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Concept2 2712

Concept2 Model D Rowing Machine User Manual

Model: Concept2 Model D

INTRODUCTION

Welcome to the user manual for your new Concept2 Model D Rowing Machine. This manual provides essential information for the assembly, operation, maintenance, and troubleshooting of your RowErg. Please read through these instructions carefully to ensure safe and effective use of your equipment. The Concept2 Model D is designed to provide a full-body workout, offering reliable performance data and connectivity options for an enhanced training experience.



Image: The Concept2 Model D RowErg Machine, a black and grey indoor rower, shown with a small black cleaning cloth. This image displays the full product as it would appear upon unboxing.

SETUP AND ASSEMBLY

The Concept2 Model D RowErg is designed for straightforward assembly. Follow these steps to set up your machine.

1. **Unpacking:** Carefully remove all components from the packaging. Verify that all parts listed in the included components section are present.
2. **Attach Front Legs:** Secure the front legs to the main frame using the provided screws and tools. The assembly typically involves 8 screws.
3. **Connect Monorail:** Slide the monorail into the main flywheel assembly until it clicks securely into place. No tools are required for this step.
4. **Install Performance Monitor (PM5):** Attach the PM5 monitor to its designated arm on the flywheel assembly. Ensure it is firmly seated.
5. **Install Device Holder:** Attach the smartphone/tablet device holder to the PM5 monitor arm.

The RowErg can be easily separated into two pieces for compact storage without the need for tools. This feature is ideal for homes or gyms with limited space.

