

## concept 2 performance monitor manual



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## Book Descriptions:

# concept 2 performance monitor manual



Visit our comparison page. If your PM5 is running an older firmware version, your menu options may be different than those shown below Just Row, Select Workout, Connect, Memory, More Options. We recommend running the most current firmware version available. Also displays total time or meters elapsed as appropriate for the workout type. For more information, see Understanding and Changing Units at right. For more information, see Understanding the Monitor Display options at right. When the monitor is on, pressing this button displays the previous menu. After a workout, press this button to end the workout and return to the Main Menu. Typically used in conjunction with the Venue Race Application. For more information, see the USB Flash Drive section at right. If you are ever instructed to reset the monitor using the button on the back, this is the button to use. Depress it gently using a paper clip or pen. The cable must be plugged in for the monitor to operate. Please try again. Please try again. A Performance Monitor 5 computer, One Model D User Manual, One Performance Monitor Quick Start Guide, tools and illustrated assembly instructions Users with an inseam of 38 inches 96.5 cm or more may require an extralong monorail. In order to navigate out of this carousel please use your heading shortcut key to navigate to the next or previous heading. In order to navigate out of this carousel please use your heading shortcut key to navigate to the next or previous heading. In order to navigate out of this carousel please use your heading shortcut key to navigate to the next or previous heading. Register a free business account Please try your search again later. The Model D fits your goals and your budget, offering a low impact exercise accessible to anyone of any age. It is commercial grade for use in home or gyms. Seat is at a 14" 36 cm height. For storage, the monitor arm can be tucked away. The monitor angle can be adjusted. Oil every 40 hours of use. Solid one piece front leg. <http://valleyrentals.com/userfiles/falcon-4-bms-manual-download.xml>

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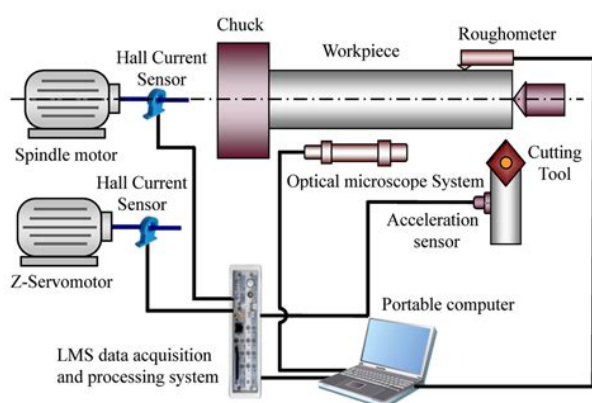
When done training, you can quickly break down the rower into two segments for storage or use the included caster wheels for easy transport. The Concept 2 Rower provides one of the more comprehensive, fullbody workouts of any fitness machine. Engineered to last a lifetime, its low impact enough for use in physical rehabilitation centers, and intensive enough to be used by the worlds fittest athletes. To calculate the overall star rating and percentage breakdown by star, we don't use a simple average. Instead, our system considers things like how recent a review is and if the reviewer bought the item on Amazon. It also analyzes reviews to verify trustworthiness. Please try again later. Bailey 5.0 out of 5 stars We thought long and hard before buying a rowing machine, in part because of the financial commitment and in part because we live in a small apartment and really dont need a clothes hanger. Settling on the Concept 2 Model D was easy. I was tempted by the luxurious looking wooden water rowers smaller footprint, easier storage, more home friendly appearance. But, the gym has the Concept 2, and my experience has been that the air blowing from the fan chamber keeps you cool while working out. Rowing in dead air did not seem attractive. Another factor is that we were familiar with the quality of this machine. It will outlast us. This machine rides like a Cadillac. It is smooth and quiet. The fan is the only source of noise. The seat glides in near silence and the chainpully thing is also nearly silent. There is no noise transmitting into the floor. I can also watch TV at just over normal volume and hear everything. Having this machine in the house is great. A 15 minute workout in the morning takes 15 minutes and 30 seconds. There is no packing a gym bag, no back and forth to the gym, no OMG moment when you realize you forgot your shower shoes. Just hop on, row and relax, then proceed with your normal routine at home. Did I mention this machine is smooth.<http://ruxthai-guesthouse-chiangmai.com/userfiles/falcon-4-manual-allied-force.xml>



