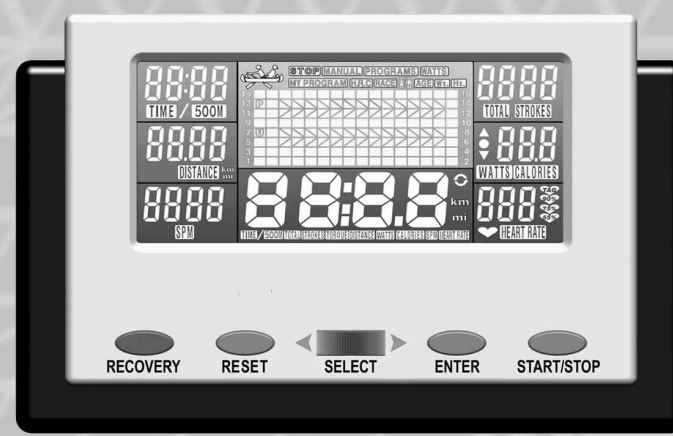
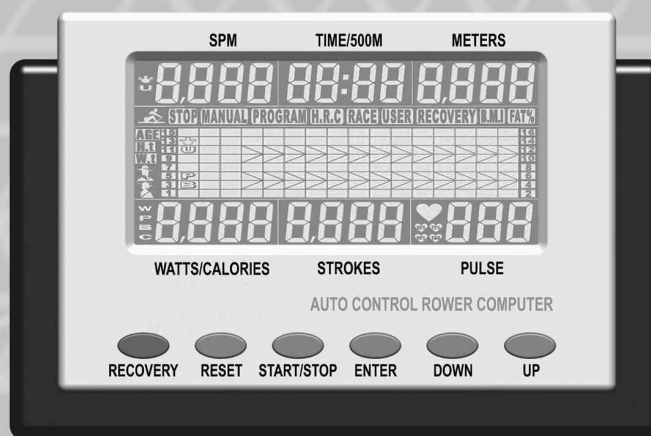
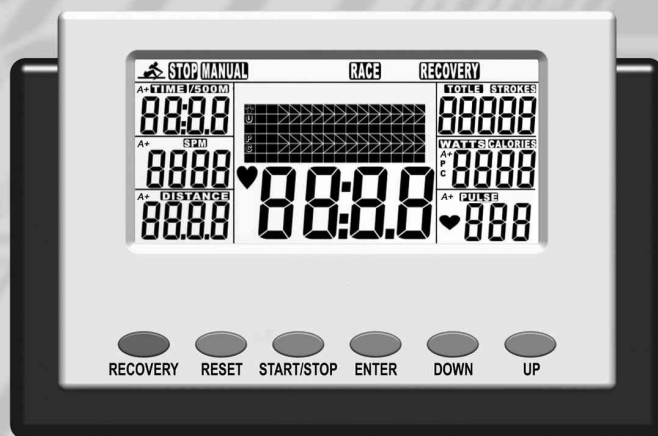


DUAL MODE ROWER

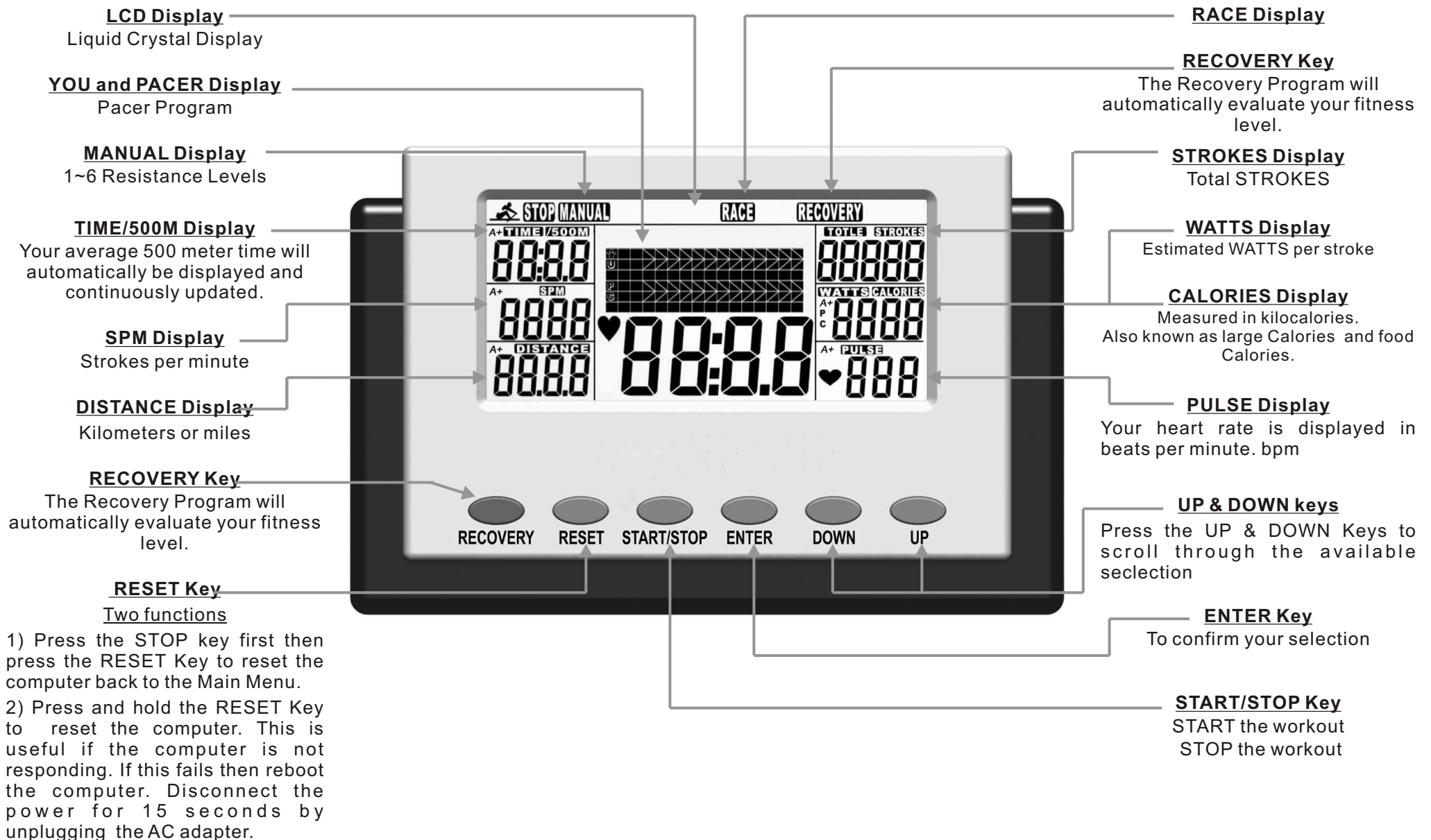
Enjoy the Sensation



COMPUTER INSTRUCTION

ST-5816 COMPUTER INSTRUCTIONS

Function Identification



COMPUTER INSTRUCTIONS

Power Functions

MANUAL COMPUTER:

This computer will work with batteries (2 x AA 1.5V).

