

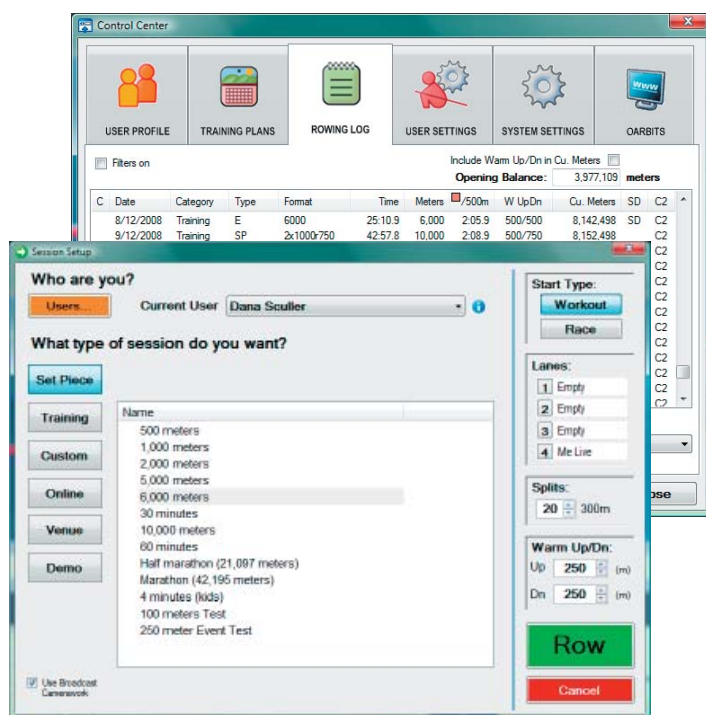
# RowPro Home Edition 3



## What is RowPro?

RowPro is interactive computer software for home users of Concept2 Indoor Rowers. RowPro is designed to help you master Training, Technique, Motivation and Tracking.

RowPro provides the structure, motivation and feedback you need to get the results you want from your rowing. No need to guess what to do and hope it will work. With RowPro you'll be right on track from the first stroke.



## THE MAGIC OF ONLINE ROWING



EXPERIENCE THE THRILL OF ROWING WITH PEOPLE AROUND THE WORLD

### What is Online Rowing?

Online Rowing is connecting your RowPro PC to the Internet and rowing with other people anywhere in the world live in real time.

### Pure motivation:

RowPro Online Rowing is hugely popular, with over 30,000 boats crossing the online finish line this year, up 100% on last year. People find rowing and chatting online with others extremely motivating.

### Quick facts:

Some quick Online Rowing facts:

- There are many online rows every day that anyone can join.
- It's free to all RowPro users.
- Any Internet connection will do.
- Any pace is great, from gentle to sizzling, you choose.
- Online rowers are a great bunch of people all around the world.

## Training, Technique, Motivation and Tracking

RowPro provides a complete, intuitive, easy to use point-and-click toolkit for setting up sessions directly onto your Concept2 Performance Monitor.

It tracks every stroke while you row, showing you correct technique in true 3D as your boat moves along the beautiful live-water course.

And afterwards, all your results are stored in your own personal rowing log where you can track your progress, analyze your performance, and upload your results direct to your Concept2 Online Logbook.

You can row online with others, row offline by yourself, or set up some pace boats or past rows to keep you company. All in real time, all in 3D, and all in your control whenever and wherever you want to row.

RowPro also brings you a huge library of hundreds of professional training plans for fitness and health, weight control and competition at all levels from beginner to elite, plus a 3D rowing technique coaching clinic.

DIGITAL ROWING IS PROUD TO PRESENT OUR SECOND-GENERATION ONLINE ROWING EXPERIENCE. DESIGNED IN CONSULTATION WITH OUR MOST EXPERIENCED ONLINE ROWERS FROM AROUND THE WORLD, IT OPENS UP A WHOLE NEW DIMENSION FOR INDOOR ROWING AT HOME. INSPIRED BY THE VISUAL EXPERIENCE OF LIVE TELEVISION COVERAGE OF INTERNATIONAL ON-WATER REGATTAS, THE EMPHASIS IS ON CREATING A ROWING EXPERIENCE SO REAL YOU TRULY FEEL YOU'RE ON THE WATER.