We have no regrets with this choice. It's easy on the joints and packs a lot of exercise into a little amount of time. Seriously, get a rower. I looked at many brands and was put off by the negative reviews that inevitably found a glaring dealbreaker in every rower I examined. But time and again, one rower came up as recommended—and with no dealbreaking issues Concept 2 Model D. Upon receiving the unit which was shipped in perfect shape and in just two days from Amazon, my son and I had it moved downstairs, out of the box, set up, and operating in just 15 minutes. Outstanding design. Simply one of the easiest to assemble pieces of exercise equipment I have ever used. What immediately strikes you about the Concept 2 Model D is how wellmade it looks and feels. Every piece of this device is best in class. Other rowers just don't compare. The Concept 2 Model D is a Tesla among Yugos when it comes to airresistance rowers. Everything from the manuals to the box it came in screams quality. You are getting your money's worth, and that feels good in this day and age. CONS Seat may not be comfortable for some people—the main reason for a star loss. Ah, the seat. For me, it's the Achilles heel of the unit. I hate the seat. For whatever reason, it irritates my tailbone despite having a cutout section to account for this. My wife and son also use the rower and have no complaints about the seat or anything else about the rower. In truth, I don't have much of a keister for a man my size, so it's not like I'm overflowing the seat, which is generously sized. I'm unclear why this is a problem. So, while everything else about the unit is superb, I find the seat very uncomfortable. YMMV. I understand gel seat covers for Concept 2 Model D rower exist, and I am considering buying one. If not for this issue, I'd have nothing bad to say about the Concept 2 Model. So, perhaps not a dealbreaker, but still a little bit of a disappointment in an otherwise perfect product.

The differences are enormous and worth it. Most people will opt for the Model D, and it's the bestseller. When you enjoy an exercise machine and it works perfectly, you'll use it more, which is the whole point. With the exception of my feelings about the seat, everything else about the Concept 2 Model D is a joy. Really, just buy it. You'll love the you it helps you create. For starters, it's a great product. Quality build, smooth row, bla bla bla read all the other reviews about those things. 1. I'm a normal 6ft skinny fat guy. I'd like to build muscle as I row by having resistance. This is not the machine to do it. Even on max dampener setting unless you're going as fast as you can there isn't that much resistance. This is 95% a cardio only machine. Might work a few back muscles, which is nice, but that's it. 2. The stock screen feels like 80s technology. The screen is so simple it is actually

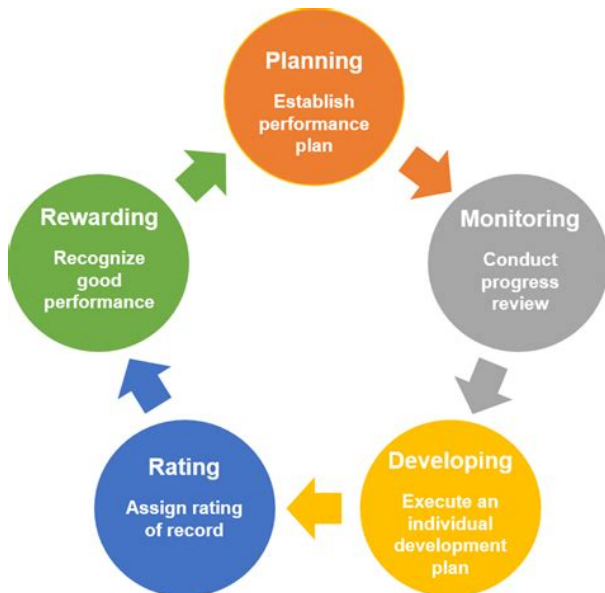
complicated and so low budget you cant do a whole lot with it. I assume its their way of tricking you to subscribe to their rowing program 3. The wheels to move it around dont work well on carpet. 4. Its loud. Youll need headphone if youre trying to watch TV while rowing unless you want to crank the volume all the way up. Loud enough to merit 1 star. 5. Price. Id be fine with a lot of these faults if it wasnt costing a premium for them. After months and months of research into various makes of rower I purchased the Concept2 Model D rower in black and I am so glad we did. It is fantastically smart in the black colour. We investigated many types of rower from magnetic, to air resistance at various price points and found nothing that came close to the Concept2. Whilst not cheap, the rower features absolutely rock solid build quality, features and ease of use and hence why its the default choice in most commercial gyms.



