

How to Use the Concept2 SkiErg

Before You Ski

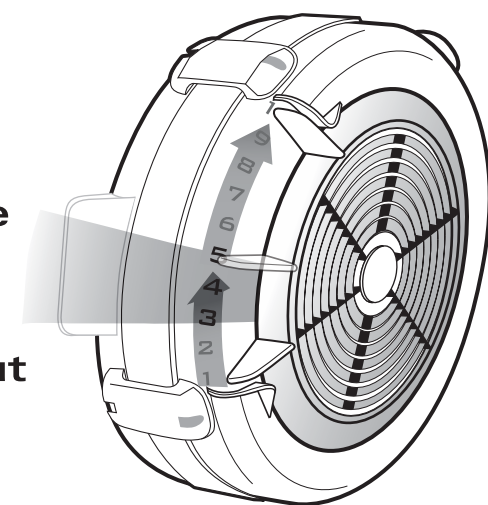
1. Review the technique information below.
2. Set the damper between 1 and 4.
3. Start each workout with several minutes of easy skiing as a warm-up.
4. Take care not to twist or cross cords and avoid pulling cords all the way out to the point at which they stop.

Damper Setting and Workout Intensity

We recommend a damper setting of 1-4 for the best aerobic workout.

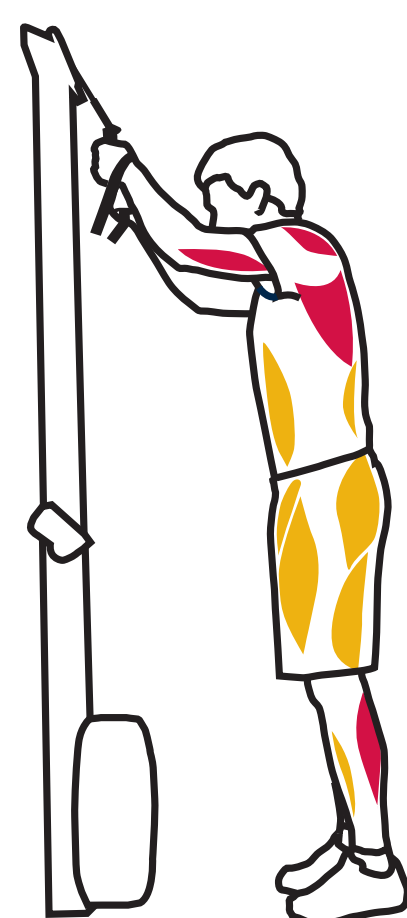
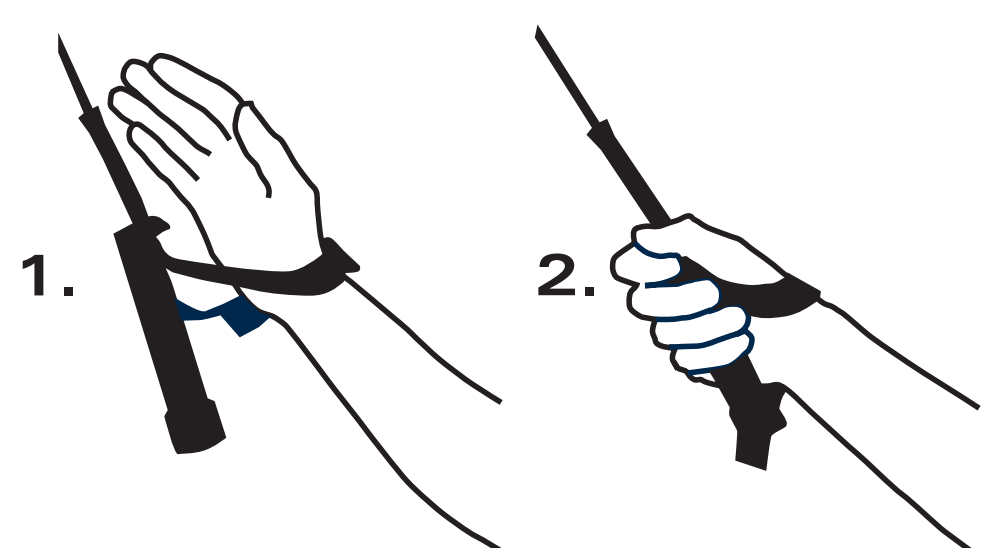
On the Concept2 SkiErg YOU are in control of the intensity of your workout. The faster the wheel spins, the more resistance you will feel, regardless of the damper setting.

