


# Getting Started - RowPro Free Trial

## Overview

Welcome to your RowPro free trial ✕



**Step 1:**  
**Install** Find the download, click to launch the RowPro setup installer, and complete the installer steps.  
*A RowPro icon will appear on your desktop.* [SHOW ME](#)

**Step 2:**  
**Activate** Start RowPro, enter your email address, edit your name and country, and click or tap the **Go** button.  
*RowPro will activate as a free trial.* [SHOW ME](#)

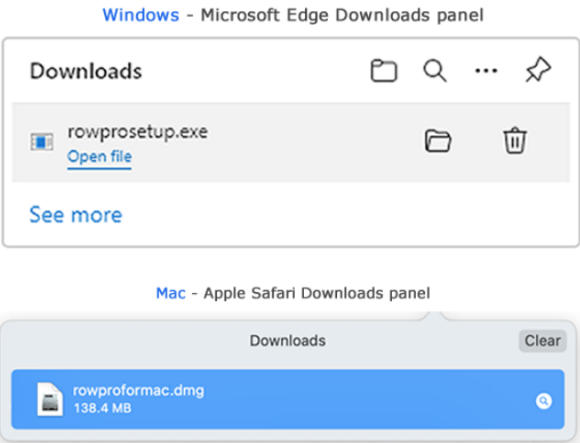
**Step 3:**  
**Connect** You'll need a **USB A-B** cable, an old printer cable will do. Computer stores sell them, and Concept2 sells long ones.  
*Not sure what a USB A-B cable looks like? [Click Show Me >>](#)* [SHOW ME](#)

**Step 4:**  
**Row** On the RowPro main menu, click or tap **Set up a Row**, choose **Set Piece**, choose **500 meters**, and click **Row**.  
*You can now pick up the Concept2 handle and start rowing.* [SHOW ME](#)

If you need assistance with your free trial, please contact us at [assist@digitalrowing.com](mailto:assist@digitalrowing.com)

[GETTING STARTED PDF](#) [CLOSE](#)

This pops up in your web browser when you download RowPro.



**Windows - Microsoft Edge Downloads panel**

Downloads

rowprosetup.exe  
[Open file](#)

[See more](#)

**Mac - Apple Safari Downloads panel**

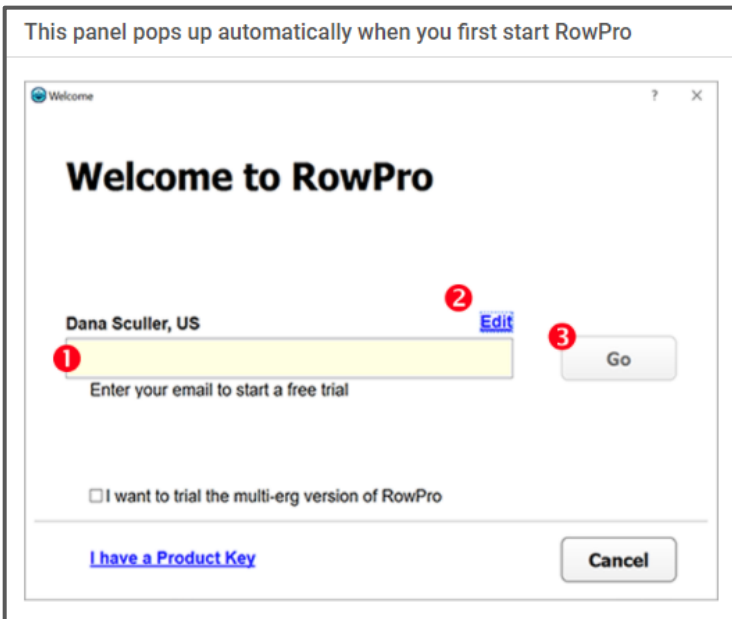
Downloads Clear

rowproformac.dmg  
138.4 MB

### Step 1: Install

- RowPro needs Windows 10 or macOS 11, not older versions, and a computer under 5 yrs old.
- If you strike issues, the full installation steps are at <https://www.digitalrowing.com/support/install-activate.html>
- The RowPro brochure is at <https://www.digitalrowing.com/brochure/rowpro-brochure.pdf>

