

# RowPro Squad

The world's #1 multi-erg rowing software



Get the best  
**RowPro Squad**



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

- Group training with data onscreen from all ergs.
- Live 1x venue racing with up to 8 lanes.
- Live online rowing with others worldwide.
- 3D graphics that turn it into a game or sport.
- Connect any mix of Concept2 PM5, PM4, PM3.

It's all yours with RowPro Squad, the complete indoor rowing toolkit for schools, colleges, gyms and clubs. Download a free trial today and see for yourself.

## ROWPRO 2021 PRODUCT FAMILY

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

**Download your free trial today:**

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

**30%**  
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## FEATURES

- ✓ Group training
- ✓ Venue racing
- ✓ Online rowing
- ✓ Tap-to-row
- ✓ True 3D display
- ✓ Auto-logbooks

# Get the complete rowing toolkit

Coaching squads of rowers at a school, college, gym or club is much easier with a few of the right tools to help.

That's where RowPro Squad comes in. It's the newest member of the RowPro family, and it's specifically designed for multi-erg group training and venue racing with up to 8 Concept2 ergs connected via USB.

RowPro Squad builds on over 20 years of RowPro development and feedback from squad coaches to give you the best support for your rowing program.

Whether you need tracking, training, competition or technique - RowPro Squad has all the tools you need:



## Group training

Track the data from all connected Concept2 PMs and use it to give squad members on-the-spot coaching.



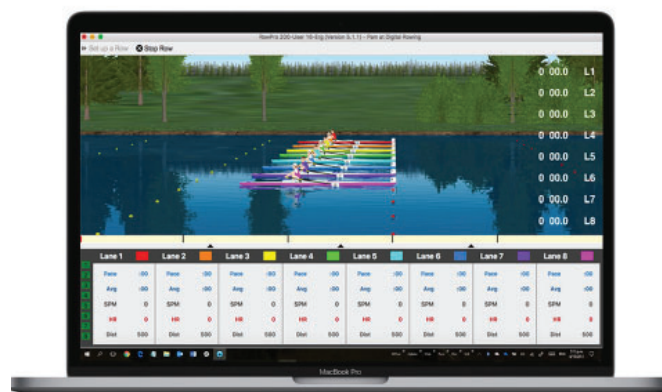
## Live venue racing

Stimulate your rowing program with live venue races on the world's only combined 2D-3D race display.



## Live online rowing

Experience the magic of live online rowing with other rowing squads worldwide.



## Tap-to-row

Connect RowPro Squad to any mix of Concept2 PM5s, PM4s or PM3s via USB, then tap or click to set up a row.



## True 3D in-row display

Delight your squaddies and spectators with sparkling live water, and watch the rowing sessions just glide past.



## Logbooks and analysis

RowPro auto-logs every stroke so you can track, chart and analyze the rowing of every individual squad member.

## HOW ROWPRO SQUAD



## Tracking

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

RowPro Squad connects directly to each Concept2 PM via USB, automatically records every stroke and logs every row, and provides coaches with detailed charts and analysis.

Say goodbye to the days of handwritten score sheets for each squad member, and say hello to a new era of automated tracking.



## Competition

When it's time to compete, RowPro Squad has a combined 2D-3D race display that enables coach, squad and audience to follow the race.

Each Concept2 PM also shows the same race display as competitors see at major indoor rowing championships.

RowPro Squad also enables live online rowing with other squads worldwide. It's the full competitive package rolled into one product.



## Training

RowPro Squad gathers data from each connected Concept2 PM and shows it all across the bottom of the in-row display.

Coaches can instantly compare performance and vital statistics for enhanced group training sessions in real time, which makes timely feedback and on-the-spot coaching simple.



## Technique

RowPro Squad has a 3D coaching clinic where rowing squads can watch correct stroke action in slow motion and learn the right technique from Olympic rowing coach Brian Hawthorne.

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

### Why RowPro Squad?

We asked schools running successful rowing programs: "What are the keys to your success?" Here's what they said:

- Attracting students to participate
- Overcoming the practical challenges
- Keeping students motivated

RowPro Squad covers all these and more - it's the proven rowing motivator.

### Choose your RowPro Squad \*

- Squad 200-user 8-erg \$149

\* The price above is annual, and includes both RowPro Squad and the myRowPro app. See the Digital Rowing website for the full range of plan sizes and payment cycles.

### What others say

*"RowPro Squad provides the visual aspect so students can see what they're doing. Some schools are very competitive and RowPro Squad is very good for competition. RowPro Squad also supports the PE curriculum with data and analysis."*

**Neil Mackintosh, PDM, UK.**

