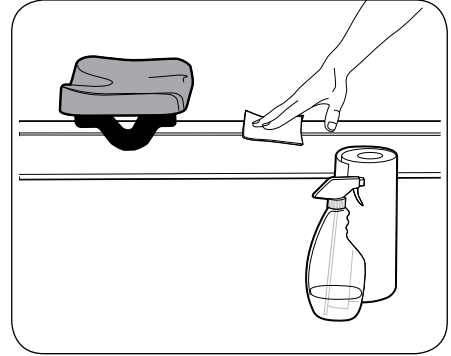
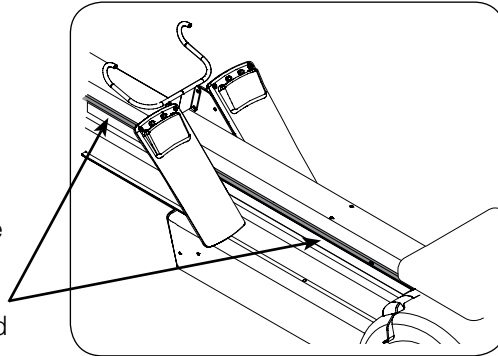
If you are not making progress toward your goals, you may need to modify your program. It may be helpful to discuss your training with a coach or fellow athlete. If you are tired and your performance is getting worse, you may actually be training too hard.

RECOMMENDED MAINTENANCE SCHEDULE:

Daily:

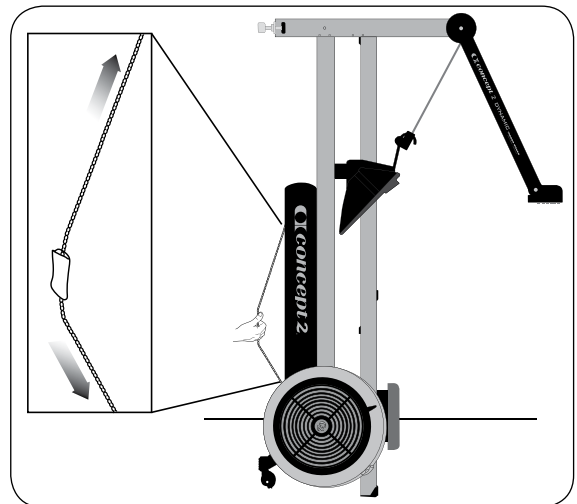
Wipe seat and rail assembly clean with a cloth or non-abrasive scouring pad after use. Do not use mineral acids, bleach or coarse abrasives.

IMPORTANT: To ensure the quality feel of the foot carriage rollers on the rail assembly, it is vital that this area be cleaned on both sides of monorail after every use. If this area is not cleaned regularly, the foot stretcher movement will feel bumpy and rough.

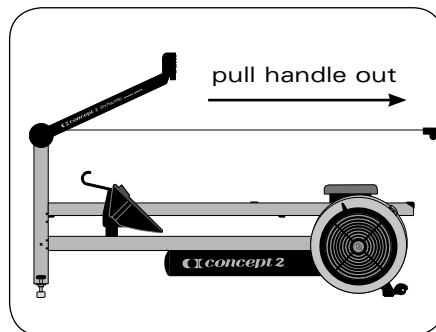


Every 50 Hours of Use (weekly for institutional users):

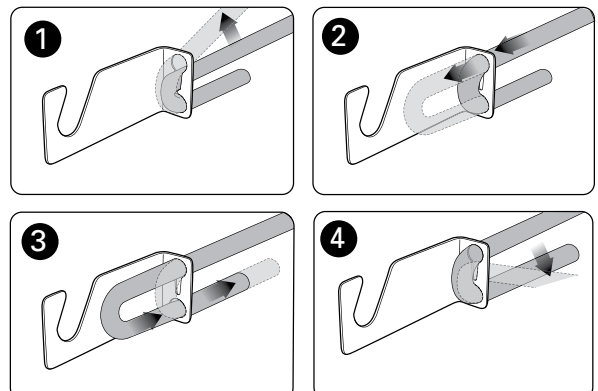
1. Clean and lubricate the chain with one teaspoon of oil provided (or 20w motor oil or 20w 3-in-1 oil). Apply oil to a paper towel and run along the chain. Wipe off excess. Repeat if needed.



