

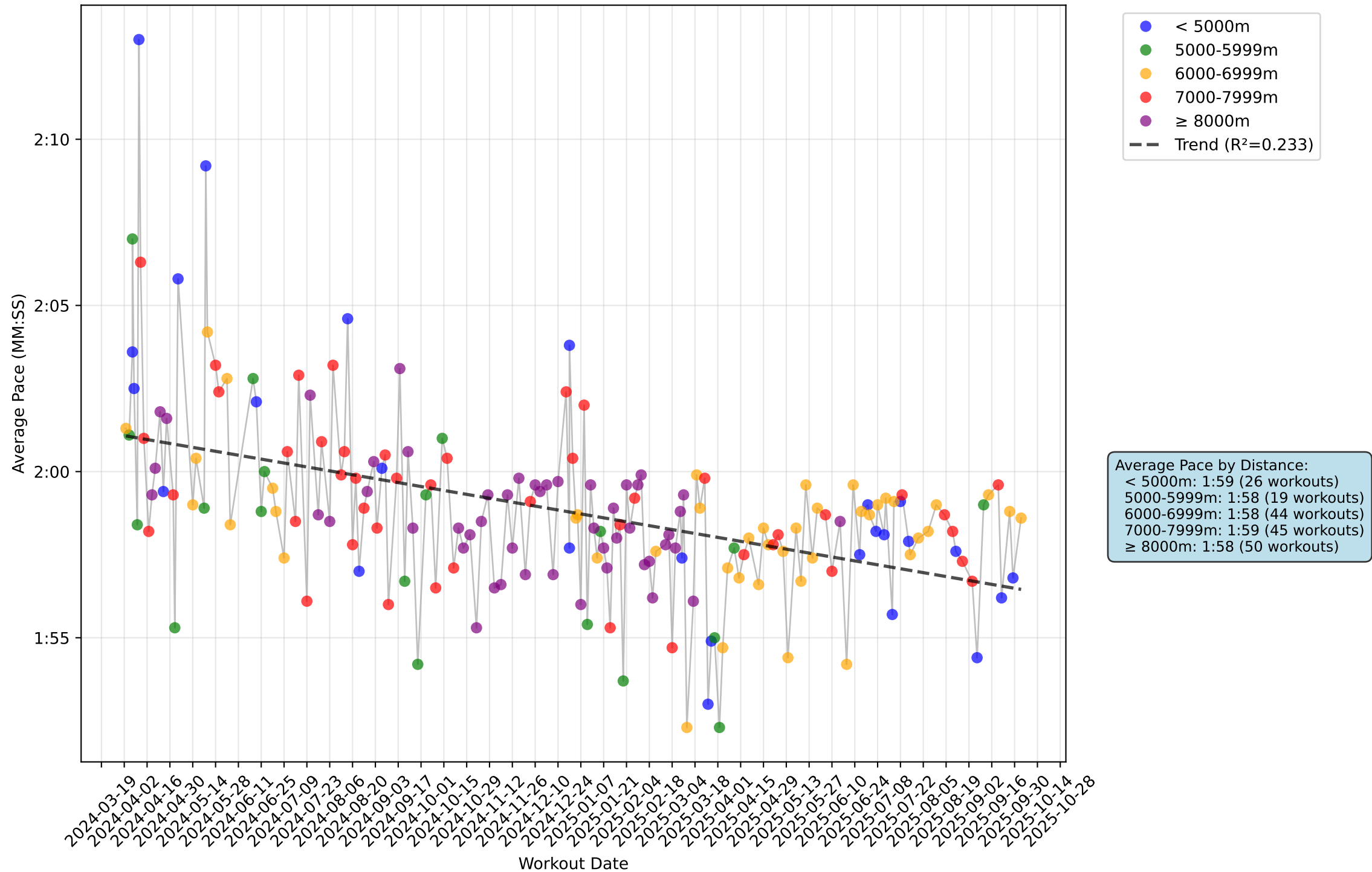
Concept2 Workout Report

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This report contains your rowing performance analysis including:

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

Rowing Pace Over Time (Color-coded by Distance)



Total Meters by Year and Month — stacked by Machine Type

