



SkiErg



The Concept2 SkiErg

- Works the entire body in an efficient, rhythmic motion.
- Builds both strength and endurance.
- Offers low-impact, high calorie-burning exercise.
- Encourages proper and effective Nordic ski poling technique.
- Is suitable for all ages and abilities.

For Skiers: A Safe and Effective Training Tool

The Concept2 SkiErg helps you build ski-specific strength and endurance using the poling motion that is integral to all techniques of Nordic skiing. The SkiErg provides a range of resistance similar to that found on snow with the convenience and safety of indoor training.

For Everyone: Work Your Legs, Core and Upper Body

Begin with your hands slightly above your head. Start the pull with the legs and core in a downward crunch, using body weight to help accelerate the handles. Each pull finishes by extending the arms along the hips, with knees partly bent. You are in complete control of the resistance: the harder the pull, the faster the flywheel spins, which creates more resistance.



Accurate Feedback

The Concept2 Performance Monitor (PM) allows you to accurately assess your output, monitor your progress, and compare your scores with others. That's what sets the Concept2 SkiErg apart from other training devices.

The PM also offers:

- Immediate, accurate and repeatable performance data.
- Workout options: choose a preset workout, ski against a previous result, play a game or join an online skiing challenge.
- Memory and LogCard for workout data storage.
- USB Interface to transfer data to PC or Mac.
- Heart Rate Monitoring (Polar™ and Garmin™ options available).
- Online logbook and ranking capability.



Perfect for Adaptive Athletes and for Injury Rehab

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. It's a great training tool for adaptive athletes, too!



Pricing

SkiErg with PM3 \$730 plus shipping
SkiErg with PM4 \$880 plus shipping
(Wall mounting hardware included)

Optional Floor Stand \$230 plus shipping
(Caster wheels included)





Options

Every SkiErg comes ready for wall mounting. (Shown at left.)

Dimensions:	Width	Depth	Height
	19 in	10 in	87 in
	48.3 cm	25.4 cm	221 cm

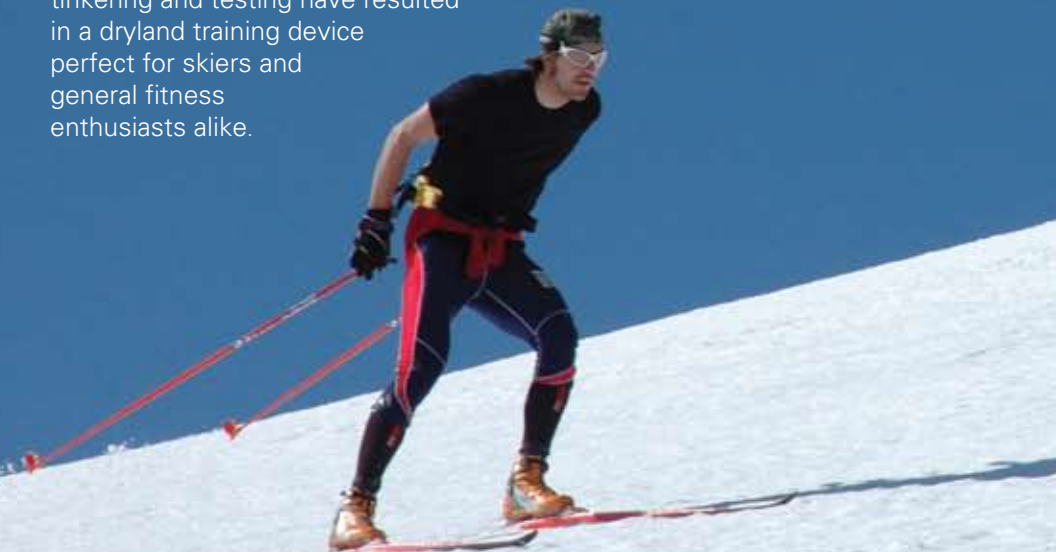
An optional floor stand is available. (The SkiErg and floor stand are shown on cover.)

Dimensions (including SkiErg):

	Width	Depth	Height
	29 in	48.5 in	88 in
	73.7 cm	123.2 cm	223.5 cm

History

Pete and Dick Dreissigacker's passion for rowing, combined with the need to train during the off-season, inspired the development of the Concept2 Indoor Rower. The Dreissigackers also embraced the sport of Nordic skiing during those long Vermont winters. Years of tinkering and testing have resulted in a dryland training device perfect for skiers and general fitness enthusiasts alike.



CONCEPT2 SKIERG

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Back cover: Torin Koos. Photo by Peter Vordenberg.