

concept 2[®]

StrengthERG[™]

PRODUCT MANUAL



For complete product information,
scan the QR code or go to:

concept2.com/strengtherg-start

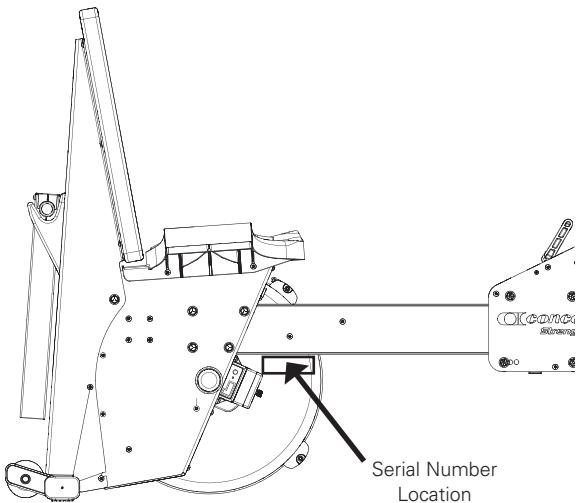


Download our **FREE**
ErgData app for:

- Workouts
- Logging results
- Data analysis

concept2.com/ergdata

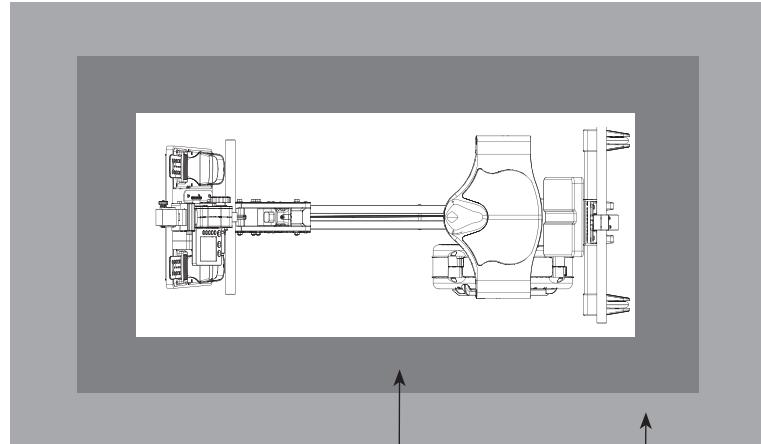




IMPORTANT NOTE:

For additional information about Concept2, complete warranty details, or to register to receive product updates:

concept2.com/registration



WEIGHT CAPACITY

350 lb
159 kg

TRAINING AREA

38 in x 80 in
97 cm x 203 cm

FREE AREA

50 in x 92 in
127 cm x 234 cm

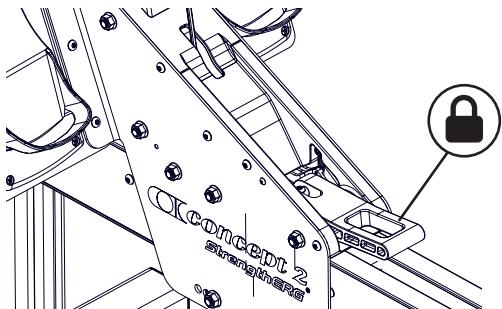
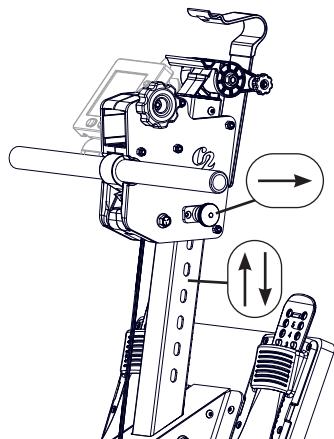
Usage class SA:

For professional high-accuracy use.

The Concept2 StrengthErg is designed and produced to Usage Class rating "S" for professional, institutional and/or commercial use, and Accuracy Class "A" for High Accuracy Training Data, as defined per ISO 20957-1 Safety Standards.