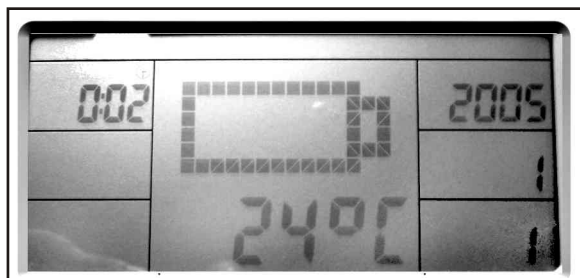
BATTERIES: Remove the battery cover as shown in the diagram below and install 2 pieces of R6P * UM-3 * SIZE"AA" * 1.5V or 4 pieces of R14UG * SUM2 * SIZE"C" * 1.5V batteries. Insure the batteries are correctly positioned and the battery springs are in proper contact with batteries. Replace the battery cover and insure it is tightly closed.

To prevent damaging the computer we suggest that you replace the batteries at least every six months. DO NOT mix old and new batteries. DO NOT mix different brands of batteries.

Battery life is approximately three months under normal use.

WARNING: If you plan to store your exercise machine for a long period of time then it is important to REMOVE the batteries to prevent damaging the computer.

LOW BATTERY Display: The low battery display will flash when the batteries need replacing.

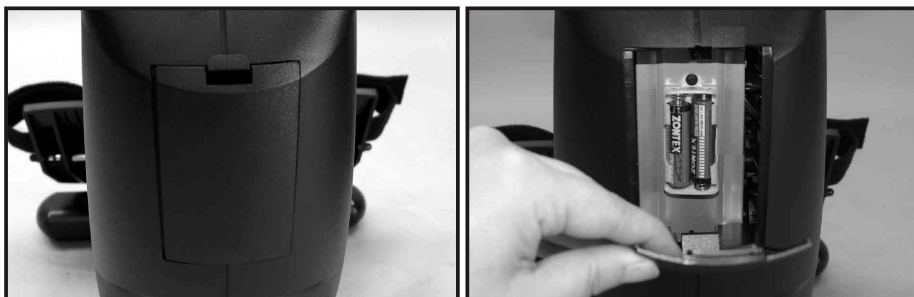


AUTO POWER ON: The computer will automatically turn on when the Dual Mode Rower is in use, or when any key on the computer is pressed.

AUTO POWER OFF (SLEEP): The computer will automatically sleep when the Dual Mode Rower is NOT in use (no RPM, PULSE & press any key) after 4 minutes.

NB: The computer will not memory any setting before sleep.

LCD Display: If the LCD display is illegible or only partial segments are displayed then reboot the computer. Disconnect the power for approximately 15 seconds by removing the batteries or disconnecting the plug-in adaptor.



Key Functions

There are six keys on the computer. Each key indicates its function. Press the keys with moderate pressure. DO NOT hit the keys as it may damage the computer.

UP & DOWN Key: Press the UP & DOWN Key to scroll through the available selection.

ENTER Key: Press the ENTER Key to confirm your selection.

START/STOP Key: Press the START/STOP Key to start the workout program you have selected. Press it again to stop your workout. Repress the START/STOP Key to resume your workout program. This information is useful if you are interrupted during your workout, by allowing you to return to your workout without the need of reprogramming the computer.

RESET Key: To reset the computer back to the Main Menu Or press the RESET Key for two seconds to total reset the computer.

RECOVERY Key: Press the RECOVERY Key to activate the Recovery Program which will automatically evaluate your fitness level. For more information see Recovery Program on the following Display Functions.

Display Functions

TIME, DATE and TEMPERATURE Display: The computer will automatically sleep when the exercise machine is not in use after approximately 4 minutes at which time the computer will go into the Display Mode displaying the Time (24hr), Date and Temperature (SLEEP MODE).

TIME Display: preset target time by pressing UP & DOWN buttons (1~99 minutes), each increase / decrease setting is 1 minute.

TIME / 500M Display: Computer will display the time needed to row 500 meters according to current speed.

DISTANCE Display: Preset target value by pressing UP & DOWN buttons (10~9990meters), each increase / decrease setting is 10 meters.

CALORIES Display: Measured in kilocalories. Also known as large Calories and food Calories.

STROKES Display: Preset target value by pressing UP & DOWN buttons (0~9999 strokes), each increase / decrease setting is 10.

TOTAL STROKES Display: Accumulates total strokes from 0 up to 9999.

WATT Display: The monitor will display current workout effort in figures.

PULSE Display: To preset target value by pressing UP & DOWN buttons from 30 ~240, each increase / decrease setting is 1. The monitor will display user's heart rate during training. The pulse measurement function is only used by chest belt system; the frequency of chest belt accepted by the monitor is 5 KHz.

RECOVERY Display: After exercising for a period of time and press RECOVERY button. All function display will stop except TIME starts counting down from 00:60 ~00:00. Screen will display your heart rate recovery status with the F1, F2 -----F6. Counting downkilometers per hour (km/h) or miles per hour (mph).

F1	F2	F3	F4	F5	F6
SUPER FIT	VERY FIT	FIT	FAIR	UNFIT	VERY UNFIT

ALARM:

Auto. ALARM for over the target setting.

MANUAL COMPUTER OPERATION

Manual Program

When you enter into the picture of the MAIN MENU, the MANUAL & RACE will blink to be selected. Press UP or DOWN to select it, then press ENTER and confirm all what you have selected.

1) Enter into the MANUAL, press UP to set the flickering figure of the TIME. Press ENTER to confirm it. You can press UP to set DISTANCE (TIME)- STROKES - CALORIES - PULSE immediately (If you have set the target value for TIME then DISTANCE can't be set, vice versa.)

NB To quick start just press the start key and the computer will count from zero upwards.

2) When the function you have selected count backwards to ZERO or you have pressed the STOP Key, the monitor will STOP and display the average figure.

3) Adjust the manual Tension Knob, its figure will display in the matrix (Level 1~ 6)

Race Program

1) Enter into the RACE, L9 will glitter and the TIME / 500M may display with 4:00. You can press UP & DOWN to set (L1~L15) immediately, press ENTER to confirm. Then, you can set the distance of the RACE (500M~10000M) when the DISTANCE display is blinking.

PC BOAT SPEED LIST

L1	L2	L3	L4	L5	L6	L7	L8	L9	L10	L11	L12	L13	L14	L15
8:00	7:30	7:00	6:30	6:00	5:30	5:00	4:30	4:00	3:30	3:00	2:30	2:00	1:30	1:00

2) Press ENTER and the picture of RACE will display on the screen.

