

PRODUCT HIGHLIGHTS

The Dynamic Indoor Rower offers the closest simulation to rowing on the water and was developed to meet the specific training needs of the competitive rowing athlete. Unlike the Model D and E Indoor Rowers, the footrest on the Dynamic is free to move and there's minimal movement of body mass throughout the stroke. The Dynamic demands similar concentration and body control to that needed when rowing in a boat, making it an excellent sport-specific training and coaching tool. Using the Dynamic Link accessory it's easy to join together two or more Dynamics, so you can train as a team boat.

Concept2

Dynamic Indoor Rower



PRODUCT FEATURES

Performance Monitor

The Performance Monitor is what sets Concept2 Indoor Rowers apart from other training devices, and every Dynamic Indoor Rower includes our most advanced monitor, the PM5. Sophisticated yet easy to use, the PM5 provides accurate, comparable data for every row. A backlight increases visibility, compatibility with USB flash drives makes storing your workout data a breeze, and you can wirelessly monitor your heart rate. The adjustable monitor arm on the Dynamic lets you position the monitor where you prefer.

Floating Footrest

The footrest is free to move back and forth on the monorail. A drive cord connects the foot carriage to the handle and transmits the combined leg and upper body force to the flywheel. The Dynamic encourages body control, early body preparation and good "connection" between the oar handle and footrest during the drive.

High Strength Drive Cord

The drive system of the new Dynamic Indoor Rower uses a high-tech, high-strength synthetic cord. The cord's light weight results in a system that is more responsive to the rower's movements and quick to react, especially at high stroke rates.

Flywheel and Damper

The Dynamic responds to your effort on every stroke, so you are in full control of your exertion and resistance at all times. The spiral damper allows you to quickly adjust the airflow to the flywheel, so you can change the feel of the stroke to suit your preference, easily moving between feeling like you're in an eight or a single or adjusting to a slower "heavier" drive movement.

PRODUCT SPECIFICATIONS

Dimensions (L x W x H): 76 x 24.3 x 21.5 / 193 x 62 x 55 cm

Equipment Weight: 92 lb / 42 kg

Maximum User Weight: 500 lb (227 kg)

Color Scheme: Light gray with dark blue-gray accents.

Chain or Cord: High strength synthetic drive cord

Monitor: PM5

Frame: Welded steel

Finish: Powder coat

Power Requirement: Takes two D cell batteries. During your workout, the monitor draws power from the spinning flywheel to extend battery life.