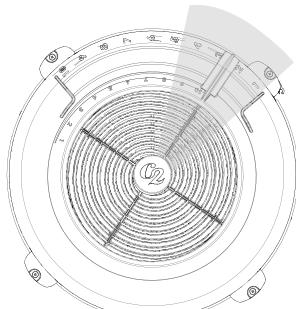
STRENGTHERG TECHNIQUE & ADJUSTMENTS

SEATED ROW



Note: Perform the seated row by planting your feet firmly on the foot plate to brace yourself in the seat.

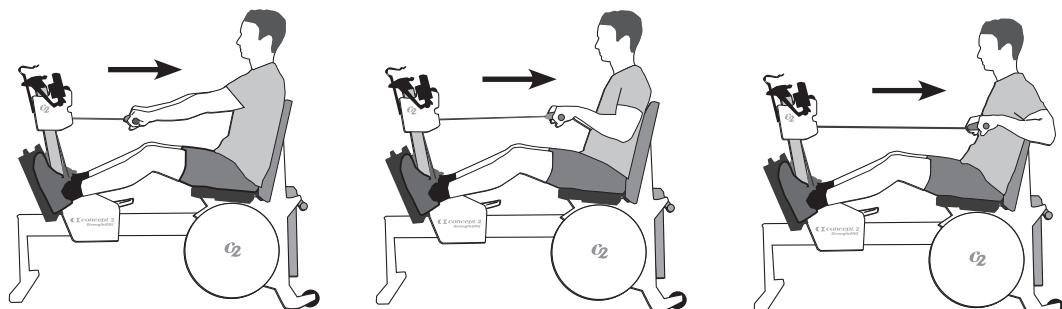
Engaging the clamp helps stabilize the carriage and isolates upper body movement.



