

PM 1 MONITOR BATTERIES / RE-INITIALIZATION

APPROXIMATELY EVERY 500 HOURS OF USE:

REPLACE THE MONITOR BATTERY when the display begins to fade. It should fade gradually, so you should have time to get new batteries if you don't have any on hand. The monitor uses three(3) type #357 watch batteries. One set should last about 500 hours of rowing. For an individual, this should be at least one year. In an institutional, heavy-use situation, this may be about three months.

HOW TO CHANGE THE BATTERIES: Remove the monitor bumper by pulling the rubber portion toward you until it comes off. The battery compartment is located on the upper left side of the monitor case (as you face the monitor). Use your fingernail to slide the cover down and off. You will see the three batteries inside. Pull gently on the tab provided to remove the batteries. Replace them with the same orientation, with the (+) side facing up. After changing the batteries, **YOU MUST RE-INITIALIZE THE MONITOR** as follows:

1. Press the **RESET** button.
2. Keep it depressed while you press the **↑** button.
3. Now release the **RESET** button.
4. Then, finally release the **↑** button.
5. Replace the bumper.