

Model E Indoor Rower

The **Model E Indoor Rower** offers presence and durability with its 51 cm frame height and powder coat with glossy finish. From a practical standpoint, the higher frame means easier on-and-off for those with tired knees or mobility considerations. One-piece leg design for both the front and rear legs results in stability and a sure, solid feel. A fully enclosed chain housing keeps the nickel-plated chain clean.

The Model E includes all the proven features of the Model D plus those listed here.

Available in black.

One-piece leg design for solid look and feel

The frame is 15cm higher, positioning the seat at a comfortable 51cm height

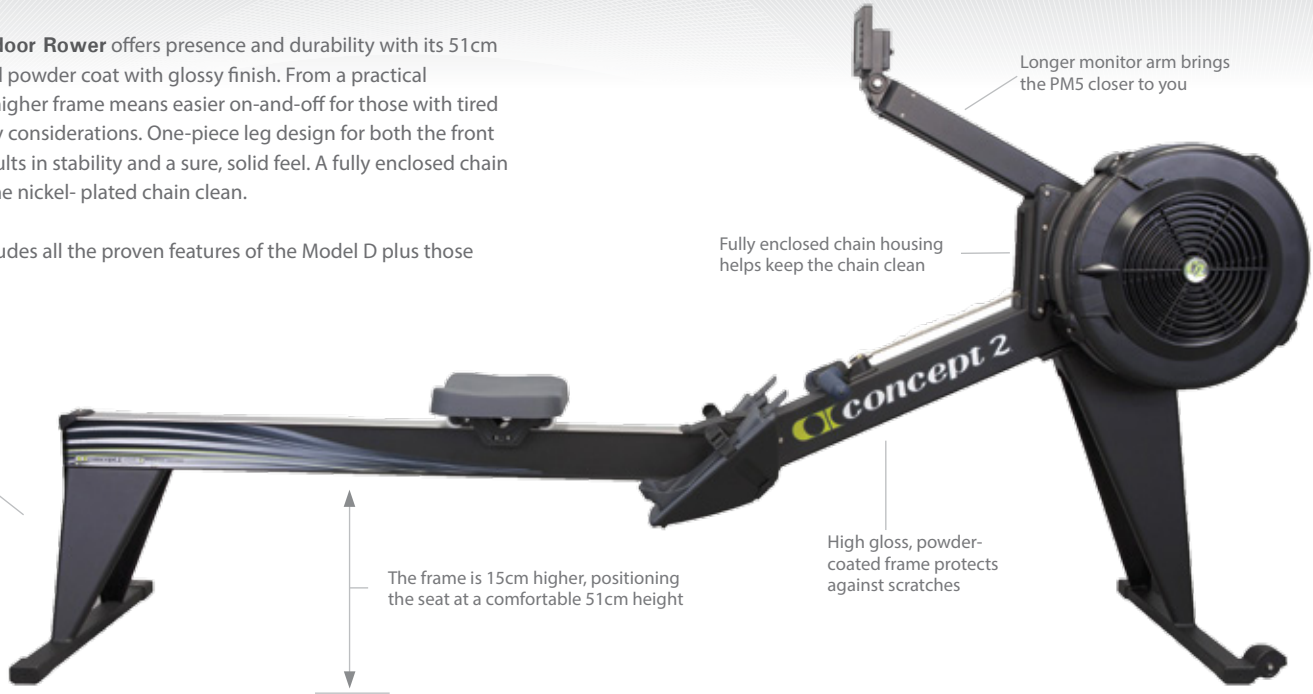
Longer monitor arm brings the PMS closer to you

Fully enclosed chain housing helps keep the chain clean

High gloss, powder-coated frame protects against scratches

Separates easily into two parts for storage.

Length	Width	Seat Height	Weight	Space Requirements For Use	Stored Dimensions	Weight Capacity
244 cm	61 cm	51 cm	29 kg	274 cm x 122 cm	68.6 cm x 119.4 cm x 137.2 cm H	227 kg

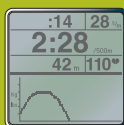


Performance Monitor

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.

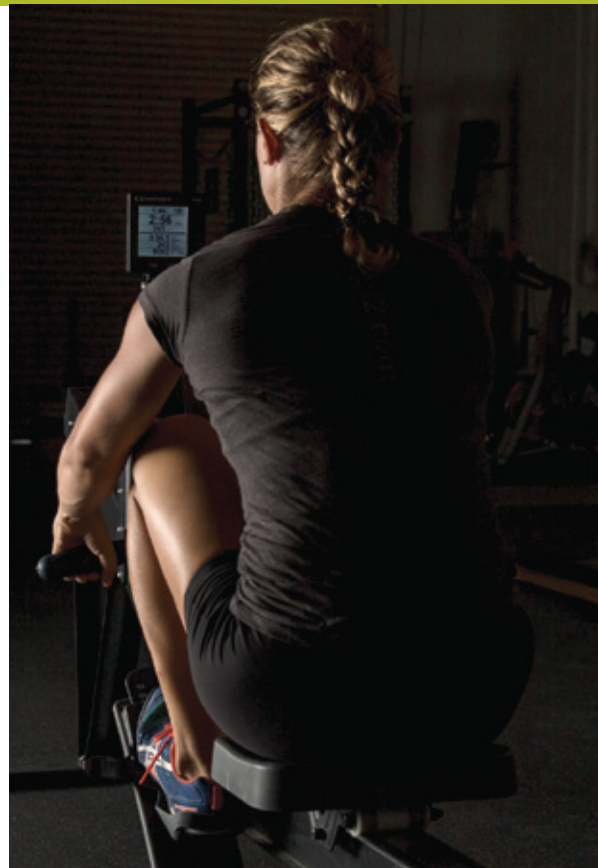
Display Options View all data, force curve, pace boat, bar chart, or large print.

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.



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 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.

(Smartphone Cradle sold separately.)



Join the Online Community

Visit 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!