

CONCEPT 2 Model D INDOOR ROWER

Model D improvements

New colour

Newly engineered
flywheel - softer

PM3 Monitor -
improved



Ergonomically
improved

The Model D is the next wave of indoor rowing. This machine is the culmination of 20 years of expert design and manufacturing by Concept 2.

Benefits of training on the Indoor Rower:

- User can achieve a full body workout using all the major muscle groups
- Both cardiovascular and muscular workouts are achieved
- Motion is smooth and impact free on joints of the body
- Indoor rowing is a better way to increase cardio endurance than many other endurance sports (rowers on average have the highest absolute oxygen consumption)
- Ideal cross-training alternative as all the major muscle groups are exercised including both upper and lower limbs
- Ideal for weight control (studies show that Indoor Rowing burns calories at the same rate as running 13km / hr, about 350 calories / 30minutes)
- Very quiet cardio machine in comparison to other equivalent equipment
- Easy to move and store
- Does not require electricity

The Concept 2 Indoor Rower is unlike any other piece of fitness equipment!

ROWSport

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