3) Press START button to START the RACE, the USER & PC will display in the matrix. The monitor will STOP when one have reached the target distance of race, then the matrix displays "PC WIN or USER WIN" and may display the average value after 6 seconds.

NOTE: During your workout you can adjust the resistance levels by rotating the SELECT Dial.

Recovery Program

The Recovery Program will automatically evaluate your fitness level. The computer requires a pulse signal so you must be wearing a compatible chest band (for more information see Chest Bands on page 14).

1) With the computer powered up and in the stop mode. Press the RECOVERY Key.

2) The computer will analyze your heart rate recovery for one minute and display a result as follows.

F1.0~1.9: SUPER FIT
F4.0~4.9: FAIR

F2.0~2.9: VERY FIT
F5.0~5.9: UNFIT

F3.0 ~ 3.9: FIT
F6.0: VERY UNFIT

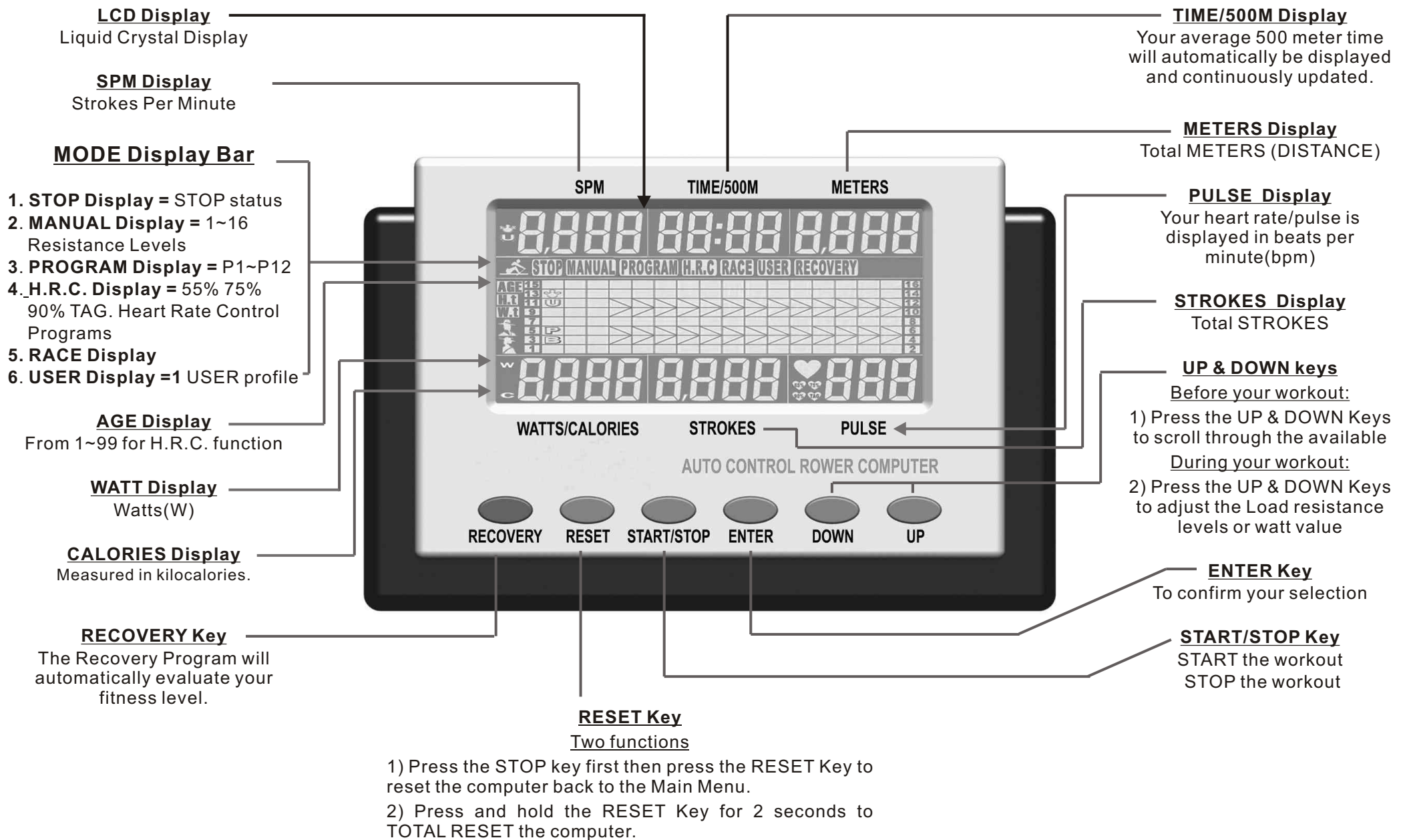
Recycle

Help save the planet. Please recycle this computer after use.



SM-5838 COMPUTER INSTRUCTIONS

Function Identification



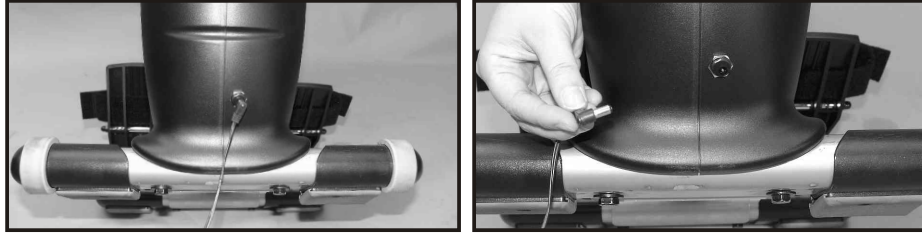
COMPUTER INSTRUCTIONS

Power Functions

MOTORIZED COMPUTER:

This computer will work with batteries or an adaptor. Either 4 x batteries or an adaptor will be supplied depending on your dealer's preference. We recommend to use adapter for backlight computer.

ADAPTOR: Once your Dual Mode Rower is fully assembled and correctly positioned then insert the plug-in adaptor socket as shown in the diagram below.



BATTERIES: Remove the battery cover as shown in the diagram below and install 4 pieces of R14UG * SUM2 * SIZE"C" * 1.5V batteries. Insure the batteries are correctly positioned and the battery springs are in proper contact with batteries. Replace the battery cover and insure it is tightly closed.

To prevent damaging the computer we suggest that you replace the batteries at least every six months. DO NOT mix old and new batteries. DO NOT mix different brands of batteries.

Battery life is approximately three months under normal use.



WARNING: If you plan to store your exercise machine for a long period of time then it is important to REMOVE the batteries to prevent damaging the computer.

LOW BATTERY Display: The low battery display will flash when the batteries need replacing.

AUTO POWER ON: The computer will automatically turn on when the Dual Mode Rower is in use, or when any key on the computer is pressed.

AUTO POWER OFF (SLEEP): The computer will automatically sleep when the Dual Mode Rower is NOT in use (no RPM, PULSE & press any key) after 4 minutes.

NB: The computer will not memory any setting before sleep.