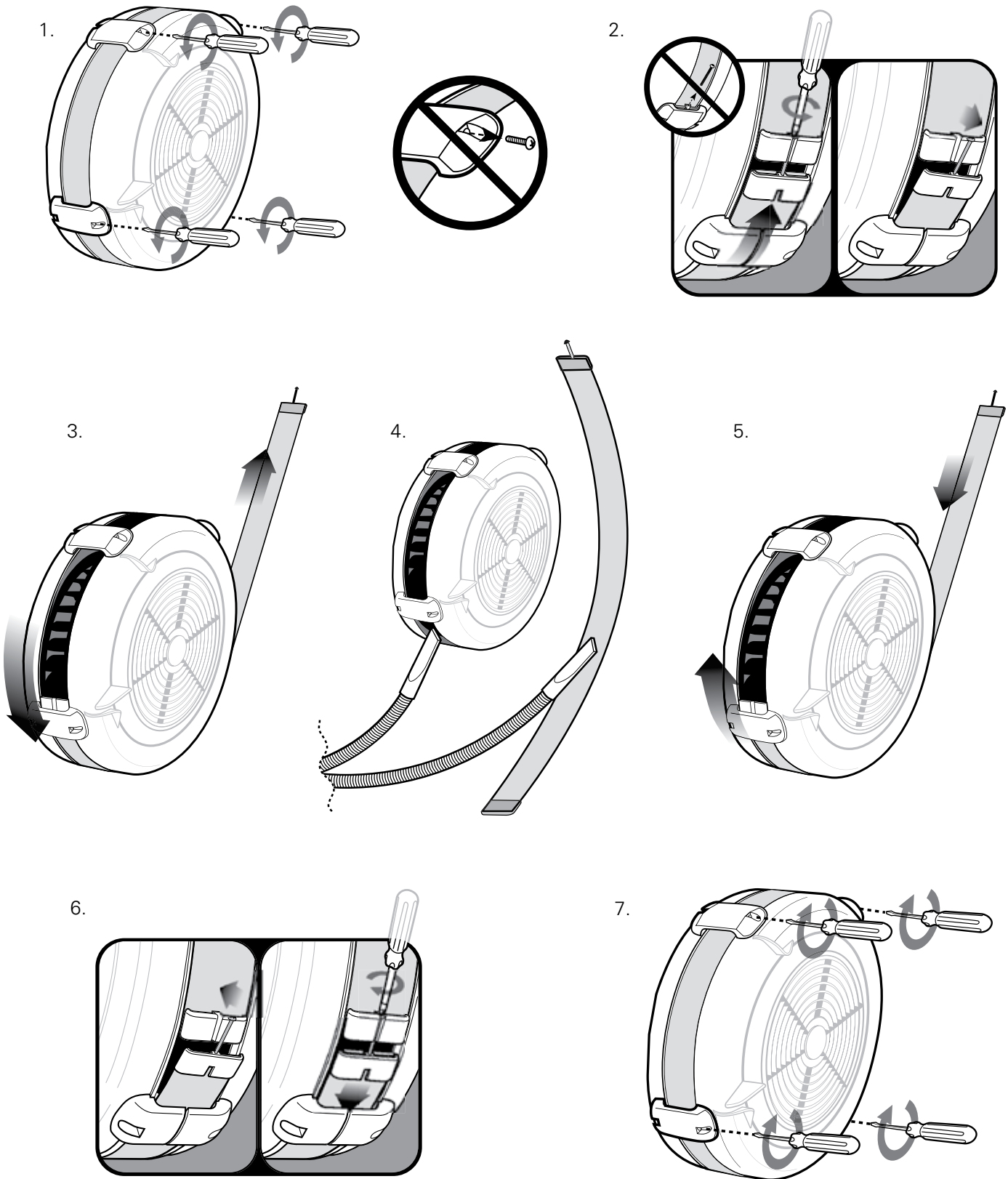
2. Inspect drive cord for wear. The drive cord is a single cord that is connected to the handle on one end and the foot carriage on the other end. Inspect the entire length of the drive cord for wear, including the section that is inside the shuttle channel, by pulling the handle all the way out.



3. Tighten the shock cord if the return force on the handle is not as much as desired.



4. Check for dust inside the flywheel with a flashlight. Vacuum if needed.



5. Check screws for tightness, including those used for assembly.

CONCEPT2 DYNAMIC INDOOR ROWER WARRANTY INFORMATION

Concept2 Indoor Rowers are backed by a limited 2 year and 5 year warranty. For complete warranty information in the U.S. and Canada, visit concept2.com/warranty. For warranty information outside the U.S. and Canada, contact the authorized Concept2 dealer in your territory. A list of authorized Concept2 dealers can be found at concept2.com/international.

If you do not find a local dealer in your territory, visit concept2.com or email rowing@concept2.com.