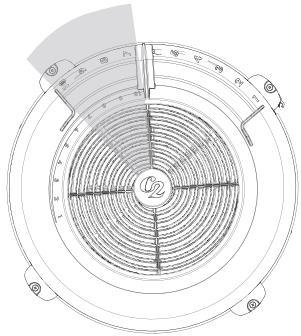
Set damper at approximately

1-4

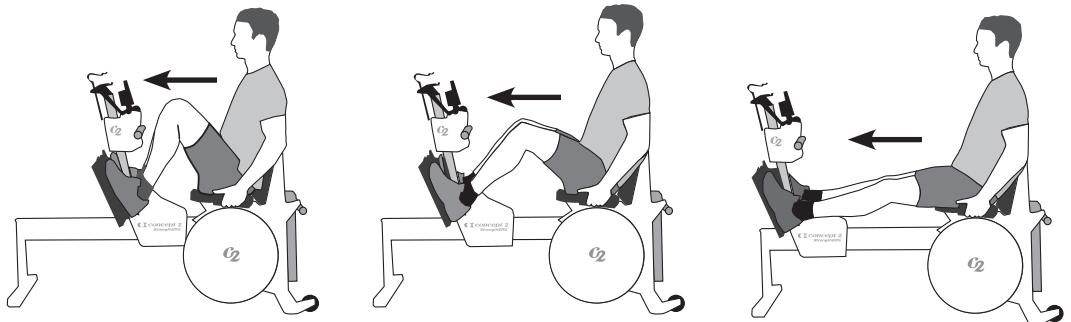
concept2.com/damper



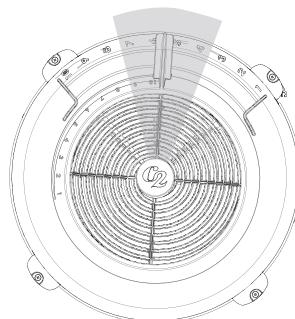
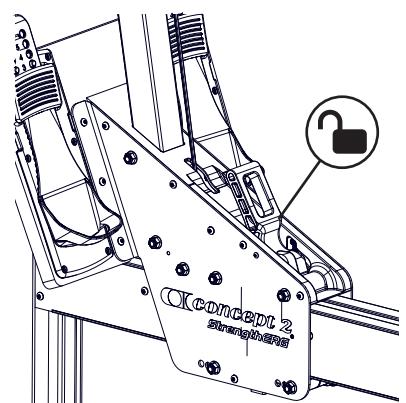
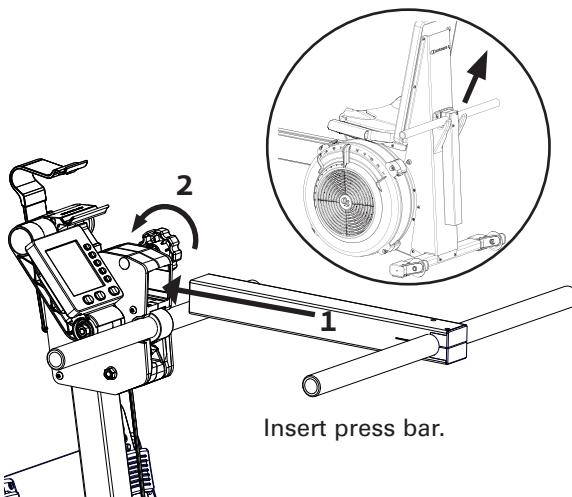
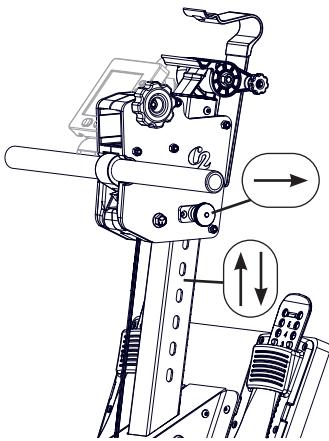
LEG PRESS



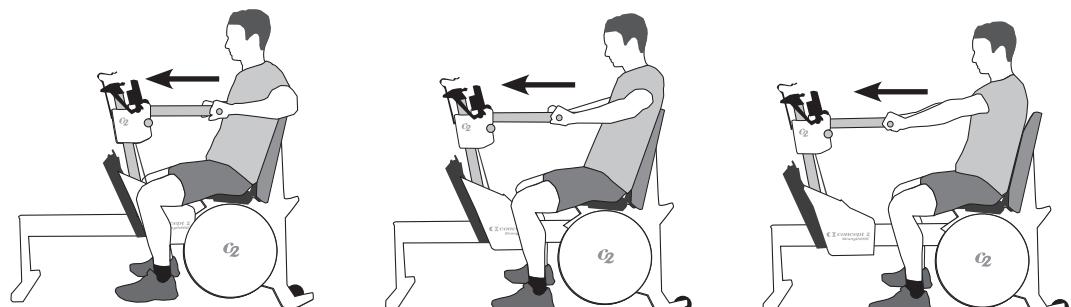
Set damper at approximately
7–10
concept2.com/damper



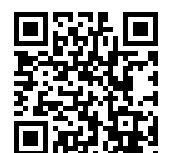
CHEST PRESS



Set damper at approximately
4–7
concept2.com/damper



 **STRENGTHR TECHNIQUE**
c2vt.com/strength-technique



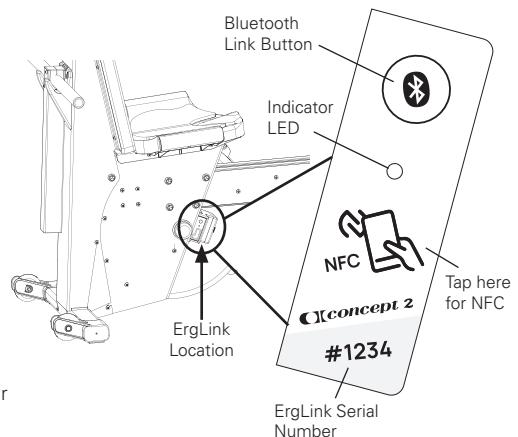
BEFORE YOUR FIRST WORKOUT

- Consult your physician. Be sure that it is not dangerous for you to undertake a strenuous exercise program.
- Carefully review the StrengthErg technique. Improper technique can lead to injury.
- Gradually increase StrengthErg "work" time and intensity. If you increase the volume and intensity too quickly, fail to warm up properly, or use poor technique, you will increase the risk of injury.