LCD Display: If the LCD display is illegible or only partial segments are displayed then reboot the computer. Disconnect the power for approximately 15 seconds by removing the batteries or disconnecting the plug-in adaptor.

Key Functions

There are six keys on the computer. Each key indicates its function. Press the keys with moderate pressure. DO NOT hit the keys as it may damage the computer.

UP & DOWN Key: Press the UP & DOWN Key to scroll through the available selection.

ENTER Key: Press the ENTER Key to confirm your selection.

START/STOP Key: Press the START/STOP Key to start the workout program you have selected. Press it again to stop your workout. Repress the START/STOP Key to resume your workout program. This information is useful if you are interrupted during your workout, by allowing you to return to your workout without the need of reprogramming the computer.

RESET Key: To reset the computer back to the Main Menu Or press the RESET Key for two seconds to total reset the computer.

RECOVERY Key: Press the RECOVERY Key to activate the Recovery Program which will automatically evaluate your fitness level. For more information see Recovery Program on the following Display Functions.

Display Functions

TIME, DATE and TEMPERATURE Display: The computer will automatically sleep when the exercise machine is not in use after approximately 4 minutes at which time the computer will go into the Display Mode displaying the Time (24hr), Date and Temperature (SLEEP MODE).

TIME Display: preset target time by pressing UP & DOWN buttons (1~99 minutes), each increase / decrease setting is 1 minute.

TIME / 500M Display: Computer will display the time needed to row 500 meters according to current speed.

DISTANCE Display: Preset target value by pressing UP & DOWN buttons (10~9990meters), each increase / decrease setting is 10 meters.

CALORIES Display: Measured in kilocalories. Also known as large Calories and food Calories.

STROKES Display: Preset target value by pressing UP & DOWN buttons (0~9999 strokes), each increase / decrease setting is 10.

TOTAL STROKES Display: Accumulates total strokes from 0 up to 9999.

WATT Display: The monitor will display current workout effort in figures.

PULSE Display: To preset target value by pressing UP & DOWN buttons from 30 ~240, each increase / decrease setting is 1. The monitor will display user's heart rate during training. The pulse measurement function is only used by chest belt system; the frequency of chest belt accepted by the monitor is 5 KHz.

RECOVERY Display: After exercising for a period of time and press RECOVERY button. All function display will stop except TIME starts counting down from 00:60 ~00:00. Screen will display your heart rate recovery status with the F1, F2 -----F6. Counting downkilometers per hour (km/h) or miles per hour (mph).

F1	F2	F3	F4	F5	F6
SUPER FIT	VERY FIT	FIT	FAIR	UNFIT	VERY UNFIT

ALARM:

Auto. ALARM for over the target setting.

MOTORIZED COMPUTER OPERATION

Manual Program

When you enter into the picture of the MAIN MENU, the MANUAL, PROGRAM, H.R.C., RACE, & RECOVERY will blink to be selected. Press UP or DOWN to select it, then press ENTER and confirm all what you have selected.

1) Enter into the MANUAL, press UP to set the resistance level. Press ENTER to confirm it. You can press UP & DOWN to set TIME (METERS), STROKES, CALORIES, WATTS & PULSE immediately (If you have set the target value for TIME then METERS can't be set, vice versa.)

NB To quick start just press the start key and the computer will count from zero upwards.

2) When the function you have selected count backwards to ZERO or you have pressed the STOP Key, the monitor will STOP and display the average figure.

55% 75% 90% Heart Rate Control Programs

The % H.R.C PROGRAMS are designed to keep your heart rate at the constant level you have selected. Every 30 x seconds the computer will check your pulse (bpm) against what you have selected and will automatically adjust the resistance levels accordingly.

NOTE: During your workout you cannot adjust the resistance levels.

To select the Heart Rate that is optimal for you, see CALCULATING TARGET HEART RATE on the next page.

While increasing your heart rate is an important part of exercise, it is also important that your heart rate not be too high. To be safe we suggest that you start your workouts at the 55% H.R.C and increase your % H.R.C as your fitness improves.

NOTE: The recommended **Maximum Heart Rate** is equal to **220 bpm minus your age**.

1) From the Main Menu, use the UP & DOWN button to scroll and select the H.R.C. PROGRAM. Confirm your selection by pressing the ENTER button.

2) Use the UP & DOWN button to select your Heart Rate 55% 75% 90% or TAG(target heart rate). Press the ENTER Key to confirm your selection.

3) Use the UP & DOWN button to continue setting your TIME, STROKES & CALORIES then press ENTER button to confirm your selection. (If you have set the target value for TIME then METERS can't be set, vice versa.)

*To immediately start your workout press the START Key.

4) Press the START button to begin your workout.

User Program

The computer will automatically adjust the resistance level according to the USERS PROFILE PROGRAM you design. During your workout you can manually adjust the resistance levels by pressing the UP & DOWN Keys.

1) From the Main Menu, use the UP & DOWN button to set the USER PROGRAM. Confirm your selection by pressing the ENTER button.

2) There are 16 columns, each with a choice of 16 resistance levels. Use the UP & DOWN button to set your resistance level. Press the ENTER button to confirm your selection.

*To immediately start your workout press the START button.

Race Program

1) Enter into the RACE, the TIME / 500M may glitter with 4:00. You can press UP & DOWN to set (L1~L15) immediately, press ENTER to confirm. Then, you can set the distance of the RACE (500M~10000M) when the METER display is blinking.

PC BOAT SPEED LIST

L1	L2	L3	L4	L5	L6	L7	L8	L9	L10	L11	L12	L13	L14	L15
8:00	7:30	7:00	6:30	6:00	5:30	5:00	4:30	4:00	3:30	3:00	2:30	2:00	1:30	1:00

2) Press ENTER and the picture of RACE will display on the screen.

3) Press START button to START the RACE, the USER & PC will display in the matrix. The monitor will STOP when one have reached the target distance of race, then the matrix displays "PC WIN or USER WIN" and may display the average value after 6 seconds.

NOTE: During your workout you can adjust the resistance levels by press UP & DOWN button.

Program Profiles

1) From the Main Menu, use the UP & DOWN button to select the PROGRAM PROFILES. Confirm your selection by pressing the ENTER button.

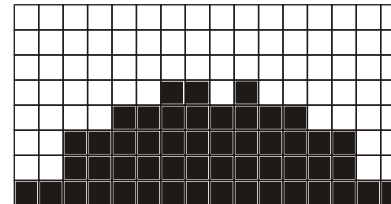
2) Use the UP & DOWN button to select the 12 x PROGRAM PROFILES. Confirm your selection by pressing the ENTER button.

NB To immediately start your workout press the START Key.

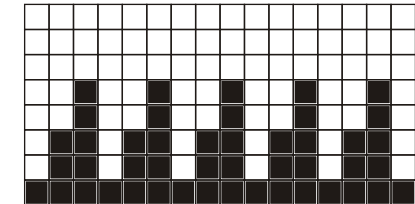
3) Use the UP & DOWN button to select the 16 X Resistance Levels. Confirm your selection by pressing the ENTER button.

