

PRODUCT HIGHLIGHTS

The dependable performance of our Model D RowErg has made it the best selling indoor rower in the world. Recognized by competitive rowers as the standard for indoor training, the Model D delivers an effective cardiovascular workout that will increase your fitness level and tone your physique. At a fraction of the cost of other home fitness equipment or a yearly gym membership, you can have the luxury of working out in your home whenever you choose...and get a great workout to boot.

Concept2

Model D 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): 96 x 24 x 14 / 244 x 61 x 36 cm
Equipment Weight: 57 lb (26 kg)
Maximum User Weight: 500 lb (227 kg)
Color Scheme: Light gray or black

Chain or Cord: Nickel-plated steel chain

Monitor: PM5

Frame: Aluminum front legs, steel rear legs

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.