

Concept2 2716

Concept2 RowErg Indoor Rowing Machine User Manual

Model: 2716 | Brand: Concept2

1. INTRODUCTION

The Concept2 RowErg Indoor Rowing Machine with Tall Legs is designed to provide an effective full-body, low-impact workout. Featuring an advanced PM5 Monitor and adjustable air resistance, this machine offers a smooth rowing experience. Its design allows for easy separation and storage, making it suitable for various home and gym environments.



Image: The Concept2 RowErg Indoor Rowing Machine with its tall legs and PM5 monitor.

2. SAFETY INFORMATION

- Consult with a physician before beginning any exercise program.
- Ensure the rowing machine is placed on a stable, level surface.

- Maintain a clear area of at least 9 feet by 4 feet around the machine during use.
- Keep hands and feet clear of moving parts, especially the chain and flywheel.
- Do not allow children or pets near the machine unsupervised.
- Regularly inspect the machine for loose or damaged components. Do not use if damaged.

3. PACKAGE CONTENTS

Your Concept2 RowErg package includes the following items:

- Model E Indoor Rower (main frame components)
- Performance Monitor 5 (PM5)
- User Manual
- PM Quick Start Guide
- Assembly tools
- Assembly instructions
- 2 D cell batteries (for PM5)

Model E Shipping Box



Shipping weight 96 lb (43.5 kg)

Image: The shipping box for the Concept2 Model E, showing its dimensions (Length 58", Width 25", Height 28").

4. SETUP AND ASSEMBLY

The Concept2 RowErg is designed for straightforward assembly. Refer to the included assembly instructions and tools for detailed steps. The machine requires a footprint of approximately 9 feet by 4 feet (274 cm x 122 cm) for comfortable use.

4.1 Initial Placement

Choose a location with sufficient space and a stable, level floor. The machine's dimensions are 96 inches (244 cm) in length, 24 inches (61 cm) in width, and 20 inches (51 cm) in seat height.

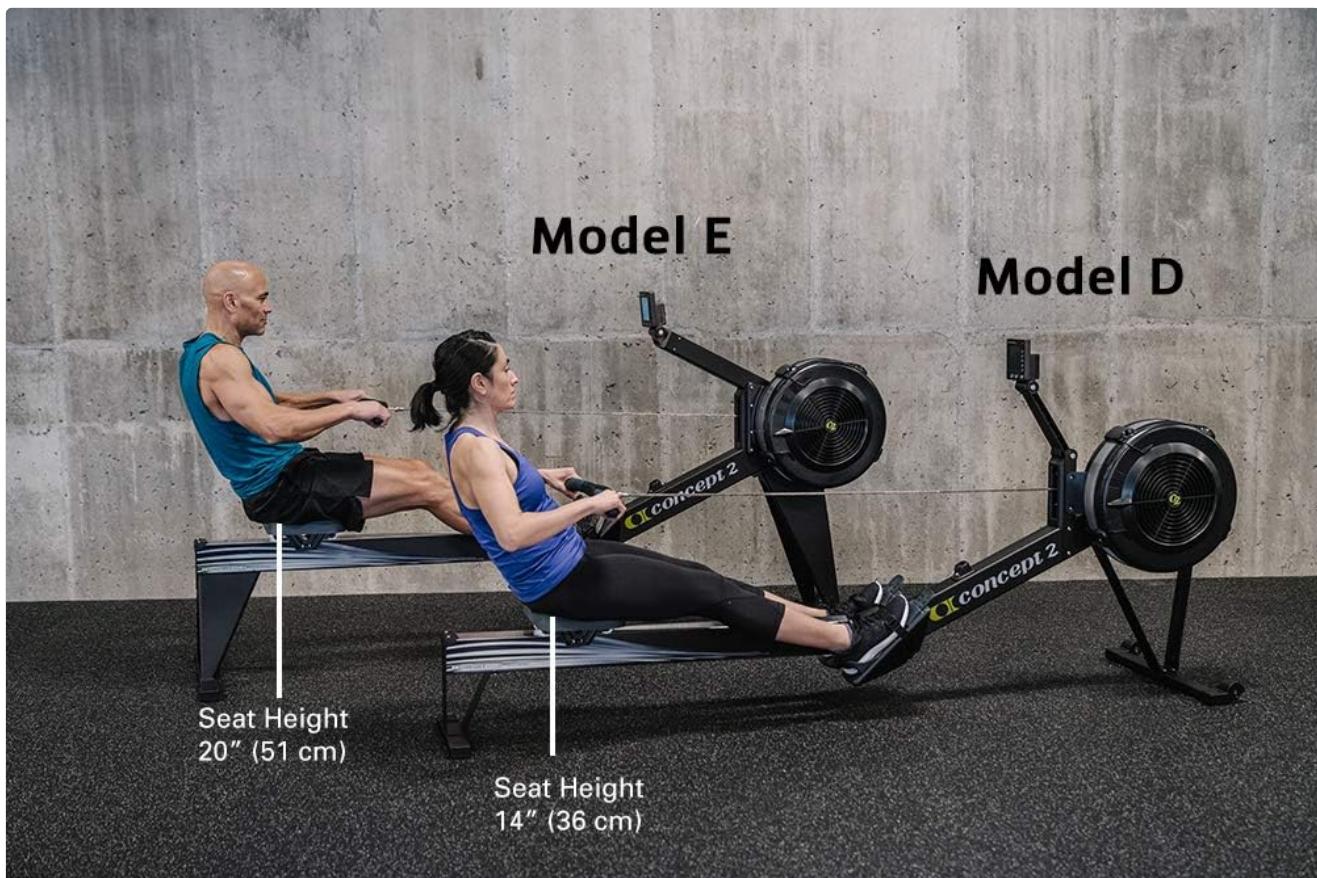


Image: The Concept2 Model E Indoor Rower with its key dimensions: Length 96" (244 cm), Width 24" (61 cm), and Seat Height 20" (51 cm).

4.2 Storage

The RowErg easily separates into two pieces for convenient storage without the need for tools. Caster wheels are integrated for mobility. When stored vertically, the dimensions are approximately 47 inches (120 cm) in length, 27 inches (69 cm) in width, and 54 inches (138 cm) in height.

