

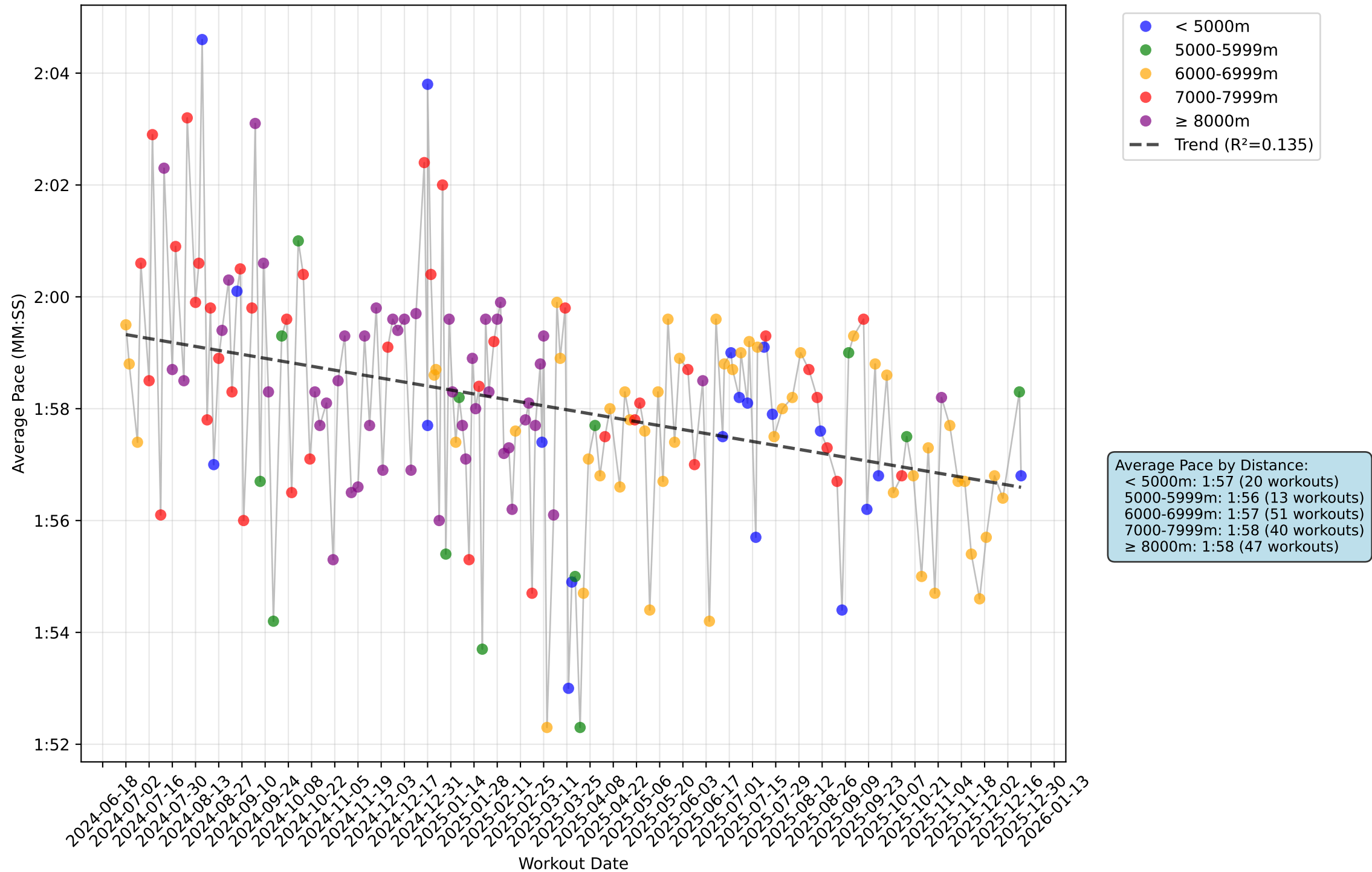
Concept2 Workout Report

Generated: 2025-12-28 06:26

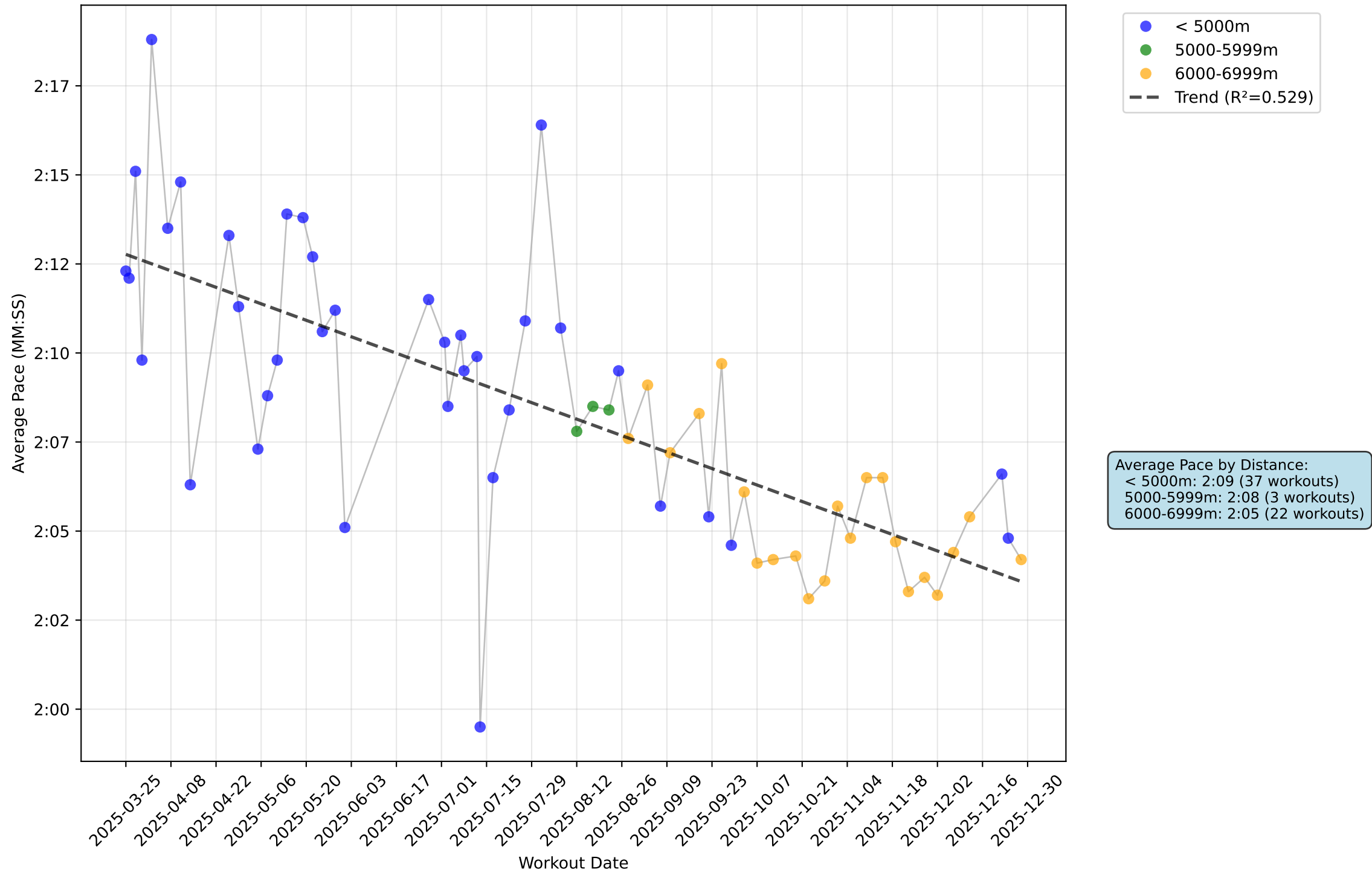
This report contains your rowing performance analysis including:

- Pace progression over time
- Monthly training volume by machine type

RowErg Pace Over Time (Color-coded by Distance)



SkiErg Pace Over Time (Color-coded by Distance)



Total Meters by Year and Month — stacked by Machine Type