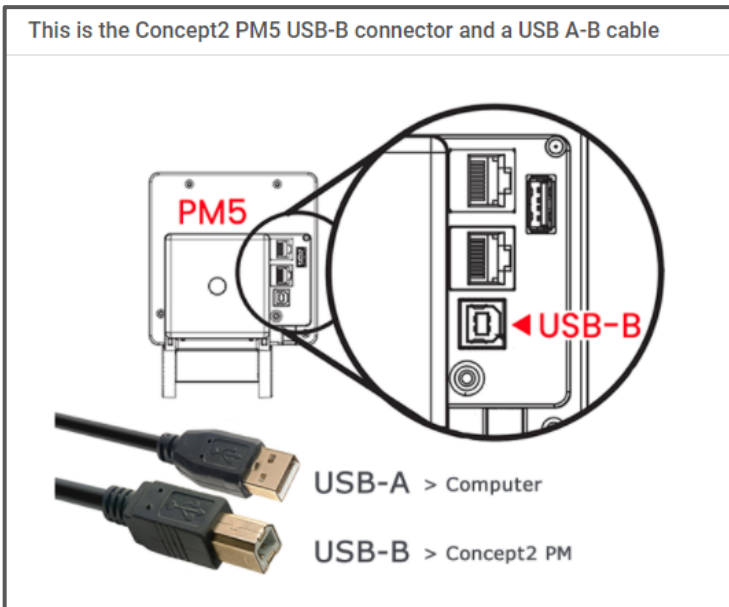
This panel pops up automatically when you first start RowPro



## Step 2: Activate

- You need to be online to activate.
- Your email address must be valid.
- Make sure not to do any typos!
- Full activation steps are at <http://www.digitalrowing.com/suport/install-activate.html>
- If you need assistance to activate, contact [assist@digitalrowing.com](mailto:assist@digitalrowing.com)

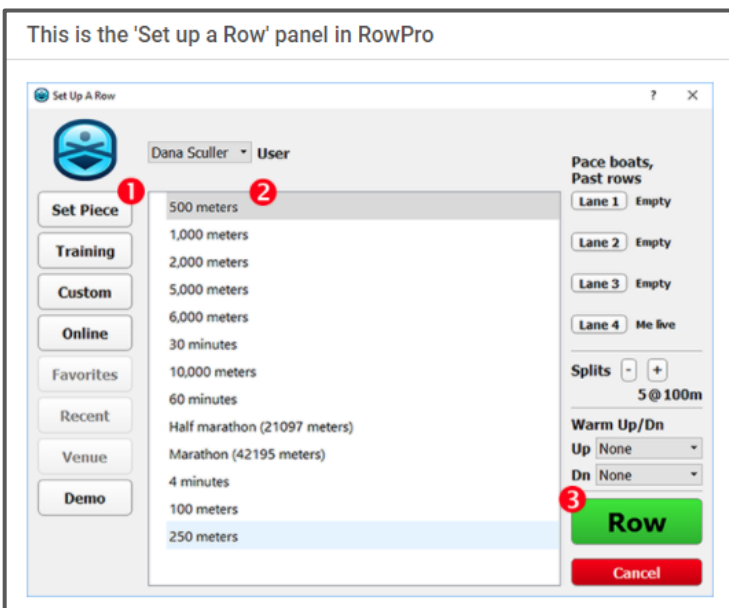
This is the Concept2 PM5 USB-B connector and a USB A-B cable



## Step 3: Connect

- Use the PM5 USB-B socket!
- Make sure to insert the USB-B plug the right way around!
- There is a PM indicator on the black PM twin frame in RowPro.
- If the PM indicator is red, the PM5 is not found.
- If you strike issues, follow the troubleshooting steps at <https://www.digitalrowing.com/connect>

This is the 'Set up a Row' panel in RowPro



## Step 4: Row

- 'SUAR' is short for 'Set up a Row'
- Confirm you are the User in SUAR, if not, click the User drop-down.
- To add a user, go to Tools | Users.
- If the PM indicator is red, follow the troubleshooting steps at <https://www.digitalrowing.com/connect>
- The full rowing sequence is in the **Rowing with RowPro** guide at <https://www.digitalrowing.com/documents>