<http://afreecountry.com/?q=node/4249>

Once we decided that Concept2 was the best model we did consider purchasing a second hand model from various auction sites but the rower holds its value incredibly well and for not much more money you can get a new rower with full warranty safe in the knowledge that it hasnt been abused. This isnt much more than a good gym membership either and had the convenience of being at home. Many rowers are more expensive too. We have had this rower for about three weeks now and we are already starting to feel leaner and fitter and me and my wife are now competing against each other. It is so easy when we dont have much time to have a row each night. The rower itself is pretty heavy but comes in two sections that simply click together. 8 bolts are supplied along helpfully with the tool to tighten them to attach the legs and this literally took 5 mins and we were ready to row. I am 6ft 4 and have no issues. I believe Concept2 recommend a space if 9ft by 4ft but more details on their website which was helpful in placement. The PM5 computer came with latest firmware and D batteries preinstalled. These charge off the rower when in use which is an added bonus. The PM5 is very clear, easy to use and features a wide range of rowing options and even a few games like fishing and darts to change exercise routine. We use the free Concept2 Ergdata app which runs on smartphones to track our progress and thus helpfully uploads data to our online logbook which is also free on the Concept2 website. This runs off Bluetooth so is wireless. I believe results can be saved to USB pen also if needed but app was easier for us. The Concept2 website is fantastic, as it offers a free online logbook which you can track your progress, compare with others of similar ability and challenge people. In addition there are tons of useful guides, videos and daily challenges if you sign up on the website which was really helpful. In particular the technique videos where really good and easy to understand.

<https://www.efg-badoeynhausen.de/images/casio-edifice-egw-500-manual.pdf>



In use, the Rower is pretty quiet and whilst there is some wind noise I can easily listen to music or watch to with the volume up a bit. Sorry, we failed to record your vote. Please try again Nicht umsonst sieht man exakt dieses Gerät in so ziemlich jedem Video über RuderTechniken. Top, 5 Sterne. Was ich selbst jedoch schwierig fand, herauszufinden kriege ich meine Trainings in die Apple Health App rein. Die Antwort ist ja. Ich habe dem PM5 per Bluetooth an mein iPhone gekoppelt. Von Concept 2 gibt es die kostenlose App mit dem schrecklichen Namen ErgData. Diese zeigt während der Benutzung die Daten des Rudergeräts an, im Prinzip ein zusätzliches Display. Es gibt auch eine passende Halterung, mit der ihr das Handy oben über dem PM5 anbringen könnt. Und am Ende eures Trainings wird dieses auch in die Health App überführt und bringt euch beim Schließen eures Rings auf der Apple Watch vorwärts. Wie gesagt hatte ich Probleme, diese Info zu finden und hoffe, sie hilft euch weiter! Sorry, we failed to record your vote. Please try again Really sturdy machine as you'd expect, this is gym quality designed to be used all day long every day. PM5 monitor is great and hooks up via Bluetooth to erg monitor software on my phone to record sats online. Bought this to complement my cycling training to work upper body, this does everything. Very easy to put together and simply comes apart for storage, it is a long machine.! Only problem it's caused me is blisters on my hands, my working in IT I've not done a hard day's graft in my life. Sorry, we failed to record your vote. Please try again Il est tres agreable a utiliser et confortable. Neanmoins il faut savoir que Ce rameur est vraiment encombrant et necessite une grande piece. Les roulements du siege un peu cheap a mon gout laissent des petites traces noires sur le rail qui doit etre nettoye apres chaque utilisation. La notice est vraiment succinte mais sur le net on trouve aisement plus de renseignements.

