rowpro™
rowing software

Make rowing cool
at school

Make rowing cool at school
Set yourself up for long term success

Concept2 Indoor Rowers give schools an excellent opportunity to increase student participation in school PE and sports activities.

The challenge is to attract students not involved in mainstream PE and sports

Increasing student participation means successfully attracting and retaining groups that are usually harder to reach, especially teenage girls, overweight children, different cultures and other minority groups. We asked some schools running successful indoor rowing programs:
"What are the key factors in your success?" Here's what they said:

Attracting students to participate – Using technology to make rowing visual and cool, to make it feel like a computer game that they can have fun playing while they exercise.

Overcoming the practical challenges – Providing rowing coaches with tools to quickly create training programs, teach rowing technique, and record and analyze results, so they can handle larger groups of students.

Keeping students motivated – Enabling students to compete with themselves or in intra and inter-school team competitions to transform the PE activity into a competitive sport with longer-term development opportunities.

Schools say getting students to want to take part is the most critical success factor

That's where RowPro helps!

RowPro gets them rowing!

RowPro School Edition is PC software designed for schools, and it's exclusive to Concept2. If you are using Concept2 Indoor Rowers in your school PE activities, then RowPro is for you and your students.

RowPro boosts student participation in rowing

Pete Nicholls – *School Teacher, UK*

"We use RowPro in our Healthy Living sessions. Children love rowing with RowPro. It's visual and easy to pick up. Everyone wants to do it, especially groups of girls. Our biggest issue was getting them to participate, but since we started using RowPro, no child has refused. After rowing we look at the data RowPro produces and discuss appropriate food etc. We get a lot of questions on heart rate because they are made aware and can see it instantly."

Steve Morgan – *PE Teacher, UK*

"We display the RowPro screen on a big whiteboard to make the rowing more exciting. It has made a huge difference. The children want to row with RowPro as often as they can, even during their spare time. Many of our children don't like sports, but they get into rowing and RowPro has a lot to do with it. They can work at their own pace, and the ones who want to can compete with themselves or others."

Neil Mackintosh – *PDM, UK*

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

95% of RowPro users recommend or strongly recommend RowPro to you!

RowPro is the key

Feedback from schools shows that RowPro is a powerful magnet that attracts children to participate in rowing and motivates them to keep rowing over the long term.
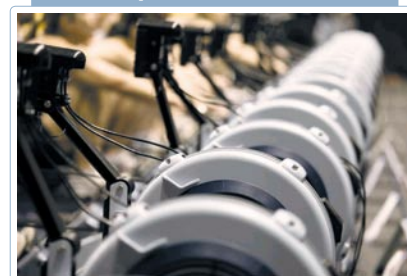
Large external display screen

Standard Windows PC with RowPro Software

Internet link to other schools

Up to 16 standard Concept2 Indoor Rowers

The complete package

RowPro has everything you need to make rowing cool at school:

Rowing plans - RowPro has a large set of rowing plans, expertly tailored to the needs of teenage students.

Tools to track progress - RowPro automatically saves every session students row in their own personal rowing log.

3D on-water rowing - The unique RowPro display simulates on-water rowing in real-time and in true 3D.
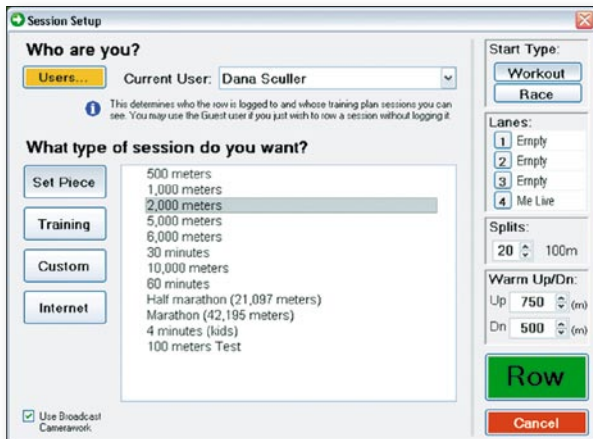
3D Coaching clinic - Olympic rowing coach Brian Hawthorne quickly teaches groups of beginners how to row.

Pace boats - Row with multiple pace boats or past rows.

Online rowing - Row online in real time with other schools. It ís fun, engaging, and totally motivating!!

So easy to use

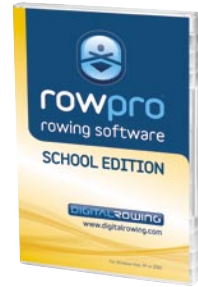Just plug your Concept2 Indoor Rowers into your PC via a USB hub and cables, and click a few buttons.

RowPro sets up each session on your Concept2 Indoor Rower and students start rowing. It is that simple.

School Edition

Main features:
- 150+ health and fitness plans
- Automatic rowing log
- 3D on-water rowing display
- Coaching clinic
- Pace boats
- Online rowing
- Connect up to 16 Concept2 Indoor Rowers
- Group training and racing
- Online regattas

$200
200-user 16-erg subscription license
Other sizes available

Gym Edition

$200
200-user 16-erg subscription license
Other sizes available

Home Edition

Main features:
- 150+ health and fitness plans
- Automatic rowing log
- 3D on-water rowing display
- Coaching clinic
- Pace boats
- Online rowing

$99
5-user license. Other sizes available

Download the latest product sheet from:
www.digitalrowing.com/home
www.digitalrowing.com/gym

Guaranteed

Free 20-day trial version
on the CD in your Concept2 Performance Monitor manual

30-day money back guarantee
if you're not satisfied

Worldwide 24x7 support
call or email anytime

Get started

Everything you need is in the box with your Concept2 Indoor Rower.

To get started quickly:

1. Locate the Concept2 CD in the pocket of your Concept2 Performance Monitor manual, put it in your PC and click the "RowPro" menu button.

2. Connect your PC to your Concept2 Performance Monitor with the supplied USB cable.

3. Start RowPro, and in the Activation Manager that appears, follow the steps to get a free 20-day tryout key.

Start rowing!

About Digital Rowing

RowPro is made by Digital Rowing Inc., a US software company that specialises in rowing software for users of Concept2 Indoor Rowers.

Digital Rowing is owned and operated by rowers. Its team includes specialist software and web developers, a world-class trainer and an Olympic rowing coach.

RowPro is the product of seven years continuous innovation by Digital Rowing and is used by thousands of people worldwide.

RowPro is designed by Digital Rowing for use with Concept2 Indoor Rowers, however Concept2 is not affiliated with Digital Rowing and assumes no responsibility or liability with respect to RowPro. All requests for technical support or other assistance should be directed to Digital Rowing Inc.

www.digitalrowing.com