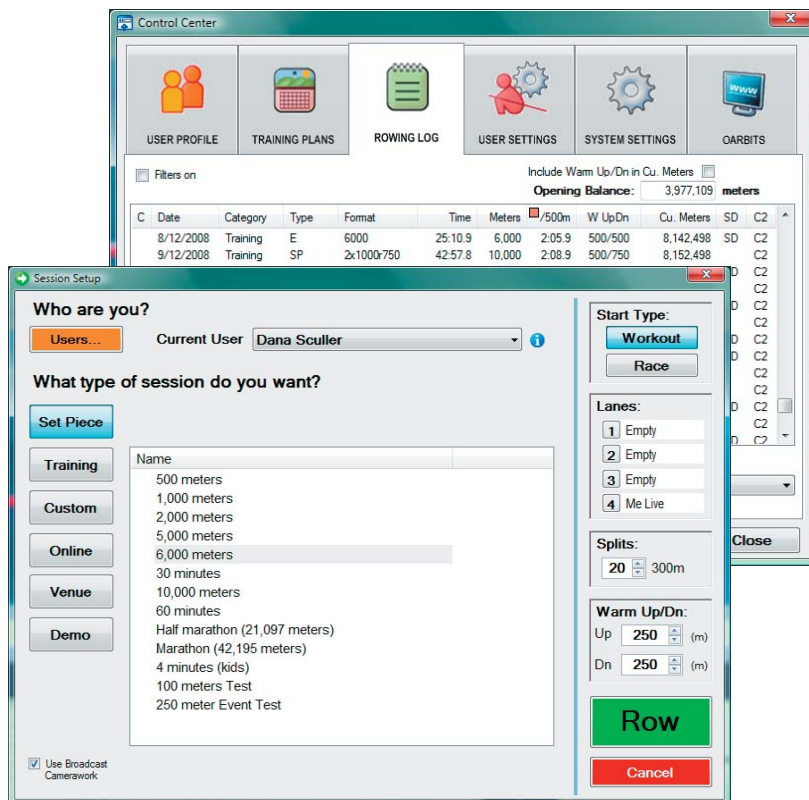


What is RowPro?

RowPro is computer software for home users of Concept2 Indoor Rowers who want to get results and keep rowing over the long term. RowPro is your complete rowing toolkit packed with all the essential features you need to succeed.

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.



Essential rowing toolkit

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.

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 170,000 boats having crossed the online finish line since online rowing started. 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.

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

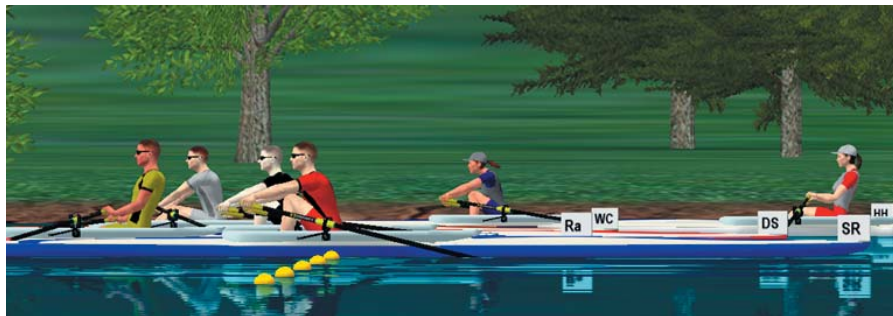
Simply plug your Concept2 Performance Monitor directly into your RowPro PC using the supplied Concept2 USB cable.

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.

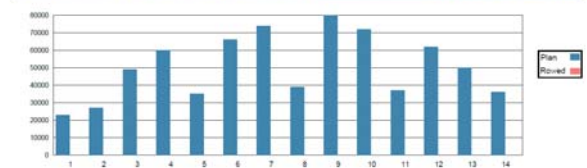
Color your boat, clothes, hair and skin in the Color Studio to create an on-water avatar of yourself, and show your country flag on your oar blades.

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.

