

INTRODUCTION

The WaterRower GX Monitor has been designed to balance function with user friendliness.

The WaterRower GX monitor display consists of three windows.

- A** TOTAL WINDOW is at the top. This shows your total time, total distance in meters and total calories.
- B** CURRENT WINDOW is the middle window. This shows your current stroke rate (in strokes per minute), current speed in miles per hour, and in split time per 500 meters.
- C** RACE PACE COACH WINDOW is the bottom window. This one allows you to do a race using time or distance.

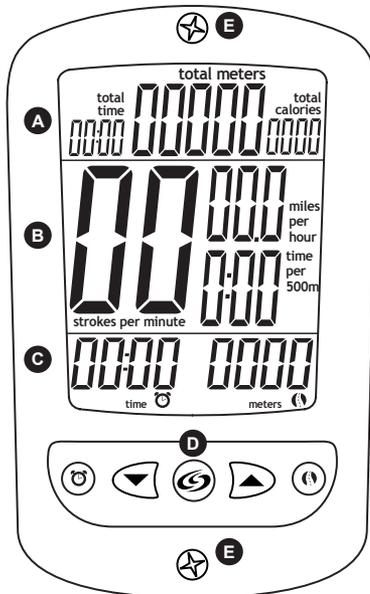
STARTING OUT / BASIC INFORMATION

Press the WaterRower GX (Ⓞ) button (located at **D**) to turn on the monitor.

The 3 windows will all read zero and will begin keeping track of data once you begin rowing.

To reset monitor information, press and hold the Ⓞ button.

The monitor will shut off after 5 minutes of not being used.



Battery Replacement - To replace the batteries, unscrew the two screws on the top and bottom of the monitor (**E**) with a Phillips head screwdriver. Carefully remove the monitor and lift the inset battery pack out of the foot board. The monitor is powered by two AA batteries.

SETTING UP THE RACE PACE COACH

DISTANCE RACE

To set a distance race, press the Distance () button. This defaults to a distance of 50 meters. Use the up and down arrows to select your distance. You can press and hold these buttons to scroll quickly through distances. To confirm the distance either press the , the , or simply wait 5 seconds.

To commence a race/workout, press the  button. Once you start rowing, the distance will count down. The monitor will beep when the race is finished. To race the set distance again, simply press .



TIME RACE

Setting a time race works the same as the distance race button. Press the Time () button and use the up and down arrows to choose your time. To confirm the time either press the , press the  button or simply wait 5 seconds.

To commence a race/workout, press the  button. Once you start rowing the time will decrease and will beep once finished. Press  to restart the race with the previous time.



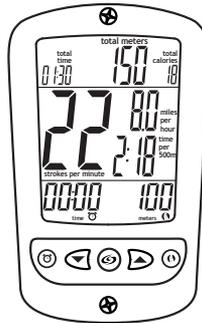
SETTING 100 METER RELAY RACE

To set a 100 meter race, press the Distance (⏪) button, 50 meters will show in the Distance display of the Race Pace Coach Window.



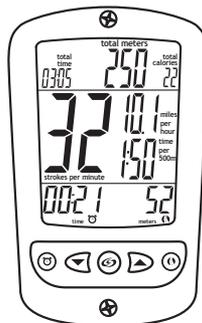
Press the up arrow to 100 meters.

To confirm the distance either press the ⏪ button, the ⏩ button, or simply wait 5 seconds.



Continue rowing, the 100 meters will flash ready to commence the 100 meters race when the ⏩ button is pressed.

The 100 meter distance will immediately count down once you start rowing. The monitor will beep when it the race is finished.



Continue rowing, to race 100 meters again, simply press the ⏩ button.

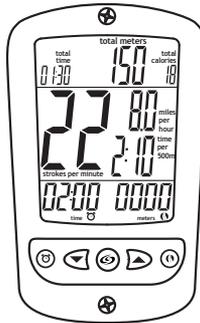
SETTING 2 MINUTE CHALLENGE

To set a 2 minute challenge press the Time (⌚) button, 30 seconds will show in the Time display of the Race Pace Coach Window.



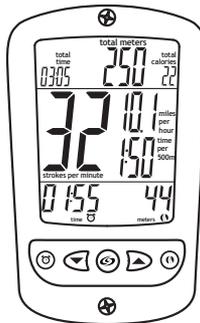
Press the up arrow to scroll to 2 minutes (2:00)

To confirm the time either press the ⌚ button, press the ↻ button or simply wait 5 seconds.



Continue rowing, the 2 minutes will flash ready to commence the 2 minute challenge when the ↻ button is pressed

The 2 minutes will immediately count down once you start rowing. The monitor will beep once finished.



Continue rowing, to row the 2 minute challenge again simply press the ↻ button.