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Le prix peut paraître élevé mais est justifié par la qualité et la facilité de revente à bon prix sur le net. Le montage est très simple 8 vis et l'emballage soigné. Poids du colis 31 kgs. Seul grief le rail et les roulettes franchement pénibles à nettoyer. Cet appareil que j'utilise maintenant 1 h quotidiennement depuis 4 mois ne pas fait pas perdre de poids, ce n'était pas le but, mais par contre j'ai repris du muscle et perdu de la graisse. Mes dernières analyses sanguines se sont nettement améliorées. Alors oui, même pour des seniors cet appareil est utile. Reste à vouloir faire l'effort !!! Sorry, we failed to record your vote. Please try again Deshalb war ich auf der Suche nach einer effektiven sportlichen Tätigkeit, die ich zuhause ausführen kann, ohne, dass ich in Fitnesscenter oder Sporthallen für ein Training hin und zurückfahren muss. Meine Erwartungen waren relativ simpel Effektives Ausdauertraining für zuhause. Durch einen Arbeitskollegen, der in einem Ruderclub aktiv ist, bin ich auf Concept2 gestoßen und war prinzipiell sehr offen, also habe ich ohne viel zu überlegen das Gerät gekauft, mit dem Hintergedanken es eventuell wieder zu verkaufen da sehr beliebt, wenn es mich nicht mehr freut. Nach mehr als einem Jahr regelmäßigen Training ziehe ich meine Bilanz. Ich bin nach wie vor sehr begeistert und motiviert. Wenn mir mal nicht danach ist zu trainieren, dann schaue ich etwas interessantes nebenbei. Das hat mir immer geholfen den inneren Schweinehund zu besiegen.. Im Gegensatz zum Laufen und Radfahren ist das Rudern eine Sportart, welche sowohl Ober als auch Unterkörper in das Training einbindet. Seitdem ich am Rudergerät trainiere, habe ich keine Ruckschmerzen vom langen Sitzen mehr. Des Weiteren ist Rudern gelenkeschonender als Laufen.. Ich fühle mich sehr fit, wie schon lange nicht mehr, kann dadurch auch viel besser schlafen. Es gibt auch die Möglichkeit sich per Bluetooth ans PM zu verbinden und Statistiken abzurufen bzw.

Leider sind jedoch viele Apps, die das PM bedienen, etwas überteuert und die offizielle App von Concept2 ist schon sehr veraltet. Das Prinzip, dass man jedoch mit Freunden Live Rowing betreiben konnte, finde ich jedoch spannend und cool.. Die Lautstärke des Gerätes hängt stark von der Intensität ab. Es gibt ein eher höherfrequenten Geräusch von sich, einerseits gut, da es keine starken Vibrationen von sich gibt und sich Nachbarn nicht gleich aufregen werden, andererseits muss ich gestehen, dass es einen während dem Training mit der Zeit auch nerven kann. Deshalb verwende ich gute InEar Kopfhörer, um den Lärm zu dämmen, das gelingt mit den Monitorkopfhörern Shure 215 sehr gut. Fazit Ich bin sehr glücklich, dass ich eine gute Möglichkeit