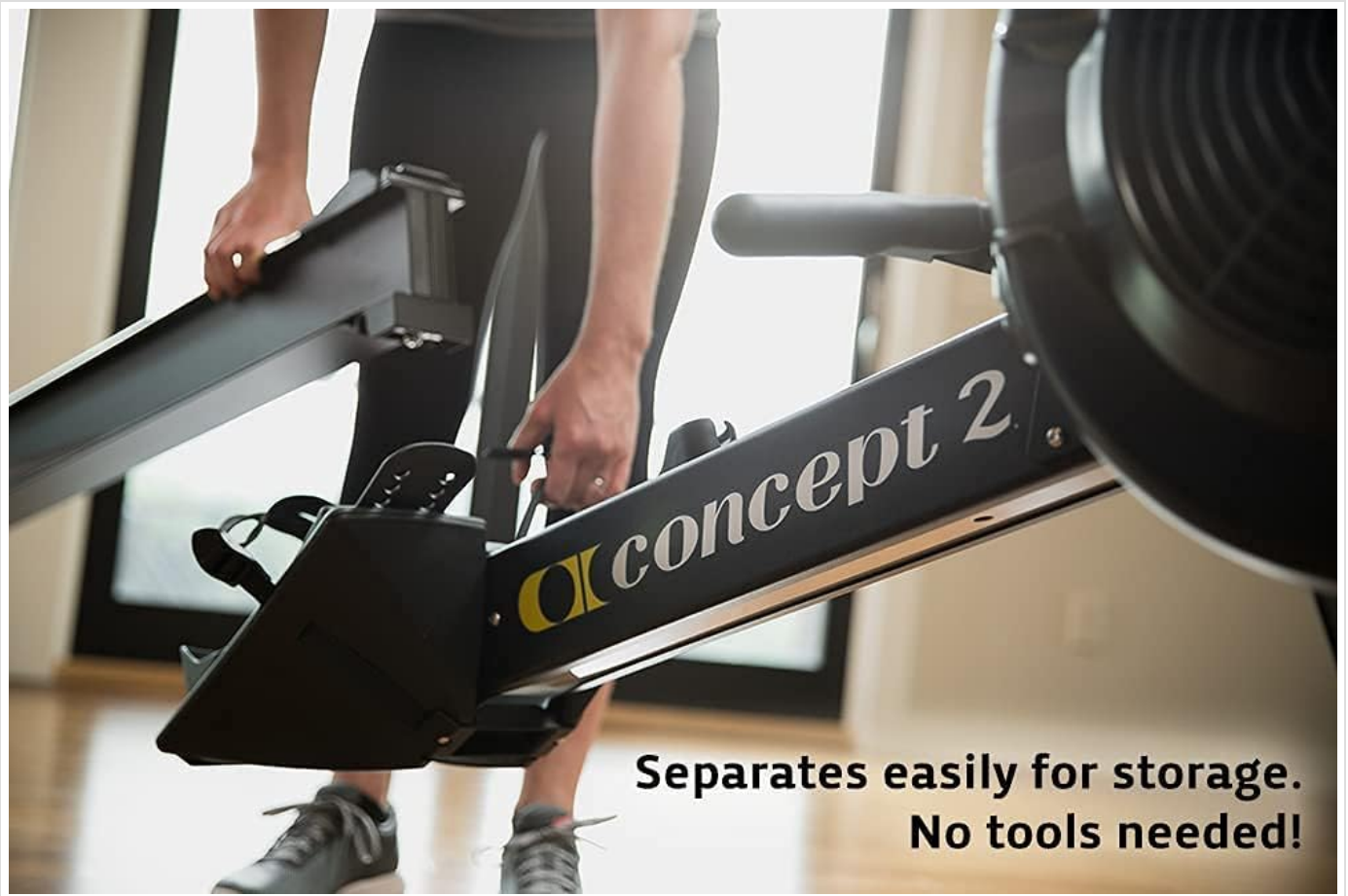


Image: A person demonstrating how the Concept2 Model D Rowing Machine separates into two pieces for easy storage. The monorail is being detached from the flywheel section.

Separates Easily for Storage

Height 54" (138 cm)



Width
25"
(64 cm)

Length 33" (122 cm)

Image: The Concept2 Model D Rowing Machine shown in its vertical storage position, highlighting its compact footprint when not in use. The flywheel section is upright, and the monorail is detached and stored alongside.

OPERATING INSTRUCTIONS

The Concept2 Model D RowErg provides an effective full-body workout. Familiarize yourself with its key features for optimal performance.

Performance Monitor 5 (PM5)

The PM5 monitor is standard with every RowErg and provides reliable, comparable data for each workout.

- **Modes:** The PM5 offers a simple "Just Row" mode or allows you to set up a variety of workouts.
- **Data Display:** It shows a wide range of data, including pace, watts, stroke rate, and Calories.
- **Data Storage:** Automatically stores workout information in its internal memory or to a USB drive.

Performance Monitor 5

(PM5)

Easy to Use

Includes Preset Workouts

Reliable Data

Wireless Connectivity

Measure meters, pace, watts and Calories

PM5 shown with included Smartphone Cradle

(Phone not included.)



Image: A close-up view of the PM5 Performance Monitor, displaying its menu options. A smartphone is shown mounted in the integrated cradle above the monitor.

Connectivity

The PM5 connects via Bluetooth to your smartphone or tablet and is compatible with over 30 different apps, including Concept2's own ErgData.

- **ErgData App:** Track your workouts, analyze performance, and sync data with the free ErgData app.
- **Third-Party Apps:** Explore online classes, coaching programs, and virtual racing options through compatible applications.
- **Device Holder:** The integrated device holder securely accommodates smartphones and tablets, making it easy to use apps during your workout.



Image: A user interacting with the PM5 Performance Monitor, with a graphic overlay indicating ANT+ and Bluetooth connectivity. This highlights the monitor's wireless capabilities.



Image: A smartphone displaying the Concept2 ErgData app, mounted above the PM5 Performance Monitor. The image emphasizes the ability to track workouts using the app.

Flywheel and Damper

The RowErg uses air resistance, allowing you to control your exertion and resistance with every stroke.