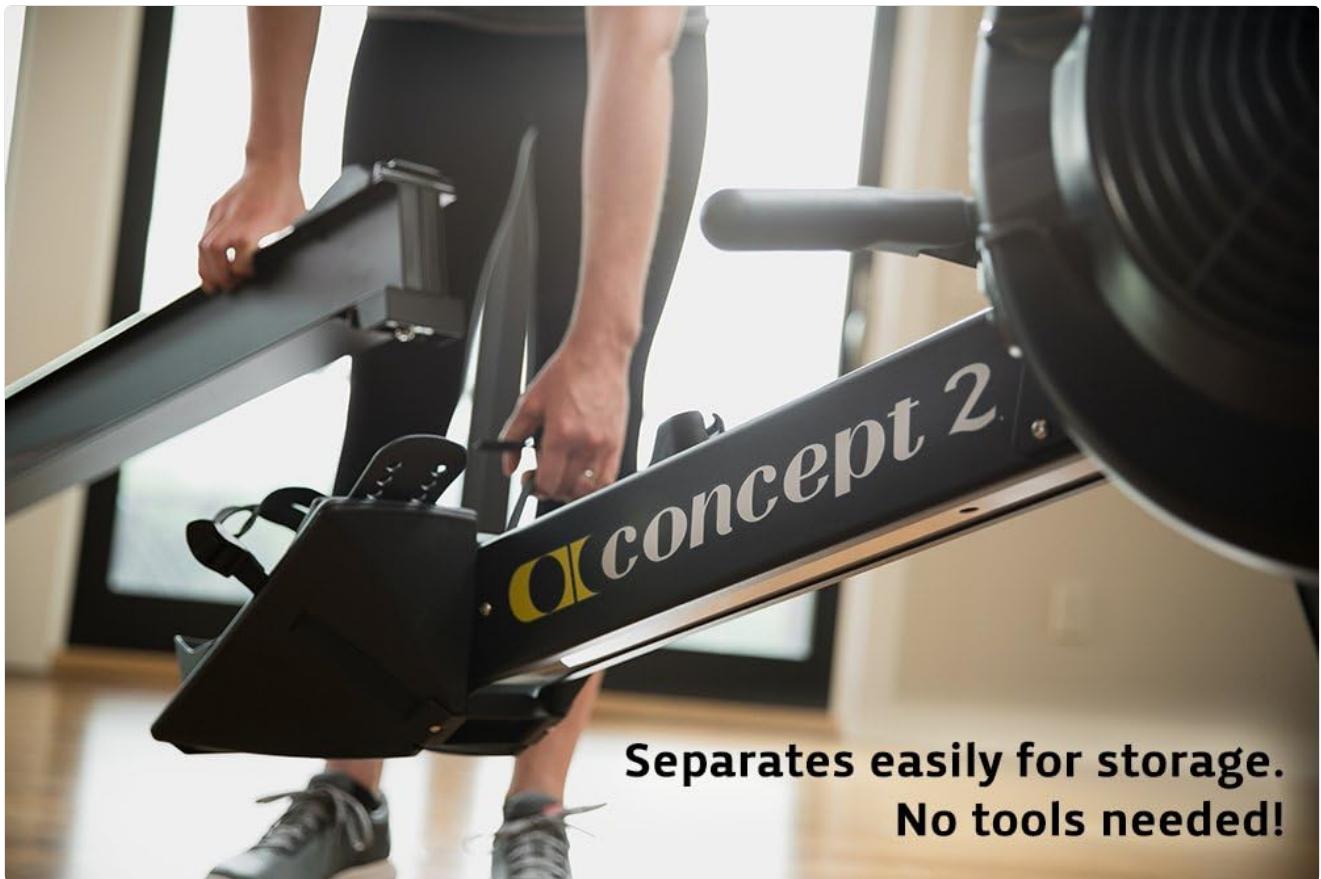


Image: A person demonstrating how the Concept2 RowErg separates into two pieces for easy storage, highlighting the tool-free design.

Separates Easily for Storage

Height 54" (138 cm)



Length 47" (120 cm)

Image: The Concept2 RowErg stored in its vertical position, displaying its compact storage dimensions: Height 54" (138 cm), Width 27" (69 cm), and Length 47" (120 cm).

5. OPERATING INSTRUCTIONS

5.1 Getting Started

Sit on the seat, place your feet in the adjustable footrests, and secure the straps. Grasp the ergonomic handle with both hands.



Image: A man demonstrating proper form while rowing on the Concept2 RowErg, illustrating the full range of motion.

5.2 Rowing Technique

Proper rowing technique involves a sequence of movements: the catch, the drive, the finish, and the recovery.

Focus on engaging your legs, core, and arms in that order during the drive, and reversing the order during recovery. The flywheel design ensures a smooth feel throughout the stroke.

5.3 Performance Monitor 5 (PM5)

The PM5 monitor provides accurate and comparable data for every row, including distance, speed, pace, calories burned, and watts. It features an adjustable arm for optimal viewing. The monitor is powered by two D cell batteries and draws power from the spinning flywheel during workouts to extend battery life.



Image: A close-up view of the PM5 monitor, displaying its screen and control buttons.

5.4 Connectivity

The PM5 monitor supports ANT+ and Bluetooth connectivity, allowing you to connect to various fitness apps and devices for tracking and enhanced workout experiences.

Concept2 Model E Indoor Rower

Space Recommended for Use:
9 ft x 4 ft (274 cm x 122 cm)