# RowPro A to Z

## Direct Concept2 PM connection

Simply plug your Concept2 Performance Monitor directly into your RowPro PC using the supplied Concept2 USB cable.

## Click to set up sessions

Select the session you want to row in Session Setup, and with a few easy clicks RowPro will set up your Concept2 Performance Monitor ready for you to row.

Choose one of the standard Set Pieces or a scheduled session from your current Rowing Plan. Create your own Custom Row or join one of the many organized Online Rowing sessions.

With a few more clicks you can easily add in pace boats, past rows, a warm-up/down and up to 30 splits.



## 3D on-water rowing course

Undoubtedly one of the premier features of RowPro is the stunning 3D on-water rowing course, now featuring live water with oar puddles, boat wakes, gentle surface ripples and moving reflections.

Color your boat, clothes, hair and skin in the Color Studio to create an on-water replica of yourself, and show your country flag on your oar blades.

## Rowing plans

RowPro has a lifetime supply of structured rowing plans, expertly tailored to your capability and goals by Jon Ackland of Performance Lab International.

Select from over 600 plans for health and fitness, weight control or competition at all levels. RowPro has 8, 10, 12 or 14 week plans to fit your busy schedule while expertly guiding you towards your personal health and fitness, weight control or competition goals.

## Pace boats and past rows

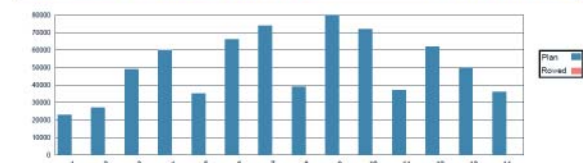
Row with pace boats, or past rows from your rowing log, or other people's past rows. With 3 extra lanes you can quickly mix'n'match your virtual companions.

## 3D coaching clinic

Learn to row safely and powerfully from one of the masters of the sport. Visit the 3D coaching clinic where Olympic rowing coach Brian Hawthorne teaches you how to row in an easy-to-follow slow motion 3D demonstration and gives you coaching notes for every part of your stroke.

Competition Plan for John Woodyard

John's 2009 6k Elite Plan  
25 May, 2009 - 31 Aug, 2009



Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Wk 1 25 May	3000m	4000m	4000m	4000m	Rest	4000m	5000m	wk 1 23,000
Wk 2 1 Jun	Rest	5000m	4000m	5000m	Rest	5000m	8000m	wk 2 27,000
Wk 3 8 Jun	6000m	8000m SP 3x500/750	5000m	8000m	6000m	6000m	10000m SP 3x1000/750	wk 3 49,000
Wk 4 15 Jun	6000m	10000m SP 2x1000/750	6000m	10000m SP 2x1000/750	6000m	8000m	14000m SP 2x1500/750	wk 4 60,000
Wk 5 22 Jun	6000m	5000m SP 4x500/750	4000m	6000m	6000m	2000m	6000m	wk 5 35,000
Wk 6 29 Jun	6000m	12000m SP 3x1500/750	6000m	12000m SP 3x1500/750	6000m	8000m PS 4x200/1000	16000m SP 3x1500/750	wk 6 66,000
Wk 7 6 Jul	6000m	14000m SP 3x200/750	8000m SP 3x500/750	14000m SP 4x200/750	6000m	8000m	18000m SP 3x500/1000	wk 7 74,000
Wk 8 13 Jul	6000m	6000m	5000m	8000m	6000m	2000m	6000m	wk 8 39,000
Wk 9 20 Jul	6000m PS 3x200/1000	14000m TL 3x200/750	10000m SP 3x500/750	16000m SP 3x200/750	6000m	10000m SP 2x250/1000	18000m SP 3x200/750	wk 9 80,000
Wk 10 27 Jul	6000m PS 4x200/1000	12000m TL 4x1000/750	10000m SP 4x500/750	12000m SP 4x200/750	6000m	10000m SP 3x500/750	16000m SP 6x200/500	wk 10 72,000
Wk 11 3 Aug	6000m	6000m	5000m	6000m	6000m	2000m	6000m	wk 11 37,000
Wk 12 10 Aug	6000m PS 3x200/1000	10000m MSS 2x500/750	8000m PS 3x200/1000	10000m SP 4x1500/750	6000m	8000m MSS 4x500/500	14000m SP 4x1500/750	wk 12 62,000
Wk 13 17 Aug	6000m PS 4x200/1000	8000m MSS 4x250/500	6000m PS 3x200/1000	10000m SP 4x1000/750	6000m	6000m MSS 4x250/250	10000m SP 4x1000/750	wk 13 50,000
Wk 14 24 Aug	6000m	5000m	5000m	6000m	6000m	2000m	6000m	wk 14 36,000

Code	Type	Description	HR Band	SR Band	Warm-Up/Down
TT	Time Trial	Time trial	n/a	n/a	750 / 750
ST	Starts	A series of practise starts	0 - 0	37 - 50	750 / 500
MSS	MaxSS	Maximum steady state	0 - 0	33 - 36	750 / 750
PS	Power Shift	Easy with shifts to MaxSS	135 - 151	33 - 36	750 / 500
TL	Tempo Load	¼ pressure at UT HR	119 - 135	28 - 32	500 / 500
SP	Slow Pressure	Slow 80 - 85% pressure	103 - 127	18 - 22	500 / 750
E	Easy	Easy row for maintenance	95 - 119	23 - 27	500 / 500
T	Technique	Focus on Technique only	80 - 95	18 - 22	0 / 0



# RowPro A to Z



## Online Rowing

From the warm welcome when you first go online to the friendly banter after each online row, you'll instantly appreciate how much fun and motivation you get rowing online with others.

And that's what keeps you rowing. Fun. Company. Friendships. You don't need to care about the amazing technical wizardry that makes it possible, nor think about the way it all comes together across the globe. You just go online and row.

There are so many sessions you can join - everything from general fitness to handicap fun races to the hugely popular birthday celebration rows, it's all there ready for you to join.

People are having a ball rowing online, and it shows. Online rowing is growing at a whopping 100% each year, with over 40 countries represented online in all the time zones from Europe to New Zealand.

Find out more by exploring the Oarbits online rowing club at [www.digitalrowing.com/Oarbits](http://www.digitalrowing.com/Oarbits), and if you do nothing else, try online rowing at least once to experience it personally.

*"RowPro rocks! There's NO WAY I would have stayed with erging so long, without it. The people you meet, the training partners you are able to hook up with, the online rowing, it's really great. It is without a doubt the best motivational tool I've ever come across."*

**Chad Goss, Online Training Organizer**

## Rowing log

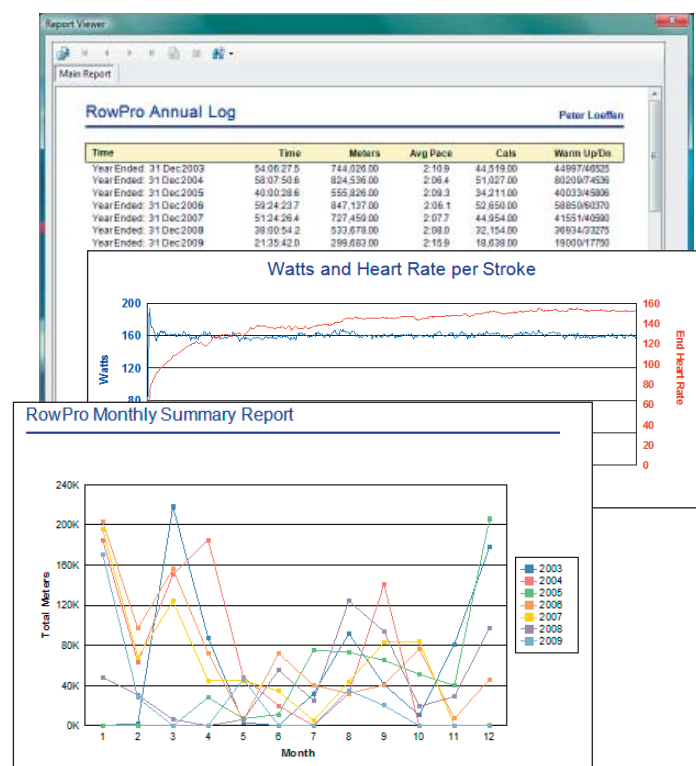
RowPro automatically saves detailed results for every session you row in your own personal rowing log. You can sort and filter entries and view detailed Session Reports showing totals, splits, intervals and strokes.

