



rowpro<sup>™</sup>  
rowing software

# Rowing

for health and fitness

Training  
Technique  
Motivation

DIGITALROWING

## INTERNATIONAL

Software and brochure languages:



English



Français



Deutsch



Español

[www.digitalrowing.com/info](http://www.digitalrowing.com/info)

## USER GROUPS

Software and brochure editions:



Home Users

Schools and Colleges

Gyms and Health Clubs

[www.digitalrowing.com/software](http://www.digitalrowing.com/software)

## ROWING INFORMATION

[www.digitalrowing.com/info](http://www.digitalrowing.com/info)

## ROWING SOFTWARE

[www.digitalrowing.com/software](http://www.digitalrowing.com/software)

[www.digitalrowing.com](http://www.digitalrowing.com) <<<< online rowing

# Guide to rowing for health and fitness



## Congratulations!

Rowing on your Concept2 Indoor Rower is the perfect way to achieve lifelong health and fitness.

The key to rowing success is mastering training, technique and motivation. Digital Rowing has the insights you need to get started and the tools you need to succeed.

## Getting the results you want

Most experts agree you need to do at least three 20-minute rows per week to get results. That's about 15,000 meters per week, or a million meters in just 15 months! Sounds like a lot, but it soon adds up.

Naturally you need to row at a pace, frequency and duration that fit your current ability and will lead to you achieving your health and fitness goals. Plus of course you need to stick with it over the long term.

Digital Rowing surveyed thousands of Concept2 Indoor Rower users and asked: "What are the keys to achieving your rowing goals?" Here's what they said:

- 1. A plan to follow** – You can intuitively feel the difference between asking "Will I row today?" vs. "What am I scheduled to row today?"
- 2. A way to track your progress** – You get a psychological boost from counting your meters. You feel a strong sense of progress when your power goes up and your heart-rate comes down.
- 3. Finding the time and motivation to row** – There are many pressures for your time, but in the end you need to keep rowing to stay fit and healthy.

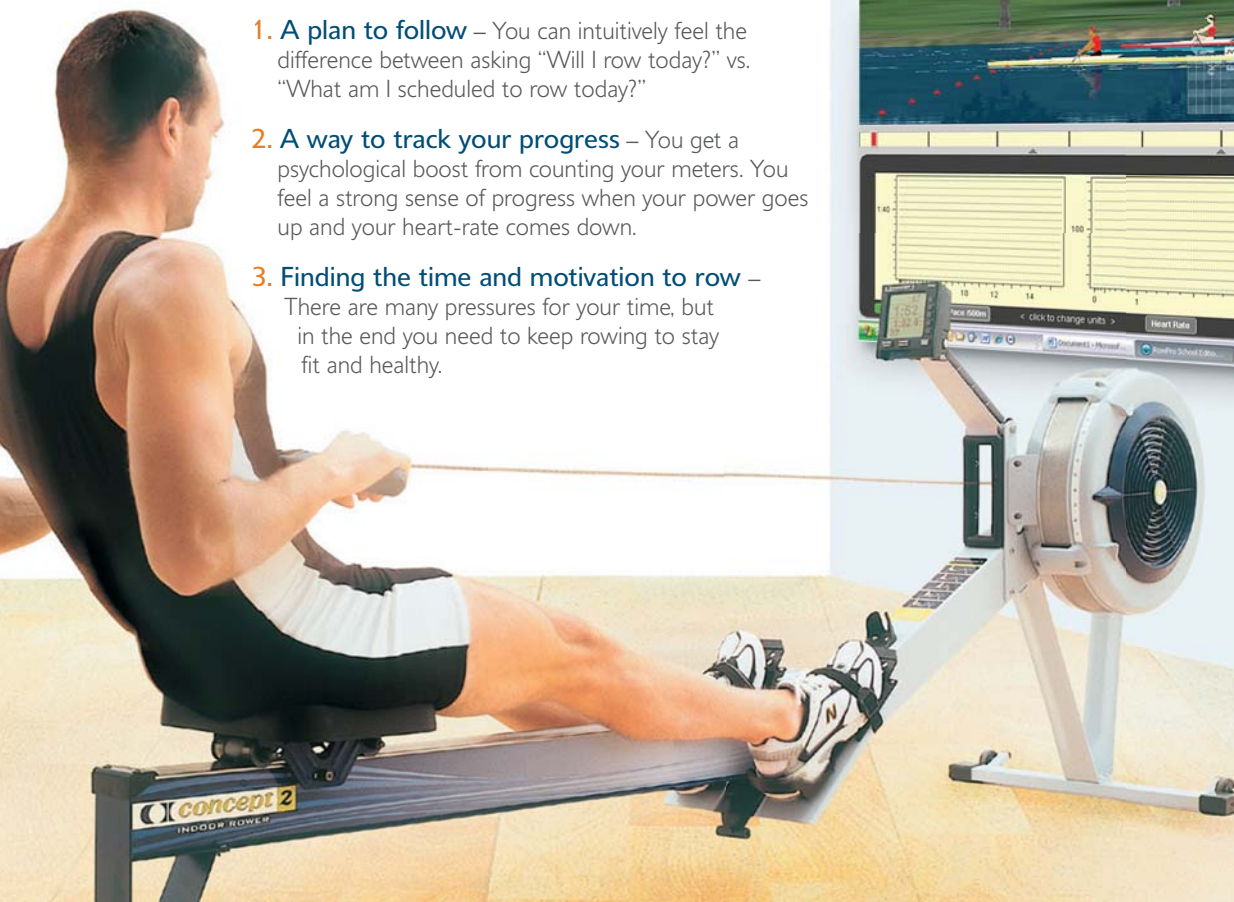
## Practical steps

The best way to master training, technique and motivation is by using RowPro interactive software that is designed for this exact purpose and tailors your training programs to your exact needs.

RowPro has tools to log rows, track progress, row with pace boats and past rows, and link direct to your Concept2 Performance Monitor and the Concept2 website.

RowPro also has a unique and very popular online rowing system that enables you to row online with other people all around the world in real time. This is motivation at its best!

Research shows RowPro is a proven motivator that keeps people rowing over the long term to achieve lifelong health and fitness.





## Key success factors

### Training

A good training program cycles your body through the correct mix of strength, endurance and speed workouts to achieve the results you need.

The best approach is to use a rowing plan that is specifically tailored to your current fitness level and personal training goals.



## RowPro solutions



### Rowing Plans

RowPro provides a lifetime supply of rowing plans for fitness, weight loss and competition, and tailors each plan to your current 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.

[www.digitalrowing.com/training](http://www.digitalrowing.com/training)

### Technique

Good stroke technique takes time to develop. The best approach is to watch excellent stroke technique and learn the key parts of the stroke. Then watch your own stroke in a mirror, and keep adjusting until your strokes are both powerful and safe to repeat over many years.



### 3D Coaching Clinic

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

Brian's easy-to-follow coaching is designed to help beginners quickly understand how to row safely and powerfully.

[www.digitalrowing.com/technique](http://www.digitalrowing.com/technique)

### Motivation

Staying motivated is the key to long-term success. The best approach is to make the critical mind-shift from discipline: 'I need to row' to enjoyment: 'I want to row'.

The proven methods are to bring structure, variety and interest into your workouts, track your progress, and row with others when you can.



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[www.digitalrowing.com/motivation](http://www.digitalrowing.com/motivation)

### Tracking

To confirm you're getting the results you want, it's essential to track your progress. The best approach is to log all your rowing in a form that lends itself to statistics and analysis so you can see trends.

**Note:** Your heart rate is a core indicator of your performance, so wearing a heart rate monitor while you row is very important.



### Logbook and Analysis

RowPro directly connects to your Concept2 Performance Monitor, automatically records all your rows in your personal rowing log, and provides charts and analysis so you can keep good track of your progress.

You can also upload your rows direct to your Concept2 online logbook to easily participate in Concept2 challenges and meter clubs.

[www.digitalrowing.com/tracking](http://www.digitalrowing.com/tracking)



RowPro has everything you need to quickly settle into a good rowing pattern:

- A lifetime supply of training plans
- Easy-to-follow 3D technique coaching
- The magic and motivation of Online Rowing
- Tools to track your progress

All with 3D live water, pace boats, and much more.

With RowPro at your side, you'll be rowing like a pro before you know it.



## FREE 20-DAY TRYOUT

**DOWNLOAD**  
your free 20-day  
tryout now!

[www.digitalrowing.com/software](http://www.digitalrowing.com/software)

Buy RowPro before the free tryout expires and get:

- A free training article by guru Jon Ackland
- All RowPro 3.x version upgrades free
- 30-day money-back guarantee
- Free entry to Oarbits Online Rowing Club

## RowPro Home Edition \$99

5-user 1-erg, other sizes available

School and Gym Editions up to  
200-user 16-erg available

## What others say

**Tim Knight** - Company Director, UK

*"I was hitting middle age and in need of some serious improvement. The difference RowPro makes for me is motivation – I enjoy beating my previous times and rowing online with others.*

*Now my weight and resting heart rate are down and my blood pressure is back to normal. I'm a convert and recommend RowPro to others."*

**Dr Susan Holladay** - Laboratory Director, US

*"I had to change my lifestyle if I wanted to see my daughter grow up. I use RowPro to row online with people all over the world. It motivates me even if I don't feel like rowing.*

*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!"*

**Ellen Dollar** - Retired Business Owner, US

*"RowPro makes all the difference. I hardly ever row alone any more. I've rowed 98% of the last 5 million meters online with other rowers. RowPro has taken rowing to a whole new level. I absolutely love it.*

*I have friendships I've formed with people in Europe, New Zealand, UK, and all over the US from meeting them online and chatting before and after a row."*

**Steve Swift** - Freelance Writer, US

*"I love this software. Despite having worked in the tech realm for a few years, until recently I sincerely did not understand the 'community building' aspect of the Internet until I started using RowPro.*

*Your software is tremendous. I feel like I have friends all over the Blue Planet, thanks to RowPro. No, that's an understatement. I know I have friends all across the Blue Planet thanks to RowPro."*



Worldwide 24x7 customer support  
[www.digitalrowing.com/support](http://www.digitalrowing.com/support)

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# Get started in 3 easy steps...

