

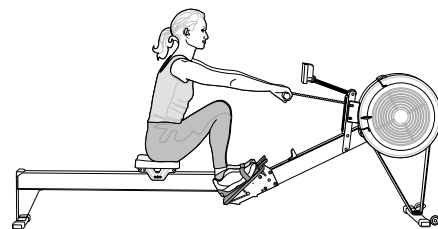
## GETTING THE MOST FROM YOUR WORKOUT

The fact that rowing uses so many muscle groups means that it has the potential to strengthen and balance all those parts of the body. Rowing is also impact-free and non-weight-bearing, which makes it that much more appropriate and valuable as a tool for rehabilitation and recovery, and for people of all ages. At the same time, if rowing is not done correctly and appropriately, as with any sport, there is always the possibility that it could contribute to overuse problems or injuries.

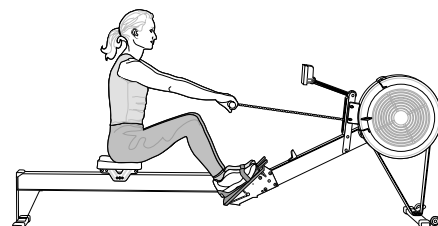
With this in mind, there are a number of things you can do to maximize the benefits of rowing for your entire body:

1. Consult your physician. Be sure it is not dangerous for you to undertake a strenuous exercise program.
2. Check your technique. Review the rowing technique information on page 13 and take the time to view the enclosed Technique DVD. Here are a few key points of technique:

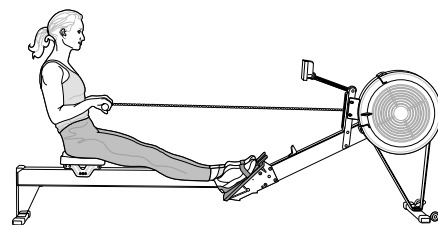
- a. Forward body angle at the catch: The shins should not go beyond vertical; and the forward body angle should not be more than about 30 degrees. It should feel like a comfortable amount of reach.



- b. Coordination of the drive: You should begin the drive by pressing down your legs, keeping the arms straight, and without changing the angle of the back initially. When your legs are about halfway extended, start prying open the back. Finally, finish the drive by pulling the handle all the way into your abdomen.



- c. Layback at the finish: Your back should swing past the vertical by about 25 degrees at the finish of the stroke. This layback position should feel comfortable, not stressed. You should feel your abdominal muscles doing some work when you sit in the finish position.



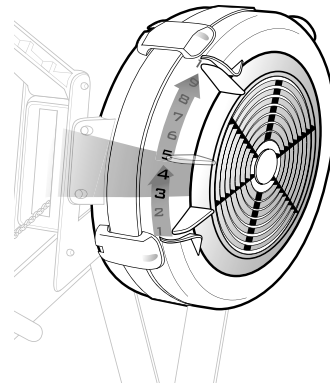
3. Include some stretching in your exercise routine. A variety of aches and pains can be eased or prevented by investing a little time in stretching. See the Concept2 Training Guide for specific recommendations. Stretch gently without bouncing.

4. Start each workout with several minutes of easy rowing for a warm-up. Take at least five minutes to build your intensity before starting a hard workout.

5. Start your exercise program gradually. Row no more than five minutes the first day to let your body adjust to the new exercise. Gradually increase your rowing time and intensity over the first two weeks.

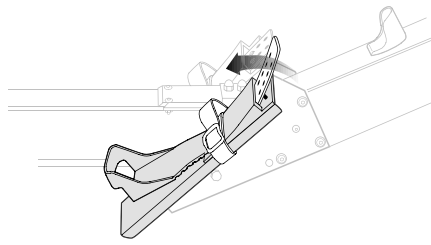


6. Build up gradually to heavy work. Be smart about increasing your workout load. If you haven't rowed in over a week, take it easy for your first row. Don't expect to be able to jump right in where you left off. And don't try to do intense interval work. Start with a steady row at a comfortable pace. In your next row, try building the intensity gradually through several intervals of 1-3 minutes in length. Then, if this all feels good, you can start doing more intense work. If it's been over a month since your last row, plan to build back up even more gradually to where you left off in both the length and intensity of your workouts.
7. Use a damper setting of 3. The best, all-purpose damper setting for a great cardiovascular workout is in the range of 3-5. Rowing with the damper setting too high can be detrimental to your training program by reducing your output and increasing your risk of injury. If you have been rowing at a higher setting, this may feel a little light to you at first, but give it a few days. The lower setting requires you to be a little quicker in applying your power which, in the end, gives you a better workout.
8. Aim for a stroke rate (spm) of between 24 and 30 spm.
9. Consider the time of day. If you row in the morning, allow a little extra time for warm-up, and start very easily. Don't expect to be able to do a hard interval workout right away. If you don't usually row in the morning but must do it every so often, remember that it may take your body longer to be ready to do hard work.
10. Vary your workouts. One of the great things about the Concept2 Indoor Rower is that it enables you to do virtually an infinite variety of workouts. The length, format, and intensity of your workouts can all be varied. Variety can go a long way in preventing boredom—and it can also be helpful to those who may develop aches and pains from doing exactly the same thing for too long. And, last but not least, the properly varied training program will result in the greatest gains in fitness and performance!
11. Remember to take rest days. Even though rowing makes you feel great, and you want to do it every day, it's important to give your body a rest every so often. Some people find it easy to rest one or even two days per week. Others have a hard time going even a day without a workout. We recommend taking at least one day off per week from rowing. Take a walk, or do some other activity if you want to. And if you just HAVE to row, make it a short, easy workout. It will make you more eager the next day and you'll have a better workout!

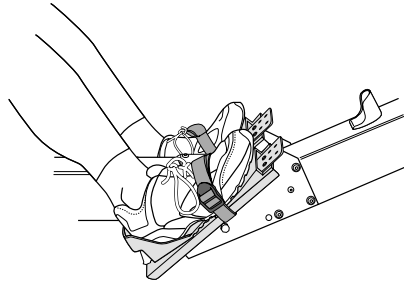


## ADJUSTING THE ROWER FOR COMFORT

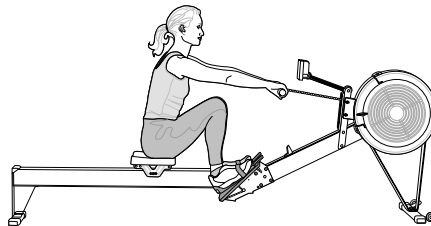
### Setting the Flexfoot



To set the Flexfoot, pull the toe piece toward you to release the flexfoot from the two pegs. Slide the toe piece up or down to achieve the proper setting, then press the toe piece back down onto the pegs.



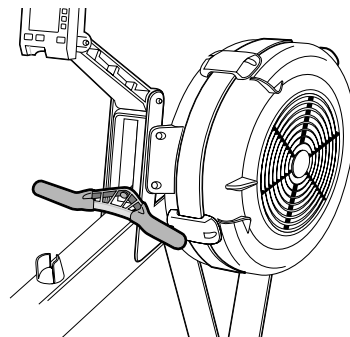
Begin by setting the Flexfoot heel so the strap crosses the ball of your foot. As you gain familiarity with the Indoor Rower, you may choose to raise or lower the Flexfoot a notch for reasons of flexibility or general comfort.



Optimal setting permits the knee, lower leg and ankle to be perpendicular to the floor at the catch.

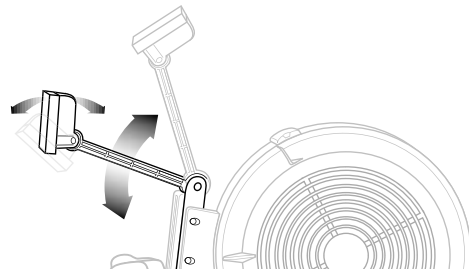
- Lowering the Flexfoot heel permits more seat travel.
- Raising the Flexfoot heel cuts down on leg flexion.

### Using the Handle Hook



Before your workout, place the handle in the handle hook to make it easier to reach when you are seated on the rower. NOTE: When the machine is not in use, it is best to let the handle rest against the fan cage (as shown at left) rather than in the handle hook (i.e. overnight, between workouts). This will prolong the life of the shock cord.

### Adjusting the Performance Monitor Arm



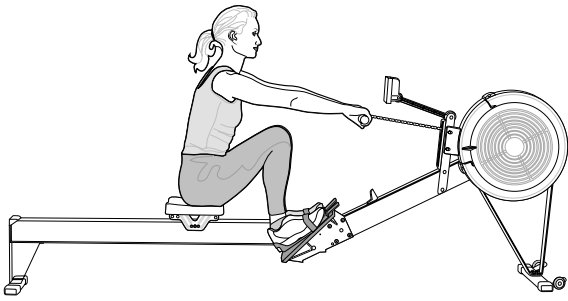
Adjust monitor arm and monitor for easy viewing as shown.

### Seat Pad



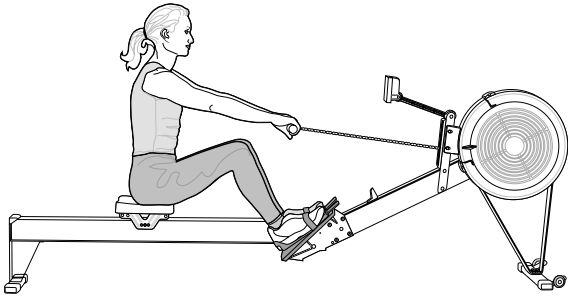
Seat comfort varies from one individual to another. If you do not find the standard seat to be comfortable, you may wish to try the seat pad which is available from Concept2. Order PN 1409.

## PROPER ROWING TECHNIQUE



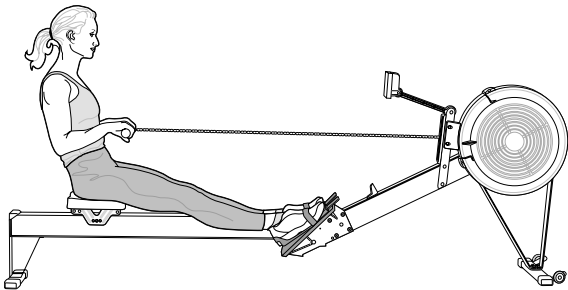
### THE CATCH

- Extend your arms straight toward the flywheel.
- Keep wrists flat.
- Lean your upper body slightly forward with back straight but not stiff.
- Slide forward on the seat until your shins are vertical (or as close to this as your flexibility will allow).



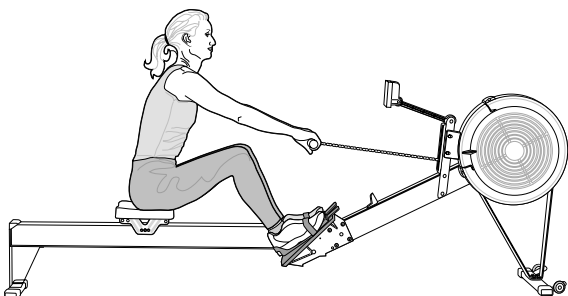
### THE DRIVE

- Begin the drive by pressing down your legs.
- Keep your arms straight and hold your back firm to transfer your leg power up to the handle.
- Gradually swing back with your upper body, bending your arms and prying open your back until you reach a slight backward lean at the finish.



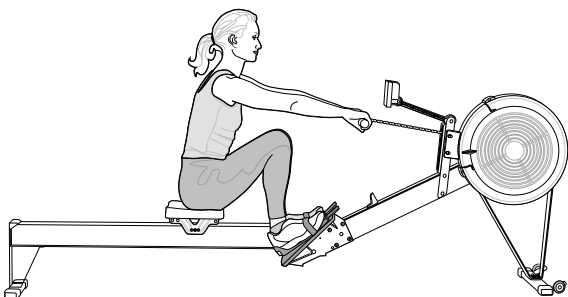
### THE FINISH

- Pull the handle all the way into your abdomen.
- Straighten your legs.
- Lean your upper body back slightly.



### THE RECOVERY

- Extend your arms toward the flywheel.
- Lean your upper body forward at the hips to follow the arms.
- Gradually bend legs to slide forward on the seat. Be sure your arms are extended before you bend your knees.



### THE CATCH

- Draw your body forward until the shins are vertical.
- Upper body should be leaning forward at the hips.
- Arms should be fully extended.
- You are ready to take the next stroke.

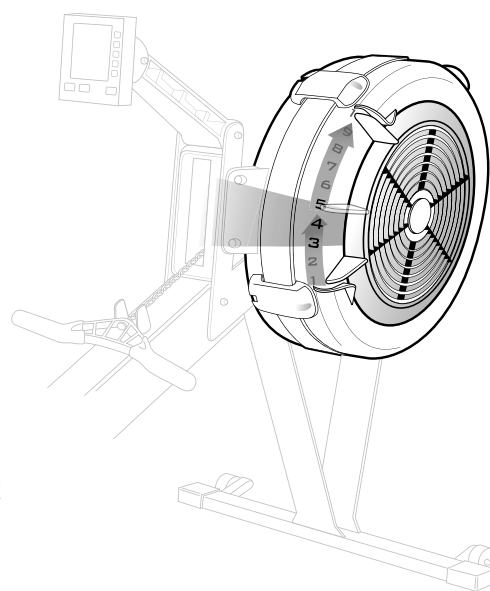
### Technique Tips

- Have someone watch you to help you match your body positions to those shown.
- These positions should be blended together to make a smooth and continuous stroke with no stopping at any point in the stroke.
- Aim for a stroke rate of between 24 and 30 strokes per minute as displayed on the Performance Monitor.
- Grip should be loose and comfortable; wrists should be level.

## INTENSITY & RESISTANCE ON THE CONCEPT2 INDOOR ROWER

### Key Concepts:

- The harder you pull, the more resistance you will feel. This is because the Concept2 Indoor 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 as easy as you wish. The rower will not force you to row 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 measured and displayed by the PM3 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 is like 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.
- You can view your performance in pace, watts, calories. The PM3 displays your output in a choice of units and display options. You can choose the units and displays that work best for you.



### Damper setting on the flywheel



For the feel of a sleeker, faster boat: damper setting 1 - 5



For the feel of a slower, heavier boat: damper setting 6 - 10

## What can I do with the Performance Monitor(PM3)?

- Just row without pushing any buttons at all if that is your preference.
- Choose from a library of pre-set workouts that load instantly.
- Program and store your own favorite workouts for instant set-up.
- Save all your meters, even those during interval rest time.
- Choose from a variety of units and display options including Paceboat and Plot.
- Take advantage of improved logging functions to help monitor your progress.
- Transfer your training data from the PM3 to your PC via the C2 LogCard.
- Navigate the PM3 functions using menus - no need to remember button combinations.
- Connect to software programs on the Internet to enhance your rowing experience.

What can I do with the PM3?

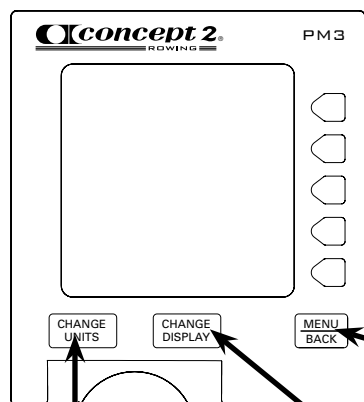
The PM3 will turn on automatically when you do any of the following:

- Take a stroke
- Press a button
- Insert a LogCard

How do I turn the PM3 on & off?

The PM3 will turn off after four minutes of inactivity except when the PM3 is displaying the MAIN MENU.

How do I use the buttons on the PM3?



The five menu buttons make it easy to navigate through the menus of the PM3. If you push the wrong button, just press **MENU BACK** to back up.

The buttons at the bottom have the following purposes when you are in a rowing screen:

**CHANGE UNITS**

Press this button to cycle through a choice of 4 units: watts, calories, average pace, meters. You may press the button at any time before, during, or after rowing.

**CHANGE DISPLAY**

Press this button to cycle through a choice of display options: large screen data > power curve > paceboat > power plot > max data.

**MENU BACK**

If the PM3 is off, this button will turn it on. When you are making menu choices, this button will return you to the previous menu screen. Or if you have been rowing, wait for 6 seconds, then press this button to cancel the current row and return to the Main Menu.

For more information, see the PM3 Manual or visit [www.concept2.com/PM3](http://www.concept2.com/PM3).

**Setting goals**

The first step in setting up your rowing program is to establish a clear goal. Most of our customers have at least one of the following goals:

- get back into shape
- lose weight
- train for competitive on-water rowing
- improve health (i.e. lower blood sugar, cholesterol, or blood pressure)
- cross-train for another sport
- stay in shape while recovering from an injury
- become the fastest indoor rower of your age/gender/weight category in the world! (Visit our Online World Ranking at [concept2.com](http://concept2.com).)

**Understand what it will take to achieve your goal**

For example, if your goal is to burn calories, you will want to row regularly and steadily for at least 30 minutes six times per week.

If your goal is to train for competitive rowing, you will need to do a variety of workouts including intervals of specific length, and some of your work will need to be very intense.

If you are dealing with a medical issue, your doctor or trainer may be able to recommend a rowing regime for you. If you have access to a local coach, he or she may be able to give you a training program. There are also training programs available online. Our training guide offers some recommendations for achieving certain goals, and you are always welcome to contact us with specific questions.

**Identify workouts that will serve your purpose**

A virtually infinite number and variety of workouts can be done using the Indoor Rower. Be as creative as you like! As you look for workout suggestions, here are some places to start:

- The PM3 comes pre-programmed with a variety of workouts. You can add some of your own favorites, so that they will come up at the push of a button.
- The Training Guide, which came with your Indoor Rower, includes a number of workouts for a number of different goals.
- The Workout of the Day, found on our website at [concept2.com](http://concept2.com), offers a different workout every day.
- The Update, our twice-yearly printed newsletter, usually includes some workout suggestions.
- You can take favorite workouts from other sports and tailor them to the rowing machine. For example, if you are a runner, you can take your favorite track interval workout and create a rowing workout that uses the same work interval length and rest time.

## Why Monitor Progress?

- It is very rewarding and motivating to see results.
- It is the best way to determine whether or not you are making progress toward achieving your goals.
- If the progress is gradual, you may not be able to see it unless you keep a log from the beginning.
- If you are not making progress, it is important to have a record of what you have done so that you don't do it again!
- If you don't write things down, you will probably forget them.
- A written record can help serve as your conscience. If you skip a rowing session, your log will show it!
- You can earn T-shirts, patches, certificates and other rewards by tracking your meters and participating in our Million Meter Club program and our online events and challenges!

There are many ways to monitor progress. Pick the one that you think will work best for you. Or try several at the same time, then pick your favorite.

- Use the log sheets provided in this manual. Make some copies before you start writing on them.
- Request a free paper logbook from Concept2. We'll be happy to send one for every member of the family! Call 800.245.5676 or visit [concept2.com](http://concept2.com) to order.
- Create your own logging system, using paper, blank book, or spreadsheet.
- Try our Online Logbook system! This is the newest and most informative tracking system we provide. Besides keeping track of your meters, the online log also calculates weekly, monthly, and annual totals and averages. Once you have an Online Logbook you can participate in our online challenges.

1. Go to [concept2.com](http://concept2.com)
2. Click on "Online Ranking/Logbook" to create a new profile.
3. Note that you may choose whether or not you wish to receive e-mail updates from us, and whether you wish to be included in the Annual Meters Ranking Board.
4. You are now a member of the C2 Online Community.

Now, whenever you want to enter a workout:

1. Go to [concept2.com](http://concept2.com).
2. Click on "Online Ranking/Logbook."
3. Click on "Log In."
4. Enter your e-mail and password.
5. Click on "Enter a new result" to enter your meters rowed.

