



## Concept2 SkiErg with PM5 monitor



The SkiErg is available for wall mounting or with optional Floor Stand as a freestanding model and is equipped with the PM5 as standard. A smartphone cradle is also included. With the ski ergometer and training device from Concept2, you build up exactly the strength and endurance you need for skiing, for example, and many other sports. (Image corresponds to model with Floor Stand)

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### **Strength and Endurance**

The Concept2 SkiErg ergometer helps you build strength and endurance by engaging your entire body with efficient, rhythmic movement. Skiing allows you to burn calories in a low-impact way and is suitable for all ages and fitness levels. The user can control the resistance: Pulling harder accelerates the flywheel and increases resistance.

### **Measurable results**

The SkiErg gives you instant feedback with every pull. In addition, all performance data is recorded until the end of the workout. The electronic performance monitor adjusts itself. So you can be sure your results are always accurate and every move is comparable, at every time interval and in every workout. Compare yourself to other skiers using SkiErg around the world.

### **For cross-country skiers: a safe and efficient training tool**

By using the skating technique, the Concept2 SkiErg allows for combined strength building and endurance training. The different resistance levels (1-10) allow to simulate a practical training in wind and weather, all this without hitting the joints thanks to the air resistance.

### **Comfort and safety**

Comfortable training on a SkiErg is especially optimal when skiing outside is not possible at all. SkiErg is always available regardless of the weather. It is also safer than training with many runners on the track and you can train skiing with a ski pole indoors. The SkiErg can be attached to a wall

### **Perfect training for patients/therapists**

Alternative training without legs possible, kneeling or sitting possible. Strengthening of the upper body,



trunk etc. A real alternative also for athletes with disabilities.

- Builds strength in upper body, abdominal and back muscles and legs relevant for skiing.
- Provides a high quality aerobic workout
- Promotes skiing technique that is correct and effective for cross-country skiing

An ergometer (or "erg") is a device that measures work output. This is what differentiates the Concept2 SkiErg: you can accurately measure your performance, monitor your progress, and compare your performance values with others who are also using the Concept2 performance monitor. This monitor has proven itself for many years on the rower.

In addition to providing an excellent upper body workout, the SkiErg also trains abdominal and back muscles and legs with each pull. Just watch the video demonstration and you'll notice that the legs lift the body weight with each pull, giving you a thorough full-body workout without the risk of overloading. A workout on the SkiErg stresses the legs at least as much as the upper body. Maximum heart rates are achieved through an aerobically demanding workout.

The Concept2 SkiErg is based on the same mechanics and electronics as the Concept2 Indoor Rower, the most common choice of rowers worldwide since 1982.

#### **SkiErg Features:**

- Frictionless pulling with fast rope return
- Double pole and classic technique
- Ergonomic handle without loops
- PM5 power monitor included
- Drag flywheel: the more you pull, the more resistance you feel.
- You feel the slight resistance of the dampers with every pull.
- Available for wall mounting or as a floor model.
- Powder coated and sealed with clear lacquer for added durability.
- Easy assembly. Tools and an illustrated quick start guide included
- Color: black

**Functional features of the PM5 monitor (with Bluetooth Smart and ANT+ transmission technology) - 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:written. 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 Measurement:** The PM5 supports ANT+ and Bluetooth Smart for wireless heart rate measurement. 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 offers you two options for storing your training data: in the internal memory of the monitor or on a USB stick (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](http://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.

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

Unit dimensions: width bottom 48.3cm, width top 52cm, depth 40.6cm, height 212cm, dimensions when wall mounted: W52 x D41 x H212cm

Dimensions when floor standing: W61 x T132 x H216cm, weight approx. 30kg

Accessories: holder for tablets and smartphones

Options: Floor Stand for a freestanding version, transmitter belt

Warranty: 2 years full warranty (excludes consumables).