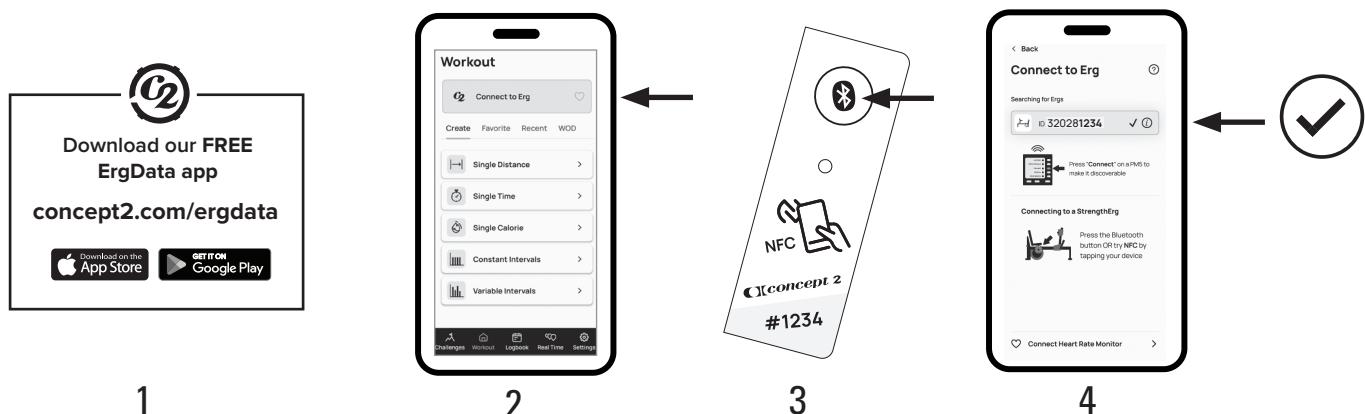
GETTING STARTED

CONNECTING WITH THE STRENGTHERG ELECTRONICS & MEASUREMENT SYSTEM

The StrengthErg is equipped with "ErgLink" under the seat which automatically calibrates and produces your results which can be displayed and recorded on an optional PM5 monitor or using the free ErgData app.

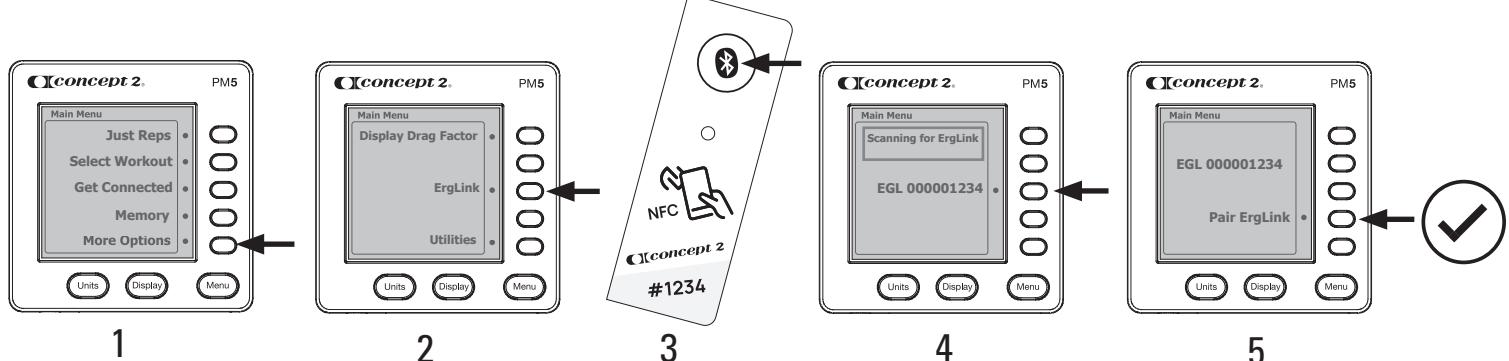


HOW TO USE ERGDATA WITH THE STRENGTHERG WITHOUT A PM5



PERFORMANCE MONITOR INFORMATION (PM5)

HOW TO CONNECT TO ERGLINK WITH A PM5



Use 1.5 volt alkaline D Cell (LR20) batteries.

WARNING: The PM5 should not be used or maintained by persons with reduced physical, sensory, or cognitive capabilities without instruction and/or supervision by a responsible individual. This includes children under eight (8) years old, who should be supervised to ensure they do not play with the PM5.

