

concept 2[®]

StrengthERG[™]

PRODUCT MANUAL



For complete product information,
scan the QR code or go to:

concept2.com/strengtherg

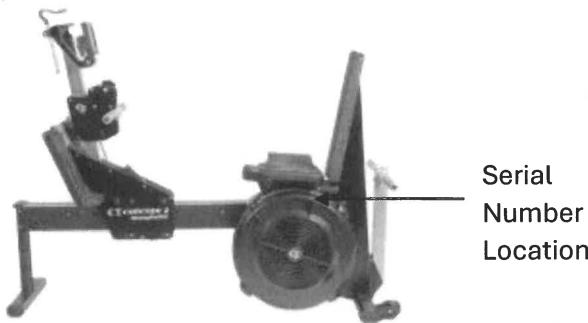


Download our **FREE**
ErgData app for:

- Workouts
- More data displays
- Real time rowing with the
Concept2 community

concept2.com/ergdata



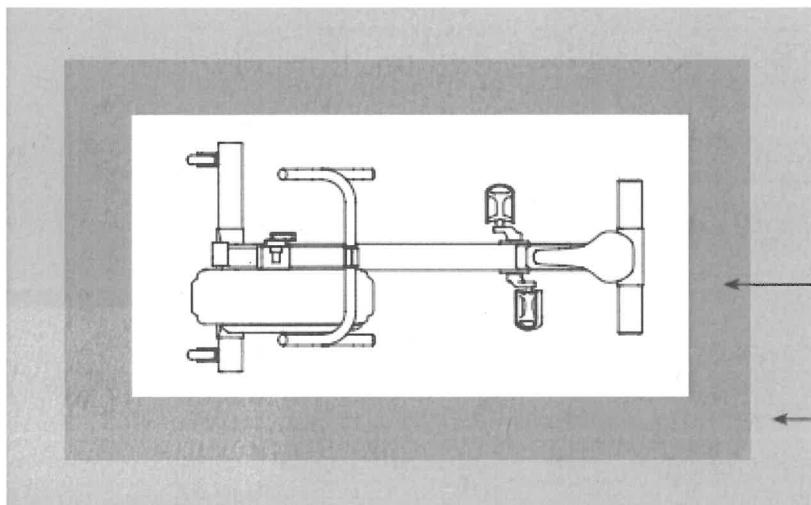


Serial
Number
Location



IMPORTANT NOTE:

For additional information about Concept2, complete warranty details, or to register to receive product updates:
concept2.com/registration



WEIGHT CAPACITY

350 lb 159 kg

MACHINE DIMENSIONS

59 in x 26 in x 48 in
150 cm x 66 cm x 120 cm

TRAINING AREA

TBD in inches
TBD in cm

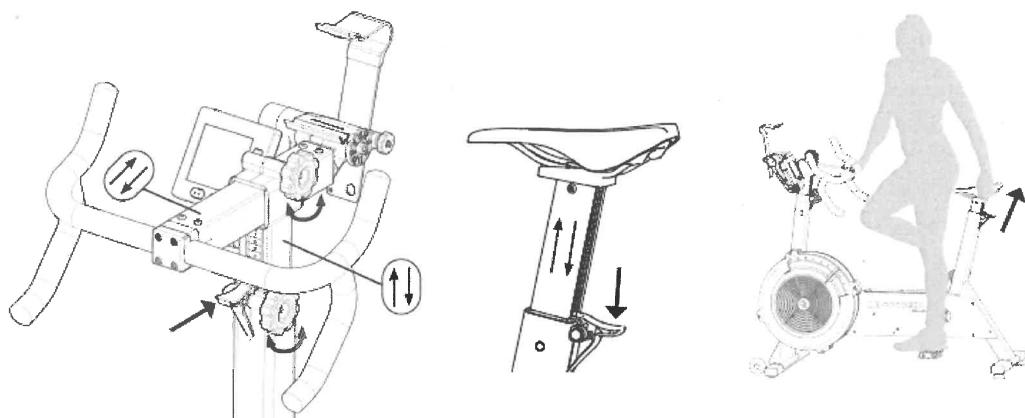
FREE AREA

TBD in inches
TBD in cm

Usage class SA: For professional high-accuracy use.
The Concept2 StrengthErg is designed and produced to Usage Class rating "S" for professional, institutional and/or commercial use, and Accuracy Class "A" for High Accuracy Training Data, as defined per ISO 20957-1 Safety Standards.

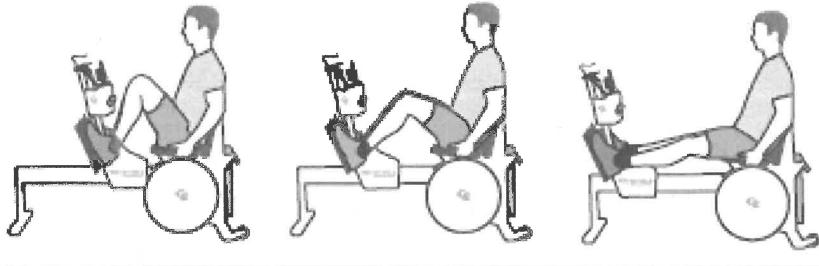
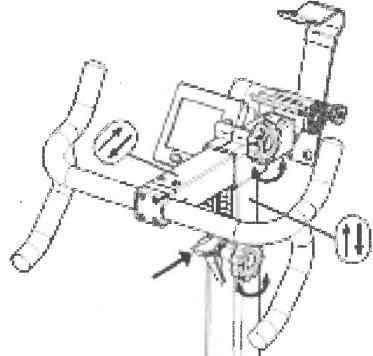
ADJUSTING THE STRENGTHERG?

HANDLEBAR AND SEAT ADJUSTMENTS



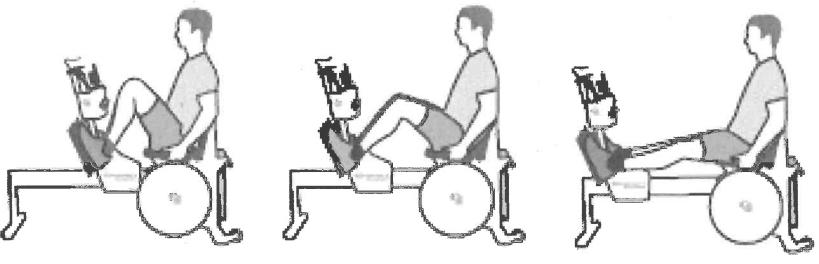
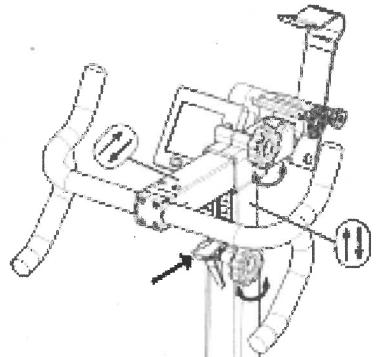
STRENGTHErg TECHNIQUE & ADJUSTMENTS

Leg Press



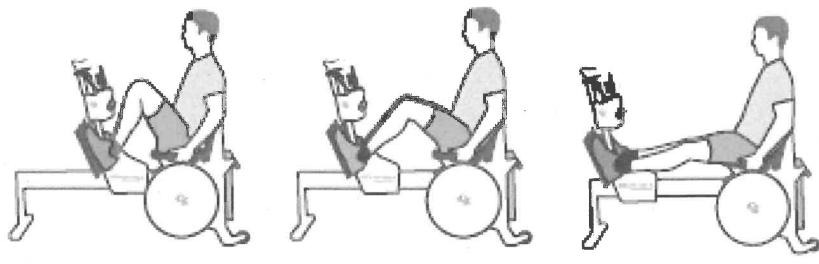
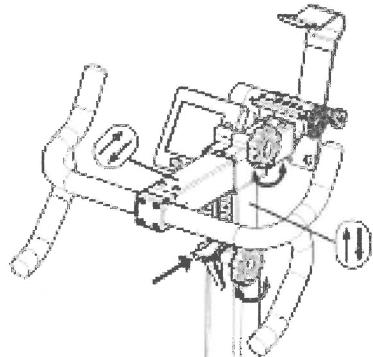
STRENGTHErg LEG PRESS TECHNIQUE
concept2.com/technique

Chest Press



STRENGTHErg CHEST PRESS TECHNIQUE
concept2.com/technique

Seated Row



STRENGTHErg SEATED ROW TECHNIQUE
concept2.com/technique

BEFORE YOUR FIRST WORKOUT

- Consult your physician. Be sure that it is not dangerous for you to undertake a strenuous exercise program.
- Carefully review the StrengthErg technique. Improper technique can lead to injury.
- Gradually increase StrengthErg 'work' time and intensity, if you increase the volume and intensity too quickly, fail to warm up properly, or use poor technique, you will increase the risk of injury.
- **Download Concept2's Free ErgData App (iOS and ANDROID)**
ErgData connects wirelessly to the PM5 via Bluetooth. If your unit does not have a PM5, you will connect your smart phone or tablet directly to ErgData. See assembly instructions for connection details. Set up workouts right from the app, view additional data, customize your displays, track progress, and sync to the Concept2 Online Logbook.

concept2.com/ergdata

DAMPER SETTINGS ON THE FLYWHEEL

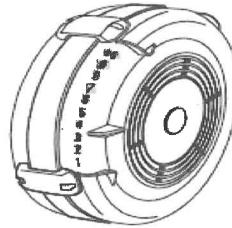
The StrengthErg features a damper with settings from 1 to 10. Higher numbers feel more like x. Lower numbers feel like y. and a good aerobic workout, use a damper setting where you can maintain a cadence in the range of 60 to 80 rpm. The BikeErg is a speed dependent, air resistance machine. Increasing pedaling cadence will increase the wokout effort.

concept2.com/damper

RECOMMENDED MAINTENANCE SCHEDULE

- AFTER FIRST 5 HOURS OF USE** • Check all fasteners for tightness.
- DAILY** • Clean seat, press and pull bars, and flywheel cover with a cloth and all-purpose cleaner after use. • Do not use bleach or coarse abrasives.
- EVERY 250 HOURS OF USE** • Check all fasteners for tightness. • Check for dust inside flywheel with a flashlight. Vacuum if needed.
- AS NEEDED** The seat post should move up and down with only light pressure applied.

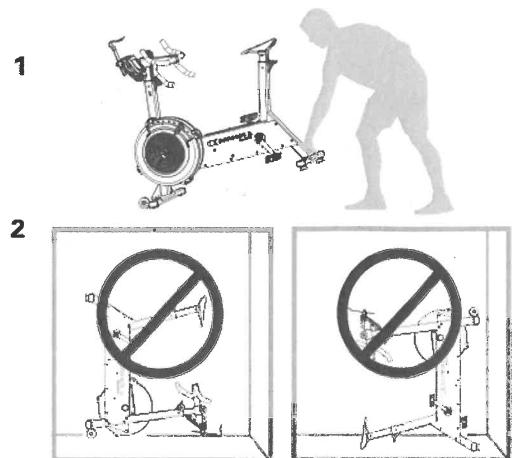
For more information:
concept2.com/strengtherg-service



IMPORTANT USE AND SAFETY NOTES

The machine should be used on a stable, level surface. The rear foot has leveling pads that can be adjusted as needed.

