Concept 2 indoor rower manual

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© 1996-2014, Amazon.com, Inc. or its affiliates PERFORMANCE MONITOR USE concept2.com ENGLISH . . . . . 3-6 FRANÇAIS . . . . . 7-10 DEUTSCH . . . . . 11-14 ES ESPAÑOL . . . . . 15-18 ITALIANO . . . . . 19-22 PORTUGUÊS . . . . . 23-26 DK DANSK . . . . . 27-30 NL NEDERLANDS . . . . . 31-34 SV SVENSKA . . . . . 35-38 FI SUOMI . . . . . 39-42 JAPANESE . . . . . 43-46 CHINESE . . . . . 47-50 0806 2 OVERVIEW OF THE PERFORMANCE MONITOR(PM) These buttons allow you to: • make menu selections • increment numbers for setting workouts and date/time • view alternate displays while rowing allows you to select meters, pace, watts or calories. Push this button any time while setting up a workout, rowing or viewing results. turns on the monitor and displays Main Menu or the previous menu. After a workout, press this button to end the workout and return to the Main Menu. LogCard – when a LogCard is present, workout data will be stored on the LogCard. After your workout, return to the Main Menu before removing the LogCard to ensure proper storage of data. (If no LogCard present, data is stored in Memory.) Use the “Concept2 LogCard Utility” to back up your LogCard data to your PC. (USB cable provided) allows you to choose another display. Push this button any time while rowing. Each time you press [CHANGE DISPLAY] a new display is shown. See below. Note: A LogCard is provided with every Performance Monitor (PM). Each card can be shared by up to five users. Additional cards can be purchased from Concept2. Five Graphic Displays ALL DATA FORCE CURVE PACEBOAT BAR CHART LARGE PRINT Note: Heart Rate (HR) will be displayed only if HR Interface is in use. GETTING STARTED Turning the PM On/Off: General Operation: The PM will turn on when you: • The PM automatically displays your workout data as soon as you start rowing. It is not necessary to press any buttons if you do not want to. • • • • take a stroke press [MENU/BACK] insert a LogCard or USB cable insert batteries or battery pack The PM turns off after four minutes of inactivity on a workout screen, or after one minute on the Main Menu screen. • Press [MENU/BACK] to go back to the previous display. • Press [CHANGE UNITS] or [CHANGE DISPLAY] at any time during and after your row to view different units and a different presentation of your workout data. • We encourage you to explore the menu and experiment with the buttons! Setting Date and Time: Using a Heart Rate Monitor: The first time you turn on the PM, you are prompted to set the date and time. This ensures your results are associated with the proper date. The PM displays your heart rate if one of the following heart rate systems is in use: • If you ever need to re-set Date/Time, from Main Menu press More Options > Utilities > Set Date and Time. Use buttons as indicated to increase or decrease time. PM3 PM4 The PM3 will receive heart rate transmission from a Polar™ chest belt IF the optional Concept2 Heart Rate Receiver (available from Concept2) is in use and plugged into the PM3. The PM4 will receive heart rate transmission from a Polar™ chest belt IF the optional Concept2 Heart Rate Receiver (available from Concept2) is in use and plugged into the PM4. Not available. The PM4 will receive heart rate transmission directly from a Suunto™ or ANT SPORT™ chest belt. See More Options for set up. UNDERSTANDING THE PM MENU OF OPTIONS Just Row – Automatic Operation Main Menu Just Row • Select Workout • Games • Information • More Options • Just Row is designed for those days when you would rather not push any buttons or pre-set your workout. Your first stroke will turn on the PM and start recording your workout time and distance automatically. You may also select Just Row to set up the PM screen before you start rowing. Note: You must row for at least one minute for results to be saved in memory or on your LogCard. Just Row allows you to row up to 50,000 meters. Select Workout Select Workout Standard List • Custom List • ReRow • New Workout • Favorites • New Workout The PM lets you choose or create a wide variety of workouts. You can choose from the Standard List of pre-set workouts provided on the PM, or you can create workouts of your own and build your own Custom List. If you have a LogCard, you can store your five favorite workouts (Favorites) on the LogCard. The Re-Row function allows you to “re-row” a saved workout (in Memory or on the LogCard) by rowing against a Paceboat driven by a split-by-split* replay of the saved workout. You can also race a Paceboat in a New Workout by entering a pace for the Optional PaceBoat setting when you set up the workout. Single Distance • Single Time • Intervals: Distance • Intervals: Time • Intervals: Variable • Single Distance *Understanding Splits: Your workout results will be displayed and stored in two ways: as a final result for the total distance or time, and as a set of points along the way called splits. The splits show how your pace varied through the workout. If you select a workout from Standard List, Custom List, or Favorites, the duration of the split will be set for you. If you set up a New Workout you have the opportunity to set the split duration. The PM divides your New Workout into five segments, or splits, unless you alter the split duration during set up. Interval workouts are not formatted to utilize splits. Set Distance 02000 Change Split Length? 