The ErgLink and PM5 are electronic devices powered by two (2) replaceable D-cell alkaline batteries and uses Bluetooth (2.4GHz) wireless connection. Different types of batteries, or a mixture of new and used batteries, should not be used. Do not use lithium or 3.6 volt batteries, as there is risk of fire or explosion. Remove batteries when not in use for a period of four months or more. New D-cell alkaline batteries must be installed with the correct polarity. Spent batteries must be removed from the PM5 and disposed of safely.

Using a Heart Rate Monitor:

The PM5 will receive and display heart rate data directly from a Bluetooth HR chest belt. See **Get Connected** for set up or use ErgData.

WARNING! Heart rate monitoring systems may be inaccurate. Over-exercising may result in serious injury or death. If you feel faint, stop exercising immediately.

Cleaning the PM5 and ErgLink

Use a cloth lightly dampened with water only. Do not spray with a cleaner or store outdoors.

Troubleshooting

concept2.com/pm5

RECOMMENDED MAINTENANCE SCHEDULE

AFTER FIRST 5 HOURS OF USE

- Check specified fasteners for tightness (1).

DAILY USE

- Clean seat, press and pull bars, monorail, and flywheel cover with a cloth and all-purpose cleaner after use.
- Do not use bleach or coarse abrasives.

ON A REGULAR BASIS

- Check fit of slider. Slider should move up and down smoothly on the mast, but without looseness. Adjust fasteners as needed.
- Check fit of carriage. Carriage should move smoothly on the rail, but without looseness. Adjust fasteners as needed.
- Inspect drive cord and bungee cord for wear. Some fuzzing is acceptable. Replace cord(s) with excessive wear (2).
- Verify the clamp securely holds the carriage in place when engaged (3). Adjust fasteners as needed.

YEARLY

- Check specified fasteners for tightness (1).
- Check for dust inside flywheel with a flashlight. Vacuum if needed.

NEED ADDITIONAL SUPPORT?

For complete maintenance information and instructions:

concept2.com/support/strengtherg



IMPORTANT USE AND SAFETY NOTES

- The machine should be used on a stable, level surface.
- To move the StrengthErg, engage the carriage clamp, grasp the front foot and lift until the caster wheels start to roll (4).
- The clamp is not a positive stop and can be overpowered (3).
- The StrengthErg is designed for use without footstraps. Footstraps are not recommended, as they can disrupt workout flow between sets with strapping in and out. Footstraps are available from Concept2 for those who might prefer them for Leg Press at high-speed reps, or when training barefoot or in sandals.
- The StrengthErg is intended for indoor use.
- Use of this machine with a worn or weakened part may result in injury to the user.
- When in doubt about the condition of any part, Concept2 strongly advises that you replace the part immediately with genuine Concept2 replacement parts. Use of other replacement parts may result in injury or poor performance of the machine.
- WARNING:** Keep unsupervised children away from the equipment. Keep pets and fingers away from the carriage, which can cause injury.
- Do not stand the StrengthErg up on end as the StrengthErg may tip over (5).
- Perform proper maintenance as described in the Maintenance section.



WARNING! Replace defective components immediately to ensure safety and performance, or keep the machine out of use until it is repaired.

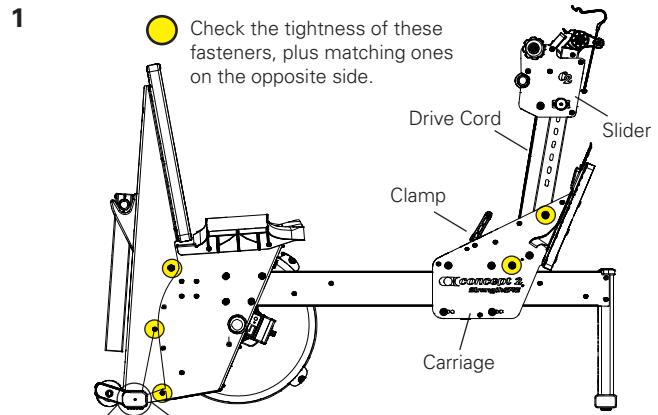
Incorrect or over-exercising may result in serious injury or death. If you feel faint, stop exercising immediately.