3) Use the UP & DOWN button to continue setting your TIME, STROKES, CALORIES & PULSE then press ENTER button to confirm your selection. (If you have set the target value for TIME then METERS can't be set, vice versa.)

P1

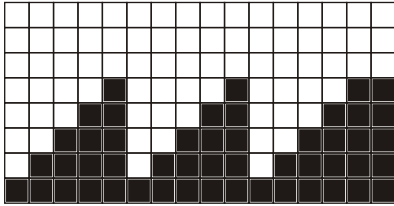


P2

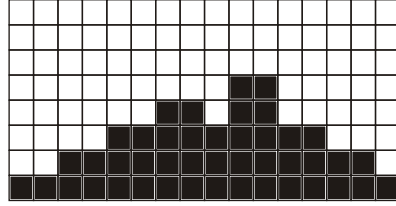


COMPUTER INSTRUCTIONS

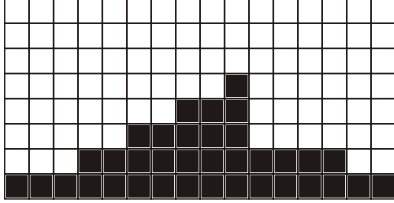
P3



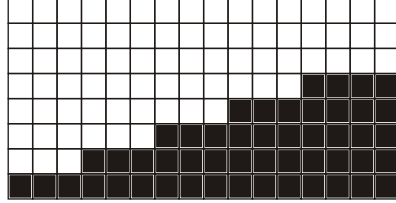
P4



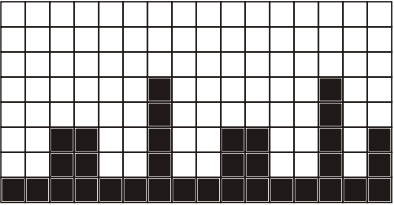
P5



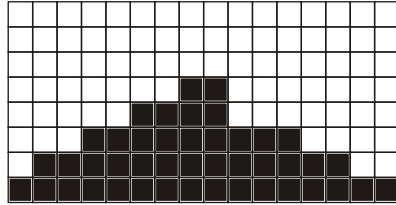
P6



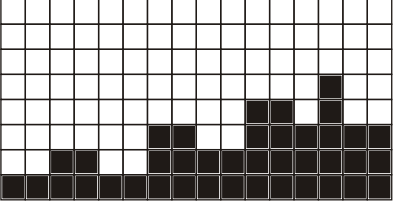
P7



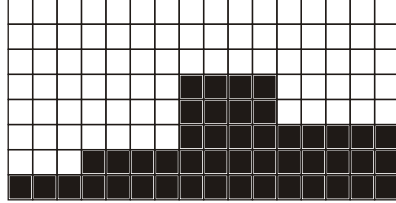
P8



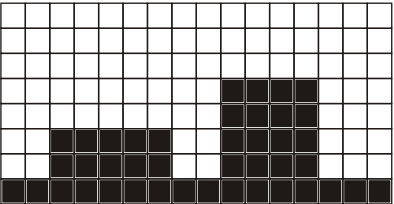
P9



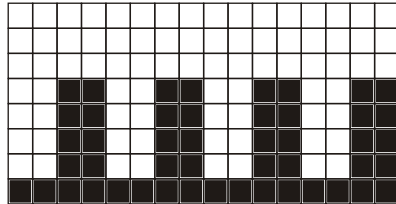
P10



P11



P12

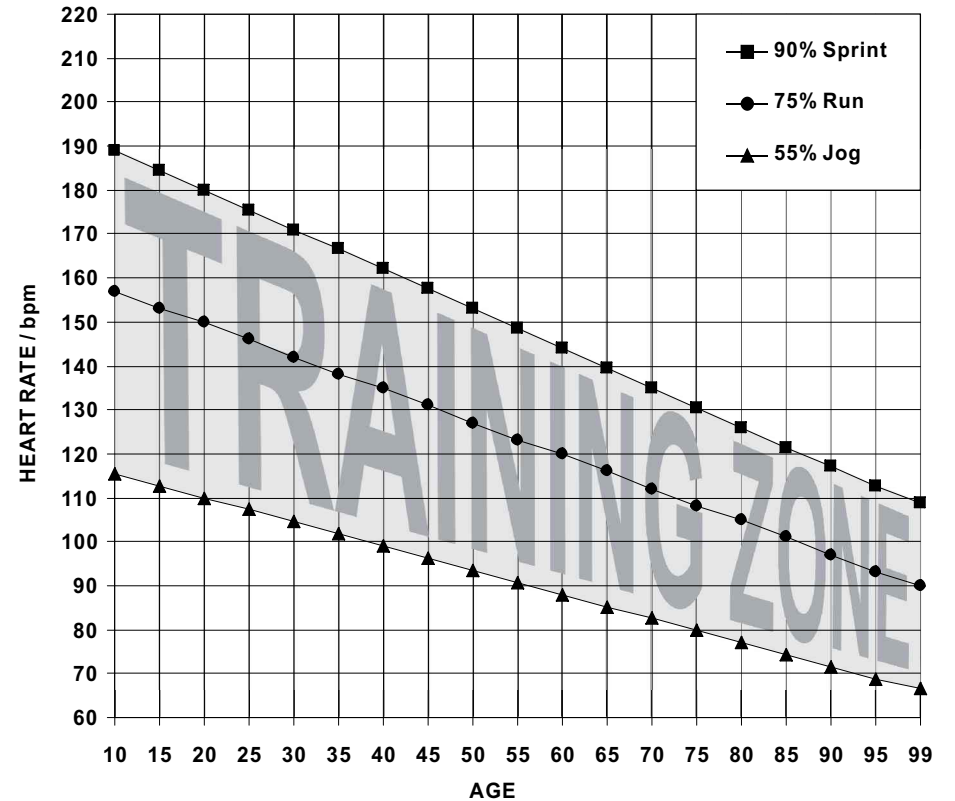


Calculating Target Heart Rate

Your optimal Heart Rate range during exercise is referred to as your training zone. To achieve effective results you should do your cardiovascular workout within your training zone. Refer to the target heart rate chart below to calculate your T.H.R at 55%, 75% and 90%, that is our suggested training zone. We also suggest that you start your workouts at the 55% T.H.R and increase your T.H.R % as your fitness improves.

TARGET HEART RATE FORMULA: $220 - \text{AGE} \times \text{T.H.R}\%$ (e.g. $220 - 30 \text{ years old} \times 55\% = \text{T.H.R } 104.5$)

TARGET HEART RATE CHART



Chest Bands

The R99 Dual Mode Rower has a built in chest band receiver that uses the international standard 5 kHz bandwidth. Your heart rate will only register on the computer if you are wearing a compatible chest band. If you are unsure that your existing chest band is compatible then contact your dealer for verification.