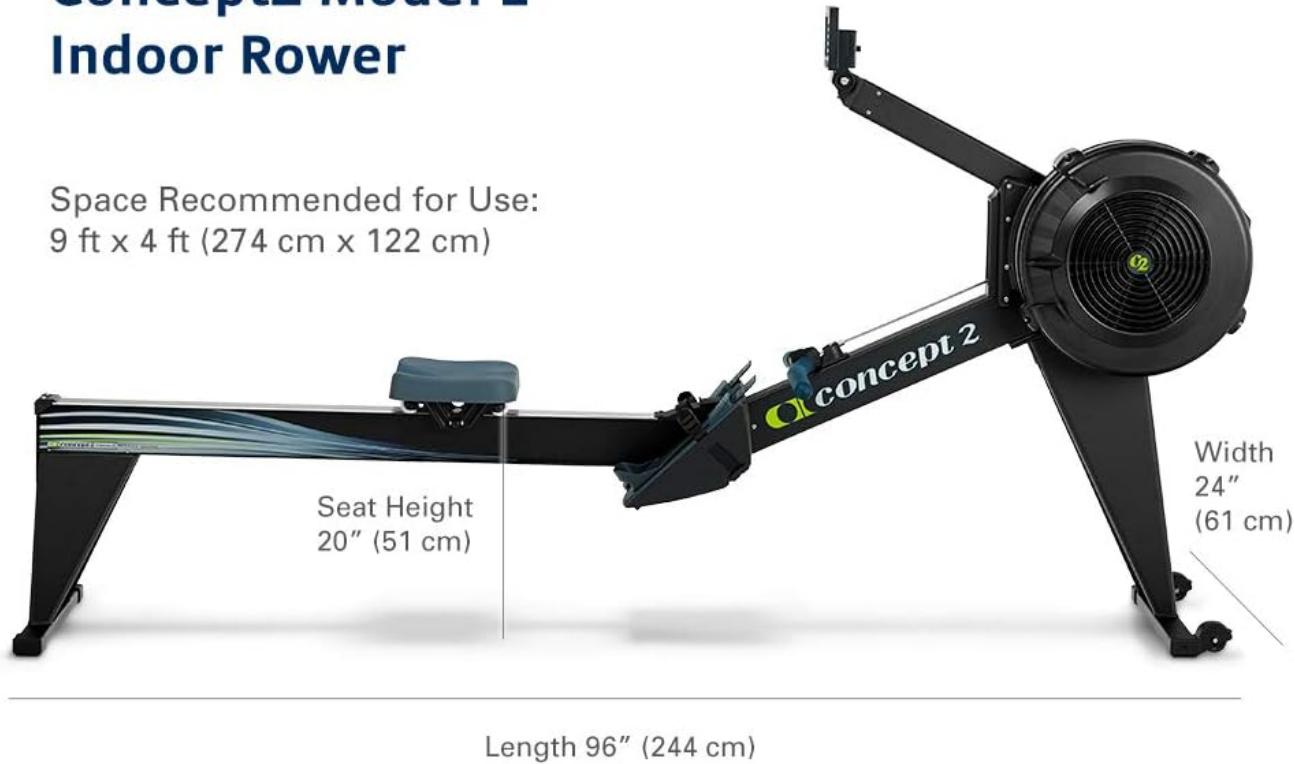


Image: A user interacting with the PM5 monitor, with text overlays indicating ANT+ and Bluetooth Connectivity, demonstrating its wireless capabilities.

5.5 Resistance Adjustment

The RowErg uses adjustable air resistance. The damper setting on the flywheel housing controls the amount of air entering the flywheel, mimicking the feel of a heavier or lighter boat. Adjust this setting to suit your preference and workout intensity.

6. MAINTENANCE

- Clean the Monorail:** Wipe the monorail with a cloth after each use to prevent dust and debris buildup, ensuring a smooth seat glide.
- Lubricate the Chain:** Apply a small amount of mineral oil or 3-in-1 oil to the chain every 50 hours of use or as needed. Wipe off excess.
- Check for Loose Fasteners:** Periodically inspect all bolts and screws and tighten if necessary.
- Clean the Flywheel:** If dust accumulates inside the flywheel enclosure, it can be carefully opened for cleaning. Refer to the full user manual for detailed instructions.
- PM5 Battery Replacement:** Replace the D cell batteries in the PM5 monitor when the low battery indicator appears.

7. TROUBLESHOOTING

- PM5 Not Turning On:** Check if the D cell batteries are correctly installed and have sufficient charge. Replace if necessary.

- **Rough Seat Glide:** Clean the monorail thoroughly. If the issue persists, inspect the seat rollers for damage or wear.
- **Unusual Noises:** Inspect the chain for proper lubrication. Check for any loose components or foreign objects near the flywheel.
- **Inaccurate PM5 Readings:** Ensure the PM5 is securely attached and that the flywheel is spinning freely. Recalibrate if an option is available in the PM5 settings.

