

## Concept 2

PM5

### Main Menu

Just Row •

Select Workout •

Connect •

Memory •

More Options •

Units

Display

Menu

Just Row (Just Ski/Just Ride), without a pre-set distance or time. The PM5 will begin recording your workout data as soon as you start. Your results will be saved if you exercise longer than one minute and press MENU.

Set time, distance or interval workouts, or choose from preprogrammed workouts, including Ergathlon and Biathlon.

Connect wirelessly to a variety of apps, watches and heart rate monitors using ANT+ and Bluetooth.

View workout results. (Displays "USB LogBook" if USB flash drive is in use and recognized by PM5.)

Access additional information and functions including Games (RowErg and SkiErg only) and Racing.

# Performance Monitor User Manual

**Jessica J Manson**



## **Performance Monitor User Manual:**

## Whispering the Secrets of Language: An Mental Journey through **Performance Monitor User Manual**

In a digitally-driven world where displays reign supreme and quick communication drowns out the subtleties of language, the profound secrets and emotional nuances hidden within words frequently move unheard. Yet, located within the pages of **Performance Monitor User Manual** a charming fictional treasure pulsating with organic emotions, lies an exceptional journey waiting to be undertaken. Published by an experienced wordsmith, that enchanting opus encourages visitors on an introspective trip, lightly unraveling the veiled truths and profound affect resonating within the fabric of each and every word. Within the emotional depths with this touching evaluation, we can embark upon a honest exploration of the book is key styles, dissect their fascinating publishing fashion, and succumb to the strong resonance it evokes strong within the recesses of readers hearts.

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