



FitnessExpert Services Limited

Your fitness parts & products superstore

體適能健身設備服務有限公司



concept 2®

CELEBRATING OVER 40 YEARS OF INNOVATION



Indoor Rowers / SkiErg



SkiErg

The **SkiErg** helps build strength and endurance using the poling motions integral to the sport of Nordic skiing, but you don't need to be a skier to benefit from the terrific low impact and full-body exercise. The double poling movement involves not just arms and shoulders, but also core and legs; classic ski technique (alternating arms) is also possible.

The SkiErg easily accommodates adaptive athletes and those with lower body injuries, as one can sit or kneel and still get a great upper body and core workout. The SkiErg is suitable for use with most wheelchairs.



Wall mounted

Wall mount dimensions:

Width	Depth	Height
20.5 in 52 cm	16 in 40.6 cm	83.5 in 212 cm

Floor Stand dimensions (including SkiErg):

Width	Depth	Height
24 in 61 cm	52 in 132 cm	85 in 215.9 cm





Performance Monitor

Display Options



All Data



Force Curve



Pace Boat



Bar Chart



Large Print

PM5 (included on all machines)



Automatic Operation Monitor turns on when you start your workout.

Performance Data Track distance, speed, pace, calories, and watts.

User-Friendly Menu Manage a wide range of features such as preset workouts, games, and multiple languages.

Display Options View all data, force curve, pace boat, bar chart, or large print.

Backlit Display Screen illuminates automatically when you start your workout.

USB Flash Drive Store performance data and transfer data to your Mac or PC.

Wireless Heart Rate Monitoring using ANT+ and Bluetooth Smart with compatible devices.

Connectivity Supports machine-to-machine racing, plus connectivity to computers and smartphones.

