

INDOOR ROWER

Concept 2



Proper rowing technique

There are two parts to the rowing stroke, the drive and the recovery, but the movements are blended together to make the stroke smooth and continuous. There should be no stopping at any point in the stroke. We suggest that you have someone watch you row and compare your body position to that shown in the pictures. Improper technique can result in injury.

The Catch

The rower reaches forward with knees bent, arms extended, and body leaning toward the flywheel. The drive is begun with the legs and the back doing all the work. Note the arms are straight and the shoulders are relaxed.

The Drive

During the drive, the rower straightens the legs and swings the back through the vertical position. Halfway through the drive, the arms are still straight and the shoulders are relaxed.

The Finish

At the finish of the drive, the handle is pulled by the arms and shoulders into the abdomen. The legs are straight and the body is leaning back slightly. Note that the height of the handle is neither at the chest or in the lap.

The Recovery

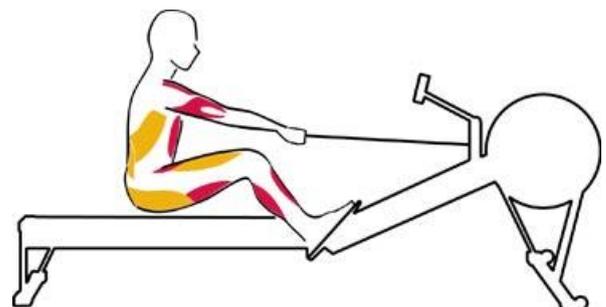
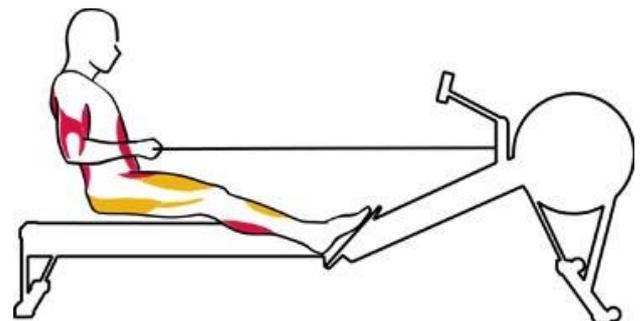
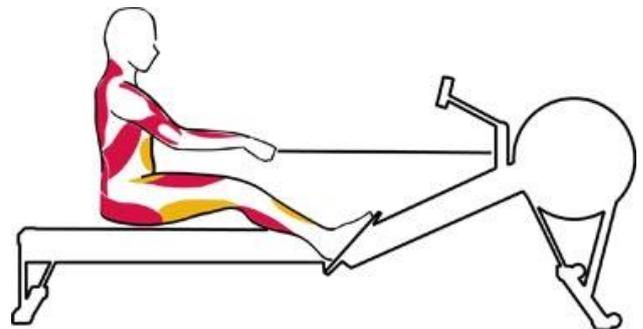
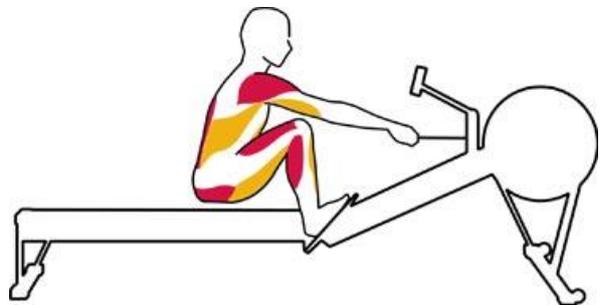
The recovery is begun by extending the arms and swinging the body forward at the hips. This puts the handle in front of the knees to avoid interference between the knees and the hands as the seat moves forward.

The Catch

The body is drawn forwards with the legs to the starting position for the next stroke. The rower is now ready to begin the next drive. Remember that your body should never come to a complete stop.

To view a video demonstrating proper rowing technique visit

www.concept2.com/technique



Concept 2 Indoor Rower

SAFETY

- **Do not let handle fly into chain guide**
- **Place handle in against the chain guide or in the handle hook before letting go**
- **Never twist chain or pull from side to side**
- **Do not row with one hand only. Abuse of the chain can result in injury**
- **Keep clothing free of seat rollers**
- **Keep fingers away from seat rollers. Seat rollers can cause injury**

Workout Intensity

- The harder you pull the more resistance you will feel. This is because the Concept 2 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 easy as you wish. The indoor rower will not force you 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 displayed by the Performance Monitor. 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 (shown) is like a 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.



OVERVIEW OF THE PERFORMANCE MONITOR (PM)

GETTING STARTED

The PM will turn on when you:

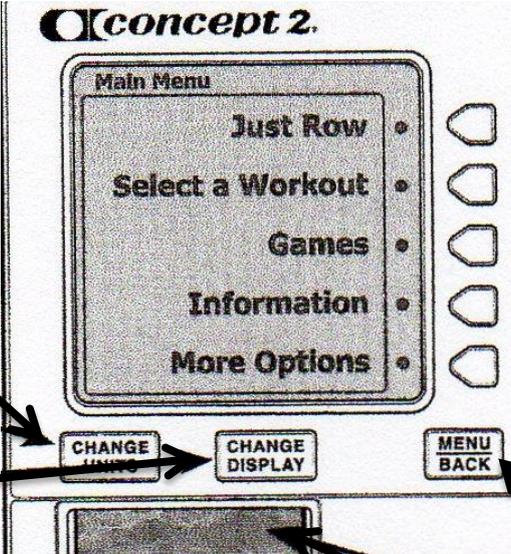
- Take a stroke
- Press MENU / BACK

The PM will turn off after 4 minutes of inactivity on a workout screen, or after one minute on the MAIN MENU screen.

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 previous display
- Press CHANGE UNITS or CHANGE DISPLAY at any time during and after your row to view different units and a different representation of your workout data.
- We encourage you to explore the menu and experiment with the buttons!



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 at any time while rowing. Each time you press change display a new display is shown – see below.

LOG CARD; Not provided. Log cards can be purchased from Concept 2
When present workout data will be stored on the LogCard. After your workout return to the main menu before removing your LogCard to ensure proper storage of data.

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

These buttons allow you to:

- Make menu selections
- Increment numbers for setting workouts and date/time
- View alternative displays while rowing

Five Graphic Displays:

