



concept 2[®]

INDOOR ROWERS | SKIERG | BIKEERG



WORLD CLASS FITNESS SOLUTIONS: MIDDLE EAST DISTRIBUTOR

✉ INFO@MEFITPRO.COM

☎ +971 4 323 3232

🌐 WWW.MEFITPRO.COM



Concept2: A Legacy of Sport

For over forty years, Concept2 has been designing and manufacturing innovative, high-quality products to help you achieve your fitness goals—for better health, training for the Olympics or anything in between.

Regardless of what training machine you choose, you can expect superior products from one of the most well-established companies in fitness. The Performance Monitor 5 (PM5) helps set our machines apart, reliably measuring your power and personal improvements, and allowing for fair comparisons with users anywhere in the world.

All of our products are manufactured in Vermont and ship factory direct. They are built to last, offering commercial-grade quality and durability. Ask about our warranty and 30-day money-back guarantee.

Learn more at concept2.com or give us a call. We're here to help!

INNOVATIVE, HIGH-PERFORMANCE TRAINING EQUIPMENT SINCE 1976

Concept2 Products



ROWERS

Model D

The world's most popular rowing machine, found in homes, health clubs and schools around the world.

Model E

Includes all the proven features of the Model D plus additional height and ruggedness.

Dynamic

The Dynamic is designed to meet specific training needs of the competitive on water athlete.



SkiErg

The SkiErg helps build strength and endurance using the poling motions integral to both techniques of Nordic skiing.



BikeErg

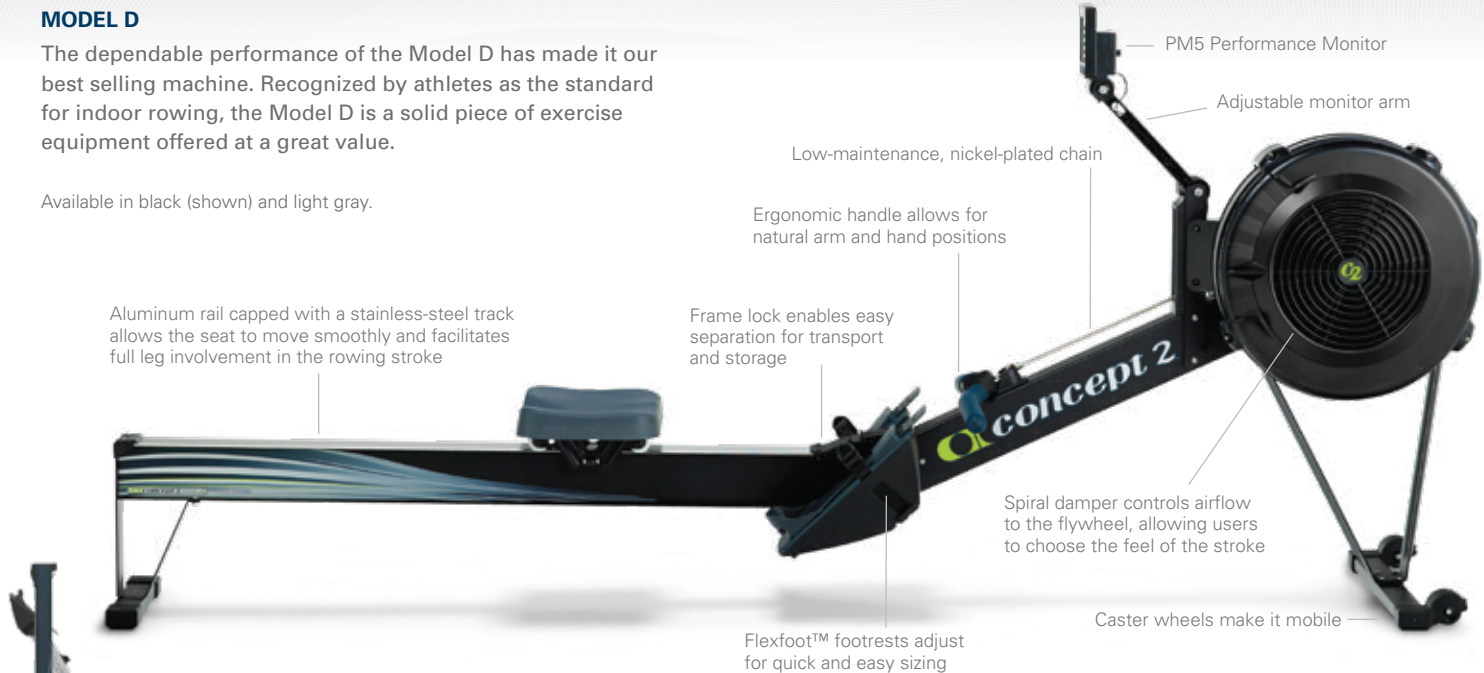
The BikeErg is the latest addition to our family of sport-based ergometers, bringing to cycling our flywheel technology and powerful Performance Monitor.