WARRANTY

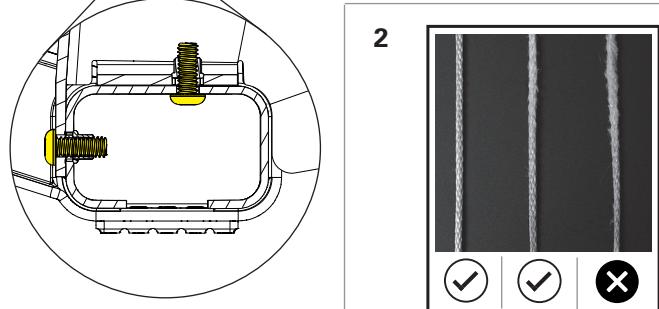
Concept2 StrengthErgs are backed by a limited 2 year and 5 year warranty. For complete warranty information in the US and Canada, visit concept2.com/warranty.

For complete warranty information outside the US and Canada, contact the authorized Concept2 Preferred Reseller in your territory. A list of authorized Concept2 Preferred Resellers can be found at concept2.com/international. If you do not find a Preferred Reseller in your territory email c2global@concept2.com.

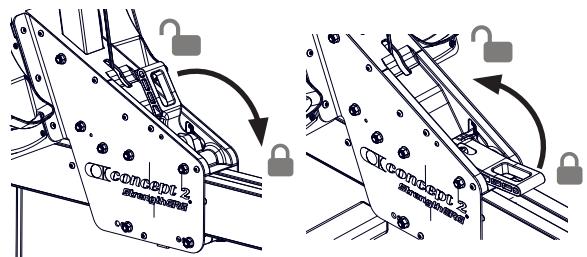
1



2



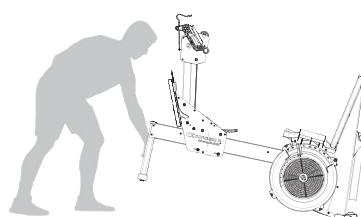
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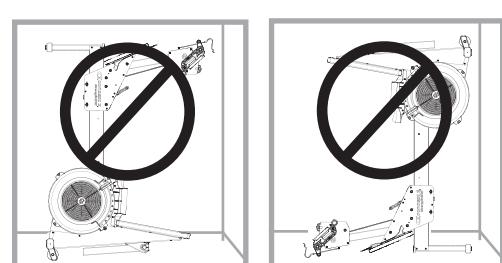
Note: Perform the seated row by planting your feet firmly on the foot plate to brace yourself in the seat.

Engaging the clamp helps stabilize the carriage and isolates upper body movement.

4



5



COMPLIANCE INFORMATION:

PM5 FCC ID: J2MPM5N ERGLINK FCC ID: J2MEL1

WARNING: Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Consult the dealer or an experienced radio/TV technician for help.

This device complies with Part 15 of the FCC. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

PM5 IC: 6620A-PM5N HVIN:PM5N ERGLINK IC: 6620A-EL1 HVIN:EL1
Industry Canada (IC) Compliance Statement

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions:

(1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Industrie Canada (IC) Déclaration de conformité

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

The Concept2 PM5 is compliant with all applicable European Union CE Marking Directives, including:

- Directive 2014/53/EU of the European Parliament and of the Council of 16 April 2014 (RED Directive) on the harmonization of the laws of the Member States relating to the making available on the market of radio equipment.
- Directive (EU) 2015/863 of 31 March 2015, which amends Directive 2011/65/EU on the Restriction of the Use of Certain Hazardous Substances in Electrical and Electronic Equipment.

Hereby, Concept2, Inc. declares that the radio equipment type ErgLink is in compliance with <Directive 2014/53/EU / RER 2017 (SI 2017/1206)>.



The PM5 should not be disposed of with other household waste. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle the PM5 responsibly. To return your used device for environmentally safe recycling, please use the return and collection systems or contact the retailer where the product was purchased. Directive 2012/19/EU.

Additional regulatory and compliance information may be found in the PM5 by pushing **More Options > Utilities > More Utilities > Regulatory**.

Do not connect with Ethernet or networking equipment.

concept 2[®]



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