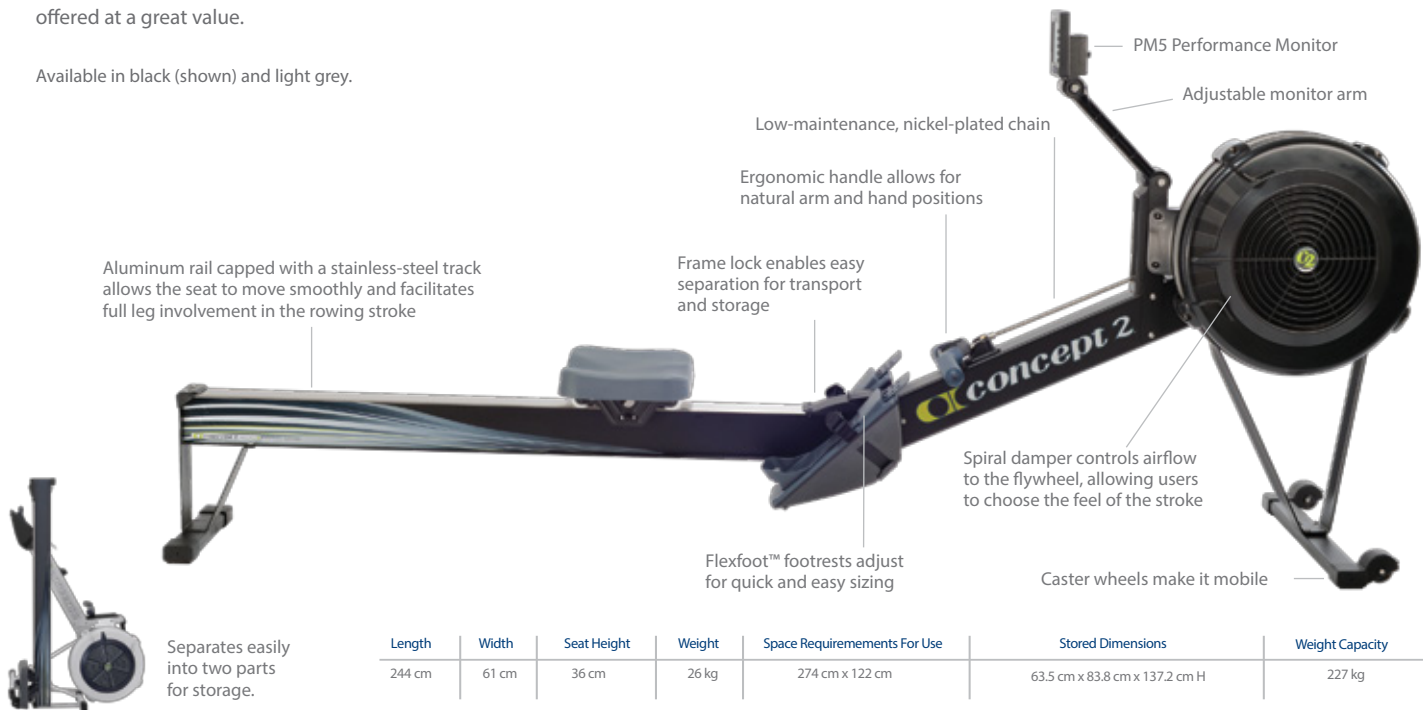


## Model D Indoor Rower

The dependable performance of the **Model D Indoor Rower** has made it our best selling machine. Recognised 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 grey.



Separates easily into two parts for storage.

