

RowPro

The world's #1 indoor rowing software



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EARLYBIRD
DISCOUNT

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Get the best **RowPro 5**



RowPro 5 for Windows and Mac is your key to getting the results you want

- A logbook that auto-records every stroke.
- Flexible training plans tailored to you.
- Live online rowing with others worldwide.
- 3D graphics that take you out on the water.
- Connects direct to Concept2 PM5, PM4, PM3.

It's all yours with RowPro, the proven motivator that keeps you rowing for lifelong health and fitness. Download a free trial today and see for yourself.

ROWPRO 2021 PRODUCT FAMILY

RowPro is exclusively designed for home users of Concept2 Indoor Rowers. Now there's also RowPro Squad that enables up to 8 ergs for schools, gyms and clubs. Plus there's the myRowPro app for iOS and Android, a great companion for RowPro.

Download your free trial today:

www.digitalrowing.com

FEATURES

- ✓ Tap-to-row
- ✓ Auto-logbook
- ✓ Training plans
- ✓ Online rowing
- ✓ True 3D display
- ✓ Competitions



Get the results you want

We're all rowing for a reason, and the bottom line is we need to get results.

It's not just about pulling the handle, it's also the pattern we row: How often? How fast? How long? What's the right mix? Getting the pattern right is the key to getting the results you want.

That's where RowPro comes in. It removes the guesswork, and gives you the confidence and motivation you need to get the results you want over the long haul.

Whether you need tracking, training plans, motivation or technique - RowPro has all the tools you need:



Tap-to-row

Connect RowPro to your Concept2 PM5, PM4 or PM3 via USB, then tap or click in RowPro to set up your rows.



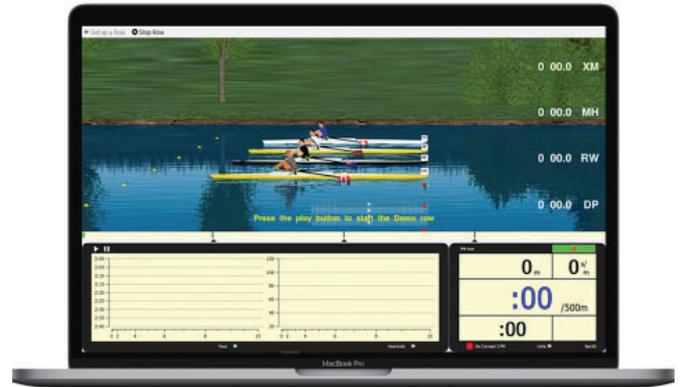
Logbook and analysis

RowPro auto-logs every stroke so you can track, chart and analyze your rowing.



Training plans

Get plans that are expertly tailored to you with just the right mix of strength, endurance and speed workouts.



Online rowing

Experience the magic of live rowing with other people online, and set yourself up for a lifetime of happy rowing.



True 3D in-row display

Lose yourself in the ripples of sparkling live water, and watch your rowing time just glide past.



Smart pace boats

Stimulate your rowing with up to 3 smart pace boats, or your own or other people's past rows.

HOW ROWPRO HELPS YOU



Tracking

Tracking your progress is the only way to know you're getting the right results.

RowPro connects directly to your Concept2 PM5, automatically records every stroke in your personal rowing log, and provides charts and analysis.

You can also export your RowPro rows to your Concept2 Online Logbook to easily participate in Concept2 challenges and meter clubs.



Training

Good training programs cycle your body through the right mix of strength, endurance and speed workouts.

RowPro provides plans for fitness, weight loss and competition, and tailors each plan to your fitness level via a built-in wizard.

RowPro rowing plans take the guesswork out of your rowing and automatically cycle your body through all the correct workout types.



Motivation

Staying motivated is the key to long-term rowing success.

Whether it's watching your meters accumulate, or rowing faster with a lower heart rate over time, or losing weight, or rowing with friends you've met online - RowPro has what you need to stay motivated.



Technique

RowPro has a 3D coaching clinic where you watch strokes in slow motion and learn the right technique from Olympic rowing coach Brian Hawthorne.

Brian's easy-to-follow coaching helps you quickly understand how to row safely and powerfully.

Why RowPro?	Choose your RowPro *	What others say									
<p>We asked thousands of Concept2 users: "What are the keys to achieving your rowing goals?" Here's what they said:</p> <ul style="list-style-type: none"> • A plan to follow • A way to track progress • Finding time and motivation to row <p>RowPro covers all these needs and more - it's the proven rowing motivator.</p>	<table border="0"> <tr> <td>• Personal</td> <td>1-user 1-erg</td> <td>\$69</td> </tr> <tr> <td>• Dual</td> <td>2-user 1-erg</td> <td>\$89</td> </tr> <tr> <td>• Multi</td> <td>5-user 3-erg</td> <td>\$119</td> </tr> </table> <p>* All the plans above are annual, and include both the myRowPro app and RowPro. See the Digital Rowing website for the full range of plan sizes and payment cycles.</p>	• Personal	1-user 1-erg	\$69	• Dual	2-user 1-erg	\$89	• Multi	5-user 3-erg	\$119	<p><i>"My weight is down 30 pounds. RowPro has changed my life and my health! Keep up the GREAT work! The whole purpose of my computer is to run RowPro - all those other applications could be replaced, but I couldn't live without RowPro!"</i></p> <p>Dr Susan Halliday, Lab Director, US.</p>
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