RowErg

MODEL D

The dependable performance of the Model D has made it our best selling machine. Recognized 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 gray.



Aluminum rail capped with a stainless-steel track allows the seat to move smoothly and facilitates full leg involvement in the rowing stroke

Frame lock enables easy separation for transport and storage

Ergonomic handle allows for natural arm and hand positions

Low-maintenance, nickel-plated chain

PM5 Performance Monitor

Adjustable monitor arm

Spiral damper controls airflow to the flywheel, allowing users to choose the feel of the stroke

Caster wheels make it mobile

Flexfoot™ footrests adjust for quick and easy sizing



Separates easily into two parts for storage.

Length	Width	Seat Height	Weight	Space Recommended For Use	Stored Dimensions	Weight Capacity
96 in 244 cm	24 in 61 cm	14 in 36 cm	57 lb 26 kg	9 ft x 4 ft 274 cm x 122 cm	25 in x 33 in x 54 in H 63.5 cm x 83.8 cm x 137.2 cm H	500 lb 227 kg

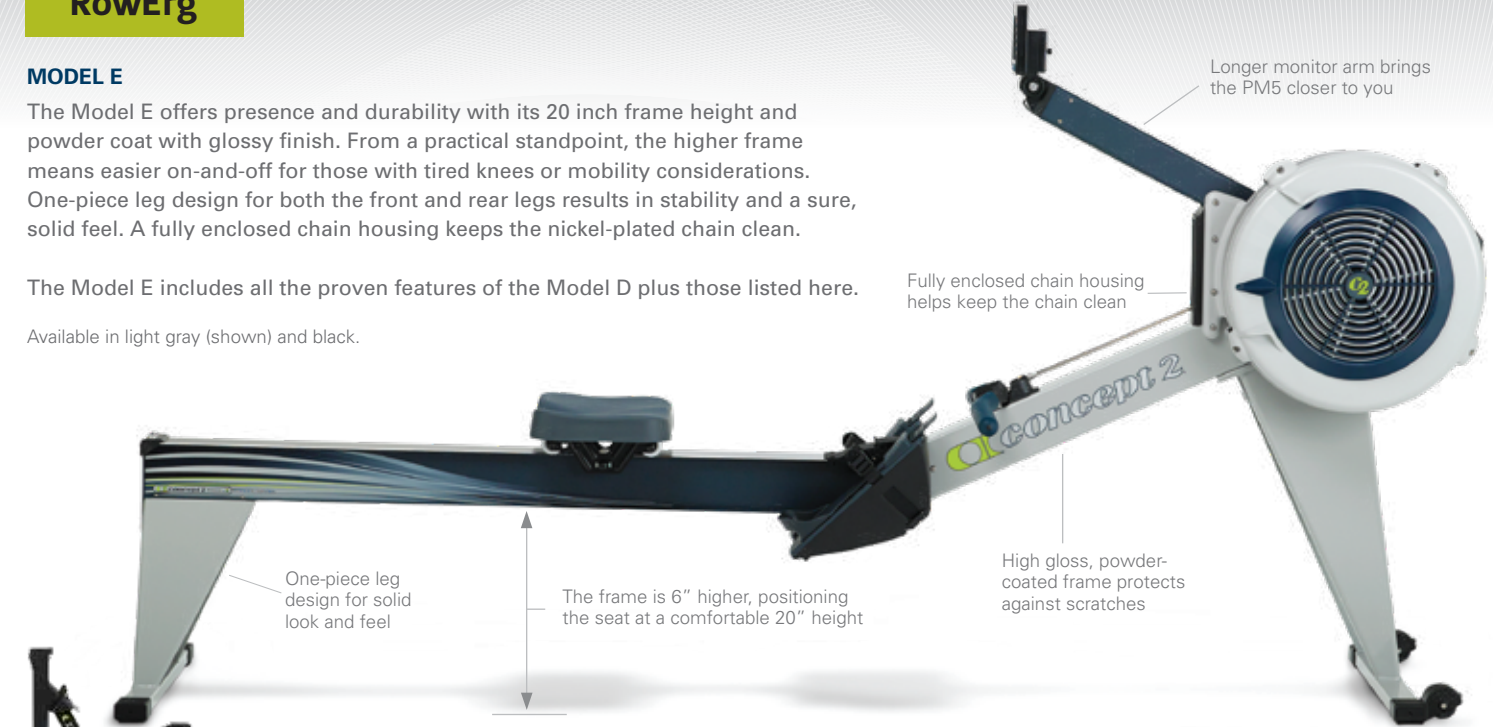
RowErg

MODEL E

The Model E offers presence and durability with its 20 inch 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 light gray (shown) and black.



Separates easily into two parts for storage.

Length	Width	Seat Height	Weight	Space Recommended For Use	Stored Dimensions	Weight Capacity
96 in 244 cm	24 in 61 cm	20 in 51 cm	65 lb 29 kg	9 ft x 4 ft 274 cm x 122 cm	27 in x 47 in x 54 in H 68.6 cm x 119.4 cm x 137.2 cm H	500 lb 227 kg

RowErg

DYNAMIC

The Dynamic offers a close simulation to rowing on the water. Unlike the Model D and E Indoor Rowers, the footrest on the Dynamic moves, while the feet (and your body mass) move very little 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 for the competitive rowing athlete.



Length	Width	Seat Height	Weight	Space Recommended For Use	Stored Dimensions	Weight Capacity
76 in 193 cm	24.3 in 62 cm	21.5 in 55 cm	92 lb 42 kg	7.5 ft x 4 ft 229 cm x 122 cm	76 in x 24.3 in x 21.5 in H 193 cm x 62 cm x 55 cm H	500 lb 227 kg

SkiErg

The SkiErg helps build strength and endurance using the poling motions integral to the sport of Nordic skiing, but you don't need to be a skier to benefit from the terrific low impact and full-body exercise. The double poling movement involves not just arms and shoulders, but also core and legs; classic ski technique (alternating arms) is also possible.

The SkiErg easily accommodates adaptive athletes and those with lower body injuries, as one can sit or kneel and still get a great upper body and core workout. The SkiErg is suitable for use with most wheelchairs.



Wall mounted

Wall mount dimensions:

Width	Depth	Height
20.5 in 52 cm	16 in 40.6 cm	85 in 216 cm

Floor Stand dimensions (including SkiErg):

Width	Depth	Height
23.5 in 60 cm	50 in 127 cm	85 in 216 cm



Ergonomic strapless handle

Lightweight, high-strength drive cords for smooth feel and long life.

Aluminum frame with powder coat finish makes it light and durable.

Internal drive mechanism allows for both double-pole and classic (alternating arms) technique. Minimal maintenance required.

PM5 Performance Monitor

Optional floor stand with anti-skid, wear-resistant base offers firm footing. Wood interior.

Caster wheels make it mobile (floor stand only).

BikeErg

The BikeErg is the latest addition to our family of ergometers. The BikeErg uses our air resistance flywheel to create a smooth, quiet ride that responds to your efforts. The damper is your “gearing,” allowing you to adjust the feel of your ride. The BikeErg has a clutch, so when you stop pedaling the flywheel keeps on spinning. With the same powerful Performance Monitor 5 (PM5) as our RowErgs and the SkiErg, the BikeErg provides instantaneous workout feedback, with a wide variety of displays and workouts to choose from.



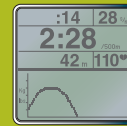
Length	Width	Seat Height	Weight	Space Recommended For Use	Stored Dimensions	Weight Capacity
48 in 122 cm	24 in 61 cm	31-40.5 in 79-103 cm	58 lb 26 kg	48 in x 24 in 122 cm x 61 cm	Must be stored fully assembled	300 lb 136 kg

Performance Monitor

Display Options



All Data



Force Curve



Pacer



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, PaceBoat/PaceSkier/PaceRider, 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 with compatible devices.

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



Bluetooth®



Go High Tech

Each Concept2 machine comes with everything you need to get fit and stay fit—including our powerful 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 to the PM5.
- can display additional workout data in real time.
- logs all your results, including intervals, splits and heart rate information.

A number of apps have also been developed by other companies for use with the Concept2 Performance Monitor.



(Smartphone Cradle sold separately.)