gefunden habe, effektives Ausdauertraining für zuhause zu betreiben. Vor allem, da ich nach einem Jahr noch immer motiviert bin, was ich von früheren sportlichen Tätigkeiten Fitnesscenter nicht behaupten kann. Sorry, we failed to record your vote. Please try again Cosa ce di serio in tutto questo. Acquistato su Amazon 1015 volte al mese da più di due anni. Sorry, we failed to record your vote. Please try again I was impressed by how easy the rower was to put together straight out of the box, the instructions were clear, the tooling was simple and the rower required the minimum assembly before it could be used. All good so far. The computer is straight forward and does exactly what it should do, there is no faffing about with calibration or nugatory settings. The rower itself splits in two easily, but is held securely by a latch and can easily be assembled by one person. There is obvious quality to the product and it feels sturdy and well balanced throughout the range of motion. Worth nothing that this will fit in the back of a medium sized hatch back when split in two and that it will stand reasonably unobtrusively when not in use. The fan is also relatively quiet and the range of motion is smooth throughout.

<https://moniimpex.com/wp-content/plugins/formcraft/file-upload/server/content/files/162853a35bec13---Bush-dvb680-user-manual.pdf>

There is a clear reason why these are the default standard in most gyms. If you are looking to incorporate a rower into your home for training then this is almost certainly worth the extra bucks. I have had no problems after 6 months of regular use, firstly when it was situated in a garage and finally in the spare room of the flat. Sorry, we failed to record your vote. Please try again Rowing machines all look a bit the same, and sadly reviews can be confusing and divisive, I did research in several sources and the Concept 2 seemed to come out the best, and just my luck, one of the more expensive models, being a believer in you get what you pay for, I bit the bullet and put it in the basket. As it came off the van in a battered torn box, my heart sank, but on opening all looked fine, the rower was cocooned in polystyrene, normally I hate the stuff, but welcome this time I guess. Putting together was a doddle, and straight away I could tell that the machine was sturdy and likely to last. The monitor is beyond anything I will likely need or use my age gives away why unless one of our children calls in and sets it up for me, so far I use the just row function, this is fine while I build up my stamina in a few shocked muscle groups. Like all exercise, actually do it, and work hard when doing it. And I am sure the Concept 2 will do what I want it to do. Whether a cheaper model will be just as good, I will never know now, I made my decision, and am pleased I have a solid well made unit. I chose to buy from Amazon rather than direct simply because of the excellent customer service I have received in the past when things have gone wrong. Sorry, we failed to record your vote. Please try again For someone that dislikes aerobic exercise the C2 has totally transformed my exercise ethos, and body. At 57 I am arguably in the best shape I have ever been, and I actually enjoy sweating. Sorry, we failed to record your vote.

Please try again If you are looking to buy a 800 quid rowing machine then you already know how good these are. This is a big purchase for me as these are not cheap but it should last many many years with only myself using it. I have to say yes!!!! Nothing to fault it on at all quality throughout. Sorry, we failed to record your vote. Please try again Easy to assemble just a few bolts to screw in if unsure watch the video on YouTube. The two parts fit together easily and take apart for storage easily. There are lots of helpful videos on YouTube showing how to use the rowing machine and how to clean and maintain it. In use the whirring noise is not very loud. The PM5 is on an adjustable arm level with your face you can read your time spent, distance travelled, number of strokes per minute while rowing. Data is kept in the memory and you can connect to your computer if you wish. I found this to be an excellent rowing machine and I recommend it. Sorry, we failed to record your vote. Please try again My husband says he uses same machine in gym. Easy to assemble and easy to get started and just row. Screen clear and easy to see while rowing. Takes up a lot of space length wise but width quite neat. Easy to set levels. Great that no mains power is needed. I find this a lot easier



than the cross trainer and a lot less aerobic even at level 8 and trying to go fast. However, I do think it is toning lots of muscles and even after a week I think my core strength may have improved. Sorry, we failed to record your vote. Please try again Zum Gerat selbst Ja es ist laut definitiv. Mir ist das relativ egal, da ich im Keller rudere und einen Fernseher mit angeschlossener HiFiAnlage daneben stehen habe. Diesen durfte ich im Urlaub 1 Woche lang im HotelFitnessstudio ausprobieren. Auch ganz toll besonders das Wassergeraus, aber fur den Keller wollte ich dann doch kein Holzgerust Kalte im Winter da unbeheizt.

