R100APM PREMIER ROWER

COMPUTER INSTRUCTIONS

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Function Identification

LCD Display
130 x 58.5mm
Liquid Crystal Display

SPM Display
Strokes Per Minute

LEVEL Display
1~16 Resistance Levels

USER Display
U1~U4

ALPHA NUMERIC Display
Text messages to help assist and guide you through each computer program.

YOU and PACER Display
Pacer Program

STOP Display
STOP status

TIME Display
Minutes and seconds

STROKES Display
Total STROKES

RECOVERY Key
The Recovery Program will automatically evaluate your fitness level.

USER Key
To select one of four users and store user data.

USER   LEVEL   SPM   PULSE   TIME/500M   WATTS

YOU

PACER

TIME   STROKES   METERS   CALORIES

RECOVERY   USER   SELECT   ENTER   START/STOP

PULSE Display
Your heart rate is displayed in beats per minute. bpm

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

TIME/500M Display
Your average 500 meter time will automatically be displayed and continuously updated.

WATTS Display
Estimated WATTS per stroke

BAR GRAPH Display
8 x Rows high
20 x Columns across

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

METERS Display
Total METERS

START/STOP Key

ENTER Key
To confirm your selection

SELECT Dial
Rotate the SELECT Dial left and right to scroll through the available selection.

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Power Functions

The R100APM Premier Rower has 2 x computers to chose from:

BACKLIT COMPUTER: White text with a blue backlit background.

This computer uses the supplied adaptor and does not work with batteries as the backlight power consumption is too high for batteries.

STANDARD COMPUTER: Black text with a green background and no backlights.

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.

ADAPTOR: Once your R100APM Premier Rower is fully assembled and correctly positioned then insert the plug-in adaptor socket as shown in the diagram below.
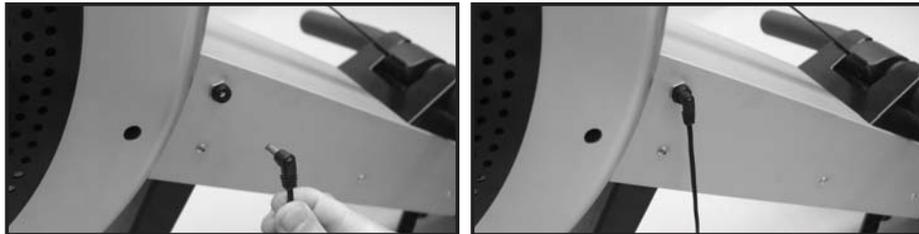
BATTERIES: Remove the battery cover as shown in the diagram below and install four pieces of R14UG * SUM2 * SIZE"C" * 1.5V batteries. Insure the batteries are correctly positioned and the battery springs are in proper contact with batteries. Replace the battery cover and insure it is tightly closed.

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.
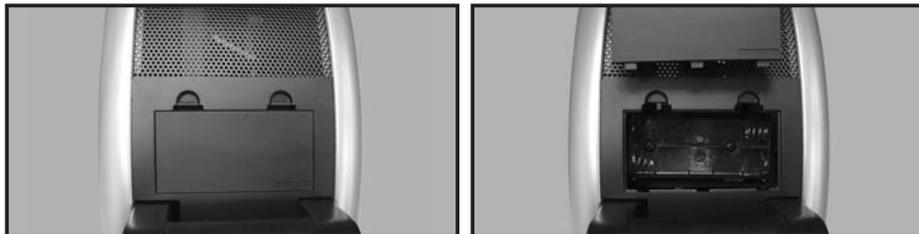
AUTO POWER ON: The computer will automatically turn on when the R100APM Premier Rower is in use, or when any key on the computer is pressed.

AUTO POWER OFF: The computer will automatically turn off when the R100APM Premier Rower is NOT in use. After 256 seconds (4 minutes) only the LCD will power off, this is called stage one power down. After 10 minutes the computer will fully power off, this is called stage two power down.

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 plus one dial 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.

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. While your workout program is in the stop mode all information will be kept for a total of 10 minutes. After 256 seconds (4 minutes) only the LCD will power off, but your workout program will be kept for an additional 6 minutes. 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.

USER Key: Press the USER Key to select one of four users and to enter your user data (i.e. height, weight, age and sex). For more information see User Data entry on page 14.

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 page 13.

Just Start Rowing

From stage two power down (see AUTO POWER OFF on this page), just start rowing and the computer will automatically wake up and start the Manual Program. This is useful as it allows you to just start rowing without having to touch the computer.

