



Fitness Facts

More Than A Rowing Machine, It's A Training Partner

(NAPSA)—The first affordable, durable and smooth-operating rowing machine was introduced by Concept2 in 1981. Since then, the indoor rower has evolved and become a standard piece of training equipment for Olympic rowers, cyclists, runners and indoor gym athletes alike. Now, the latest developments are taking this workout technology to the next level: Meet your new training partner.

The Model D from Concept2 incorporates a Personal Monitor (PM3) that allows the rowing machine to accept a LogCard. This user-specific “smartcard” stores detailed workout preferences and customized workouts and can be used on any Model D or other retrofitted Concept2 rowing machine. Simply bring your LogCard with you to a workout session and all of your stats and training information are at your fingertips, regardless of the location or machine.

The PM3 is entirely menu-driven, so you don't have to remember any complicated button combinations. You can also “Just Row” without pushing any buttons at all. You can choose from a variety of units and graphic display options including rowing specific Force Curve, Paceboat and Power Plot. More importantly, you can choose



A new kind of rowing machine lets you take your workout information with you.

from a library of pre-set workouts that load instantly. You can also transfer your stored smartcard data to your personal computer.

On the road? Take your LogCard with you. Working out solo? Let the PM3 be your training partner. Need motivation? Choose from five display options. Disorganized? The LogCard will automatically keep your workout records.

The Model D builds on Concept2's 20 years of experience designing and using rowing machines and incorporates many additional new features that make this new design so unique, including the ergonomically re-designed handle, smoother quieter operation, a new front end, and the incredibly powerful new Performance Monitor.

To learn more about the Model D, visit www.concept2.com/row.