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



| Week | Optional | | | | | | Total | |
|-----------------|------------------------|-------------------------|------------------------|-------------------------|-------|-------------------------|-------------------------|-----------------|
| | Mon | Tue | Wed | Thu | Fri | Sat | | |
| Wk 1 25 May | 2000m | 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 SR 3x1000/750 | wk 3 49,000 |
| Wk 4 15 Jun | 6000m | 10000m SP 2x1000/750 | 6000m | 10000m SP 2x1000/750 | 6000m | 8000m | 14000m SP | wk 4 60,000 |
| Wk 5 22 Jun | 6000m | 5000m SP 4x500/750 | 4000m | 8000m SP 4x500/750 | 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 | 14000m SP 4x200/750 | 6000m | 8000m TL 3x500/1000 | 18000m SP 4x1500/750 | wk 7 74,000 |
| Wk 8 13 Jul | 6000m | 6000m | 5000m | 8000m SP 2x500/750 | 6000m | 2000m SR 2x100/750 | 6000m | wk 8 39,000 |
| Wk 9 20 Jul | 6000m PS 3x200/1000 | 14000m TL 3x500/1000 | 10000m SP 3x500/750 | 16000m SP 5x200/750 | 6000m | 10000m SR 2x250/1000 | 18000m SP 5x200/750 | 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 SR 3x500/750 | 16000m SP 6x200/500 | wk 10 72,000 |
| Wk 11 3 Aug | 6000m | 6000m | 5000m | 6000m SP 2x500/750 | 6000m | 2000m SR 2x100/750 | 6000m | wk 11 37,000 |
| Wk 12 10 Aug | 6000m PS 3x200/1000 | 10000m SR 2x500/750 | 8000m PS 3x200/1000 | 10000m SP 4x1500/750 | 6000m | 8000m SR 4x500/500 | 14000m SP 4x1500/750 | wk 12 62,000 |
| Wk 13 17 Aug | 6000m PS 4x200/1000 | 8000m SR 4x250/500 | 6000m PS 3x200/1000 | 8000m SP 4x1000/750 | 6000m | 6000m SR 4x250/250 | 10000m SP 4x1000/750 | wk 13 50,000 |
| Wk 14 24 Aug | 6000m | 5000m SR 3x100/1000 | 5000m | 6000m SR 3x100/1000 | 6000m | 2000m SR 2x100/750 | 6000m | wk 14 36,000 |

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.

| 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 | n/a | 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 | Temp Load | 1/4 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 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, 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

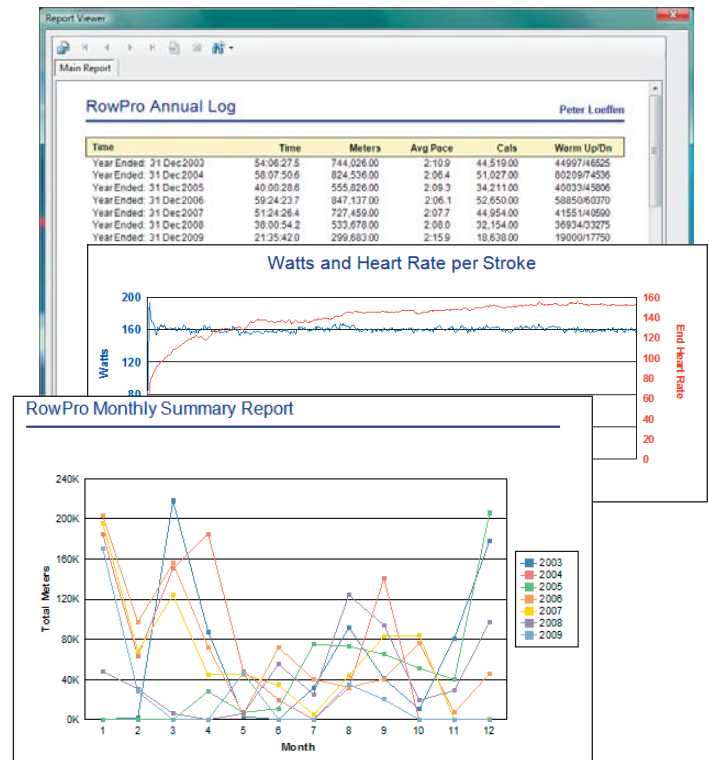
RowPro automatically saves detailed results for every session you row in your own personal rowing log. You can sort and filter entries and view detailed Session Reports showing totals, splits, intervals and strokes.

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 1 GB, 2 GB recommended
- Free Disk Space:** Minimum 250 MB
- Operating System:** Windows 8 or Windows 7 SP1
- Graphics:** Hardware acceleration, 128 MB Video RAM, Shaders for Live Water
- Ports:** USB port for PM3 and PM4, or Serial Port for PM2+
- Note for Mac users:** RowPro 4 runs in Intel-based Macs using Parallels or Boot camp, with Windows 8 or Windows 7 SP1

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

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

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

Software upgrades

- Permanent licenses:** All Version 4.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!"