

# The **Concept2 Dynamic Indoor Rower**



**The Concept2 Dynamic Indoor Rower** is designed to meet specific training needs of the competitive rowing athlete. The difference between this machine and the Model D or E is that as you row, your feet do most of the moving rather than the seat. The seat is also free to move, but due to the physics of rowing, the seat movement is minimal.

### **The Dynamic Indoor Rower:**

- Offers a closer simulation of the dynamics of on-water rowing.
- Demands similar concentration and body control needed when rowing in a boat.
- Serves as a training and coaching tool that is more sport-specific than the Model D or E.
- Encourages effective technical movements and more consistent power application.
- Can be connected to two or more Dynamic Indoor Rowers with the Dynamic Link.

### **Pricing:**

Dynamic with PM3: \$1250 plus shipping

Dynamic with PM4: \$1400 plus shipping

Dynamic Link: \$60 plus shipping (Included with every purchase of two Dynamic Indoor Rowers.)

For videos, photos and more information on the Concept2 Dynamic Indoor Rower visit [concept2cts.com/dynamic](http://concept2cts.com/dynamic) or call toll-free at **877.887.8014**.