

2000m Test Screen

To have a successful VO2 Row test the applicant must perform the 2000 meters in the following manner:

The Concept 2 Rower Certified Tester will set up the testing screen on the PM-Monitor System. The following is the procedure for setting up the 2000 meter testing screen:



- In the first picture you have the Main Menu – The Tester will press the “Select Workout” button;
- In the second picture, the Tester will press the “Standard List” button;
- In the third picture, the Tester will press the “2000m” button; The fourth picture, is the 2000-meter testing screen.
- A 2000-meter test cannot be completed on any other screen. If a test is completed on any other screen, the test will be voided and considered a failed attempt.
- The 2000-meter test takes place at the **level 5** or damper setting 5 on the flywheel.

For the 2000-meter protocol, Certified Testers need to:

1. Weigh the person before being tested.
2. Ensure that the applicant's weight, age, and gender are recorded on the Row Test Form
3. Calculate the minimum completion time to achieve a score of 54.7%
4. List the minimum completion time on the Row Test Form
5. Verify applicant is aware of necessary time to pass the fitness test
6. Set the PM Monitor as noted in this protocol.
7. Instruct the applicant to begin the test and to utilize maximum effort to cover the 2000 meters.
8. The damper setting for the 2000-meter row test must be set at 5 on the flywheel.
9. Record the finish time for the 2000 meters on Row Test Form
10. Sign the Row Test Form and obtain the signature of the applicant who was tested.
11. Give Row Test Form to the Personnel Sergeant.