



CONCEPT2 SKIERG SPECIFICATIONS

Description:	Institutional-grade skiing exercise machine with air-resistance flywheel, adjustable handle straps and self-calibrating electronic performance monitor.
Construction:	<p>Frame: Bent steel boxframe with steel top and bottom brackets. Optional floor stand is constructed of steel frame pieces with a SkidGuard® deck.</p> <p>Flywheel: Fully enclosed spool-driven flywheel is steel with glass-reinforced ABS squirrel cage fan attached. The flywheel enclosure is made of hi-impact, ABS Thermo-plastic.</p> <p>PM Monitor (PM3 and PM4): Battery-powered LCD digital display features time/distance skied; calories burned; power produced (watts); stroke rate; stroke output (watts, calories, meters); average pace (time per 500 meters); library of preset workouts (timed, distance, timed interval, distance interval); projected finish (time or distance); split memory recall function; optional heart rate monitor interface. Choose from a variety of units and graphic display options including Force Curve, Pacer and Bar Chart. The Fish Game, Darts, Target Training and Biathlon provide video game-like competition. C2 LogCard easily and automatically records workouts and tracks progress without separate paper record of each workout. PC-interface to transfer LogCard data to your personal computer. Power generation feature extends the life of the batteries by providing operating power to the PM while skiing. Monitor is powered by two D batteries (PM3) or a rechargeable battery pack (PM4) and are included. No external power source is needed. Wireless heart rate monitoring and PM to PM racing is standard on the PM4.</p> <p>Misc: Adjustable air resistance; impact-resistant, glass-reinforced Nylon, ergonomically-designed handles with adjustable nylon straps; Dyneema® drive and handle cords. Mounts on the wall or on optional floor stand.</p> <p>Benefits: The Concept2 SkiErg helps you build strength and endurance by working the entire body in an efficient, rhythmic poling motion that is integral to all techniques of Nordic skiing. Skiing is a low-impact, high calorie-burning exercise suitable for all ages and abilities. The user is in complete control of the resistance: the harder the pull, the faster the flywheel spins, which creates more resistance. The SkiErg easily accommodates athletes with lower leg injuries: injured athletes can sit or kneel, reducing the amount of leg involvement, while training at normal intensity and duration using just upper body and core.</p>
Space Requirements:	<p>When wall-mounted, the Concept2 SkiErg measures 7'3" tall by 19" wide and 10" deep.</p> <p>When attached to the optional floor stand, the Concept2 SkiErg measures 7'4" tall by 29" wide and 48.5" deep.</p>
Spare Parts and Service:	Spare parts are available direct from the factory. Machines are user serviceable. Initial assembly takes approximately 30 minutes (additional 30 minutes to assemble the optional floor stand) and subsequent installation of the most common spare parts is not difficult. Technical assistance is available during regular business hours (M-F 7:30 a.m.-5:00 p.m. ET).
Warranty:	Covers defective parts for a 2-5 year period from date of shipment. Copy of warranty is available upon request.

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Concept2 is the sole manufacturer and factory direct sales source for the Concept2 SkiErg. All prices are factory direct. Prices are subject to change without notice.