

## 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.

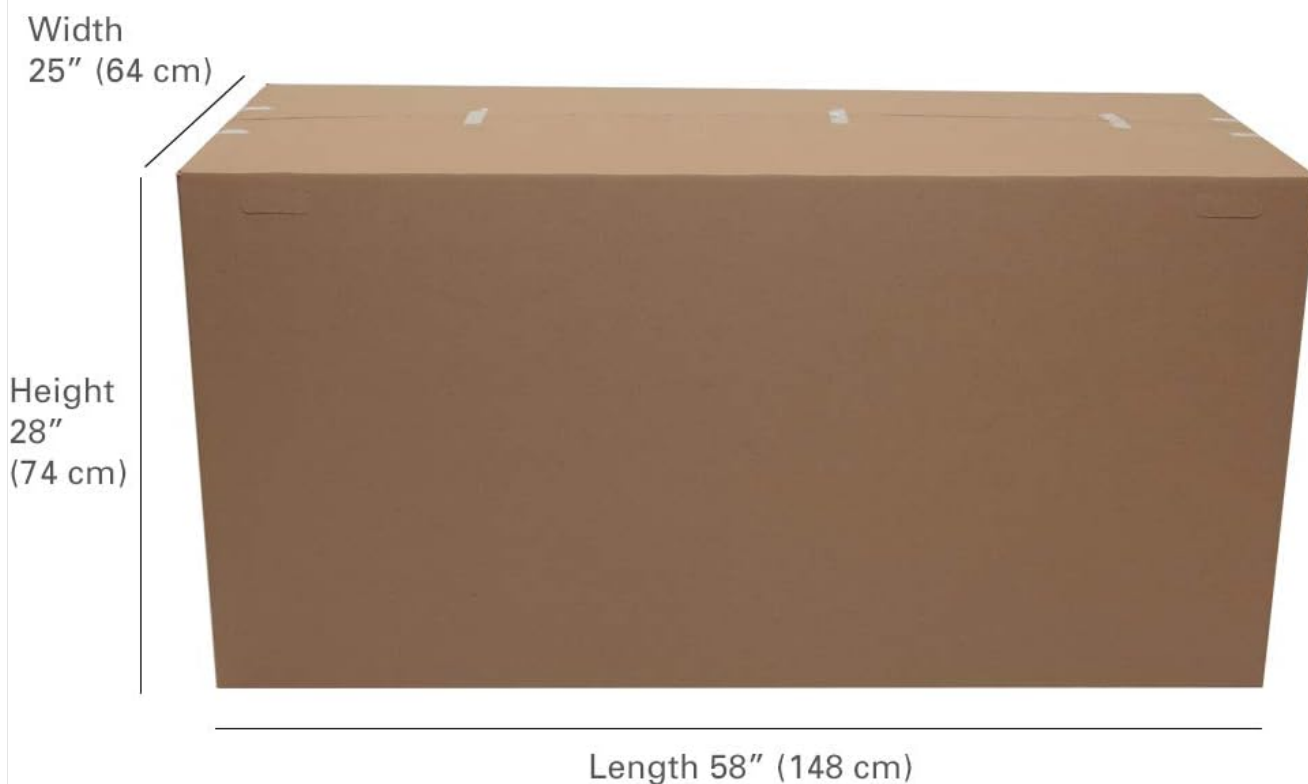
### 3. PACKAGE CONTENTS

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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.

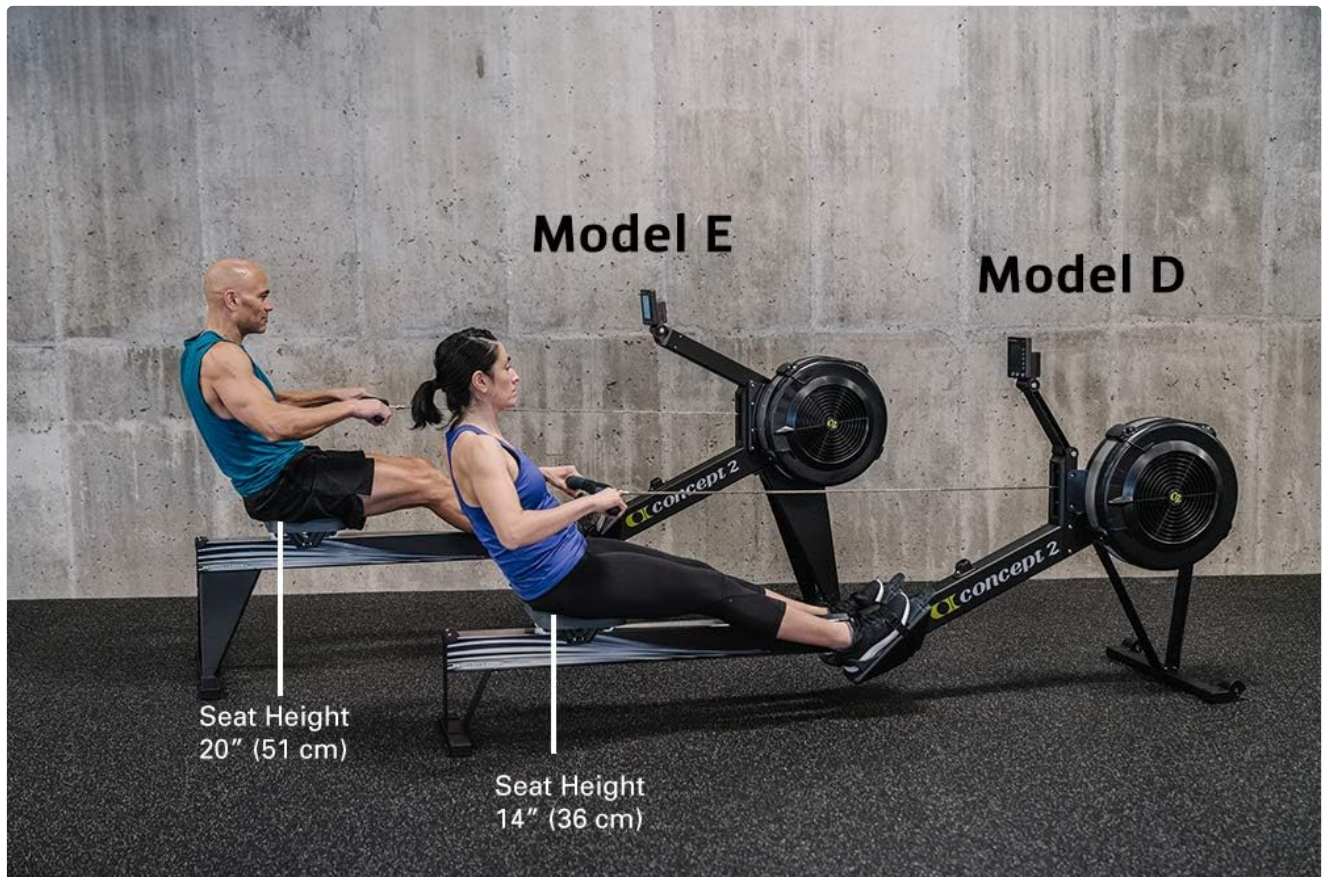
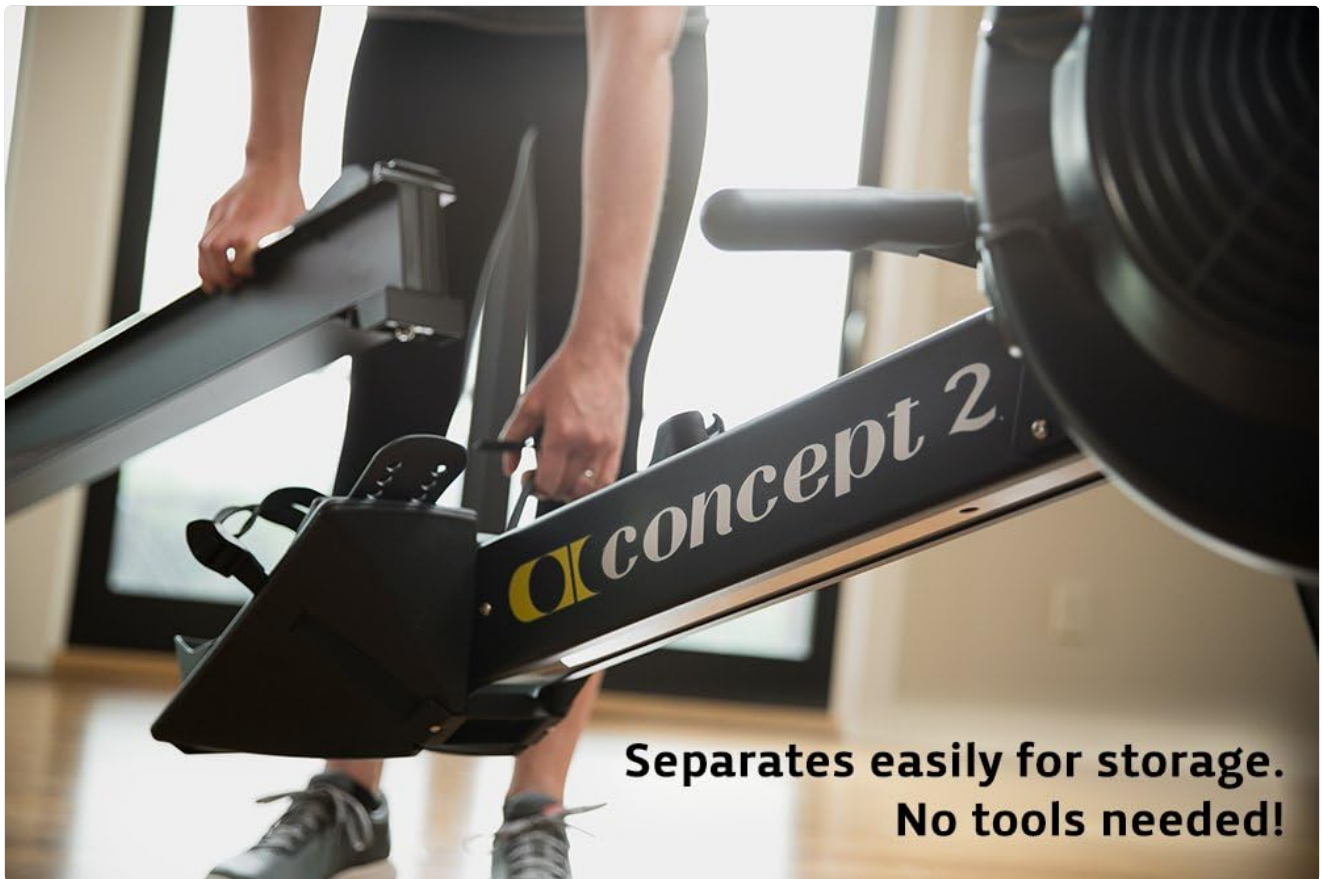


Image: The Concept2 Model E Indoor Rower with its key dimensions: Length 96" (244 cm), Width 24" (61 cm), and Seat Height 20" (51 cm).

### 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.



**Separates easily for storage.  
No tools needed!**

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)



Width  
27"  
(69 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

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### 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

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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.



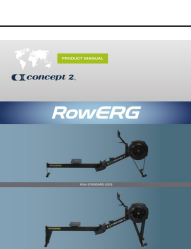
For full details and terms, please refer to the official warranty documentation included with your product or visit the Concept2 website.

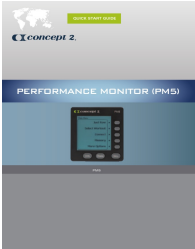
## 10. SUPPORT & CONTACT

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](#)

### Related Documents

	<p><a href="#">Concept2 RowErg: Standard vs. Tall Legs and Naming Guide</a></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><a href="#">Concept2 RowErg Product Manual: Setup, Technique, and Maintenance</a></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><a href="#">Concept2 RowErg Product Manual</a></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

### Indoor Rower Pricing

ITEM	COLOR	PART #	PRICE EACH*	PRICE FOR 5 OR MORE IN ONE ORDER*
MODEL D with PM5	GRAY	2711-000	\$900	\$850
MODEL D with PM5	BLACK	2712-000	\$900	\$850
MODEL E with PM5	GRAY	2713-000	\$1100	\$1050
MODEL E with PM5	BLACK	2716-000	\$1100	\$1050
DYNAMIC with PM5	GRAY	2714-000	\$1250	N/A

\*This pricing is in USD and is subject to change without notice. See other sites for shipping information. For residents of Germany, 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](http://concept2.com) or by calling 800.530.5470 (Monday-Friday 7:30 a.m. to 5 p.m. ET).

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

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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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### PRODUCT PRICING

ITEM	COLOR	PART #	PRICE EACH*	PRICE FOR 5 OR MORE IN ONE ORDER*
BIKEERG with PM5	BLACK	2900	\$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	\$1050
DYNAMIC with PM5	GRAY	2714	\$1250	N/A
SKEETS with PM5	BLACK	2715	\$750	\$700
SHEDDING FLOOR STAND	BLACK	2700	\$180	\$170

\*This pricing is in USD and is subject to change without notice. See other sites for shipping information. For residents of Germany, add applicable sales tax.

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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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### ORDERING & SHIPPING

ITEM	PART #	PRICE	QTY	TOTAL COST
MODEL D with PM5	PN 2711-Global Gray PN 2712-Global Black	€980 €1007*		
MODEL E with PM5	PN 2713-Global Gray PN 2716-Global Black	€1060 €1087*		

All prices include VAT.  
To order the Dynamic Indoor Rower, please call Concept2 at 0115 9340140.  
\* Applicable quantity discount applies for orders of five or more indoor rowers.

**SHIPPING COST**  
There is no charge for next day delivery throughout mainland Great Britain. For Scotland, delivery or delivery before noon, please contact Concept2.  
Delivery outside the mainland is as follows:  
Ile of Wight £10  
Channel Islands £80  
Isle of Man £80  
Northern Ireland £80  
Republic of Ireland £80  
Scottish Isles £80  
Rest of Europe please call for delivery information  
Delivery cost shown is per machine. Non-mainland deliveries can take 3-4 working days.

SUBTOTAL	
SHIPPING	
TOTAL	

**TO ORDER**  
ONLINE: [CONCEPT2.CO.UK](http://CONCEPT2.CO.UK)  
PHONE: 0115 9340140  
FAX: 0115 9861198

**PAYMENT**  
To place an order, please phone Concept2 on 0115 9340140 or order online at [concept2.co.uk](http://concept2.co.uk). To pay by cheque, please make the cheque payable to Concept2 Ltd. All payments must be made in sterling. Cheques are payable to one address.

**SATISFACTION GUARANTEED**  
If you are not satisfied for any reason, return your machine for a full refund of the purchase price. The purchase is non-refundable for all shipping charges and insurance.  
Note: You must notify Concept2 prior to returning a machine for a refund.

**SHIPPING ADDRESS** (print or type)  
Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
Country \_\_\_\_\_ Postcode \_\_\_\_\_  
Day Phone \_\_\_\_\_  
Email \_\_\_\_\_

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ORDERING SHIPPING Concept2 PAYMENT To pay by credit or debit card please phone on 0115

9340140 order online at concept2.co.uk cheque make the payable to Ltd Rower OrderForm files indoor rowers |||

ORDERING SHIPPING ITEM MODEL D with PM5 MODEL E with PM5 PART # PN 2711-Global Gray PN 2712-Global Black PRICE 14 5 \* 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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**concept 2** ORDERING & SHIPPING

ITEM	PART #	PRICE L-A	QTY	TOTAL COST
MODEL D with PMS	PN 2711 Gray PN 2712 Black	£960	£917	
MODEL E with PMS	PN 2713 Gray PN 2716 Black	£1060	£1007	
SKIERG with PMS	PN 2715 Black	£700	£665	
SKIERG FLOOR STAND	PN 2720 Black	£180	£171	

All prices include VAT  
To order the Dynamic Indoor Rower, please call Concept2 at 0115 9340140  
\* Appropriate quantity discount applies for orders of office or more machines

**SHIPPING COST**  
There is no charge for next day delivery throughout mainland Great Britain. For Scotland delivery or delivery outside mainland, please contact Concept2.  
Delivery outside the mainland is as follows:  
Ireland of Wales £10  
Channel Islands £20  
Isle of Man £60  
Northern Ireland £20  
Republic of Ireland £20  
Scottish Isles £20  
Isle of Scilly please call for delivery information  
Delivery cost shown is per machine. Non-mainland deliveries can take 3-5 working days.

**TO ORDER**  
ONLINE: CONCEPT2.CO.UK  
PHONE: 0115 9340140  
FAX: 0115 9361156

**PAYMENT**  
To order by credit or debit card, please phone Concept2 on 0115 9340140 or email orders@concept2.co.uk. To pay by cheque, please make the cheque payable to Concept2 Ltd. A quantity discount price (see above) is available on orders of five or more machines delivered to one address in one shipment.

**SATISFACTION GUARANTEED**  
Try our products for 30 days after arrival. If you are not satisfied for any reason, please return them for a full refund of the purchase price. The purchaser is responsible for all shipping charges and insurance.  
Note: You must notify Concept2 prior to returning a machine for a refund.

**SHIPPING ADDRESS** (print or type)  
Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
Country \_\_\_\_\_ Postcode \_\_\_\_\_  
Day Phone \_\_\_\_\_  
Email \_\_\_\_\_

9, CROFTON COURT, PETERborough, CONCEPT2 INDUSTRIAL ESTATE, NOTTINGHAM, NG2 2BN  
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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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**concept 2** PRODUCT PRICING

ITEM	COLOR	PART #	PRICE EACH*	PRICE FOR 5 OR MORE IN ONE ORDER*
BIKEERG with PMS	BLACK	2900	\$990	\$950
MODEL D with PMS	GRAY	2711	\$900	\$850
MODEL D with PMS	BLACK	2712	\$900	\$850
MODEL E with PMS	GRAY	2713	\$1100	\$1050
MODEL E with PMS	BLACK	2716	\$1100	\$1050
DYNAMIC with PMS	GRAY	2714	\$1250	N/A
BIKEERG with PMS	BLACK	2715	\$1750	\$1700
SKIERG FLOOR STAND	BLACK	2720	\$180	\$171

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

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Item	Color	Part #	Price Each*	Price for 5 or more in one order*
BIKEERG with PMS	BLACK	2900	\$990	\$950
MODEL D with PMS	GRAY	2711	\$900	\$850
MODEL D with PMS	BLACK	2712	\$900	\$850
MODEL E with PMS	GRAY	2713	\$1100	\$1050
MODEL E with PMS	BLACK	2716	\$1100	\$1050
DYNAMIC with PMS	GRAY	2714	\$1250	N/A
BIKEERG with PMS	BLACK	2715	\$1750	\$1700
SKIERG FLOOR STAND	BLACK	2720	\$180	\$171

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

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