



Concept2 RowErg rowing ergometer with PM5 monitor



The Concept2 RowErg™ sets the standard for indoor rowing equipment. Built by rowers for rowers, the RowErg is used worldwide by people of all ages and abilities who want a full-body, low-impact workout. As engineers, Concept2's founders emphasize a clean, effective design. The RowErg is designed to work smoothly, be easy to maintain and last a lifetime. This is the same equipment used by Olympic and elite athletes to train for their sport - it stands up to the rigors of hard training day after day. At the same time, it supports everyone's training goals, whether you're just starting your fitness program, want to try something new, or are a seasoned athlete

CHF 1'195.00

The Concept2 RowErg is available with either standard or tall legs. The **standard legs of the RowErg Standard provide a seat height of 14 inches (36cm)**, while **the tall legs of the RowErg Tall provide a seat height of 20 inches (51cm)**. The tall leg option replaces the former Model E, which is no longer manufactured. A taller seat is not required for taller users, and both machines are suitable for an inside leg length of up to 38 inches (96.5 cm). Rowers with a longer inside leg length may require an extra-long monorail.

CONCEPT2 RowErg Indoor Rower Standard with PM5 Monitor

Total body workouts made easy at home. The RowErg Indoor Rower is designed to help you get your total body workout in the comfort of your own home. Over 30 years of professional and home training experience has made the Concept2 Indoor Rower the most successful rower ever.

PM5 Monitor - standard for RowErg

The PM5 Monitor is designed so that you don't have to operate a single button and can still read your workout data. All you have to do is start rowing. In addition, you can use many useful options. The navigation of the PM5 is simple and self-explanatory.

**Features:**

- Chain hoist with air resistance system
- Adjustment of the pulling force from 1-10
- Training computer PM5 with LCD display of rowed time, power per stroke, stroke frequency, total line, average speed, meters, watts and calories. Calculated end time or distance for pre-programmed workouts
- Backlight
- Bluetooth Smart Connection (wireless)
- adjustable console
- new monitor arm - this includes a mount for tablets and smartphones. The new bracket can be adjusted to fit any tablet or smartphone.
- **Height seat position 36cm**
- Foldable
- Transport wheels in front
- Color: black

Use: home use to light-commercial continuous use, payload: approx. 150kg

Device dimensions: L244 x W60 x H90cm, folding dimensions: L90 x W72 x H135cm, weight 31kg

Accessories: Holder for tablets and smartphones

Options: Polar H9 Bluetooth Smart Transmitter Set black available in XS-S and M-XXL

Warranty: 2-year full warranty (excludes consumables).

PM5 Monitor Features:**Full of great features and is easy to use:**

Although the PM5 is loaded with great features, it is very easy to use. As soon as the windmill starts spinning, the monitor turns on immediately. So you don't need to press a single button and it's up and running.

If you want to get started right away, you'll notice how easy it is to navigate through the various menus. Whether you want to view saved workouts or save your favorite workouts, it's quick and easy with the Performance Monitor. For more info, read the user manual or access the built-in help function (From the main menu, select Information).

Data and Displays:

The PM5 displays your performance for each training session in meters, 500m average, watts or calories. As you row, you can choose from five display modes, meters/time, power curve, PaceBoat (comparison boat), bar graph or large print. The backlit display provides improved readability. It turns on when you power up the monitor and lights up for the duration of your workout session.

Wireless heart rate monitoring:

The PM5 supports ANT+ and Bluetooth Smart for wireless heart rate monitoring. To use this option, you need a chest strap that supports one of these transmission technologies. Please note that the PM5 supports Bluetooth Smart but not Bluetooth.



USB stick compatible

The PM5 gives you two options for storing your workout data: in the monitor's internal memory or on a USB stick (not included). The USB stick stores your workout data and preferences in a portable format. With our free Concept2 Utility software, you can upload your workout data to your online logbook at concept2.com or transfer data from your USB stick to your Mac or PC. Compatible with FAT or FAT32 USB formats only.

Power Generation

The PM5 uses two D-cell batteries. Spinning the windmill provides power to the monitor while rowing to extend battery life.

Games

For those days when you want to provide extra motivation and variety, there are the PM5 games. With these, you can teach both kids and adults how to ride the indoor rower in a fun way. The PM5 includes the fish game, dart game, target game and biathlon.

Racing

Thanks to its accuracy, the PM5 is perfect for racing and tournament purposes. With the PM5, you can race against your teammates or training opponents whether you are in the same room or on different continents.

The PM5 supports wired racing.

Brake system: Air resistance system

Current-dependent: No

Resistance levels: Drag-dependent

Training computer: LCD display

Displayed values: Time, power per stroke, stroke frequency, total line, average speed, meters, watts, and calories. Calculated end time or distance for pre-programmed workouts.

Training programs: 8

Pulse-controlled programs: keine

Pulse receiver: Bluetooth

Multimedia: Bluetooth interface, USB port, entertainment APP's, tablet / smartphone holder.

Rail system: Monorail

Accessories: integrated receiver for chest strap transmitter

Options: Bluetooth transmitter belt, floor protection mat

Foldable / erectable: Foldable

Folding / set up dimension: L 90 x W 72 x H 135 cm

Dimensions (length / width / height): L 244 x W 60 x H 90 cm

Device weight: 31 kg

Payload: approx. 150 kg

Insert: Home to light institutional use

Warranty: 2 years complete warranty

**The Shark
Fitness Company**



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Features: Chain hoist, adjustment of the traction force from 1-10, transport rollers