

# CV-ROWERG **CONCEPT 2** ROWER



## SPECIFICATIONS:

<b>Overall Length</b>	96 in (244 cm)
<b>Width</b>	24 in (61 cm)
<b>Seat Height</b>	With standard legs 14 in (36 cm) or with tall legs 20 in (51 cm)
<b>Monorail Length</b>	54 in (137 cm)
<b>Chain or Cord</b>	Nickel-plated steel chain
<b>Monitor</b>	PM5
<b>Power Requirement</b>	Takes two D cell batteries. During your workout, the monitor draws power from the spinning flywheel to extend battery life.
<b>Maximum User Weight</b>	500 lb (227 kg)
<b>Monitor Arm</b>	Rugged nylon. Pivots for storage and to adjust monitor height.
<b>Finish</b>	Powder coat
<b>Color Scheme</b>	Black
<b>Storage</b>	Can be separated into two parts for easy storage
<b>Space Recommendations</b>	Assembled: 8 ft x 2 ft (244 cm x 61 cm)  With Clearance for Use: 9 ft x 4 ft (274 cm x 122 cm)

## LIMITED WARRANTY

2 years parts and electronics  
5 years frame



## RELIABLE WOROUT DATA WITH POWERFUL PM5 PERFORMANCE MONITOR

The PM5 offers a simple "Just Row" mode or allows the user to set up a variety of workouts. The monitor shows a wide range of data, including: Pace, Watts, Stroke Rate, and Calories.

Connect via Bluetooth to your smartphone or tablet to access apps such as ErgData where you will find online classes, coaching, and training programs or virtual racing.



## ADJUSTABLE FOOTRESTS AND ERGONOMIC HANDLE

Adjustable footrests allow for quick and easy sizing. The ergonomic handle contains a 10-degree bend which allows a comfortable, natural arm and hand position.



## FLYWHEEL AND DAMPER

The RowErg uses air resistance so you are in full control of exertion and resistance at all times. Change the feel of the stroke using the spiral damper to easily adjust airflow.