Skiing with the damper setting too high can reduce your output and increase the risk of injury. If done with correct technique, it offers more of a strength workout.



Skiing Technique

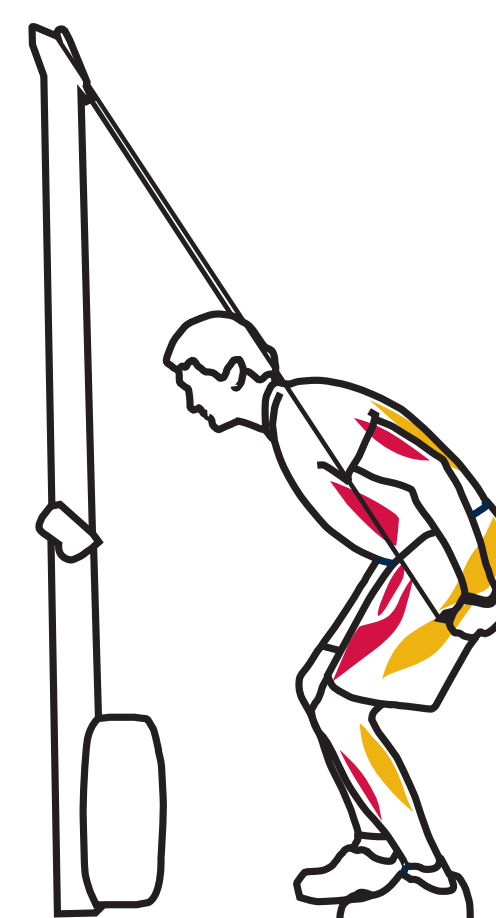
Use the proper hand grip as shown below.



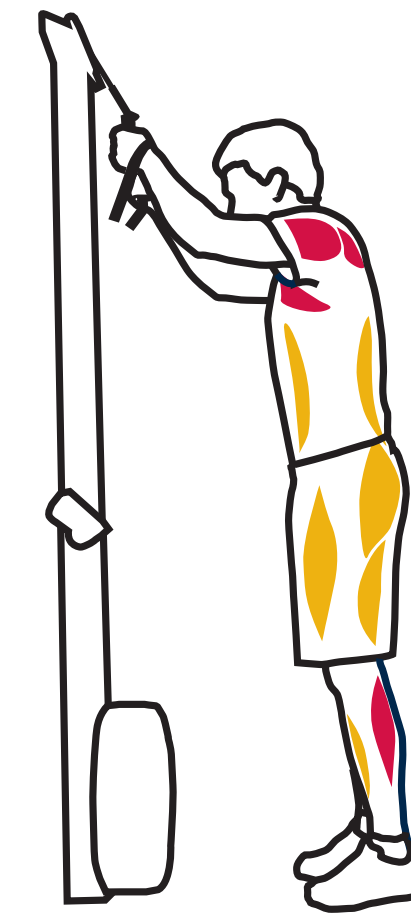
Begin with your hands shoulder-width apart and slightly above your head. Your arms should be slightly bent. Your feet should be shoulder-width apart.



Drive both handles downward by engaging your core muscles and bending your knees. Maintain the bend in your arms to keep the handles fairly close to your face.



Finish the drive with knees bent, and both arms extended down next to your thighs.



