

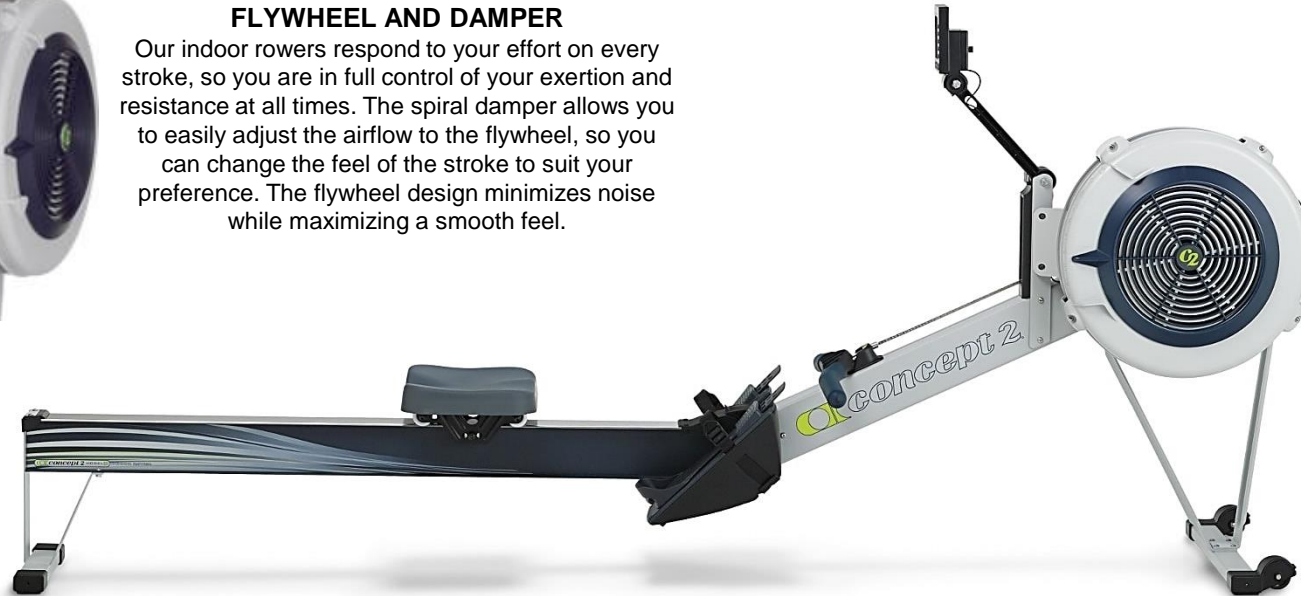
CONCEPT 2 ROWERS

Recognized by competitive rowers as the standard for indoor training, the Model D delivers an effective cardiovascular workout that will increase your fitness level and tone your physique. The Model D rower has a W14" (35.6 cm) seat height, the Model D keeps a low profile.



FLYWHEEL AND DAMPER

Our indoor rowers respond to your effort on every stroke, so you are in full control of your exertion and resistance at all times. The spiral damper allows you to easily adjust the airflow to the flywheel, so you can change the feel of the stroke to suit your preference. The flywheel design minimizes noise while maximizing a smooth feel.



CONSOLE

The self-generated monitor gives you a wide range of data, including pace, watts, stroke rate (spm) and Calories



ADJUSTABLE FOOTRESTS AND ERGONOMIC HANDLE

We use adjustable footrests on our indoor rowers for quick and easy sizing. (Footrests accommodate a wide range of shoe sizes.) Our comfortable, ergonomic handle features a 10-degree bend that allows you to row with a natural arm and hand position.

USER GUIDE

- The Rowers will work if you start rowing / switch on.
- Remember the seat moves!
- Adjust the lever at the side to select the resistance
- Sit on the seat
- Select which programme you would like to do.
- adjust the foot pedals so the strap comes across the widest part of the foot.
- Start rowing, ensuring that you are using a PUSH with the legs and PULL with the arms movement.
- Keep the back nice and straight unless you are an experienced rower.

HEALTH
HUB

Remember to never lock your joints, keep your body in line, control the speed & never drop the weight.
ALWAYS put back any equipment you have used & wipe down.

PRECOR