Program Select

There are a total of 15 programs but there are three ways to select the program of your choice.

PROGRAM MENU: *With the computer powered up and in the stop mode. Rotate the SELECT Dial to scroll through 11 program choices.*

USER PROFILES: *Press the USER Key. Select one of four users by rotating the SELECT Dial. Press the ENTER Key to confirm your selection. Press the start key. Select user profiles program by rotating the SELECT Dial. For more information see P7 User Profiles Programs on page 12.*

RECOVERY PROGRAM: *Press the RECOVERY Key to activate the Recovery Program which will automatically evaluate your fitness level. For more information see Recovery Program on page 13.*

P1 - Manual Program

The Manual Program is a simple program that has a flat profile and is preset at resistance level 6.

1) *With the computer powered up and in the stop mode. Rotate the SELECT Dial and scroll to the Manual Program.*

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

2) *To enter Target Values do not press the start key, instead press the ENTER Key. For more information see Target Values on page 14.*

3) *Select your Target Values by rotating the SELECT Dial then press the ENTER Key to confirm your selection. If you wish to change a Target Value already entered then keep pressing the ENTER Key until you return to the Target Value you wish to change.*

4) *Once you are happy with all your Target Values then press the start key and begin your workout.*

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

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P2~P3 Preset Profile Programs

There are two preset program profiles to choose from as shown in the diagrams below:
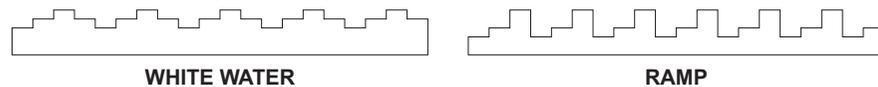
WHITE WATER   RAMP

The computer will automatically adjust the resistance levels according to the program profile you select. During your workout you can adjust the resistance levels by rotating the SELECT Dial.

1) With the computer powered up and in the stop mode. Rotate the SELECT Dial and scroll to the white water or ramp program.

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

2) To enter Target Values do not press the start key, instead press the ENTER Key. For more information see Target Values on page 14.

3) Select your Target Values by rotating the SELECT Dial then press the ENTER Key to confirm your selection. If you wish to change a Target Value already entered then keep pressing the enter key until you return to the Target Value you wish to change.

4) Once you are happy with all your Target Values then press the start key and begin your workout.

NOTE: There are four more profile programs available through the P7 User Profiles program. For more information see Program Select on page 11 and see User Data Entry on page 14.

P4 - Pacer Program

This is the most popular and of all the rowing machine programs the best known. The Pacer Program allows you to row beside a pace boat to help you pace your workout. Or for a more vigorous workout have a race against the pace boat.

1) With the computer powered up and in the stop mode. Rotate the SELECT Dial and scroll to the Pacer Program. Press the ENTER Key to confirm your selection.

NB To quick start just press the start key and the computer will default to a course distance of 5000 meters and a course time of 30 minutes.

2) To enter Target Values do not press the start key, instead press the ENTER Key. For more information see Target Values on page 14.

3) Select your course distance by rotating the SELECT Dial. Press the ENTER Key to confirm your selection.

4) Select your course time by rotating the SELECT Dial. Press the ENTER Key to confirm your selection. If you wish to change a Target Value already entered then keep pressing the ENTER Key until you return to the Target Value you wish to change.

5) Once you are happy with all your Target Values then press the start key and begin your workout.

NOTE: Traditionally the Pacer Program is performed at resistance level one, but if you wish to increase the resistance then you can adjust the resistance levels by rotating the SELECT Dial during your workout.

P5~P6 Intervals Programs

There are two Interval Programs, intervals distance and interval time. The only difference between them is the way you select your work interval. In the interval distance program you select a work distance. In the interval time program you select a work time.

These are excellent training programs designed for short intense rowing spurts followed by a short rest to recuperate then repeated. Select your work interval then select your rest time up to a maximum of ten intervals. If ten intervals are insufficient then just press the start key to repeat the program.

1) With the computer powered up and in the stop mode. Rotate the SELECT Dial and scroll to the intervals distance or intervals time program. Press the ENTER Key to confirm your selection.

NB To quick start just press the start key and the computer will default to a work distance of 100 meters or a work time of 1:00 minute, a rest time of 30 seconds and 10 total intervals.

