

Concept 2 Dynamic Indoor Rower



Details

Due to huge demand caused by home gym fitouts, this item has been in low stock for several weeks. We have been receiving stock to fulfil our order backlog on a weekly basis. This stock is allocated to orders on a first come first served basis. We currently have stock available from confirmed shipments in 1 and 2 weeks. To reserve stock from these future shipments please place your order now.

The Dynamic Indoor Rower offers the closest simulation to rowing on the water and was developed to meet the specific training needs of the competitive rowing athlete.

Unlike the Model D and E Indoor Rowers, the footrest on the Dynamic is free to move so there is minimal movement of body mass throughout the stroke.

The Dynamic demands similar concentration and body control to that needed when rowing in a boat, making it an excellent sport-specific training and coaching tool. Using the Dynamic Link accessory it's easy to join together two or more Dynamics, so you can train as a team boat.

Available in grey only