00400 Optional PaceBoat 0:00.0 /500m Games Games Games Fish Game • Racing • Fish Game: Earn points by catching good fish, and avoid losing points by getting caught by the bad fish! Row harder and your fish swims up. Row easier and your fish swims down. Each game lasts four minutes. Your Fish Game workout information (time, distance, pace per 500 meters, etc.) is logged to your LogCard (or PM Memory if rowing without a LogCard) just like a regular workout. Racing: (PM4 Only) The PM4 enables you to set up races with up to eight PM4equipped indoor rowers without using a computer. This can be done wirelessly or by using Ethernet patch cables available from Concept2. If using cables, be sure to plug them in before starting the race. One person creates the race on their PM4 by following the PM4 menu; others join in using their own PM4.The race creator is always in Lane 1 and starts the race when all are ready. Remaining lane numbers are assigned based on order of entry into the race. The race screen displays names for racers using LogCards. Race Display 1-4 racers 1530m 32 / 1:55 ave 1:53.2 Watt Lane 1 -25 Lane 2 -20 Lane 3 peterd -2000m Race Display 5-8 racers If using Suunto™ chest belts, you must use cables to race. In certain environments where other devices (WiFi, Bluetooth, etc.) are in use, Concept2 suggests use of cables. Only one wireless race can be in progress at a time. 1530m 32 / 1:55 Race leader Racer just ahead of you You Racer just behind you ave 1:53.2 Watt +23m 4 Lane 4 + 9m 5 Lane 1 6 peterd -12m Meters ahead(+) or behind(-) Information/Help Overview • PM Details • How to Row • Drag Factor • More • The PM contains on-board information to help you if the manual is not available. This section includes a brief rowing lesson with an animation of proper rowing technique, an explanation of the Drag Factor, information about batteries and more. We encourage you to press the Information button from the Main Menu and read through the information provided. Rowing Animation /500 1 Lane 7 Position in race Information /500 More Options More Options Display Drag Factor • Utilities • Connect Suunto HR • Memory/Logcard • Switch User • The More Options menu provides the following functions and utilities: • Display Drag Factor: Drag factor is a measure of fan load. The PM self-calibrates by recalculating the drag factor every stroke so you get a true measure of your effort regardless of the damper setting or changing conditions. • Utilities: Allows you to re-set the date, time or language. You can also adjust the contrast of the LCD, check battery status and add workouts to the Custom List. Memory • Connect Suunto HR: (PM4 only) Suunto™ heart rate chest belts can be used to display and record your heart rate. Each Suunto chest belt has a unique ID number. Use this menu to select your chest belt’s ID number. Save your ID number to a LogCard to have the LogCard automatically recognize your Suunto™ chest belt (for future workouts). ANT SPORT™ chest belts may also be used. For more information, visit concept2.com/heartrate. Summary • Month Totals • List by Date • List by Type • LogCard Utilities • • Memory/LogCard: The PM stores workouts in two ways. If no LogCard is present, the PM will store your most recent workouts in Memory. The oldest are automatically deleted. If a LogCard is inserted before a workout, the workout data is stored on the LogCard, which stores approximately 300 workouts. The LogCard enables you to track your total and monthly meters and your performance during each split or interval of your workout (including heart rate, if available). You can view your workouts listed by date or by type. Workout data can be moved from Memory to LogCard. • Switch Users: Enables you to switch from one user to another on a shared LogCard. Additional information is available at concept2.com and c2forum.com. BATTERY INFORMATION PM3 PM4 The PM3 uses two alkaline D-Cell (LR20) batteries. When you are rowing, the flywheel provides a portion of the power to extend battery life (Model D Indoor Rower only). Comes equipped with rechargeable battery pack. Recharge rate depends on usage pattern of rower: the more and harder you row, the more quickly the PM4 charges. Under certain usage patterns, it may be better to use two alkaline D-Cell (LR20) batteries. Note: Recharging is most effective when a PM4 is used with a Model E Indoor Rower and less effective when used with a Model D Indoor Rower. Refer to concept2.com/pm4 for more info. May also be recharged by connecting PM4 to PC using USB cable. Notes: Battery compartment: Loosen screw and press thumbstrike in direction shown to open. 1) Remove batteries or battery pack from the PM3 or PM4 if monitor will not be used for a period of four months or more. 2) When changing batteries, information in the PM will be lost if the batteries are out for more than a few minutes. 