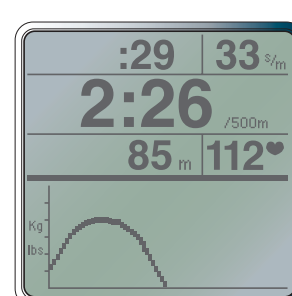
Bring your arms back up and straighten your body to return to the start position.

For more information on skiing technique, visit concept2.com/ski.

The Performance Monitor (PM) automatically comes on when you start skiing.



All Data



Force Curve



Pace Boat



Bar Chart



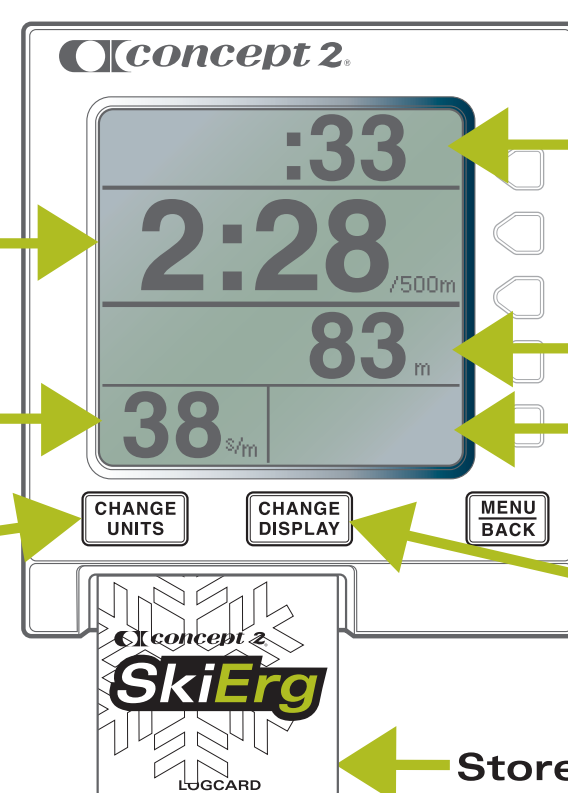
Large Print

Watch this number (your pace) to see how hard you are pulling on each stroke.

This pace display indicates that it is taking you 2:28 (2 minutes and 28 seconds) to ski 500 meters. Pull harder and try to decrease this time!

Stroke Rate: You are skiing 38 strokes per minute. This is a good cadence.

Press CHANGE UNITS at any time to choose between units of pace, watts or calories.



Total elapsed time of your workout.

Total meters skied so far in this workout.

Heart rate will be displayed here if a compatible system is installed. Learn more at concept2.com.

Choose display options by pressing CHANGE DISPLAY at any time. See the five display options above.

Store your workouts on a Concept2 LogCard.

Workouts to Try

Be sure to do several minutes of easy skiing as a warm-up before beginning your workout.

There are ten preset workout stored in the PM3 and PM4 monitor. From the Main Menu, select Select Workout>Standard List and then select the workout you want to do.

Here are some additional workouts to try, based on your training goals:

General Health and Fitness:

- 20-30 minutes of steady skiing.
- Alternate 30 seconds of harder skiing with 30 seconds of easier skiing for 10-20 minutes.
- Ski 500 meters moderately hard; then 500 meters moderately easy for a total of 4000-6000 meters.

Weight Loss:

- 30-40 minutes of steady skiing. Add 10 hard pulls every few minutes.
- Alternate 1 minute harder, 1 minute easier for 20-30 minutes.
- 1-2-3-4-3-2-1 minute pyramid with 1 minute easy rowing between harder pieces.
- 1000 meters at moderate intensity, 500 meters easier; repeat for a total of 4500-7500 meters.

Training for Competition:

- 4 x 1000 meters at good intensity with 2-3 minutes of easy skiing in between.
- Alternate 40 seconds of harder skiing with 20 seconds of easier skiing for a total of 20-30 minutes.
- 10k ski with 20 hard pulls every 1k.
- 6-5-4-3-2-1 minute pieces, increasing the intensity as you drop the distance. Take 2 minutes rest between pieces.



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