S3 Performance Monitor Operation

WELCOME

The Series III monitor has been designed to strike a balance between technical sophistication and user-friendliness. To achieve this we use text menu windows to guide you through the more advanced programming options.

BASIC OPERATIONS

Navigation

Navigation is performed utilising the four navigation buttons;
the Start Button
the Mode Button
and the Scroll Buttons

To Start the Monitor

Press the Start button, after a short welcome message the screen will be in Ready Mode, (all digits are flashing). Simply start rowing and the monitor will commence monitoring your workout. The monitor will shut off automatically after two minutes.

To Clear the Monitor Display

Double press the Start button and the screen will clear.

To Programme the Monitor

Select the Programme Window using the Mode button.
Scroll to the desired Programme Function using the Scroll buttons ▲ ▼.

| UNIT DISPLAYS | WORKOUT PROGRAM | HEART RATE | LOAD SETTINGS | STORE SETTINGS | ADVANCED FUNCTION |

Select the desired Programme Function using the Mode button.
Input the desired settings using scroll buttons ▲ ▼.
Confirming your selection (or change digit windows) using the Mode Button.
Continue to set the Function Windows using the Scroll button to select ▲ ▼ and Mode
button to confirm, returning finally to the Ready Screen.
To return to the Ready Screen at any time press the Start Button.

PROGRAMMING UNIT DISPLAYS

UNIT DISPLAYS

The WaterRower Series III performance monitor allows you to display your workout intensity either as a replicated boat speed in meters per second (m/s), or as Power in watts. It also allows you to monitor average speed or average power of your workout. For many users the units display is not important and for this reason the monitor defaults to the most common unit, m/s.

To Programme Unit Option

Enter the Units window using the Mode button.
Using the scroll buttons ▲ ▼ select your desired units (m/s, watts, m/s average or watts average).

UNIT DISPLAYS

Press the Mode button to confirm the selection.
The monitor will return to the Ready Screen with the new units selection displayed.

| UNIT M/S | UNIT WATTS | UNIT M/S AVERAGE | UNIT WATTS AVERAGE |

PROGRAMMING WORKOUTS

WORK OUT PROGRAM The WaterRower Series III performance monitor allows you to set different workout objectives.You can preset a time and work down to zero. Your can preset a distance and work down to zero. Or you can set up to nine periods of work (in either Distance or time) followed by periods of rest (time).

At the end of each work out or work period the WaterRower Series III Performance Monitor displays your average speed and average stroke rate for the work.

To Program Timed Workouts

Enter the workout window using the mode button.

Use the scroll buttons ▲ ▼ to select Timed Workout, press Mode to confirm.

Use the scroll buttons ▲ ▼ to select the workout duration (minutes), pressing Mode to confirm.
Use the scroll buttons ▲ ▼ to select the workout duration (seconds), pressing Mode to confirm.

The monitor will return to Ready Mode with the desired workout time displayed. Pressing the Start button at any time during setting will return you to ready mode.

To Program Distance Workouts

Enter the workout window using the Mode button.

Use the scroll buttons ▲ ▼ to select Distance Workout, press Mode to confirm.

Use the scroll buttons ▲ ▼ to select the workout distance (decimal kilometres) pressing Mode to confirm.
Use the scroll buttons ▲ ▼ to select the workout duration (minutes & seconds) pressing Mode to confirm.

The monitor will return to Ready Mode with the desired workout distance displayed.
Pressing the Start button at any time during setting will return you to ready mode

To Program Interval Workouts

Enter the workout window using the Mode button.

Use the scroll buttons ▲ ▼ to select Interval Training, press Mode to confirm.

