



Concept2 BikeErg



Welcome to the Concept2 BikeErg, the newest addition to our product family. The BikeErg has the same windmill and performance monitor as the Concept2 Indoor Rower and SkiErg, offering the same features and benefits that rowers and cross-country skiers already appreciate.

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The BikeErg uses air resistance generated by the windmill. This resistance principle allows for a smooth, direct-response and quiet ride. The air flap adjustment on the BikeErg works like the gears on a bicycle. You can choose how the resistance feels. Unlike most bicycle ergometers, the BikeErg is equipped with a freewheel, just like a regular bicycle. When you stop pedaling, the windmill continues to spin.

The Performance Monitor allows you to customize your workout and provides instant feedback during your workout with a wide selection of display modes. It allows you to accurately measure your performance, monitor your progress, and compare your performance scores with others.

The BikeErg comes from a company with more than 40 years of experience in manufacturing innovative and high-quality products. Regardless of your performance level - whether you're preparing for your next race or simply looking to get back in shape - the Concept2 BikeErg is perfect for you.

Performance Monitor

The Performance Monitor sets the Concept2 BikeErg apart from other devices. You can accurately measure your performance, monitor your progress, and compare your performance values with others. The Performance Monitor displays your performance in speed, 1,000m average time, cadence (rpm), watts or calories for each training session and stores this information either in internal memory or on an optional USB flash drive. The Performance Monitor supports wireless heart rate monitoring via ANT+ and Bluetooth as well as the free Concept2 app, ErgData, third-party apps and participation in our online challenges. The BikeErg does not require an external power supply. The PM5 requires two D cells as



batteries. Spinning the windmill provides power to the monitor during exercise to extend battery life.

Pinwheel and Air Flap

The BikeErg features the same pinwheel as the Indoor Rower or SkiErg. Since the air resistance on the pinwheel only increases when you invest power, you are always in control of the load. The air flap allows you to control the airflow to the windmill during your workout. The air flap setting on the BikeErg works like the gears on a regular bicycle: a low air flap setting is comparable to a light gear when riding a bicycle.

Adjustable Saddle and Handlebar

Both handlebar and saddle positions are easily adjustable. Saddle height can be adjusted with our secure, tool-free system. The horizontal saddle position and saddle angle can be adjusted individually. The handlebar is vertically and horizontally adjustable and offers three different riding positions.

Customization

Do you prefer your own BikeErg configuration? No problem: With the BikeErg, most commercially available bike parts can be easily attached. So you can use your own handlebars, saddle or pedals.

Belt drive

The BikeErg does not use a chain, but a low-noise belt drive. The self-tensioning belts improve durability and reduce maintenance.

Lightweight and easy to handle

The BikeErg's aluminum frame and built-in transport wheels make it both lightweight and easy to handle. Weighing only 26kg, it weighs less than most cycle ergometers.

Easy assembly

The BikeErg is easy to assemble and comes with everything you need for assembly: the necessary tools and simple, illustrated assembly instructions.

A stable thing - and easy to maintain

Our equipment is known for its stability and durability. No matter where and how they are used: whether in rowing clubs, gyms, by the armed forces, the fire brigade, schools, universities or simply at home. Our users all appreciate the fact that the equipment requires very little maintenance and lasts an eternity.

Equipment:

- Air brake system with air flap adjustment in ten stages
- mains-independent drive
- Performance Monitor - The PM5 uses two D-cell batteries. Turning the windmill provides power to the monitor while rowing to extend battery life.
- LCD display of time, distance, speed, watts, RPM, calories, heart rate and workout profiles.
- USB interface for storing workout data
- crank arm length 170mm
- vertikalae saddle adjustment
- horizontal and vertical handlebar adjustment
- welded aluminium frame
- steel feet
- black powder coated frame, stem and seat post in grey



- high quality aluminium frame
- transport wheels

The following accessories are included with the BikeErg:

- BikeErg User Manual and Performance Monitor Quick Start Guide.
- Assembly instructions incl. necessary tools

Use: home use to commercial continuous use, payload: approx. 136kg

Device dimensions: L122 x W61 x saddle height (approx.): 79-103 cm , weight 26kg

Accessories: integrated heart rate receiver, smartphone attachment

Option: transmitter belt

Warranty: 2 years full warranty