

## CONCEPT2 SKIERG

The Concept2 SkiErg® is an institutional-grade skiing exercise machine with air-resistance flywheel, adjustable handle straps and self-calibrating electronic performance monitor. The SkiErg helps you build strength and endurance by working the entire body in an efficient, rhythmic poling motion that is integral to all techniques of cross-country skiing. Skiing is a low-impact, high calorie-burning exercise suitable for all ages and abilities. The user is in complete control of the resistance: the harder the pull, the faster the flywheel spins, which creates more resistance.

The SkiErg easily accommodates athletes with lower leg injuries: injured athletes can sit or kneel, reducing the amount of leg involvement, while training at normal intensity and duration using just upper body and core.

The SkiErg mounts on the wall or is free-standing when used on the optional floor stand.

### FEATURES

- Fully-enclosed spool-driven steel flywheel
- Customizable air resistance with 10 adjustments
- Ergonomically-designed nylon handle
- Wireless connectivity for heart rate monitoring, data management, and app compatibility
- Commercial-grade construction for durability and low maintenance
- Integrated device holder for mobile devices
- Black powder coat frame



#### WALL MOUNT DIMENSIONS

20.5 in x 16 in x 85 in  
(52 cm x 40.6 cm x 216 cm)

Aluminum frame with powder coat finish makes it light and durable.

Ergonomic strapless handle

Lightweight, high-strength drive cords for smooth feel and long life.

Internal drive mechanism allows for both double-pole and classic (alternating arms) technique. Minimal maintenance required.

PM5 Performance Monitor

Optional floor stand with anti-skid, wear-resistant base offers firm footing. Wood interior.

Caster wheels make it mobile. (Floor stand only.)



#### FLOOR STAND DIMENSIONS (WITH SKIERG)

23.5 in x 50 in x 85 in (60 cm x 127 cm x 216 cm)

#### WIDE FLOOR STAND DIMENSIONS (WITH SKIERG)

32 in x 52 in x 85 in (81.3 cm x 132 cm x 216 cm)

## PERFORMANCE MONITORING AND PM5 MONITOR

Self-Calibrating Accuracy	Allows objective workout comparisons and supports virtual and in-person competition.
Backlit Liquid Crystal Display	Shows essential metrics such as time/distance rowed, calories burned, power produced (watts), stroke rate, cadence (watts, calories, meters), average pace (time per 500 meters), and projected finish (time or distance).
Data Display Options	Offers preset workouts, split memory recall, and versatile display options like All Data, Force Curve, Pacer, Bar Chart, and Large Print.
Games	Provides an interactive element to workouts.
Wireless Heart Rate Monitoring	Compatible with ANT™+ and Bluetooth® Smart telemetry for heart rate monitoring.
Data Management	Wireless telemetry to the free Concept2 ErgData app.
Power Generation	Extends the life of the batteries by providing operating power to the PM while rowing. Monitor is powered by two 1.5 volt alkaline D Cell (LR20) batteries (included). No external power source is needed.
Racing	Supports machine to machine racing.
Apps	Compatible with the free Concept2 ErgData app and multiple third-party options.

## CONSTRUCTION & DESIGN

Frame	Bent steel box frame with steel top and bottom brackets. Optional floor stand is constructed of steel frame pieces with a SkidGuard® deck. Wide floor stand also available.
Flywheel	Fully enclosed spool-driven flywheel is steel with glass-reinforced ABS squirrel cage fan attached. The flywheel enclosure is made of hi-impact, ABS Thermo-plastic.
Adjustable Air Resistance	Customizable resistance settings to accommodate varying workout intensities.
Ergonomically-Designed Handle	Impact-resistant, glass-reinforced Nylon, ergonomically designed handles.
Cords	Dyneema® drive and handle cords.
Integrated Device Holder	Accommodates devices of different sizes.

## ADDITIONAL INFORMATION

Operational Dimensions	Wall-mounted: 20.5 in x 16 in x 85 in (52 cm x 40.6 cm x 216 cm) Floor stand (with SkiErg): 23.5 in x 50 in x 85 in (60 cm x 127 cm x 216 cm) Wide floor stand (with SkiErg): 32 in x 52 in x 85 in (81.3 cm x 132 cm x 216 cm)
Assembly	Initial assembly takes approximately 30 minutes; spare parts available.
Technical Assistance	Available during regular business hours (M-F 9:30 a.m. - 4:00 p.m. ET) through the toll-free customer service line: 800.245.5676.
Warranty	Covers defective parts for 2-5 years from the shipment date. Copy available on request.

Concept2 is the sole manufacturer and factory direct sales source for the Concept2 SkiErg.  
All prices are factory direct. Prices are subject to change without notice.

For detailed technical information, visit [concept2.com](http://concept2.com).