Auerdem empfinde ich die Zugkette des Concept2 als robuster, die Furasten und auch den Griff selbst etwas besser verarbeitet. Zur Pflege die Schiene regelmaig abwischen, die Kette im vorgegebenen Intervall etwas einfetten, das wars. Zumindest in der Theorie kann da nicht viel kaputt gehen. Mal sehen, wie sich das entwickelt, bin jedoch zuversichtlich. Klare Kaufempfehlung. Sorry, we failed to record your vote. Please try again Connects to my iPhone 6s its worth downloading the ErgData app info from the pm5 monitor can be transferred and then synced to the Concept log book. The rower itself is sturdy, easy to set up and use. I invested in the mat from the Concept website the rower is used everyday on a concrete floor and hasnt moved an inch. There are even some games for days when you just arent feeling it. Well worth the investment. Sorry, we failed to record your vote. Please try again This machine seems to be the gold standard of rowing machines and although quite expensive, is the sturdiest rowing machine I have tried. I am really happy with it so far and find it less boring than using a cross trainer or static exercise bike. The PM5 monitor is pretty straight forward and has a wealth of fact and figures to keep those who like data to monitor how they are progressing, or for telling your friends that you had a cheeky 5k row before work! Sorry, we failed to record your vote. Please try again. Push this button any time whileAfter your workout, return to the. Main Menu before removing the LogCard to ensure properMemory. Use the "Concept2 LogCard Utility" to back upNote A LogCard is provided with every Performance. Monitor PM. Each card can be shared by up to ve users. Additional cards can be purchased from Concept2. Five Graphic DisplaysThe PM will turn on when youThe PM turns off after four minutes of inactivityMain Menu screen.Setting Date and Time. Using a Heart Rate Monitor.

The rst time you turn on the PM, you areThis ensuresThe PM displays your heart rate if one of the following heart rate systems isRate Receiver availableThe PM4 will receive heart rateRate Receiver available from. Concept2 is in use and plugged intoNot available. The PM4 will receive heart rate. See More Options for set up.Just Row. Select Workout. Games. Information. More Options. Just Row is designed for those days when you would rather not push any buttons or preset yourNote You must row for at least one minute for results to be saved in memory or on your LogCard. Just Row allows you to row up to 50,000 meters. Standard List. Custom List. ReRow. New Workout. Favorites. The PM lets you choose or create a wide variety of workouts. You can choose fromIf you have a LogCard, youYou can also race a Paceboat in a New Workout by entering a pace for the Optional. PaceBoat setting when you set up the workout. Single Distance. Single Time. Intervals Distance. Intervals Time. Intervals Variable. Single DistanceIf you set up a New Workout you have the opportunityThe PM divides your New Workout into ve segments, orInterval workouts are notSet DistanceGames. Fish Game Earn points by catching good sh, and avoid losing points by gettingYour Fish Game workout informationRacing PM4 Only The PM4 enables you to set up races with up to eight PM4equipped indoor rowers without using a computer. This can be done wirelessly or bylf using cables, be sure to plugOne person creates the race on their PM4 by following the PM4 menu; others join inRace DisplayLane 1Race DisplayRacer just ahead of you. You. Racer just behind youMetersOverview. PM Details. How to Row. Drag Factor. More. The PM contains onboard information to help you if the manual is not available. This section includes a brief rowing lesson with an animation of proper rowingRowing AnimationPositionInformationMore Options. Display Drag Factor. Utilities. Connect Suunto HR. Switch User.

