



# Rowing with RowPro

ILLUSTRATED GUIDE FOR HOME USERS

Version 5.x **RowPro**  
[www.digitalrowing.com](http://www.digitalrowing.com)



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# Introduction

RowPro is software for indoor rowing that runs in a Windows 10 or Mac computer and connects to any Concept2 PM5, PM4 or PM3 monitor. You just download and install RowPro from [www.digitalrowing.com](http://www.digitalrowing.com) and activate it as a free trial or with a product key.

RowPro connects to your Concept2 PM with a standard USB cable like the ones used for printers. You can get one from your computer store or Concept2.

Then you start RowPro, set up the row you want to do, and click Row. RowPro sets up your row on the Concept2 PM, and you can start rowing.

*If there's one make-or break ingredient to get the best from RowPro, it's reading this guide.*

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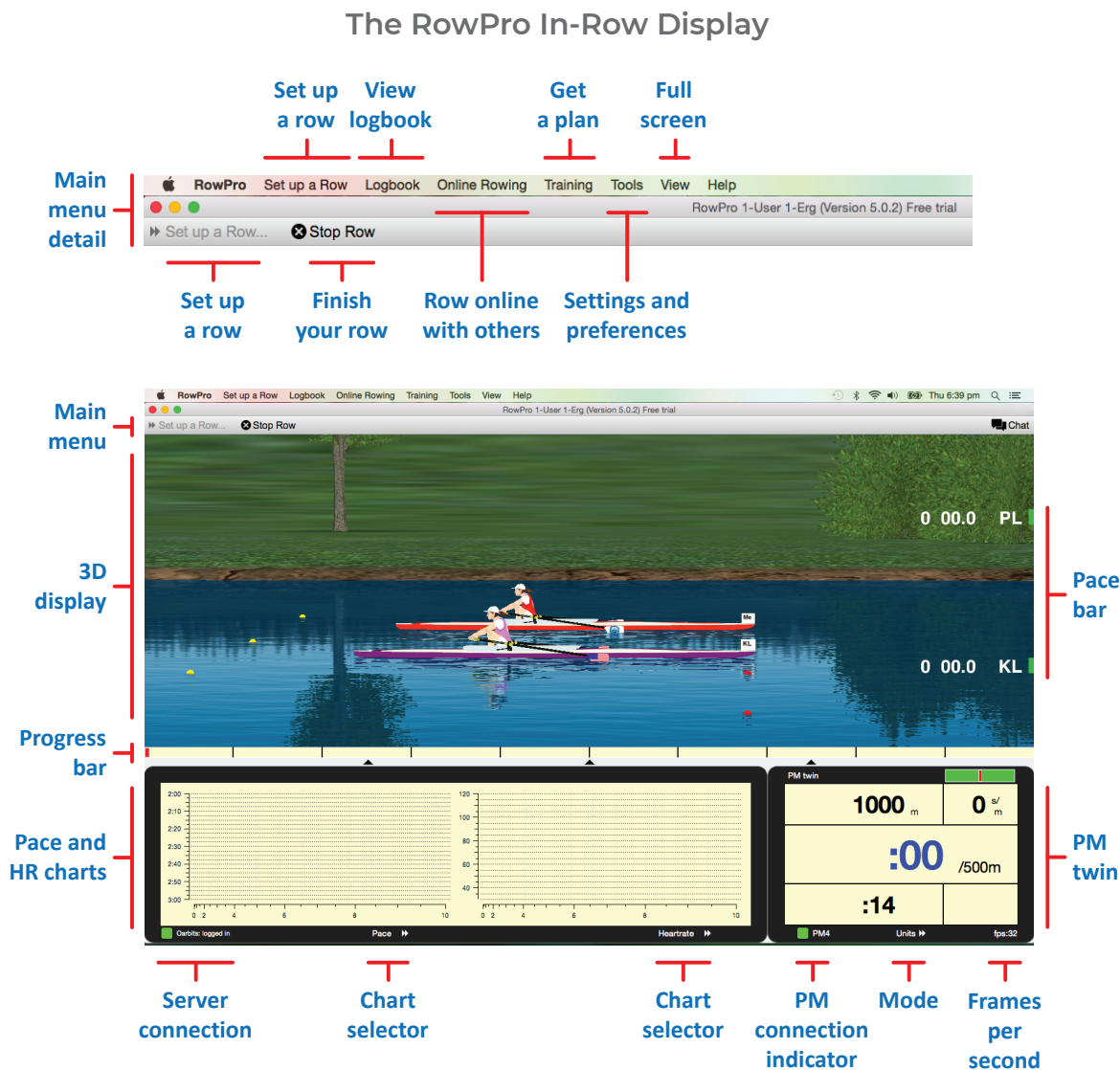
[www.digitalrowing.com](http://www.digitalrowing.com)

# Getting Started

We all know the old saying ‘If all else fails, read the manual’, but often the fastest way to get started is to learn first. This illustrated guide helps you work out what rowing you need to do, and gives you a step-by-step introduction to RowPro.

**1 Connect your Concept2 PM - before starting RowPro**  
RowPro connects to your Concept2 PM5, PM4 or PM3 via a standard USB cable. Once it's connected, start RowPro by double-clicking the RowPro desktop icon. The PM Connection Indicator should be green with text PM5 or similar next to it. If it's not green with text, see the Troubleshooting section of this guide.

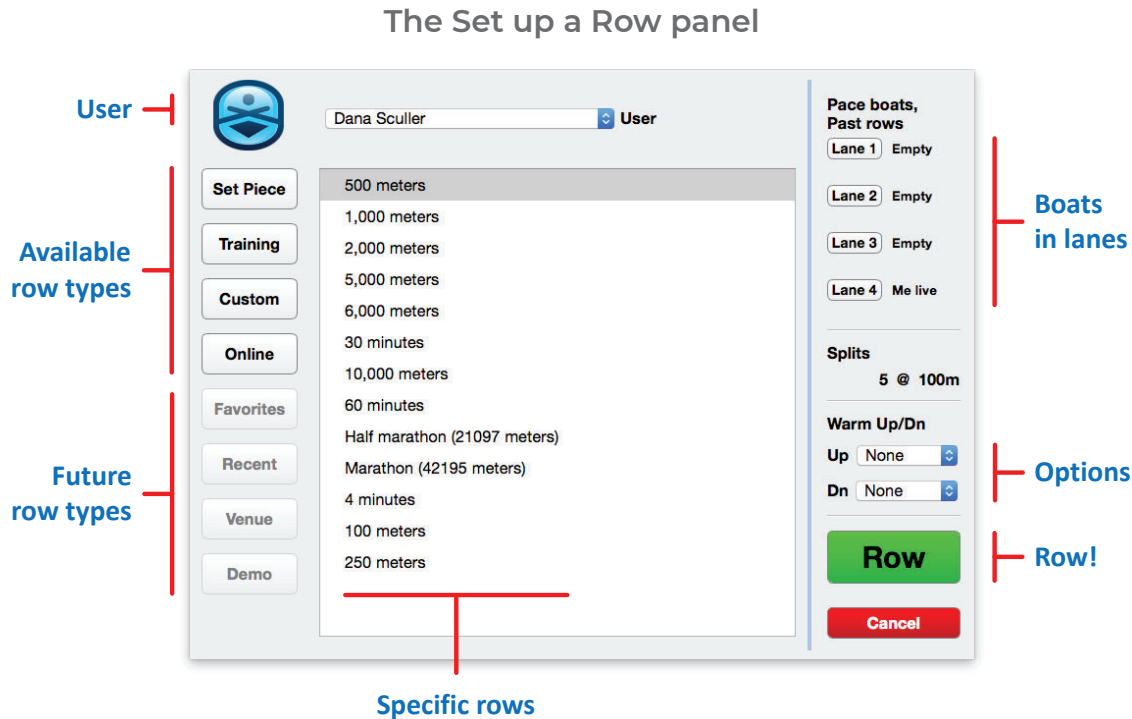
**2 Understand the In-Row Display**  
The main RowPro display screen is called the ‘In-Row Display’. Before you row, familiarize yourself with the main parts of the In-Row Display shown below:



# Setting up a Row

Let's set up a straightforward 500m Set Piece - this is one of the standard Concept2 rows.

To begin, click **Set up a Row** on the RowPro main menu. That will bring up the Set up a Row panel shown below:



## Basic sequence for setting up a row

1. **Set the user** - Confirm you are set as the User at the top (so results go into your logbook). If you're the only user, this will already be set to you by default.
2. **Choose the row type you want** - Select the type of row you want to row. This could be a Set Piece, Training Session, Custom Row or Online Row. By default, Set Piece is selected.
3. **Choose the specific row you want** - Select the specific row you want from the list. For this row, just leave the default 500 meters row selected.
4. **Set any options you want** - On the right side, notice the default settings. You can change these settings, but for now let's stick with the defaults:
  - You'll be rowing alone in Lane 4 (nearest the camera).
  - There will be five 100 meter splits recorded automatically.
  - You won't row a warm-up or warm-down.
5. **Click Row** - Now click the big green Row button. RowPro will respond by closing the Set up a Row panel, setting up the 500m Set Piece on your Concept2 PM and on the RowPro PM twin, and moving to the In-Row Display ready for you to start rowing.

# Rowing with RowPro

Now get on your Concept2 Indoor Rower, strap in your feet, pick up the handle, row the 500m Set Piece, and watch how RowPro responds to your rowing:

## 1. The 3D display

In the 3D display, the on-screen boat moves along the course, with the bow (front) of the boat matching the distance on your Concept2 PM and the on-screen rower (your Avatar) matching your stroke timing.

**Note:** RowPro learns about each stroke once you have finished it, so it takes a few strokes to get in sync with your stroke timing. If you change your stroke rate, your on-screen avatar takes a stroke or two to re-synchronize with you.

## 2. The instrument panel

While you row:

- The on-screen Pace Chart at the left tracks your pace at every stroke.
- If you are wearing a HR monitor belt that is connected to your Concept2 PM, then the on-screen HR Chart in the middle tracks your heart rate at every stroke.
- The numbers displayed on the on-screen PM twin match the numbers on your Concept2 PM at every stroke.
- If you have set Stroke Rate targets, the SPM Indicator that's set into the top black frame of the PM twin tracks your stroke rate at every stroke.

## 3. The finish form

When you're finished rowing the 500 meters, you'll see the finish form below:

### The finish form

main row done ✓

Upload completed


Distance: 500

Time: 2:08.7

Avg Pace: 2:09

End HR: 0

All done!



Close

When you're ready, click Close on the finish form. RowPro then automatically saves your results in your local logbook and uploads your results to your online logbook, and resets itself to the default 'Just Row' screen, ready for you to set up your next row.

# Your RowPro Logbook

Knowing you're on track to achieve the results you want from your rowing is one of the most important keys to success. As your performance improves, your speed, strength and endurance go up, and your heart rate goes down.

Proper tracking involves recording details like strokes and heart rate. RowPro automatically tracks these items and more every stroke, and makes it available in charts and tables so you can track your progress. Check out the [Tracking your Progress](#) mini-guide to learn more.



## 1 Your online logbook

On the RowPro main menu click **Logbook | Online Logbook**. You'll notice on the menu that RowPro also has a Local Logbook – that's mainly for situations where your RowPro computer isn't connected to the Internet.

In your online logbook you'll see your 500 meter Set Piece listed. Every row you do with RowPro will automatically be added as another line entry in your online logbook, along with a Send button to send it to your Concept2 logbook.

### Your online logbook

The screenshot shows the 'RowPro Online Logbook - Dana Sculler' interface. Annotations on the left include 'User' pointing to the header, 'List of rows' pointing to the table, and 'Manual entries' pointing to the 'Add manual entry' button. Annotations on the right include 'Export to Concept2' pointing to the 'Send' button, 'Overall statistics' pointing to the 'Statistics' button, and 'RowErg type' pointing to the 'FSD' column header. The table has columns: Date, Source, Format, Time, Meters, Pace, Cals, W Up/Dn, FSD, and Export. A row is shown for '15 Mar 2020 Set Piece Lane1:500m' with a 'Send' button. Below the table is a 'Load more...' link and an 'Analyze' button. At the bottom, there are statistics: 'Opening meters: 0m', 'Meters in logbook: 9,791,000m', and 'Total meters: 9,791,000m' with a 'Statistics' button. A note says 'Double-click a line to view the details, click the X to delete'. A footer note says 'FSD: Fixed, Slides or Dynamic'.

Date	Source	Format	Time	Meters	Pace	Cals	W Up/Dn	FSD	Export
15 Mar 2020	Set Piece	Lane1:500m	3:08.5	500	3:08.5	25	0/0	F	<button>Send</button>

Load more...

Select two similar rows and click Analyze to compare them Analyze

Opening meters: 0m Meters in logbook: 9,791,000m Total meters: 9,791,000m Statistics

Double-click a line to view the details, click the X to delete

FSD: Fixed, Slides or Dynamic

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## 2 Row details

Double-click the 500 meter Set Piece row to bring up the Details page. There you'll see:

- A chart with a blue trace showing your pace for every stroke.
- If you were wearing a HRM while you rowed and your HR was visible on your Concept2 PM display, you'll also see a red trace showing your HR for every stroke.
- Below the chart you'll see a table with 5 splits of 100m each, and totals for the entire row.
- At the bottom you'll see export options where you can save the row in csv or xml format, or export it to other destinations. Note most people use RowPro to automatically export rows to their Concept2 logbook, and from there, on-export to Training Peaks, Strava or other destinations.

# Beyond the Basics

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When you start RowPro, by default it starts with a Just Row ready to go. You can literally just pick up the handle on your Concept2 RowErg and start rowing, and RowPro will track along with you. Next step up is rowing a Set Piece, which we've already covered in the previous sections of this guide.

Going beyond the basics, on the left side of the Set up a Row panel, you'll see the other main types of rows you can do with RowPro: Training, Custom and Online. And on the right side of the Set up a Row panel, you'll see the options you can set for each row, including adding pace boats and past rows in other lanes, adjusting splits, and adding a warm up/down.

## 1 Training plans

The big question everyone faces at the start is "What rowing do I need to do to get the results I want?" and soon after that comes the realization "I really need a plan."

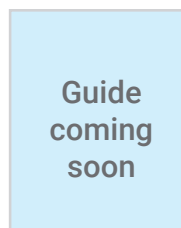
RowPro has plans for weight, fitness and competition for all ages and levels from beginner to elite, plus a wizard to find the right plan and tailor it to your age, weight, fitness and goals. See the [Training with RowPro](#) illustrated guide for the full story.



## 2 Custom rows

If you have specific rows in mind, you can set up three types of custom rows, and with each one you can set optional targets for Pace, HR and SPM:

- Custom distance or time rows.
- Fixed interval rows with a number of repetitions that are all the same.
- Variable interval rows like staircases for specific training purposes.



## 3 Online rowing

Live online rowing is free to RowPro users. There's a unique feeling when you know the other boats with you on the river are real people rowing with you in real time.

You don't need to know people in advance - the online rowing community is buzzing with people just like you who find rowing with others provides just the motivation they need. See the [RowPro Online Rowing](#) illustrated guide for the full story.



## 4 Pace boats and past rows

Virtual competition opens up a whole new dimension in your rowing, whether it be with pace boats, your own past rows, or another person's Rowfile.

You can use pace boats and past rows to push you to perform better, to zone out mentally while you stay on your target pace, or to bring your tactical race plan to life for time trials. Check out the [Using Pace Boats and Past Rows](#) mini-guide for details.



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# Planning your Rowing

You likely have clear goals in mind for your rowing, but are you clear about what rowing that means you need to do?

Now's the time to figure that out, so you settle into a good pattern right from the start. Our research shows it's the most crucial key to getting the results you want from your rowing. The five most common goals people have for their rowing are listed below, with guidance on how to use RowPro to achieve each goal.

## 1 Rowing to get back in shape

If you're rowing to get back in shape, you're not alone! There are many who were in good shape years or decades ago, but now have weight, fitness or health issues.

RowPro has a large set of training plans for weight and fitness, plus an expert wizard to tailor each plan to your physiology and available time. Check out the [Rowing to get back in shape](#) mini-guide to make sure you get the results you want.



## 2 Rowing for health and fitness

Most RowPro users are rowing to stay fit and healthy, with some shifting from running to rowing to ease up on overworked joints. The key is to stay motivated long-term.

RowPro has training plans for fitness, virtual competitions with pace boats and your own past rows, and live online rowing for motivation while you row. Check out the [Rowing for health and fitness](#) mini-guide to make sure you get the results you want.



## 3 Training for competition

To be competitive, you need to follow a training plan that's optimized for you.

RowPro has competition plans from beginner to elite, plus an expert wizard to tailor each plan to your physiology, competitive goals, race distance and available time.

Check out the [Training for competition](#) mini-guide to get off to a great start and stay on track to get the performance you want.



## 4 Rowing for off-season fitness

This is the perfect use of a Concept2 RowErg, because that's why it was invented!

RowPro has segment plans that can be part of wider fitness regimes, full plans to carry you through, online rowing for company or competition, pace boats or past rows for benchmarks, and set pieces to just do the meters. Check out the [Rowing for off-season fitness](#) mini-guide to stay on track.



## 5 Rowing for medical therapy

Our research shows recovering or maintaining your health is a common rowing goal.

RowPro has a large set of 'lite' training plans for recovering or maintaining your health, plus a wizard to help you get a plan that fits your physiology and available time. Check out the [Rowing for medical therapy](#) mini-guide to ensure your rowing produces the results your body needs.



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# Strategies for Success

The goal of most indoor rowing is to achieve or maintain lifelong healthy fitness. So for most people, success is achieving the results you want and keeping rowing over the long term.

The good news is that your rowing success is based on well-researched factors that you can control. It's not hard - you just need to make the right moves. Check out the [Secrets of successful indoor rowing](#) guide to learn how to set yourself up for long-term success.



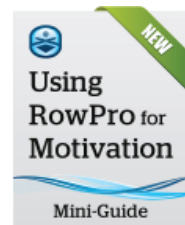
## 1 Staying motivated

Research into the success factors driving long-term exercise programs like rowing shows motivation is the most important factor in keeping it up over the long term. The trick is finding effective ways to do that.

Most rowers are busy people, so finding time to row in between work, family time and other activities is an important factor to achieve long-term success.

RowPro overcomes this challenge by being your constant rowing companion and lifelong motivator, providing a mix of mental and physical boosters to stimulate your rowing during the weeks, months and years of active rowing.

Check out the new [Using RowPro for motivation](#) mini-guide to learn how to use RowPro to stimulate your rowing.



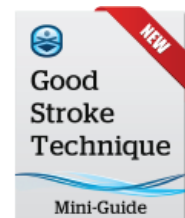
## 2 Avoiding injury

If you row a 20 minute workout 3 times a week, over a year you'll row around 750,000 meters. At an average of 10 meters per stroke, that's 75,000 strokes per year and a huge one million strokes over 13 years. The key strategies for avoiding injury are:

- **Including warm-ups and warm-downs** – Yes, you already know this, but don't let knowing it replace doing it. Warm up before, and warm down after, every row.
- **Developing good stroke technique** – Your lower back can be loaded with up to 7 times your body weight when you row, and the common problem of 'shooting your slide' is a significant contributor to that load. Also, if your elbows aren't completely straight during the part of the drive when your big leg muscles are working hardest, then over time you risk overloading your elbows.

Good stroke technique is also more efficient. As your stroke technique improves, your speed, strength and endurance go up, and your effort and heart rate come down. That all adds up to improved performance.

So take the time to study proper technique in the RowPro 3D Coaching Clinic, and keep working at it. Check out the [Good stroke technique](#) mini-guide to learn how to improve your stroke technique with RowPro.



# Troubleshooting

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**Important! Before you start RowPro, prepare your Concept2 PM:**

1. **Make sure your Concept2 PM firmware is current** - <https://www.concept2.com/service/software/concept2-utility>.
2. **Disconnect other devices** - make sure your Concept2 PM does not have a USB drive or LogCard inserted.
3. **Disconnect other apps** - make sure your Concept2 PM is not connected to any other apps via Bluetooth.
4. **Connect your Concept2 PM to your computer via USB** - <https://www.digitalrowing.com/Rowing/connect.html>.
5. **Set up your heartrate monitor** - it's important not to push the Menu button on the Concept2 PM after starting RowPro.
6. **Start RowPro** - check that your Concept2 PM is connected, i.e. light is green at the bottom left of the RowPro PM twin.

## Your RowPro Computer

RowPro runs in Windows 10 or Mac computers. It's essential that your RowPro computer is 5 years old or less, and it's also essential that it meets the minimum spec in the Specifications tab at [www.digitalrowing.com/products](http://www.digitalrowing.com/products).

## Your Concept2 PM

If you have problems connecting your Concept2 PM, do a so-called pinhole reset of the PM per the instructions in the PM user manual. If you still have problems, follow the troubleshooting steps at [www.digitalrowing.com/connect](http://www.digitalrowing.com/connect).

## RowPro Help

RowPro Help Online at [www.digitalrowing.com/help](http://www.digitalrowing.com/help) covers all the common problems you may strike and helps you resolve them. This is the best place to start.

## RowPro support

Next stop is RowPro Support at [www.digitalrowing.com/support](http://www.digitalrowing.com/support) where you'll find all the RowPro documentation, guides and mini-guides, plus FAQs on all common topics.

## RowPro assistance

If all else fails, for free and friendly personal assistance by the people who know RowPro inside out, just email the experts at [assist@digitalrowing.com](mailto:assist@digitalrowing.com).

# Glossary

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**Avatar** - The person in the boat that is 'you' and matches your rowing stroke by stroke. The Concept2 PM only provides stroke data at the end of each stroke, so the timing within a stroke has been 'coached' by an Olympic rowing coach.

**Coaching clinic** - This is a special 3D display where you can see correct stroke technique at normal speed or in slow motion. An Olympic rowing coach explains the parts of the stroke and the correct technique and timing for each part.

**Erg, RowErg** - This is what Concept2 calls the rowing machine. Erg is short for Ergometer. In the UK it's usually referred to as an Ergo. In the past Concept2 called it an Indoor Rower.

**Free trial** - This is a 30 day period when you can use all the functions of RowPro free of charge to confirm it's what you want before you buy it.

**In-row display** - This is the main RowPro screen that you see while you are rowing. It includes the RowPro main menu and 3D pane at the top, the progress bar in the middle, and the instrument panel at the bottom.

**Just Row** - This is the simplest type of row where you just plug in your PM, start RowPro, sit on the erg, and start rowing. The time and distance both count up from zero, and it just keeps going until you decide to stop rowing.

**Online Row** - This is a row that includes other people round the world all connected via the Digital Rowing server and rowing or racing together live in real time. Each online row can include up to 16 boats.

**PM, Concept2 PM** - This is the Performance Monitor mounted on the Concept2 erg. RowPro connects to the PM to set up rows, track progress while you row, and collect the results at the end of the row.

**PM twin** - This is a copy of the Concept2 PM screen shown at the lower right corner of the In-row display. The PM twin is particularly useful if you're rowing in poor light or if you want to set a different mode vs. the Concept2 PM.

**Product key** - This is a security measure to enable you to activate RowPro after you buy one of the RowPro plans, and to tell RowPro which version you bought so RowPro enables the correct set of features.

**Send, Export to Concept2** - This is the process of exporting results from your RowPro online logbook to your Concept2 logbook. You can set your RowPro online logbook to do this automatically, or you can do it manually by clicking the Send button at the right of each row listed in your RowPro online logbook.

**Set Piece** - This is a preset Time or Distance continuous row as defined by Concept2. These range from 500m to Marathon distance. These are a quick way to set up a and row the more common rows. The Time rows count the time down to zero, and the Distance rows count the distance down to zero.

**Stroke** - This is the main rowing action of pulling and releasing the handle on the erg. There are four main parts to the stroke - the Catch, the Drive, the Finish and the Recovery.