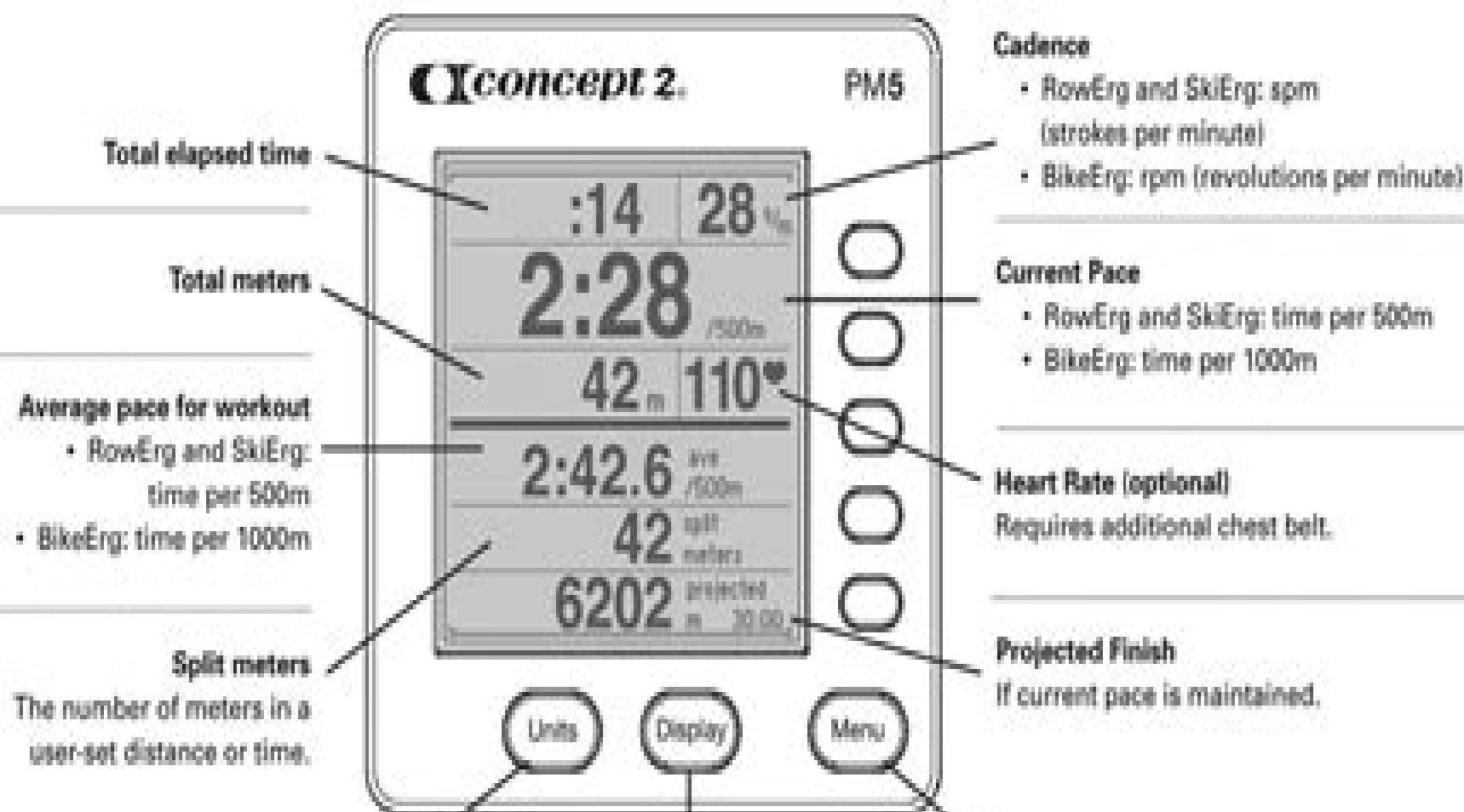


Sample Display

The displays will vary slightly depending on which machine you use.



Cadence

- RowErg and SkiErg: spm (strokes per minute)
- BikeErg: rpm (revolutions per minute)

Current Pace

- RowErg and SkiErg: time per 500m
- BikeErg: time per 1000m

Heart Rate (optional)

Requires additional chest belt.

Projected Finish

If current pace is maintained.

UNITS

Push at any time to change units between Meters, Pace, Watts and Calories.

DISPLAY

Push to change display between All Data, Force Curve, Pacer, Bar Chart, Large Print.

MENU

Push to power up the PM, display the previous menu, or save workout results.

Performance Monitor User Manual

J Elliott



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