WaterRower

Series 2 Monitor Instructions

Setting Workouts

- You can use the monitor without selecting a workout by just pressing the ready button and starting. The distance and time will then count simultaneously.

- You are also able to set either a distance *or* a time workout.

- Firstly use the set button to set either distance or time.

- Press the set button and the distance will start flashing.

- If you wish to set a distance, use the up and down keys to select the desired distance.

- If you want to set a time workout, continue to press the set button until the time starts to flash.

- Finally, press the ready/Stop button to confirm and start.

- When the display is flashing the monitor is ready to start.

NB. If you select a time workout the time will count down and the distance will count up, or, if you select a distance workout the distance will count down as the time counts up.

Calibration

- The S2 monitor can be calibrated to the water level in the tank.

- Simply hold down the set button and use the up and down keys to select the water level, then press the set button.

Other Points

- Note that each one on the distance display (0.01) represents 10m.

- In order to reset the screen press the set button.

- The computer will turn off after a couple of minutes.

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