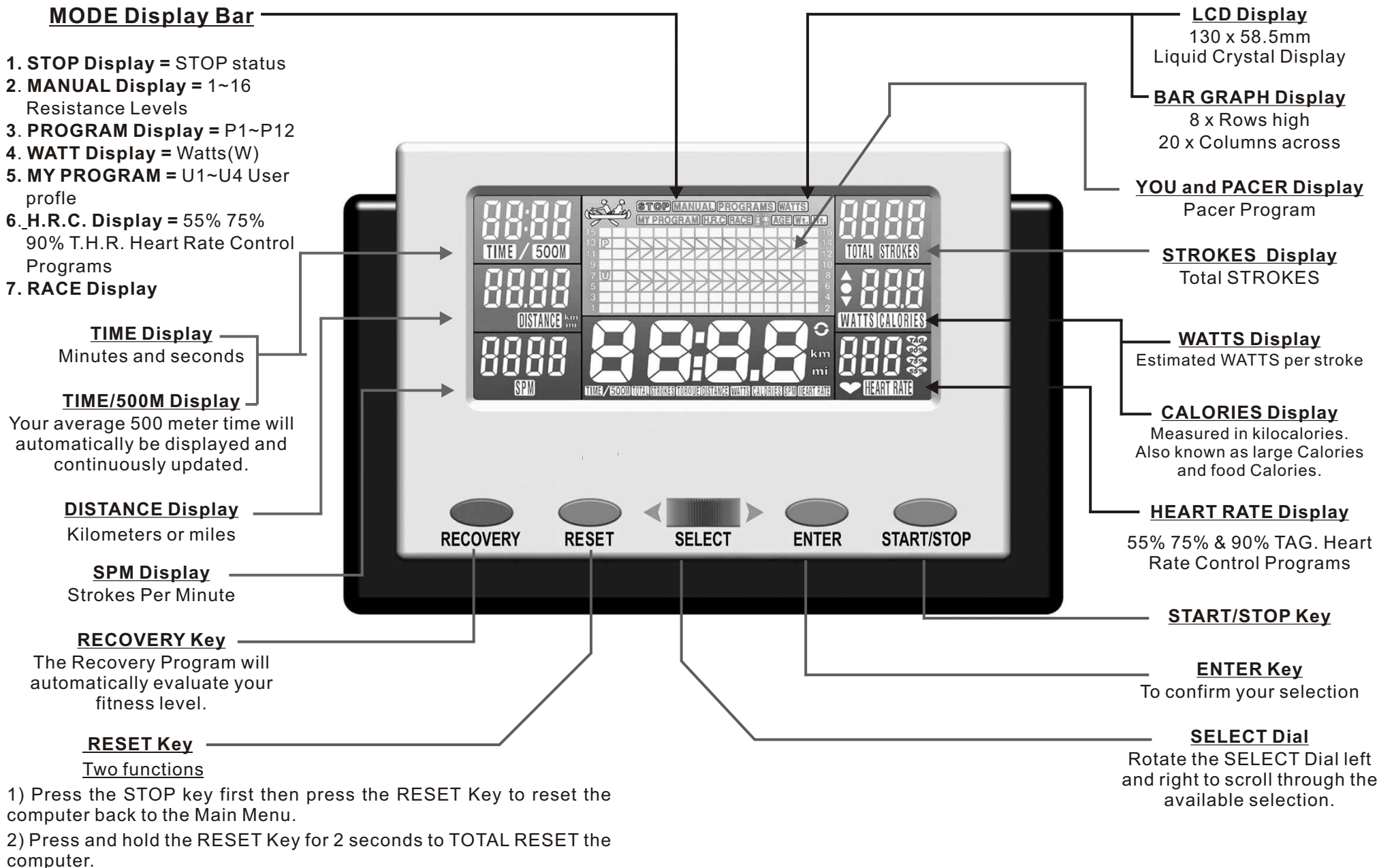
Recycle

Help save the planet. Please recycle this computer after use.



UM-6908 COMPUTER INSTRUCTIONS

Function Identification



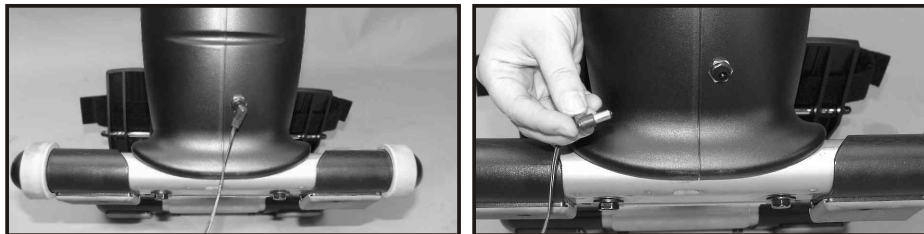
COMPUTER INSTRUCTIONS

Power Functions

MOTORIZED COMPUTER:

This computer will work with batteries or an adaptor. Either 4 x batteries or an adaptor will be supplied depending on your dealer's preference. We recommend to use adapter for backlight computer.

ADAPTOR: Once your Dual Mode Rower is fully assembled and correctly positioned then insert the plug-in adaptor socket as shown in the diagram below.



BATTERIES: Remove the battery cover as shown in the diagram below and install 4 pieces of R14UG * SUM2 * SIZE"C" * 1.5V batteries. Insure the batteries are correctly positioned and the battery springs are in proper contact with batteries. Replace the battery cover and insure it is tightly closed.

To prevent damaging the computer we suggest that you replace the batteries at least every six months. DO NOT mix old and new batteries. DO NOT mix different brands of batteries.

Battery life is approximately three months under normal use.



WARNING: If you plan to store your exercise machine for a long period of time then it is important to REMOVE the batteries to prevent damaging the computer.

LOW BATTERY Display: The low battery display will flash when the batteries need replacing.

AUTO POWER ON: The computer will automatically turn on when the Dual Mode Rower is in use, or when any key on the computer is pressed.

AUTO POWER OFF (SLEEP): The computer will automatically sleep when the Dual Mode Rower is NOT in use (no RPM, PULSE & press any key) after 4 minutes.

NB: The computer will not memory any setting before sleep.

LCD Display: If the LCD display is illegible or only partial segments are displayed then reboot the computer. Disconnect the power for approximately 15 seconds by removing the batteries or disconnecting the plug-in adaptor.

Key Functions

There are four keys & one knob on the computer. Each key and knob indicates its function. Press the keys or adjust the knob with moderate pressure. DO NOT hit the keys or knob as it may damage the computer.

SELECT dial : rotate the SELECT dial left and right to scroll through the available selection. The select Dial works best when rotated slowly.

ENTER Key: Press the ENTER Key to confirm your selection.

START/STOP Key: Press the START/STOP Key to start the workout program you have selected. Press it again to stop your workout. Repress the START/STOP Key to resume your workout program. This information is useful if you are interrupted during your workout, by allowing you to return to your workout without the need of reprogramming the computer.