Use the scroll buttons ▲ ▼ to select the number of WORK cycles (two to nine), pressing Mode to confirm.

```
NO.CYCLE
   02
○ ○ ○ ○
```

Use the scroll buttons ▲ ▼ to select the WORK interval type (Time or Distance), press mode to confirm.

```
  TIME
INTERVAL            Distance
                   INTERVAL
○ ○ ○ ○    or
                  ○ ○ ○ ○
```

Use the scroll buttons ▲ ▼ to select the WORK duration (minutes or kilometres), pressing Mode to confirm.
Use the scroll buttons ▲ ▼ to select the WORK duration (seconds or decimal kilometres), pressing Mode to confirm.

```
TIME WORK1          0:00 WORK1
0:00                DISTANCE
○ ○ ○ ○    or
                   ○ ○ ○ ○
```

Use the scroll buttons ▲ ▼ to select the REST duration (minutes), pressing Mode to confirm.
Use the scroll buttons ▲ ▼ to select the REST duration (seconds), pressing Mode to confirm.

```
TIME REST 1         0:00 REST 1
0:00                DISTANCE
○ ○ ○ ○    or
                   ○ ○ ○ ○
```

Continue this procedure for each interval (two to nine) .
After the first interval is set the subsequent intervals will default to these settings.
If you want common WORK and REST intervals then do not alter these default figures.
If you want unequal WORK or REST intervals use the scroll buttons ▲ ▼ to alter the defaults as above.
At the end of the programming sequence the monitor will revert back to ready mode with initial WORK period displayed.

PROGRAMMING HEARTRATE OPTION

```
HEART RT
 ZONES
○ ○ ○ ○
```

The WaterRower Series III monitor incorporates a heartrate (HR) monitoring facility which requires additional hardware to activate. We highly recommend the use of heartrate monitoring as the most accurate method of monitoring physiological intensity. With the heartrate option fitted, the WaterRower Series III monitor displays heartrate in the stroke rate window 70% of the time.

The WaterRower Series III monitor also allows you to select a variety of heartrate zone setting options, Hi LO, Maximal Intensity, Exercise objective and Intensity settings. A visual and audible signal alert you when you are outside the set zone.

Hi Lo HR Zone- allows you to manually set the maximum HR above which the HI warning will activate and the minimum HR zone below which the LO warning will activate.

Maximal HR Zone- allows you to manually set your maximal HR (being your aerobic threshold), your resting HR (being your waking HR) and your desired exercise intensity (%). The Series III monitor will automatically calculate your desired HR and set the maximum and minimum thresholds (+/- 10 beats). You may change your calculated thresholds manually if you so desire.

Objective HR Zone- allows you to manually set your age (no cheating now), your resting HR (being your waking HR) and your desired exercise objective (fat burn, aerobic or maximal). The Series III monitor will automatically calculate your desired HR and set the maximum and minimum thresholds (+/- 10 beats). You may change your calculated thresholds manually if you so desire.

Intensity HR Zone- allows you to manually set your age, your resting HR (being your waking HR) and your desired exercise intensity (%). The Series III monitor will automatically calculate your desired HR and set the maximum and minimum thresholds (+/- 10 beats).

You may change your calculated thresholds manually if you so desire.

To Program Hi Lo HR Zones

Enter the heartrate zone window using the Mode button.

HEART RT ZONES

Use the scroll buttons ▲ ▼ to select the Hi Lo option, pressing Mode to confirm.

HI LO HRT ZONE

Use the scroll buttons ▲ ▼ to enter the maximum desired heart rate, pressing mode to confirm.

HEART RT MAX 000 h/r

Use the scroll buttons ▲ ▼ to enter the minimum desired heart rate, pressing Mode to confirm.
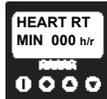
HEART RT MIN 000 h/r

The monitor will return to Ready Mode with the desired heart rate zone set. A visual and audible signal alert you when you are outside the set zone.

To Program Maximal HR Zones

Enter the heartrate zone window using the Mode button.

HEART RT ZONES
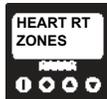
Use the scroll buttons ▲ ▼ to select the Maximal option, pressing Mode to confirm.

MAXIMAL INTENSITY

Use the scroll buttons ▲ ▼ to enter your maximum heart rate, pressing mode to confirm.

HEART RT MAX 000 h/r

Use the scroll buttons ▲ ▼ to enter your resting heart rate, pressing Mode to confirm.

HEART RT REST 000 hr

Use the scroll buttons ▲ ▼ to enter your desired intensity of exercise (%), pressing Mode to confirm. Your calculated maximum will then be displayed, you may use the scroll buttons ▲ ▼ to modify it if you wish, pressing Mode to confirm.

