

C2 Row Together Challenge

Instructions for setting up the PM3 to record Team Challenge results

1. From the Main Menu, press Select Workout
2. Press Standard List
3. Press 30:00.
4. Press the top button on the right side to display all data. Press Change Units, if needed, to show meters and pace.
5. You're ready to go! Once you start rowing, the PM3 will count down your time to 0. At the end, your total meters rowed will be displayed.

Team Results

Team Name: _____

Date: _____

Team Members:

	First Name	Age	Gender
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

Total Distance Rowed in 30 minutes: _____ meters

Signature of Program Director/Witness: _____