RESET Key: To reset the computer back to the Main Menu Or press the RESET Key for two seconds to total reset the computer.

RECOVERY Key: Press the RECOVERY Key to activate the Recovery Program which will automatically evaluate your fitness level. For more information see Recovery Program on the following display functions.

Display Functions

TIME, DATE and TEMPERATURE Display: The computer will automatically sleep when the exercise machine is not in use after approximately 4 minutes at which time the computer will go into the Display Mode displaying the Time (24hr), Date and Temperature (SLEEP MODE).

TIME Display: preset target time by rotating SELECT dial (0:00~99:59 minutes), each increase / decrease setting is 1 minute.

TIME / 500M Display: Computer will display the time needed to row 500 meters according to current speed.

DISTANCE Display: Preset target value by rotating SELECT dial (0:00~99.99 kilometers), each increase / decrease setting is 0.5 kilometers. User can press the RESET and ENTER buttons together and hold for 2 seconds to switch the kilometer and mile.

CALORIES Display: Measured in kilocalories, each increase / decrease setting is 10 calories.

STROKES Display: Preset target value by rotating SELECT dial (0~9990 strokes), each increase / decrease setting is 10.

TOTAL STROKES Display: Accumulates total strokes from 0 up to 9990.

WATT Display: The monitor will display current workout effort in figures.

PULSE Display: To preset target value by rotating SELECT dial from 30~240, each increase / decrease setting is 1. The monitor will display user's heart rate during training. The pulse measurement function is only used by chest belt system; the frequency of chest belt accepted by the monitor is 5 Khz.

RECOVERY Display: After exercising for a period of time and press RECOVERY button. All function display will stop except TIME starts counting down from 00:60 ~00:00. Screen will display your heart rate recovery status with the F1, F2 -----F6. Counting down kilometers per hour (km/h) or miles per hour (mph).

F1	F2	F3	F4	F5	F6
SUPER FIT	VERY FIT	FIT	FAIR	UNFIT	VERY UNFIT

ALARM:

Auto. ALARM for over the target setting.

MOTORIZED COMPUTER OPERATION

Manual Program

When you enter into the picture of the MAIN MENU, the MANUAL, PROGRAMS, WATTS, MY PROGRAM, H.R.C. & RACE will blink to be selected. Rotating SELECT dial to select it, then press ENTER and confirm all what you have selected.

1) Enter into the MANUAL, rotating the SELECT dial to set the resistance level. Press ENTER to confirm it. You can rotate SELECT dial to set TIME, DISTANCE, CALORIES, PULSE & STROKES immediately

NB To quick start just press the start key and the computer will count from zero upwards.

2) When the function you have selected count backwards to ZERO or you have pressed the STOP Key, the monitor will STOP and display the average figure.

55% 75% 90% Heart Rate Control Programs

The % H.R.C PROGRAMS are designed to keep your heart rate at the constant level you have selected. Every 30 x seconds the computer will check your pulse (bpm) against what you have selected and will automatically adjust the resistance levels accordingly.

NOTE: During your workout you cannot adjust the resistance levels.

To select the Heart Rate that is optimal for you, see CALCULATING TARGET HEART RATE on the next page.

While increasing your heart rate is an important part of exercise, it is also important that your heart rate not be too high. To be safe we suggest that you start your workouts at the 55% H.R.C and increase your % H.R.C as your fitness improves.

NOTE: The recommended **Maximum Heart Rate** is equal to **220 bpm minus your age**.

1) From the Main Menu, rotate the SELECT dial to scroll and select the H.R.C. PROGRAM. Confirm your selection by pressing the ENTER button.

2) Rotate the SELECT dial to select your Heart Rate 55% 75% 90% or TAG(target heart rate). Press the ENTER Key to confirm your selection.

3) Rotate the SELECT dial to continue setting your TIME, DISTANCE & CALORIES then press ENTER button to confirm your selection.

*To immediately start your workout press the START Key.

4) Press the START button to begin your workout.

My Program

The computer will automatically adjust the resistance level according to the USERS PROFILE PROGRAM you design. During your workout you can manually adjust the resistance levels by rotating the SELECT dial.

1) From the Main Menu, rotate the SELECT dial to set the USER PROGRAM. Confirm your selection by pressing the ENTER button.

2) There are 16 columns, each with a choice of 16 resistance levels. Rotate the SELECT dial to set your resistance level. Press the ENTER button to confirm your selection.

*To immediately start your workout press the START button.

* U0 = Guest User ~ All impute data will not be saved.

Race Program

1) Enter into the RACE, the SPM may glitter with 40. You can rotate the SELECT dial to set the SPM of PC (5~40) immediately, press ENTER to confirm. Then, you can set the distance of the RACE (0.1KM~99.90KM or 0.1mile ~ 99.90 mile) when the DISTANCE display is blinking.

SPM	5	6	7	8	9	10	11	12
TIME/ 500M	17:58	14:58	12:50	11:14	9:59	8:59	8:10	7:29
SPM	13	14	15	16	17	18	19	20
TIME/ 500M	6:54	6:25	5:59	5:37	5:17	4:59	4:43	4:29
SPM	21	22	23	24	25	26	27	28
TIME/500M	4:16	4:05	3:54	3:44	3:35	3:27	3:19	3:12
SPM	29	30	31	32	33	34	35	36
TIME/500M	3:05	2:59	2:53	2:48	2:43	2:38	2:34	2:29
SPM	37	38	39	40				
TIME/500M	2:25	2:21	2:18	2:14				

2) Press ENTER and the picture of RACE will display on the screen.

3) Press START button to START the RACE, the USER & PC will display in the matrix. The monitor will STOP when one have reached the target distance of race, then the matrix displays "PC WIN or USER WIN" and may display the average value after 6 seconds.

NOTE: During your workout you can adjust the resistance levels by press UP & DOWN button.

Program Profiles

1) From the Main Menu, rotate the SELECT dial to select the PROGRAM PROFILES. Confirm your selection by pressing the ENTER button.

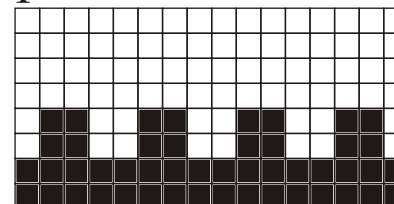
2) Rotate the SELECT dial to select the 12 x PROGRAM PROFILES. Confirm your selection by pressing the ENTER button.

NB To immediately start your workout press the START Key.

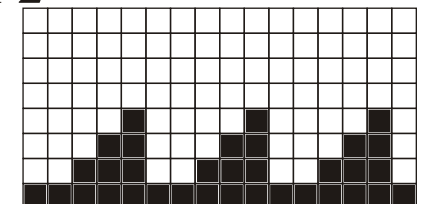
3) Rotate the SELECT dial to select the 16 X Resistance Levels. Confirm your selection by pressing the ENTER button.

