

# THE CONCEPT2 SLIDE

Enjoy the Dynamic Feel of Rowing on the Water with your Indoor Rower

The Concept2 Slide adds an on-water feel to your indoor rowing workout.

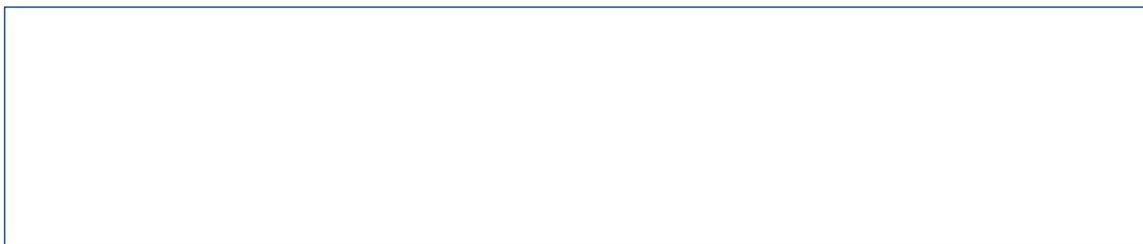
When on Slides, the indoor rower moves back and forth under the person rowing, rather than the other way around. This action is similar to the movement of a boat when rowing on the water. Most people also find that the Slide allows them to row more easily at higher stroke rates because only the mass of the indoor rower is in motion (not the mass of the individual and the indoor rower).

The Slide becomes an even more powerful tool when you link two or more indoor rowers together, because it helps athletes learn about the timing that is required when rowing in a boat. By linking your indoor rowers, the Slide allows you to feel and match your teammates' power application while practicing rowing in sync.

The Slide consists of a base with two tracks and a carriage with wheels that runs on the tracks. Light shock cord tension keeps the carriage centered on the base.

It takes two Slides to "float" one Concept2 Indoor Rower—one Slide for the front leg and one for the back leg. To create a "team boat," add one more Slide for each additional indoor rower you want to link.

To see the Slides in action visit [concept2.com/slide](http://concept2.com/slide).



## SLIDE QUESTIONS & ANSWERS

**How many Slides do I need?** Two Slides are required to “float” one Concept2 Indoor Rower. If you plan to connect indoor rowers together, one additional Slide is needed for each additional indoor rower that you connect (i.e., two indoor rowers need three Slides, eight indoor rowers need nine Slides).

**What are the dimensions and weight?** An unboxed single Slide is 24.25” x 56.25” x 3.5” (max. height). Each unboxed Slide weighs about 26 pounds. Box dimensions are 57” x 26.” Boxed weight is 57 pounds for a pair, 32 pounds for a single.

**How much space is required?** To use a pair of Slides with one indoor rower, we recommend a space of 11’ x 4’. To determine the space required for a multiple Slide setup, use this formula: (number of indoor rowers x 8.5 feet) + 3.5 feet = length required. Example: three indoor rowers x 8.5 feet plus 3.5 feet = 29 feet of floor space for three indoor rowers hooked together. Width is the same as the indoor rower. The indoor rower is raised about 2 1/2 inches off the floor.

**Can the Slide be used with any model indoor rower?** The Slide can be used with any model indoor rower, except the Dynamic Indoor Rower. The Model A and B may only be used on the Slide as a single unit or if the Model A and B is at the front of a line of Model C, D or E indoor rowers.

**What is the warranty on the Slide?** Two years for all parts of the Slide and five years for metal parts.

**How do you set it up?** Line up the Slides so they are level, close to parallel and with the correct distance between them. Once they are positioned correctly, the indoor rower(s) is simply placed on top of the Slides.

**Is assembly required?** No, the Slides are fully assembled and ready to use out of the box. No tools or modifications to the indoor rower are required.

**Is maintenance required?** The Slide is virtually maintenance-free. The shock cord may need to be adjusted and the plastic tracks should be cleaned as needed.

**What about spare parts?** Slide parts, ie. the plastic track, shock cord and rollers, may become worn only after a very long period of use. These are not parts that need regular replacement. If you do find that you need Slide parts, we carry a complete inventory.

**What is the material?** The frame and carriage are welded steel construction which are painted with a baked, electrostatically applied epoxy powder paint. The rollers and plastic track are filled nylon. The rollers run on ABEC-1 grade ball bearings. The feet are thermoplastic rubber. The shock cord has a polypropylene casing around a latex core.

**Will I get better times on the Slide?** Testing has shown that times for short distances, (ie. 500m), can be faster when rowed on Slides. Results may vary from individual to individual. We accept ranking submissions done on Slides, however, world records need to be done on stationary indoor rowers.