## 1. RowPro software

Download and install the latest version of RowPro:

[www.digitalrowing.com/software](http://www.digitalrowing.com/software)

RowPro runs for 20 days free before it needs to be activated with a Product Key for Home, School or Gym Edition.

## 2. Concept2 Performance Monitor

Connect your Concept2 Performance Monitor to your RowPro computer with the USB cable supplied by Concept2.

## 3. Internet connection

Connect your RowPro computer to the Internet to use the online features in RowPro: Online Activation, Online Rowing, uploads to your Concept2 Logbook, and Rowfile downloads.

**Note:** You can also activate RowPro and use all its offline features without an Internet connection.

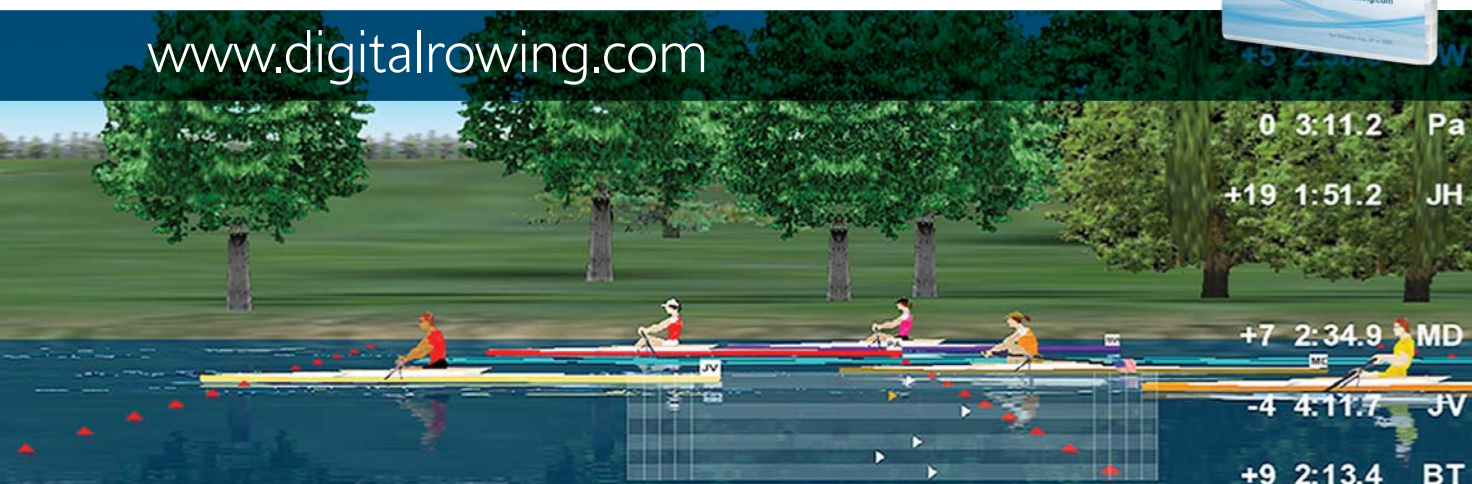
## Online resources

Visit [www.digitalrowing.com](http://www.digitalrowing.com) to access these online resources:

- Training, Technique and Motivation
- RowPro Software
- Oarbits Online Rowing Club
- HomeZone Activity Center
- RowPro Rowfile Library
- RowPro Guides
- Customer Forums
- RowPro Help Online



[www.digitalrowing.com](http://www.digitalrowing.com)



## About RowPro

RowPro is made by Digital Rowing Inc, a company that specializes in rowing software for Concept2 Indoor Rowers.

Digital Rowing is owned and operated by rowers. Its team includes specialist software and web developers, a world-class trainer and an Olympic rowing coach.

RowPro is the product of ten years continuous innovation by Digital Rowing and is used by thousands of people worldwide.

**DIGITAL ROWING**  
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RowPro is designed by Digital Rowing Inc. for use with Concept2 Indoor Rowers. Concept2 is not affiliated with Digital Rowing and assumes no responsibility or liability with respect to RowPro. Please direct all requests for technical support or other assistance to Digital Rowing Inc. Contact [assist@digitalrowing.com](mailto:assist@digitalrowing.com).

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