- **Resistance:** Your effort directly influences the resistance, providing a personalized workout.
- **Spiral Damper:** Easily adjust the airflow to the flywheel to change the feel of the stroke to your preference.
- **Noise Minimization:** The flywheel design minimizes noise while ensuring a smooth feel.

Ergonomics

- **Adjustable Footrests:** Quick and easy sizing to fit a wide range of shoe sizes.
- **Ergonomic Handle:** Designed with a 10-degree bend for comfortable rowing with a natural arm and hand position.
- **Seat Height:** The standard RowErg has a 14-inch seat height. An elevated version with a 20-inch seat height is also available for easier on/off access.



Image: A woman demonstrating proper rowing form on the Concept2 Model D Rowing Machine in a home setting. This illustrates the product in active use.

MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your Concept2 Model D RowErg.

- **Clean the Monorail:** Wipe the monorail with a cloth after each use to remove dust and sweat. This prevents wear on the rollers.
- **Inspect the Chain:** Periodically check the chain for dirt or stiffness. Apply a small amount of chain oil (e.g., 3-in-1 oil or 20W motor oil) if needed, wiping off any excess.
- **Check Screws and Fasteners:** Ensure all screws and fasteners are tight. Retighten if necessary.
- **Clean the Flywheel:** Occasionally, open the flywheel cover and vacuum out any dust or debris.
- **PM5 Care:** Keep the PM5 monitor clean and dry. Avoid using abrasive cleaners.

TROUBLESHOOTING

If you encounter issues with your Concept2 Model D RowErg, refer to the following common solutions.

Problem	Possible Cause	Solution
PM5 not turning on	Low batteries; loose connection	Replace D-cell batteries; check cable connection to flywheel.
Inaccurate PM5 data	Dirty flywheel; PM5 firmware outdated	Clean flywheel; update PM5 firmware via Concept2 Utility.
Rough or noisy chain	Chain needs lubrication; debris in chain housing	Lubricate chain with recommended oil; inspect and clean chain housing.
Seat not gliding smoothly	Dirty monorail; worn rollers	Clean monorail thoroughly; inspect seat rollers for damage and replace if necessary.

For further assistance, please refer to the official Concept2 support resources or contact customer service.

SPECIFICATIONS

Detailed specifications for the Concept2 Model D Rowing Machine.

- **Model Name:** Concept2 Model D
- **Resistance Mechanism:** Air
- **Assembled Dimensions (Approximate):** Length 96 inches (244 cm), Width 24 inches (61 cm), Seat Height 14 inches (36 cm)
- **Space Recommended for Use:** 9 ft x 4 ft (274 cm x 122 cm)
- **Maximum Weight Recommendation:** 500 Pounds
- **Item Weight:** 57 Pounds
- **Frame Material:** Aluminum
- **Color:** Black
- **Monitor:** Performance Monitor 5 (PM5)
- **Connectivity:** Bluetooth, ANT+
- **Power Source (PM5):** Corded Electric (for charging/powering PM5, but primarily D-cell batteries for operation)
- **Included Components:** Concept2 Model D RowErg, Performance Monitor 5 computer (PM5), Smartphone Cradle, User Manual, PM5 Quick Start Guide, tools and illustrated assembly instructions.

CONCEPT2 ROWERG WITH STANDARD LEGS



Image: A diagram illustrating the dimensions of the Concept2 RowErg with standard legs, including length, width, and seat height, along with recommended usage space.

WARRANTY AND SUPPORT

Your Concept2 Model D RowErg comes with a limited warranty to ensure your peace of mind.

- **Warranty Description:** Limited 2-year and 5-year warranty included. Please refer to the official Concept2 warranty documentation for full details on coverage and terms.
- **Customer Support:** For technical assistance, parts, or warranty claims, please visit the official Concept2 website or contact their customer service department directly.
- **Online Resources:** Additional support, FAQs, and instructional videos may be available on the Concept2 website.

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ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question