8. SPECIFICATIONS

Feature	Detail
Model Name	RowErg Tall
Model Number	2716
Resistance Mechanism	Air
Product Dimensions (LxWxH)	96"D x 24"W x 20"H (244 x 61 x 51 cm)
Stored Dimensions (LxWxH)	47"L x 27"W x 54"H (120 x 69 x 138 cm)
Item Weight	29 Kilograms (64 lbs)
Maximum Weight Recommendation	500 Pounds (227 kg)
Frame Material	Alloy Steel, Aluminum
Monitor	Performance Monitor 5 (PM5)
Metrics Measured	Distance, Speed, Pace, Calories Burned, Watts
Power Source (PM5)	Battery Powered (2 D batteries included)
Connectivity (PM5)	ANT+, Bluetooth
Color	Black

8.1 Model E vs. Model D

The Model E (RowErg Tall) features a higher seat height compared to the Model D, making it easier to get on and off, particularly for individuals with mobility considerations.



Image: A side-by-side comparison of the Concept2 Model E and Model D, highlighting the difference in seat height (Model E: 20" / 51 cm, Model D: 14" / 36 cm).

9. WARRANTY INFORMATION

The Concept2 RowErg comes with a comprehensive warranty:

- **5-Year Frame Warranty:** Covers the structural frame components.
- **2-Year All Parts Warranty:** Covers all other parts, excluding normal wear and tear items.

For full details and terms, please refer to the official warranty documentation included with your product or visit the Concept2 website.

10. SUPPORT & CONTACT

For additional assistance, technical support, or to order replacement parts, please contact Concept2 customer service. You can also find a digital version of this user manual and other resources on the official Concept2 website.

Official User Manual (PDF): [Download Here](#)

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Related Documents

	<p>Concept2 RowErg: Standard vs. Tall Legs and Naming Guide</p> <p>Explore the differences between Concept2 RowErg standard and tall leg models, understand the naming convention change from Model D/E, and learn about retrofitting options.</p>
	<p>Concept2 RowErg Product Manual: Setup, Technique, and Maintenance</p> <p>Comprehensive guide to the Concept2 RowErg indoor rower, covering setup, proper rowing technique, daily and periodic maintenance, damper settings, and warranty information.</p>
	<p>Concept2 RowErg Product Manual</p> <p>This manual provides instructions and safety guidelines for the Concept2 RowErg machine, covering setup, proper rowing technique, maintenance, and warranty information.</p>



Concept2 PM5 Performance Monitor Quick Start Guide

Learn how to use the Concept2 PM5 Performance Monitor for RowErgs, SkiErgs, and BikeErgs. This guide covers setup, workout recording, connectivity, firmware, calibration, and troubleshooting.

Documents - Concept2 – 2716

concept2 INDOOR ROWER PRICING

Indoor Rower Prices

ITEM	COLOR	PART #	PRICE EACH*	PRICE FOR 5 OR MORE IN ONE ORDER*
MODEL D with PM5	GRAY	2711-US	\$900	\$850
MODEL D with PM5	BLACK	2712-US	\$900	\$850
MODEL E with PM5	GRAY	2713-US	\$1100	\$1050
MODEL E with PM5	BLACK	2714-US	\$1100	\$1050
DYNAMIC with PM5	GRAY	2714-US	\$1100	N/A

*Plus shipping. All prices in USD and are subject to change without notice. See other side for shipping information. For standard shipping, add applicable sales tax.

Where to Buy

By selling factory direct, Concept2 eliminates the middleman so that we can provide our customers with the best value. If you live in the US or Canada, you can purchase directly from us by ordering at concept2.com or by calling 800-998-9898. concept2.com is open 24 hours a day, 7 days a week.

Payments

We require payment by MasterCard, VISA, Discover or check (payable to Concept2, Inc.) prior to shipping.

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Rower OrderForm concept2 files us indoor rowers

INDOOR ROWER PRICING Indoor Rower Prices ITEM MODEL D with PM5 COLOR GRAY PART # 2711-US PRICE EACH* 900 PRICE FOR 5 OR MORE IN ONE ORDER* 850 MODEL D with PM5 BLACK 2712-US 900 850 MODEL E with PM5 GRAY 2713-US 1100 1050 MODEL E with PM5 BLACK **2716-US 1100 1050 DYNAMIC...**

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concept2 PRODUCT PRICING

Indoor Rower Prices

ITEM	COLOR	PART #	PRICE EACH*	PRICE FOR 5 OR MORE IN ONE ORDER*
BIKEERG with PM5	BLACK	2900	\$900	\$850
BIKEERG with PM5	GRAY	2711	\$900	\$850
BIKEERG with PM5	BLACK	2712	\$900	\$850
BIKEERG with PM5	GRAY	2713	\$1100	\$1050
BIKEERG with PM5	BLACK	2714	\$1100	\$1050
DYNAMIC with PM5	GRAY	2714	\$1100	N/A
SKIERG with PM5	BLACK	2715	\$770	\$700
SKIERG FLOOR STAND	BLACK	2720	\$180	\$170

*Plus shipping. All prices in USD and are subject to change without notice. See other side for shipping information.