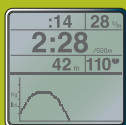
Length	Width	Seat Height	Weight	Space Requirements For Use	Stored Dimensions	Weight Capacity
244 cm	61 cm	36 cm	26 kg	274 cm x 122 cm	63.5 cm x 83.8 cm x 137.2 cm H	227 kg

# Performance Monitor

## Display Options



All Data



Force Curve



Pace Boat



Bar Chart



Large Print

## PM5 (included on all machines)



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

**Performance Data Track** distance, speed, pace, calories, 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.

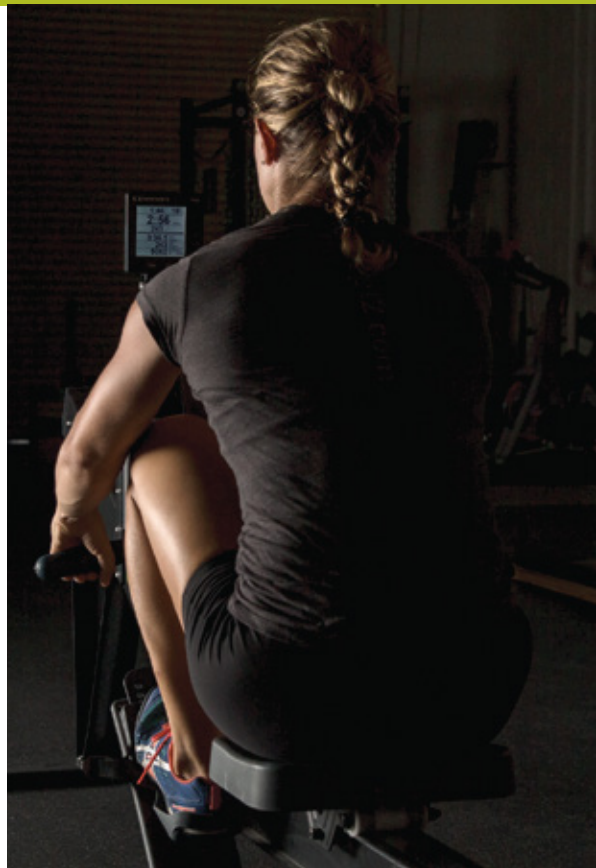
**USB Flash Drive** Store performance data and transfer data to your Mac or PC.

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

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



Bluetooth  
SMART



## Go High Tech

Each Concept2 Indoor Rower and SkiErg comes with everything you need to get fit and stay fit—including our sophisticated Performance Monitor. If you'd like to access additional data or add entertainment, there are a number of options to consider.

Concept2's free **ErgData** app provides additional performance statistics, stores and displays your workout results, and uploads your results to the Concept2 Online Logbook. Designed to run on iOS and Android devices connected to a Performance Monitor, ErgData:

- connects wirelessly via Bluetooth Smart to the PM5.
- can display additional workout data in real time.
- logs all your results, including intervals, splits and heart rate information.

See [concept2.com.au/ergdata](http://concept2.com.au/ergdata) for more details.

A number of apps have also been developed by other companies for use with the Concept2 Performance Monitor. See the latest options available at [concept2.com.au/apps](http://concept2.com.au/apps).

(Smartphone Cradle sold separately.)



## Join the Online Community

Visit [concept2.com.au](https://concept2.com.au) to join the online community.



### The Online Logbook

Our free online logbook allows you to keep track of all your workouts. It also enables you to participate in our challenges and competitive opportunities.



### Online Challenges

Our online challenges offer motivation to row or ski just a bit more than you might already! From individual events like the Holiday Challenge to team events like the World Erg Challenge, challenges can help to bring out your best, reinforcing your persistence and self-discipline.



### Million Metre Clubs

Our Million Metre Clubs reward perseverance and long-term goals. They start at one million meters and run all the way to 100 million, so there's always a new target. We recognise your achievement, no matter how long it takes you to get there.



### The Online Ranking

For the competitive among us, the Online Ranking lets you compare your performances with athletes from around the world over a number of different events and categories. Our Rankings include everybody from Olympic gold medalists to athletes in their 90s!



### Workout of the Day (WOD)

Each day we offer three workouts to help you stay on track with your training. Choose from the short, medium, or long workout depending on your goals and schedule for that day. Sign up on our website to receive your WOD email!