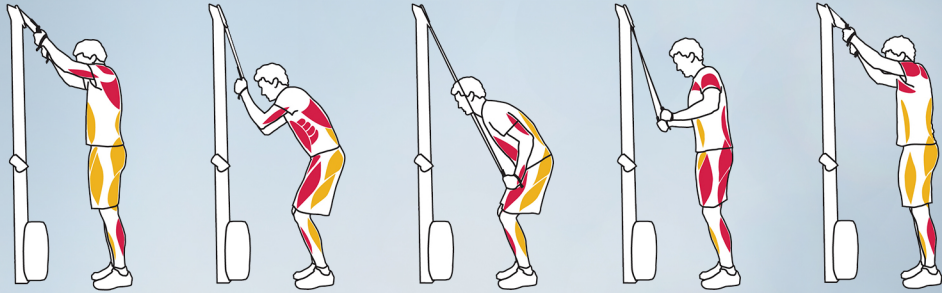


Work Your Legs, Core and Upper Body



Major and Minor muscle groups involved in SkiErg motion



Alternating Arms Technique



Built-in caster wheels make moving the SkiErg easy.

concept 2

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SkiErg

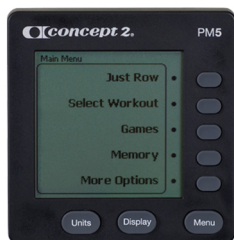


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The Concept2 SkiErg



Wall Mounted



Performance Monitor (PM5)

Optional floor stand with anti-skid, wear-resistant base offers firm footing. Wood interior

Ergonomic strapless handle

Lightweight, high strength drive cords for smooth feel and long life.

PM5 Performance Monitor provides immediate, accurate performance data during and after your exercise. With backlight, USB Logbook and wireless connectivity

Aluminum frame with powder coat finish makes it light and durable

Internal drive mechanism allows for both double-pole and classic (alternating arms) technique. Minimal maintenance required.

Spiral damper controls air flow to the flywheel, allowing users to control the feel of the pull

Caster wheels make it mobile

Floor Stand dimensions (including SkiErg):

WIDTH	DEPTH	HEIGHT
24 in 61 cm	52 in 132 cm	85 in 215.9 cm

Wall mount dimensions:

WIDTH	DEPTH	HEIGHT
20.5 in 52 cm	16 in 40.6 cm	83.5 in 212 cm

The Concept2 SkiErg

- Works the entire body in an efficient rhythmic motion.
- Builds both strength and endurance
- Offers low-impact, high calorie-burning exercise
- Is suitable for all ages and abilities
- User-controlled intensity

A Safe and Effective Cardiovascular Training Tool

The Concept2 SkiErg helps you build sport specific strength and endurance for both aerobic and anaerobic cardiovascular training. The SkiErg provides a range of resistance similar to that found on our Indoor Rowing Machine.

For Everyone: Impact-free, Full-body Exercise

You don't need to be a fit athlete to benefit from this terrific full-body exercise. Double poling starts with the arms and shoulders, rapidly involves the core muscles in a downwards "crunch" and finishes with the legs. Alternatively alternating arms is another technique that you can use.

For Adaptive Athletes and Injury Rehab: Accessibility

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. It's a great training tool for adaptive athletes, too!