3) To completely clear the internal memory of the PM, remove the batteries for 30 minutes and reinstall. PM3 PM4 Safety Information for PM4 Rechargeable Battery Pack Do not: Do: • Open the plastic case • Use only in a PM4; if not used in PM4, store carefully so pins are not shorted • Drop the battery pack • Keep clean and dry • Allow battery pack pins to touch each other or any metal object • Use between 0˚ and 40˚ C • Use if damaged or leaking • Charge (row or plug PM4 into USB) after prolonged period of non-use • Keep battery pack away from children • Trash, incinerate, crush, etc. • Recycle properly WARNING: If batteries leak, do not use them. Battery fluids are corrosive and can damage eyes, irritate skin, etc. If contact occurs, wash affected area immediately and thoroughly with water. MISCELLANEOUS Cleaning the PM Use a cloth lightly dampened with water only. Do not spray with a cleaner or leave in the rain. Formulas Used Watts = 2.80/(sec/meter)^3 Calories/Hour = Kcal/hr = (watts) x (4) x (0.8604) + 300 Troubleshooting 1. If the PM malfunctions or does not “wake up,” try one of the following: • Insert a paper clip (PM3) or pen/pencil tip (PM4) into the reset hole on the back and press lightly. See below. • Remove the batteries for 30 minutes and insert two new alkaline D-Cell (LR20) batteries. 2. To change language: press [MENU/BACK] until screen stops changing. Press fifth grey button on right, then press second grey button on right twice, and select your language. Alternately, remove battery for 30 minutes and re-install battery. You can then select your desired language. 3. To edit Custom List you must have a LogCard inserted. From Main Menu select More Options > LogCard > LogCard Utilities > Edit Custom List. This enables you to copy workouts from Favorites on your LogCard to the Custom List on the monitor. Refer to concept2.com/pm for more info. Bottom View of PM Back View of PM PM3 Flywheel sensor cable must be connected here for the PM to operate. Port for the optional Polar™ heart rate receiver. USB port for connecting to a computer. Beveled corners on port face the back of the monitor. DO NOT FORCE when plugging in. See concept2.com/pm for current information. Battery cover Reset here PM4 Race system jacks Battery cover Reset here FCC & IC compliance information: WARNING: Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user’s authority to operate the equipment. NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures: • Reorient or relocate the receiving antenna. • Increase the separation between the equipment and receiver. • Consult the dealer or an experienced radio/TV technician for help. This device complies with Part 15 of the FCC rules and also with RSS-210 of Industry & Science Canada. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation. FCC ID: J2MPM4. Patent application U.S. serial number 11/169712 and its corresponding applications in other countries are owned by Suunto Oy (Finland) 51 Document ID679012Application IDpleGL4moe1j04VY3EfNggA==Document Descriptionrevised manual latestDownload:Mirror Download [FCC.gov]Short Term ConfidentialNoPermanent ConfidentialNoSupercedeNoDocument TypeUser ManualDisplay FormatAdobe Acrobat PDF - pdfFilesize66.66kB (833205 bits)Date Submitted2006-07-10 00:00:00Date Available2006-08-16 00:00:00Creation Date2006-06-30 10:28:39Producing SoftwareAdobe PDF Library 6.0Document Lastmod2006-06-30 10:55:27Document TitlePM_manual_0806.inddDocument CreatorAdobe InDesign CS (3.0.1)Source Exif Data [exif.tools]:File Type : PDF File Type Extension : pdf MIME Type : application/pdf PDF Version : 1.3 Linearized : No Page Count : 7 XMP Toolkit : XMP toolkit 2.9.1-13, framework 1.6 About : uuid:779728d2-0848-11db-8ef7-003065b9542e Create Date : 2006:06:30 10:28:39Z Metadata Date : 2006:06:30 10:55:27-04:00 Modify Date : 2006:06:30 10:55:27-04:00 Creator Tool : Adobe InDesign CS (3.0.1) Rendition Class : proof:pdf Derived From Instance ID : fe217466-0919-11db-a563-84efa69cf8f1 Derived From Document ID : adobe:docid:indd:fe217465-0919-11db-a563-84efa69cf8f1 Document ID : adobe:docid:indd:86a122f7-09b5-11db-afc9-98ddf1944954 Manifest Link Form : ReferenceStream, ReferenceStream, ReferenceStream,