3) Rotate the SELECT dial to continue setting your TIME, DISTANCE, CALORIES, H.R.C., & STROKES then press ENTER button to confirm your selection.

P1

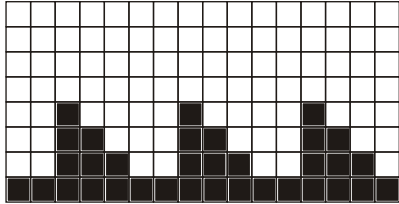


P2

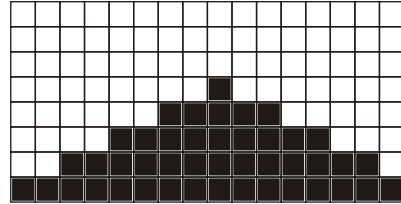


COMPUTER INSTRUCTIONS

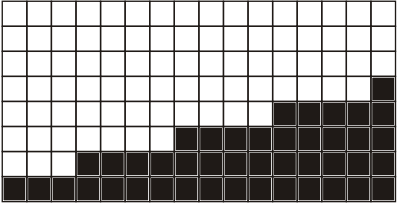
P3



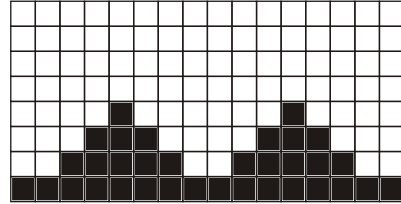
P4



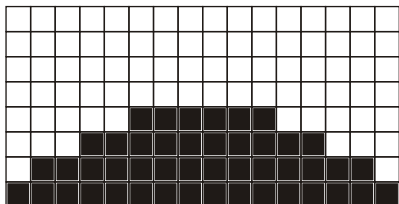
P5



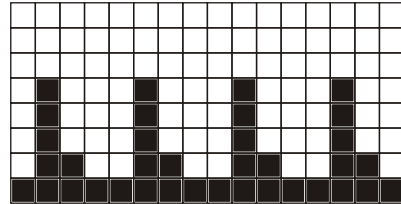
P6



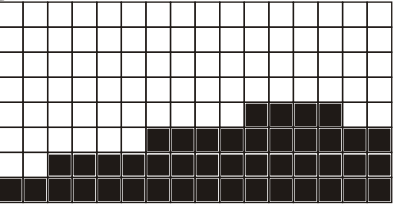
P7



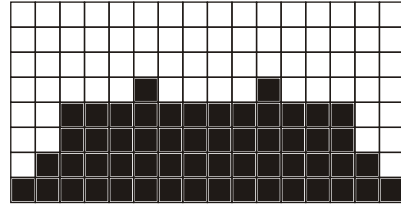
P8



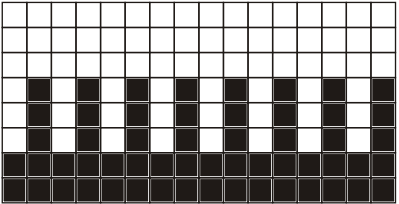
P9



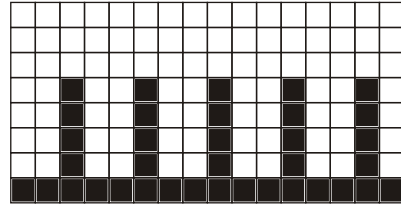
P10



P11



P12

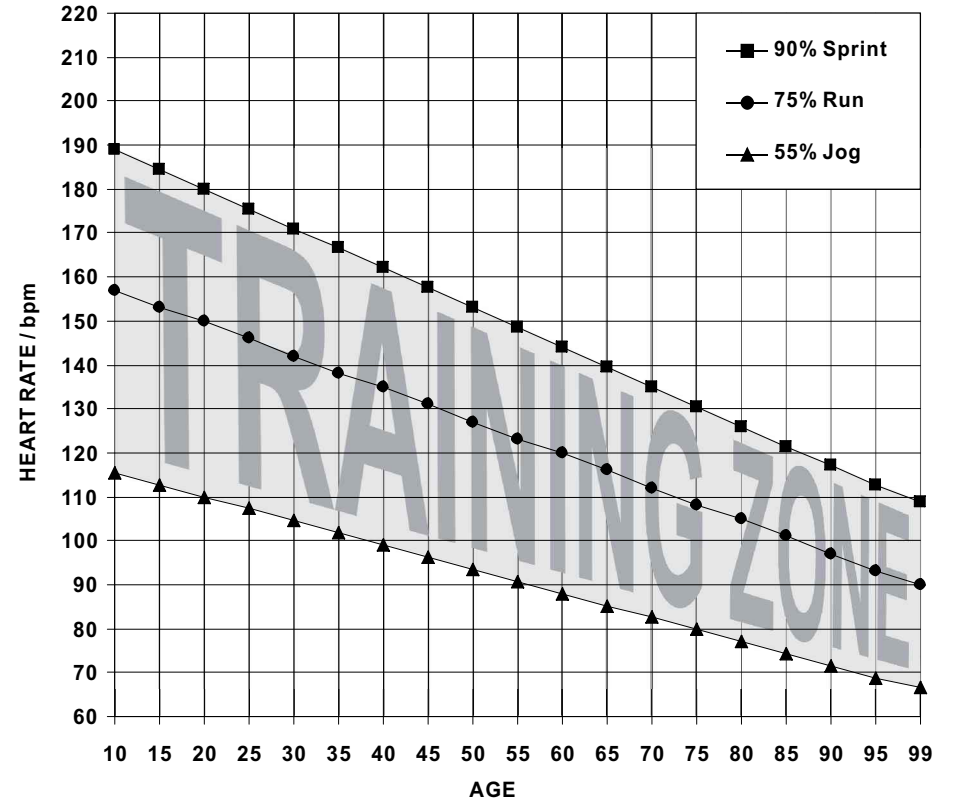


Calculating Target Heart Rate

Your optimal Heart Rate range during exercise is referred to as your training zone. To achieve effective results you should do your cardiovascular workout within your training zone. Refer to the target heart rate chart below to calculate your T.H.R at 55%, 75% and 90%, that is our suggested training zone. We also suggest that you start your workouts at the 55% T.H.R and increase your T.H.R % as your fitness improves.

TARGET HEART RATE FORMULA: $220 - \text{AGE} \times \text{T.H.R}\%$ (e.g. $220 - 30 \text{ years old} \times 55\% = \text{T.H.R } 104.5$)

TARGET HEART RATE CHART



Chest Bands

The R99 Dual Mode Rower has a built in chest band receiver that uses the international standard 5 kHz bandwidth. Your heart rate will only register on the computer if you are wearing a compatible chest band. If you are unsure that your existing chest band is compatible then contact your dealer for verification.

Recycle

Help save the planet. Please recycle this computer after use.