**START NOW!**

## MONITORING YOUR PROGRESS

One of the most important things you can do is monitor your progress

Here's how to establish an Online Logbook



# ROWER'S DAILY LOG

PERSONAL DATA			
Date:	Form of Exercise:		Workout Partners:
Time of Day: Rowing	<input type="checkbox"/> Indoor Rowing	<input type="checkbox"/> On-Water	<input type="checkbox"/> Other:
Environmental conditions for workout:	<input type="checkbox"/> hot <input type="checkbox"/> cold <input type="checkbox"/> just right <input type="checkbox"/> humid <input type="checkbox"/> dry	Before workout, my energy level was:  Notes:	<input type="checkbox"/> low, unmotivated <input type="checkbox"/> in-between <input type="checkbox"/> ok, somewhat motivated <input type="checkbox"/> energetic, highly motivated  And my mood was: <input type="checkbox"/> bad, grumpy <input type="checkbox"/> stressed out <input type="checkbox"/> just OK <input type="checkbox"/> good <input type="checkbox"/> great  Notes:
Body Weight pre-workout:	post-workout:	Heart Rate Resting a.m.:	pre-workout:
Today's Workout:		Goals:	
How it felt, and other comments:			

WORKOUT DATA										
Interval/Split Data:	1	2	3	4	5	6	7	8	9	10
Meters										
Pace, Watts, or Calories										
Heart Rate/ Stroke Rate										
Other:										
More data:	11	12	13	14	15	16	17	18	19	20
Meters										
Pace, Watts, or Calories										
Heart Rate/ Stroke Rate										
Other										

CUMULATIVE DATA						
	Indoor Rowing Meters	Indoor Rowing Time	On-Water Mileage	On-Water Time	Other: Distance	Other: Time
TODAY'S TOTAL						
CUMULATIVE TO DATE						
OTHER CUMULATIVE DATA:						
Suggestions for next time I do this workout:						

DESIGNING YOUR ROWING PROGRAM

## TEST RESULTS LOG

### Test Piece: 2000 METERS

Test Date	Distance/Time	Comments

### Test Piece: 30 MINUTE

Test Date	Distance/Time	Comments

### Test Piece: 60 MINUTE

Test Date	Distance/Time	Comments



There's no better feedback than seeing improvement—but you won't be able to see progress if you are not keeping a training log! Write down how far you rowed, how fast, how many calories you burned, and any other variables that are important to you. The PM3 provides a wealth of instantaneous and cumulative information to track. Set a goal to row from Chicago to California, or to row 1,000,000 meters in a year. The goal itself isn't as important as being able to chart your progress as you go.

## STAYING MOTIVATED

Keep a logbook

Indoor regattas now attract around 25,000 people every year. These races aren't just for elite athletes. They're for people of all ages and abilities who find that competition provides a great training goal.

Competition is the spice of life

Even if you never plan on attending a race, try logging on to our online ranking to see where your best 2000 meter time puts you. One of our faithful rowers set a goal to make it into the 50th percentile in each of the online events—a great way to use the ranking and a bit of competition to help stay motivated.

Having a regular workout time really helps you keep your exercise program on track. Otherwise, it's too easy to put it off, or do something else instead. Meet Allen Martin. Fourteen years ago, he decided to row 40 minutes before breakfast every day. "I can count the number of days I miss each year on one hand, and there had better be a very good reason." When Allen travels, he makes sure the hotel has a Concept2 Indoor Rower.

Pick a regular workout time

If you ever rowed at a school or university, you've experienced the camaraderie and sense of a shared goal that comes with group rowing. We also know of customers who create their own small "club" of rowers, challenging and inspiring each other to keep up with workouts and work toward goals.

A little help from your friends

If you don't have easy access to a support group, find one online! From our website, [concept2.com](http://concept2.com), join the online ranking. Not only will you be able to use our online logbook to track meters, but you'll also be able to participate in training discussions through our online forum and find a virtual rowing club to join. Hundreds of rowers from all over the world have taken on topics from stretching, to the best sports drink, to staying motivated.

A goal to shoot for, and a reward when you get there. This simple formula seems to work over and over again for the majority of rowers. Earn the Million Meter Club T-shirt. Row 200,000 meters in one month for the Holiday Challenge. Plot your progress through the Lake Champlain Game.

Incentives

But most of all, you will never get started unless you start. Today, not tomorrow. Get on you Rower and start rowing. For the first workout, 5 or 10 minutes will be plenty. When you're done, pull out a piece of paper or a C2 Logbook, or go to [concept2.com](http://concept2.com) and record how far you went and how long it took. You're on your way. Before you know it, you'll be calling us for your million meter certificate!

Just get started