Where to Buy

By selling factory direct, Concept2 eliminates the middleman so that we can provide our customers with the best value. If you live in the US or Canada, you can purchase directly from us by ordering at concept2.com or by calling 800-998-9898. concept2.com is open 24 hours a day, 7 days a week.

Payments

We require payment by MasterCard, VISA, Discover or check (payable to Concept2, Inc.) prior to shipping.

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RowerSkiErg OrderForm concept2 files us indoor rowers

PRODUCT PRICING ITEM COLOR PART # PRICE EACH* PRICE FOR 5 OR MORE IN ONE ORDER* BIKEERG with PM5 BLACK 2900 990 950 MODEL D with PM5 GRAY 2711 900 850 MODEL D with PM5 BLACK 2712 900 850 MODEL E with PM5 GRAY 2713 1100 1050 MODEL E with PM5 BLACK **2716 1100 105...**

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concept2 ORDERING & SHIPPING

Ordering & Shipping

ITEM	PART #	PRICE \$*	QTY	TOTAL COST
MODEL D with PM5	PN 2711-Global Gray	£980	£817*	
MODEL D with PM5	PN 2712-Global Black	£980	£817*	
MODEL E with PM5	PN 2713-Global Gray	£1060	£1007*	
MODEL E with PM5	PN 2714-Global Black	£1060	£1007*	

All prices include VAT.

To order the Dynamic Indoor Rower, please call Concept2 at 0115 9340140.

SHIPPING COST

There is no charge for next day delivery throughout mainland Great Britain. For delivery to Ireland or delivery before midday, please contact Concept2.

Delivery outside the mainland is as follows:

Isle of Wight: £60
 Channel Islands: £90
 Isle of Man: £60
 Northern Ireland: £60
 Republic of Ireland: £90
 Scotland: £90

Delivery cost shown is per machine. Non-mains powered machines can take 3-4 working days.

PAYMENT

To pay by credit or debit card, please phone or fax to Concept2. Payment by credit or debit card can be made at Concept2.co.uk. To pay by cheque, please make payable to Concept2 Ltd.

A quantity discount on price (less about 10%) is available for purchases of five or more rowers. This discount is applied to the total cost of the order, not to the cost of individual rowers delivered as one shipment to one address.

SATISFACTION GUARANTEE

If you are not satisfied for any reason, return the product within 30 days of delivery and we will refund the purchase price. The purchaser is responsible for the cost of return delivery.

Note: You must notify Concept2 prior to returning a machine for a refund.

SHIPPING ADDRESS (print or type)

Name _____
 Address _____
 County _____ Postcode _____
 Day Phone _____
 Email _____

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ORDERING SHIPPING ITEM MODEL D with PM5 MODEL E with PM5 PART # PN 2711-Global Gray PN 2712-Global Black PRICE 145 * 860 817* QTY TOTAL COST PN 2713-Global Gray 1060 1007* PN **2716-Global Black All prices include VAT. To order the Dynamic Indoor Rower, please call Concept2 at 0115 9340140...**

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ORDERING SHIPPING ITEM MODEL D with PM5 MODEL E with PM5 SKIERG with PM5 SKIERG FLOOR STAND PART # PN 2711 Gray PN 2712 Black PN 2713 Gray PN **2716** Black PN 2715 Black PN 2720 Black PRICE 14 5 * 860 817 QTY TOTAL COST 1060 1007 700 665 180 171 All prices include VAT. To order the Dynamic...
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PRODUCT PRICING ITEM COLOR PART # PRICE EACH* PRICE FOR 5 OR MORE
IN ONE ORDER* BIKEERG with PM5 BLACK 2900 990 950 MODEL D with PM5
GRAY 2711 900 850 MODEL D with PM5 BLACK 2712 900 850 MODEL E with PM5
GRAY 2713 1100 1050 MODEL E with PM5 BLACK **2716** 1100 105...

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