

# How to Use the Indoor Rower

## Before You Row

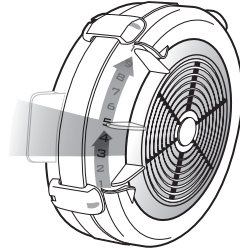
1. Review the technique information at right.
2. Set the damper between 3 and 5.
3. Adjust the foot stretchers to fit your feet.

## Damper Setting and Workout Intensity

We recommend a damper setting of 3-5 for the best aerobic workout.

On the Concept2 Indoor Rower, YOU are in control of the intensity of your workout. The faster the wheel spins, the more resistance you will feel, regardless of the damper setting.

Rowing with the damper setting too high can reduce your output and increase the risk of injury.



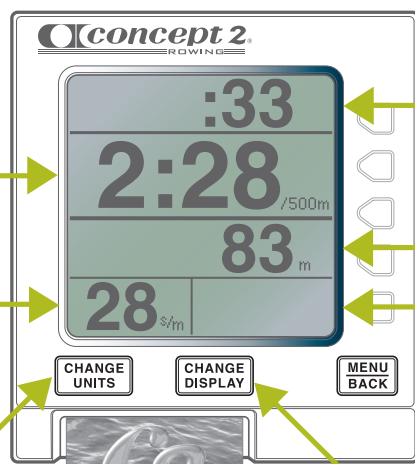
## The Performance Monitor (PM) automatically comes on when you start rowing.

Watch this number (your pace) to see how hard you are pulling on each stroke.

This pace display indicates that it is taking you 2:28 (2 minutes and 28 seconds) to row 500 meters. Pull harder and try to decrease this time!

Stroke Rate  
You are rowing 28 strokes per minute. This is a good stroke rate.

Press CHANGE UNITS at any time to choose between units of pace, watts or calories.



Total elapsed time of your workout.

Total meters rowed so far in this workout.

Heart rate will be displayed here if a compatible system is installed. Learn more at concept2cts.com.

Choose display options by pressing CHANGE DISPLAY at any time. See the five display options below.

Store your workouts on a Concept2 LogCard.



All Data



Force Curve



Pace Boat



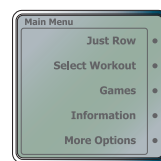
Bar Chart



Large Print

## Workouts to Try

There are ten preset workouts stored in the PM3 and PM4 monitor. From the Main Menu select Select Workout > Standard List and select your workout. Here are workouts you can try based on your training goals.



Main Menu

### General Health and Fitness:

- 20-30 minute row
- 4,000-6,000 meter row
- 40 seconds hard rowing, 20 seconds easy rowing for 15-25 minutes

### Weight Loss:

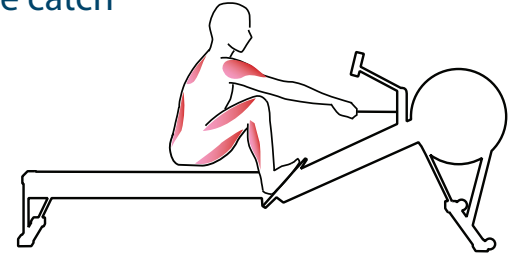
- 30 minute row
- 5,000-7,000 meter row
- 1 minute hard rowing, 1 minute easy rowing for at least 20 minutes
- 30-40 minute piece with 20-30 hard strokes every 5 minutes

### Cross Training for Another Sport:

- 40 minute row (or 10,000 meters)
- 1 minute hard rowing, 1 minute easy rowing for 40 minutes
- 1-2-3-4-3-2-1 minute pyramid, 1 minute easy rowing between pieces

## Rowing Technique

### the catch

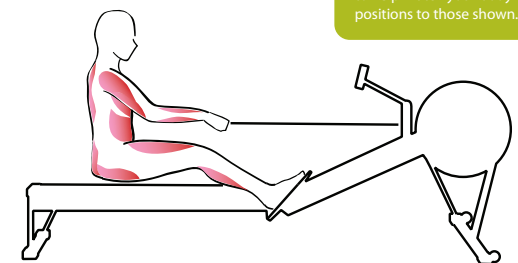


- Be sure body is leaning forward, arms are straight, wrists are level and shoulders are low and relaxed.
- Shins should approach vertical; heels may lift as needed.

### the drive

#### Technique Tips

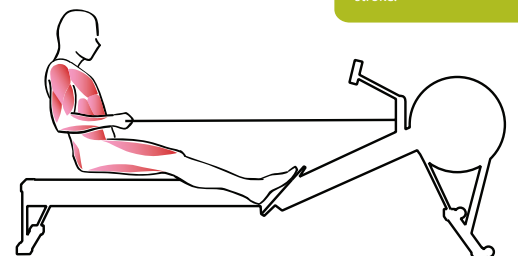
Have someone watch you to help match your body positions to those shown.



- Start the drive by pressing with your legs, then begin to lean back, and finally add the arm pull. Make it a smooth continuous stroke.

### the finish

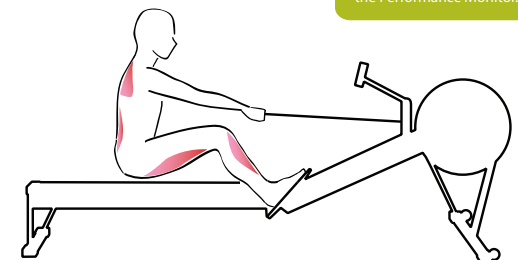
These positions should be blended together to make a smooth and continuous stroke.



- Shoulders should be low with wrists and grip relaxed. Pull all the way in to your abdomen.
- Lean back slightly, as is comfortable for you.

### the recovery

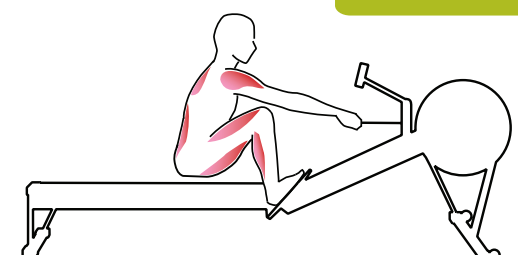
Aim for a stroke rate of between 24 and 30 strokes per minute as displayed on the Performance Monitor.



- Be sure to extend arms and lean slightly forward before bending the knees.

### the catch

Grip should be loose and comfortable, wrists level.



- Return to position with shoulders relaxed, and shins nearly vertical.

You can access technique animation from the Main Menu on the PM3 and PM4 monitor by selecting Information>How to Row.



## Rowing Info: