

Home Edition

Main features:

- 150+ health and fitness plans
- Automatic rowing log
- 3D on-water rowing display
- Coaching clinic
- Pace boats
- Online rowing



\$99

5-user license. Other sizes available

Download the latest product sheet from:
www.digitalrowing.com/home

School Edition

Gym Edition

All Home Edition features plus:

- Connect up to 16 Concept2 Indoor Rowers
- Group training and racing
- Multi-crew 2x, 4x, 8x boats
- Online regattas

\$200

200-user 16-erg subscription license
Other sizes available

Download the latest product sheet from:
www.digitalrowing.com/school
www.digitalrowing.com/gym

Guaranteed

Free 20-day trial version
on the CD in your Concept2
Performance Monitor manual

30-day money back guarantee
if you're not satisfied

Worldwide 24x7 support
call or email anytime

Get started

Everything you need is in the box with your
Concept2 Indoor Rower.

To get started quickly:

1. Locate the Concept2 CD in the pocket of your Concept2 Performance Monitor manual, put it in your PC and click the "RowPro" menu button.
2. Connect your PC to your Concept2 Performance Monitor with the supplied USB cable.
3. Start RowPro, and in the Activation Manager that appears, follow the steps to get a free 20-day tryout key.

Start rowing!

About Digital Rowing

RowPro is made by Digital Rowing Inc., a US software company that specialises in rowing software for users of Concept2 Indoor Rowers.

Digital Rowing is owned and operated by rowers. Its team includes specialist software and web developers, a world-class trainer and an Olympic rowing coach.

RowPro is the product of seven years continuous innovation by Digital Rowing and is used by thousands of people worldwide.

RowPro is designed by Digital Rowing for use with Concept2 Indoor Rowers, however Concept2 is not affiliated with Digital Rowing and assumes no responsibility or liability with respect to RowPro. All requests for technical support or other assistance should be directed to Digital Rowing Inc.

www.digitalrowing.com

DIGITALROWING

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rowpro
rowing software

Keeping you rowing

DIGITALROWING

www.digitalrowing.com



Rowing for health and fitness

Set yourself up for long term success

Congratulations! Your Concept2 Indoor Rower will give you the best possible opportunity to achieve lifelong health and fitness through exercise.

The challenge is to keep rowing

Most experts agree you need to do three 20-minute rows per week to get results. That's about 15,000 meters per week, or a million meters in just 15 months!

All you need to do is stick with it.

We surveyed thousands of Concept2 Indoor Rower users and asked: "What's the key to sticking with it?" Here's what they said:

A plan to follow – You can intuitively feel the difference between asking "Will I row today?" vs. "What am I scheduled to row today?"

A way to track your progress – You get a psychological boost from counting your meters. You feel a strong sense of progress when your power goes up and your heart-rate comes down.

Finding the time and motivation to row – There are many competing uses for your time, but in the end you need to keep rowing to stay fit and healthy.

90% of rowers say finding the time and motivation to row are the most critical factors

That's where RowPro helps!

RowPro keeps you rowing!

RowPro is PC software designed by rowers for rowers, and it's exclusive to Concept2. Whether you're an experienced rower or a complete beginner, in shape or not, RowPro is made for you.

RowPro changes people's lives

Tim Knight – Company Director, UK

"I was hitting middle age and in need of some serious improvement. The difference RowPro makes for me is motivation – I enjoy beating my previous times and rowing online with others. Now my weight and resting heart rate are down and my blood pressure is back to normal. I'm a convert and recommend RowPro to others."

Dr Susan Holladay – Laboratory Director, USA

"I had to change my lifestyle if I wanted to see my daughter grow up."

I use RowPro to row online with people all over the world. It motivates me even if I don't feel like rowing. My weight is down 30 pounds. RowPro has changed my life and my health!"

Alan Levine – USA

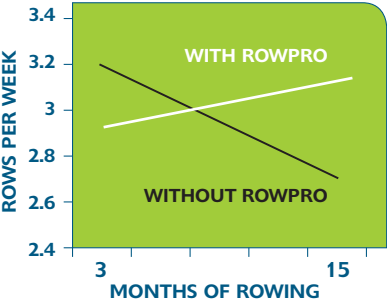
"I wouldn't have kept rowing without it."

Thousands of people worldwide are using RowPro to change their rowing and change their lives.

95% of RowPro users recommend or strongly recommend RowPro to you!

RowPro is the key

Research shows that with RowPro, people find the time and motivation to keep rowing over the long term.



When people use RowPro:

- They row 15% more often.
- Twice as many feel "alive and energized" after rowing.
- Three times as many use a professional plan.

RowPro gives you the best possible chance of achieving your health and fitness goals.

The time to start is right now!

The complete package

RowPro has everything you need to succeed:

Rowing plans – RowPro has a lifetime supply of rowing plans, expertly tailored to your needs.

Tools to track your progress – RowPro automatically saves every session you row in your own personal rowing log.

3D on-water rowing – The unique RowPro display simulates on-water rowing in real-time and in true 3D.

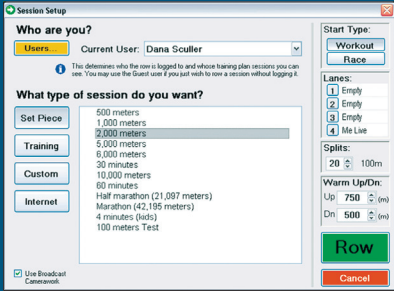
Coaching clinic – Olympic rowing coach Brian Hawthorne teaches beginners how to row in our 3D Coaching Clinic.

Pace boats – Row with pace boats, or past rows from your rowing log, or other people's past rows.

Online rowing – If you've never rowed online, you're in for a treat. It's fun, engaging, and totally motivating!

So easy to use

Just plug the USB cable into your PC and your Concept2 Indoor Rower and click a few buttons.



RowPro sets up your workout on your Concept2 Indoor Rower and you start rowing. It's that simple.