- To move the StrengthErg, grasp the rear foot and lift until the caster wheels start to roll (1).
- The StrengthErg is intended for indoor use.
- Use of this machine with a worn or weakened part may result in injury to the user.
- When in doubt about the condition of any part, Concept2 strongly advises that you replace the part immediately with genuine Concept2 replacement parts. Use of other replacement parts may result in injury or poor performance of the machine.
- **WARNING:** Keep unsupervised children away from the equipment. Keep pets and fingers away from X. X can cause injury.
- Do not stand the StrengthErg up on end as the StrengthErg may tip over (2).
- Perform proper maintenance as described in the Maintenance section.



WARNING!

Intended use is to hang feet naturally, with feet flat on the floor, or with feet in foot stretchers. This will maintain 20cm distance from the ErgLink transmitter.

WARNING!

Replace defective components immediately to ensure safety and performance, or keep the machine out of use until it is repaired. Incorrect or over-exercising may result in serious injury or death. If you feel faint, stop exercising immediately.

WARNING!

If any of the adjustment devices are left projecting, they could interfere with the user's movement.

WARRANTY

Concept2 StrengthErgs are backed by a limited 2 year and 5 year warranty. For complete warranty information in the US and Canada, visit concept2.com/warranty.

Note: This warranty does not cover the use of the BikeErg with parts or accessories from third parties.

For complete warranty information outside the US and Canada, contact the authorized Concept2 Preferred Reseller in your territory. A list of authorized Concept2 Preferred Resellers can be found at concept2.com/international. If you do not find a Preferred Reseller in your territory email c2global@concept2.com.

StrengthErg Electronics & Measurement system:

The StrengthErg is equipped with “ErgLink” under the seat which automatically calibrates and produces your results which can be displayed and recorded on an optional PM5 monitor or using the free ErgData app on your iPhone, iPad, Android Tablet, or Android phone. After installing ErgData, connecting to the StrengthErg can be accomplished in several ways (choose one):

Press the green  button then use ErgData to connect. The LED light on the ErgLink will blink red/green while it is advertising for about 30 seconds.

The ErgLink contains 2 Alkaline D Cell (LR20) batteries that may need to be replaced after 6-24 months. Do not use any other type of batteries. Remove batteries if the StrengthErg will not be used for more than 4 months.

The ErgLink uses Bluetooth (2.4Ghz) wireless connection to ErgData and/or a PM5 monitor.

Troubleshooting:

Press and release the  button on the ErgLink and watch for red/green flashing light. If no flashing lights then remove and replace batteries in the ErgLink

Concept2 suggests to use the ErgData app (or the Concept2 Utility and a USB C cable) to check for new firmware to solve most electronics issues.

Contact Concept2 for additional support: info@concept2.com or +1 802.888.7971

COMPLIANCE INFORMATION:

Note: this device contains small amounts of lead. This lead is only present in glass or ceramic (other than dielectric ceramic in capacitors, e.g. piezoelectric devices), or in a glass or ceramic matrix compound, per directive (EU) 2015/863 exemption 7 (c) i.



FCC ID: J2MEL1

WARNING: Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures.

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Consult the dealer or an experienced radio/TV technician for help.

This device complies with Part 15 of the FCC. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

IC: 6620A- EL1 HVIN: EL1
Industry Canada (IC) Compliance Statement

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions:
(1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Industrie Canada (IC) Déclaration de conformité

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

The Concept2 PM5 is compliant with all applicable European Union CE Marking Directives, including:

- Directive 2014/53/EU of the European Parliament and of the Council of 16 April 2014 (RED Directive) on the harmonization of the laws of the Member States relating to the making available on the market of radio equipment.
- Directive (EU) 2015/863 of 31 March 2015, which amends Directive 2011/65/EU on the Restriction of the Use of Certain Hazardous Substances in Electrical and Electronic Equipment.



The ErgLink should not be disposed of with other household waste. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle the ErgLink responsibly. To return your used device for environmentally safe recycling, please use the return and collection systems or contact the retailer where the product was purchased. Directive 2012/19/EU.

concept 2.

Concept2, Inc. 105 Industrial Park Drive, Morrisville, Vermont 05661 USA concept2.com/contact