Your calculated minimum will then be displayed, you may use the scroll buttons ▲ ▼ to modify it if you wish, pressing Mode to confirm. The monitor will return to Ready Mode with the desired heart rate zone set. A visual and audible signal alert you when you are outside the set zone.

To Program Objective HR Zones

Enter the heartrate zone window using the Mode button.

```
HEART RT
ZONES
```

Use the scroll buttons ▲ ▼ to select the Objective option, pressing Mode to confirm.

```
OBJECTIVE
HRT ZONE
```

Use the scroll buttons ▲ ▼ to enter your age, pressing mode to confirm.

```
AGE
   00
```

Use the scroll buttons ▲ ▼ to enter your resting heart rate, pressing Mode to confirm.

```
HEART RT
REST 000 hr
```
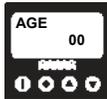
Use the scroll buttons ▲ ▼ to select your desired exercise objective (fat burn, aerobic or maximal), pressing Mode to confirm.

```
OBJECTIVE        OBJECTIVE        OBJECTIVE
FAT BURN         MAXIMAL          AEROBIC
```

Your calculated maximum will then be displayed, you may use the scroll buttons ▲ ▼ to modify it if you wish, pressing Mode to confirm. Your calculated minimum will then be displayed, you may use the scroll buttons ▲ ▼ to modify it if you wish, pressing Mode to confirm. The monitor will return to Ready Mode with the desired heart rate zone set. A visual and audible signal alert you when you are outside the set zone.

To program Intensity HR Zones

Enter the heartrate zone window using the Mode button.

```
HEART RT
ZONES
```

Use the scroll buttons ▲ ▼ to select the Intensity option, pressing Mode to confirm.

```
INTENSITY
HRT ZONE
```

Use the scroll buttons ▲ ▼ to enter your age, pressing mode to confirm.

```
AGE
   00
```

Use the scroll buttons ▲ ▼ to enter your resting heart rate, pressing Mode to confirm.

```
HEART RT
REST 000 hr
```

Use the scroll buttons ▲ ▼ to enter your desired exercise intensity (%), pressing Mode to confirm.

```
INtensity
00  PERC
```

Your calculated maximum will then be displayed, you may use the scroll buttons ▲ ▼ to modify it if you wish, pressing Mode to confirm. Your calculated minimum will then be displayed, you may use the scroll buttons ▲ ▼ to modify it if you wish, pressing Mode to confirm. The monitor will return to Ready Mode with the desired heart rate zone set. A visual and audible signal alert you when you are outside the set zone.

PROGRAMMING PROGRAM STORAGE

LOAD SETTINGS
The WaterRower Series III monitor allows you to save up to five sets of workout settings which may be recalled at a later time.

To Store Programme Settings

Select the Store Settings window using the Mode button.

STORE SETTINGS

Using the scroll buttons ▲ ▼ select the program position you wish to store to, pressing Mode to confirm.

STORE PROG 1

Your current monitor settings will be stored to that program position.

To Load Programme Settings

To load your settings- enter the Load Settings window using the Mode button.

LOAD SETTINGS

Using the scroll buttons ▲ ▼ select the program position you wish to load from, pressing the Mode to confirm.

LOAD PROG 1

The settings stored in the selected program position will be loaded into the current monitor settings

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PROGRAMMING ADVANCED FUNCTIONS

ADVANCED FUNCTION
The WaterRower Series III monitor has numerous advanced function features including;

Language - allowing a selection of English, French, Italian and German.

Custom Welcome - allowing you to customize the welcome message.

PC Comms - allowing you to select various PC interface options including;
    RS232 Baud rate - 1200 or 2400 baud rates
    System upload - upload of data to the monitor
    System download - download of data from the monitor

Factory Defaults - allowing you to reset the monitor settings to the factory settings

To enter Advanced Functions- enter the advanced function window using the Mode button.
Use the scroll buttons ▲ ▼ to select the desired option, pressing Mode to confirm. Use the scroll buttons ▲ ▼ to select the various sub-options, pressing mode to confirm.