OVERVIEW OF THE PERFORMANCE MONITOR (PM)

For Model D, Model E and Dynamic Indoor Rowers, and the SkiErg.

For more detailed information about using the Performance Monitor, please visit concept2.com/pm.

General Operation:

- The PM automatically displays your workout data as soon as you start your workout. It is not necessary to press any buttons if you do not want to.
- Press [MENU/BACK] to go back to the previous display.
- Press [CHANGE UNITS] or [CHANGE DISPLAY] at any time during and after your workout to view different units and a different presentation of your workout data.
- We encourage you to explore the menu and experiment with the buttons!

Using a Heart Rate Monitor:

<table>
<thead>
<tr>
<th>HEART RATE MONITORING SYSTEMS</th>
<th>PM3</th>
<th>PM4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Polar™</td>
<td>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.</td>
<td>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.</td>
</tr>
<tr>
<td>Suunto™</td>
<td>Not available.</td>
<td>The PM4 will receive heart rate transmission directly from a Suunto™, Garmin® or ANT+HR™ chest belt. See More Options for set up.</td>
</tr>
</tbody>
</table>
UNDERSTANDING THE PM MENU OF OPTIONS

Just Row/Just Ski – Automatic Operation

Just Row/Just Ski 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/Just Ski to set up the PM screen before you start your workout.

Note: A workout must be at least one minute long for results to be saved in memory or on your LogCard.

Just Row/Just Ski allows you to row or ski up to 50,000 meters.

Select 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 ReRow/ReSki function allows you to select a saved workout (in Memory or on the LogCard) and row or ski against a Paceboat/Pace Skier driven by a split-by-split* replay of the saved workout. You can also race a Paceboat/Pace Skier in a New Workout by entering a pace for the Optional Paceboat/Pace Skier when you set up the workout.

*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.

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.

Games

Fish Game: Earn points by catching good fish, and avoid losing points by getting caught by the bad fish! Row or ski harder and your fish swims up. Row or ski 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 not using a LogCard) just like a regular workout.

Darts (PM4 Only): This game rewards consistency in stroke rate and power output. You get 300 darts to “throw” in a game and your score is calculated just like a real game of darts. A bull’s eye is worth 50 points and the next three rings are worth 25, 10 and 5 points each.

Target Training (PM4 Only): This game rewards consistency and gives you additional options to make it a more powerful training tool. Your score is the percent of the best possible score obtainable. A bull’s eye is worth 5 points, and the remaining rings are worth 3, 2, and 1 point.

Target Training offers two choices:

• Just Play – An open-ended target training session that allows you to row or ski for as long as you like. Like the Darts game, the target pace will be based on your recent strokes.

• Advanced – Gives maximum control of your target training session by allowing you to set your target pace, target stroke rate and workout time. If you are interested in achieving a target pace and stroke rate, and holding it for a predetermined length of time, this is the game for you.

Racing (PM4 Only): The PM4 enables you to set up races with up to eight PM4-equipped machines 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.
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.

**Biathlon:** This game simulates the Olympic sport of Biathlon. Ski (or row) intervals that alternate with target shooting or another activity. Choose from a range of penalty distances. The PM keeps track of your “range” time and your total elapsed time.

### Information/Help

The PM contains on-board information to help you if the manual is not available. This section includes a brief lesson with an animation of proper 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.

### More Options

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.

- **Connect Heart Rate:** (PM4 only) Suunto™, Garmin® or ANT+™ heart rate chest belts can be used to display and record your heart rate. Each 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 chest belt (for future workouts). For more information, visit concept2.com/heartrate.

- **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.

- **Link:** (PM4 only) Wirelessly connect to Garmin watches that display the LINK HERE logo, ANT+ enabled smartphones and Concept2 mobile applications.

### Additional Information

Additional information is available at concept2.com and c2forum.com.

### Battery Information

<table>
<thead>
<tr>
<th>PM3</th>
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<tbody>
<tr>
<td>The PM3 uses two alkaline D-Cell (LR20) batteries. During use, the flywheel provides a portion of the power to extend battery life (Model D Indoor Rower and SkiErg only).</td>
<td>Comes equipped with rechargeable battery pack. Recharge rate depends on usage pattern of user: the more and harder you pull, the more quickly the PM4 charges. Under certain usage patterns, it may be better to use two alkaline D-Cell (LR20) batteries. May also be recharged by connecting PM4 to PC using USB cable. Refer to concept2.com/pm4 for more info.</td>
</tr>
</tbody>
</table>
Notes:
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.

Battery compartment: Loosen screw and press thumbstrike in direction shown to open.

Safety Information for PM4 Rechargeable Battery Pack

<table>
<thead>
<tr>
<th>Do not:</th>
<th>Do:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Open the plastic case</td>
<td>• Use only in a PM4; if not used in PM4, store carefully so pins are not shorted</td>
</tr>
<tr>
<td>• Drop the battery pack</td>
<td>• Keep clean and dry</td>
</tr>
<tr>
<td>• Allow battery pack pins to touch each other or any metal object</td>
<td>• Use between 0˚ and 40˚ C</td>
</tr>
<tr>
<td>• Use if damaged or leaking</td>
<td>• Charge (row or ski, or plug PM4 into USB) after prolonged period of non-use</td>
</tr>
<tr>
<td>• Trash, incinerate, crush, etc.</td>
<td>• Keep battery pack away from children</td>
</tr>
<tr>
<td>• Do:</td>
<td>• Recycle properly</td>
</tr>
</tbody>
</table>

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

● Bottom View of PM
  Flywheel sensor cable must be connected here for the PM to operate.
  USB port for connecting to a computer. Beveled corners on USB cable plug face the back of the monitor. DO NOT FORCE when plugging in. See concept2.com/pm for current information.

● Back View of PM
  Race system jacks
  Battery cover
  Reset here

TROUBLESHOOTING

1. If the PM malfunctions or does not “wake up,” reset PM:
   • Insert a pen/pencil tip into the reset hole on the back and press lightly.
   • 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, hold down CHANGE UNITS and CHANGE DISPLAY and reset monitor. You can then select your desired language. (Note: This procedure will reset PM to factory settings.)

3. If your computer does not recognize that your PM3/PM4 is connected to it try one of the following:
   • Use another computer and/or USB cable.
   • Remove batteries and USB cable for 30 minutes then reinsert batteries and try again.

Refer to concept2.com/pm for more information and software updates.