

# MONITOR GUIDE

## INTRODUCTION

The VR1 Monitor has been designed to balance function with user friendliness. The VR1 Monitor Display consists of 4 information windows, 2 select buttons and 3 navigation buttons.

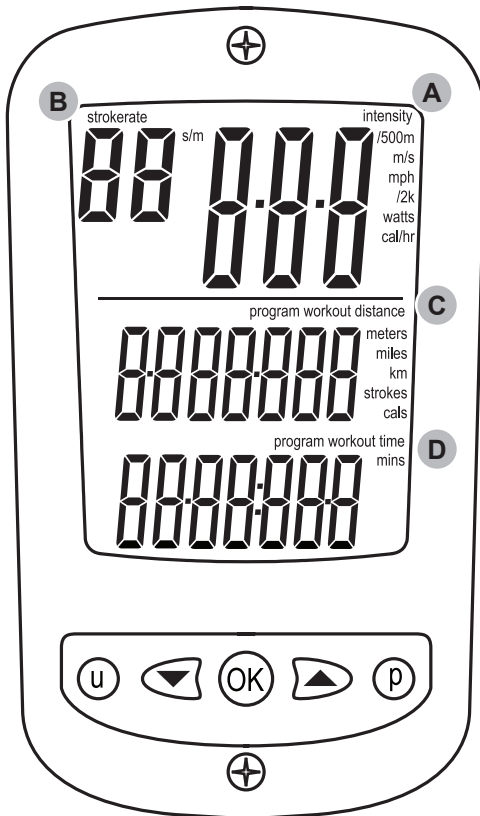
Display Windows Include:

INTENSITY - Shows the intensity of exercise in various units

STROKERATE - Shows the number of strokes per minute

DISTANCE - Shows the distance covered in various units

TIME - Shows the duration of exercise in time



## STARTING INFORMATION

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Please press the **OK** button to turn on the monitor. The four information windows will read zeros and be in Ready Mode. The monitor will commence monitoring as soon as you begin rowing.

Note: the monitor will turn off automatically after about 2 minutes of no use.

## INFORMATION WINDOWS

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### A) INTENSITY WINDOW

The Intensity Window of the VR2 Monitor displays speed in units of time/500m (minutes per 500 meters), m/s (meters per second), mph (miles per hour), and /2km (minutes per 2 kilometers). It also displays power in watts, and energy consumption in cal/hr (calories burnt per hour). See “Setting Units” later in this manual to select desired units

### B) STROKERATE WINDOW

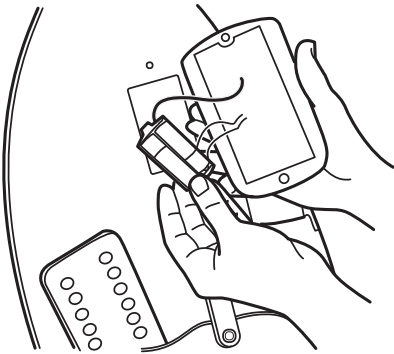
The Strokerate Window of the VR2 Monitor displays strokerate (number of strokes rowed per minute) in units of strokes/min (strokes per minute).

### C) DISTANCE WINDOW

The Distance Window displays the distance covered in units of meters, miles, km (kilometers), strokes or cals (calories burnt). See “Setting Units” later in this manual to select desired units. The Distance Window will also display the distance remaining when doing a distance workout. See Setting Workouts-Distance Workouts later in this manual to set a distance workout

### D) TIME WINDOW

The Time Window displays the time covered in units of hours, minutes, and seconds. The Time Window may also be programmed to display time remaining. See Setting Workouts -Time Workouts later in this manual to set a time workout.



## CHANGING THE BATTERIES

- Using a Phillips screwdriver, remove the screws at the top and bottom of the monitor.
- Gently lift away the monitor from the footboard.
- Remove the battery pack that is sitting inside a recess in the footboard.
- Remove the 2 AA batteries and replace with 2 new ones.
- Set the monitor back on the footboard, being careful not to pinch any of the wires under the edges of the monitor.
- Replace and tighten the the two screws with the Phillips headed screwdriver.

## SETTING UNITS

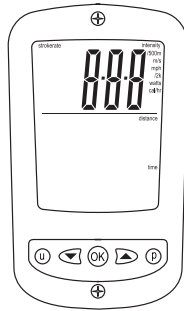
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Display units may be changed by pressing the **U** button.

Press the **U** button **once** to change *intensity units* / **twice** to change *distance units*.

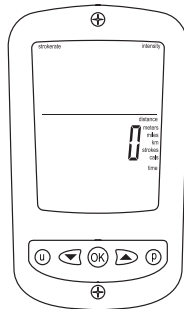
### Intensity Units

- Press the **U** button until only the intensity digits appear along with the list of intensity units (see image below).
- Using the **ARROW** buttons, scroll to the desired intensity unit:  
*/500m, m/s, mph, /2km, watts or cal/hr*
- Once the desired unit is flashing, press **OK**. The monitor will return to Ready Mode.



### Distance Units

- Press the **U** button until only the distance digits appear along with the list of distance units (see image below).
- Using the **ARROW** Buttons, scroll to the desired distance unit:  
*meters, miles, km, strokes, or cal/s*
- Once the desired unit is flashing, press **OK**. The monitor will return to Ready Mode.



## SETTING WORKOUTS

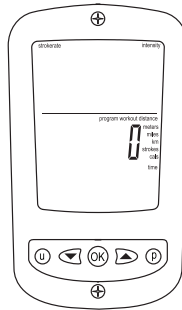
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Workouts may be set by pressing the **P** button.

Press the **P** button **once** to set *distance workouts* / **twice** to set *time workouts*.

### Distance Workouts

- Press the **P** button until only distance digits appear along with Program Workout Distance flag (see image below) with the distance units flashing.
- Using the **ARROW** buttons, scroll to the desired workout distance.
  - The **UP ARROW** button *increases the distance by 50 meters*.
  - The **DOWN ARROW** button *decreases the distance by 10 meters*.Holding either button accelerates scrolling.
- Once the desired workout distance is reached, press **OK** and the monitor will return to Ready Mode with the set distance in the Distance Window.
- When rowing starts, distance will count down.



### Time Workouts

- Press the **P** button until only the time digits appear along with Program Workout Time (see image below) with the time units flashing.
- Using the **ARROW** buttons, scroll to the desired workout duration.
  - The **UP ARROW** button *increases the time by 1 minute*.
  - The **DOWN ARROW** button *decreases the time by 10 seconds*.Holding either button accelerates scrolling.
- Once the desired workout duration is reached, press **OK** and the monitor will return to Ready Mode with the set time in the Time Window.
- When rowing starts, time will count down.

