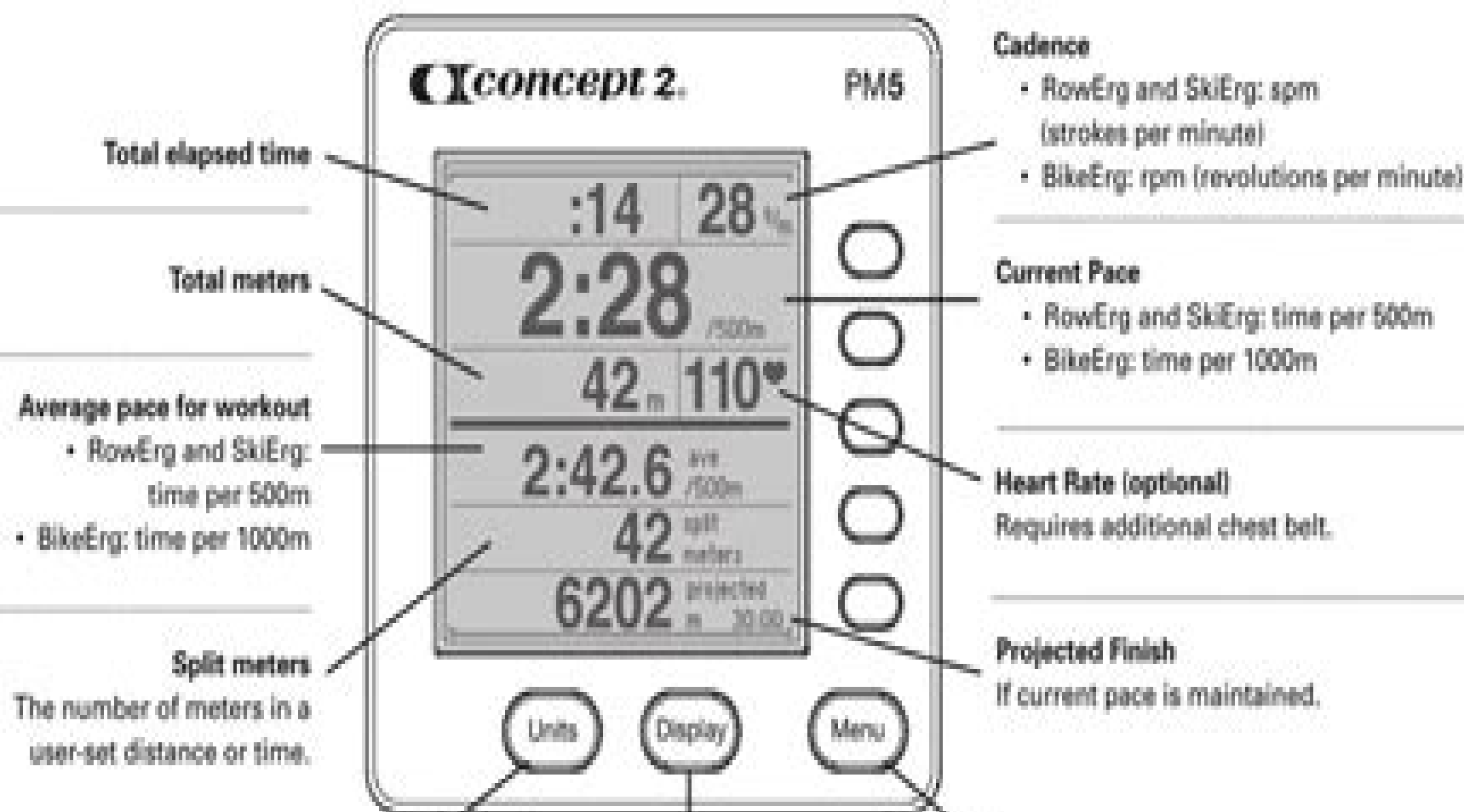


# Sample Display

The displays will vary slightly depending on which machine you use.



## Cadence

- RowErg and SkiErg: spm (strokes per minute)
- BikeErg: rpm (revolutions per minute)

## Current Pace

- RowErg and SkiErg: time per 500m
- BikeErg: time per 1000m

## Heart Rate (optional)

Requires additional chest belt.

## Projected Finish

If current pace is maintained.

## UNITS

Push at any time to change units between Meters, Pace, Watts and Calories.

## DISPLAY

Push to change display between All Data, Force Curve, Pacer, Bar Chart, Large Print.

## MENU

Push to power up the PM, display the previous menu, or save workout results.

# Performance Monitor User Manual

**RC Schank**



## **Performance Monitor User Manual:**

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