You can also upload results directly from RowPro to your Concept2 Online Logbook - this is one of the most popular features in RowPro and especially handy if you're participating in one of the Concept2 Challenges.

## Performance Analysis

RowPro features a suite of analysis tools you'll really appreciate: the ability to find and compare similar rows to check your progress, monthly and annual statistics of your rowing history, detailed session analysis, and one-click selection of similar rows.

You can also export results as XML Rowfiles or as CSV files for further analysis.



# RowPro Tech Specs

## RowPro

**Number of users:** Set by Home Edition license, max 15

**Number of ergs (Concept2 Indoor Rowers):** Set by HE license, max 3

**Number of lanes:** Up to 16 for Online Rowing and Venue Racing, otherwise 4

**Number of languages:** 4 - English, French, German and Spanish

## Computer

**Processor:** Minimum 1 GHz, Core 2 Duo recommended

**Memory:** Minimum 512 MB, 1GB recommended

**Free Disk Space:** Minimum 150 MB

**Operating System:** Windows 7 (recommended), Vista SP2 or XP SP3

**Graphics:** Hardware acceleration, 32 MB Video RAM, Shaders for Live Water

**Ports:** USB port for PM3 and PM4, or Serial Port for PM2+

**Note for Mac users:** RowPro runs in Intel-based Macs using Boot camp (recommended) or Parallels 4 or higher, with Windows 7, Vista SP2 or XP SP3

## Concept2 Indoor Rower

**Machine:** Any Concept2 Indoor Rower with a suitable Performance Monitor

**Performance Monitor:** Concept2 PM4, PM3 or PM2+

**Performance Monitor Firmware:** PM4 Ver 21 or later, PM3 Ver 101 or later

**Optional Heart Rate Monitor:** Suunto with PM4, Polar with Concept2 pick-up

## Internet connection

**Connection:** Works with DSL, Cable, Wireless, Satellite, 3G or Dial-up

**Firewall:** Uses TCP Port 80 for activation, uploads, downloads and Oarbits;  
Uses UDP Port 9300 for Online Rowing

**Proxy:** Works with or without a proxy server. Supports proxy authentication

**Note:** Can be activated and operated without any Internet connection

## RowPro licenses

<b>Home Edition</b>	Permanent / 5-user 1-erg / Download	\$99.00
<b>Home Edition CD</b>	Permanent / 5-user 1-erg / CD box	\$119.00
<b>Home Edition Extra</b>	Permanent / 15-user 3-erg / Download	\$179.00
<b>Home Edition Student</b>	Annual / 1-user 1-erg / Download	\$29.50

**Note:** One RowPro license is required per computer running RowPro. Licenses can be moved from one computer to another by the user when required.

## Software upgrades

**Permanent licenses:** All Version 3.x software upgrades free

**Annual licenses:** All software upgrades free

### DIGITAL ROWING INC



DIGITAL ROWING INC, 60 STATE STREET, SUITE 700, BOSTON, MA 02109

#### About us

RowPro is made by Digital Rowing Inc, a US software company that specialises in rowing software for users of 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 coach.

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

#### Contact us

Email: assist@digitalrowing.com

Phone:

- US: 1-800 839 7084
- UK: 0808 234 6132

#### Website

www.digitalrowing.com

#### - WHAT CUSTOMERS SAY -

**DR SUSAN HOLLADAY**, ROWPRO USER  
AND LABORATORY DIRECTOR, USA:

"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!"