2) To enter Target Values do not press the start key, instead press the ENTER Key. For more information see Target Values on page 14.

3) Select your work distance or work time by rotating the SELECT Dial. Press the ENTER Key to confirm your selection.

4) Select your rest time by rotating the SELECT Dial. Press the ENTER Key to confirm your selection.

5) Select your total intervals by rotating the SELECT Dial. Press the ENTER Key to confirm your selection. If you wish to change a Target Value already entered then keep pressing the ENTER Key until you return to the Target Value you wish to change.

6) Once you are happy with all your Target Values then press the start key and begin your workout.

P7 - User Profiles Programs

There are four User Profiles Programs. The User Profiles Programs are custom designed by the user. The computer can store one profile program per user and there are four users to choose from. For more information see Program Select on page 11 and see User Data Entry on page 14.

These four User Profiles Programs are extremely useful as they allow you to custom design a profile program to your liking giving your workouts endless variety, which will help you to keep motivated.

The computer will automatically adjust the resistance levels according to the program profile you custom design. During your workout you can adjust the resistance levels by rotating the SELECT Dial.

1) With the computer powered up and in the stop mode. Rotate the SELECT Dial and scroll to the user profiles program.

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

2) To enter Target Values or modify the user profile do not press the start key, instead press the enter key. For more information see Target Values on page 14.

3) Select your Target Values and user profile by rotating the SELECT Dial then press the ENTER Key to confirm your selection. If you wish to change a Target Value already entered then keep pressing the ENTER Key until you return to the Target Value you wish to change.

4) Once you are happy with all your Target Values then press the start key and begin your workout.

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

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P8 - Watts Control Program

The Watts Control Program is designed to keep your watt output at a constant level you have selected.

1) With the computer powered up and in the stop mode. Rotate the SELECT Dial and scroll to the Watts Control Program.

NB To quick start just press the start key and the computer will default to 100 watts.

2) To enter Target Values do not press the start key, instead press the ENTER Key. For more information see Target Values on page 14.

3) Select your Target Values by rotating the SELECT Dial then press the ENTER Key to confirm your selection. If you wish to change a Target Value already entered then keep pressing the ENTER Key until you return to the Target Value you wish to change.

4) Once you are happy with all your Target Values then press the start key and begin your workout.

NOTE: During your workout you can NOT adjust the resistance levels because the Watts Control Program will change the resistance automatically.

P9~P11 Heart Rate Control Programs

There are three H-R-C Programs 60% 75% 85%. They are designed to keep your heart rate at a constant level. Every 20 seconds the computer will check your selected target heart rate verses your pulse and will adjust the resistance level accordingly.

These H-R-C programs are excellent cardiovascular training programs. To achieve effective results you should do your cardiovascular workout within your training zone (see Calculating Target Heart Rate on this page).

CAUTION: 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 60% Gentle level and increase your heart rate levels as your fitness improves.

The computer will automatically calculate your target heart rate based on which H-R-C program you select, selected user i.e. U1~U4 and the user data entered (for more information see User Data Entry on page 14). All Target Values are adjustable.

Your heart rate will only register on the computer if you are 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. Rotate the SELECT Dial and scroll to the heart rate control program best suited. See Calculating Target Heart Rate on this page.

NB To quick start just press the start key and the computer will default to the user data.

2) To enter Target Values do not press the start key, instead press the ENTER Key. (for more information see Target Values on page 14).

3) Select your Target Values by rotating the SELECT Dial then press the ENTER Key to confirm your selection. If you wish to change a Target Value already entered then keep pressing the ENTER Key until you return to the Target Value you wish to change.

4) Once you are happy with all your Target Values then press the start key and begin your workout.

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	F2.0~2.9: VERY FIT	F3.0 ~ 3.9: FIT
F4.0~4.9: FAIR	F5.0~5.9: UNFIT	F6.0: VERY UNFIT

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 60% 75% and 85%, that is our suggested Training Zone. We also suggest that you start your workouts at the 60% T.H.R and increase your T.H.R % as your fitness improves.

TARGET HEART RATE FORMULA: **220 - AGE x T.H.R%**   (e.g. 220 - 30 years old x 60% = T.H.R 114)

TARGET HEART RATE CHART

Legend:
- ■ 85% Sprint
- ● 75% Pace
- ▲ 60% Gentle

Y-axis: HEART RATE / bpm (60 to 220)
X-axis: AGE (10 to 99)
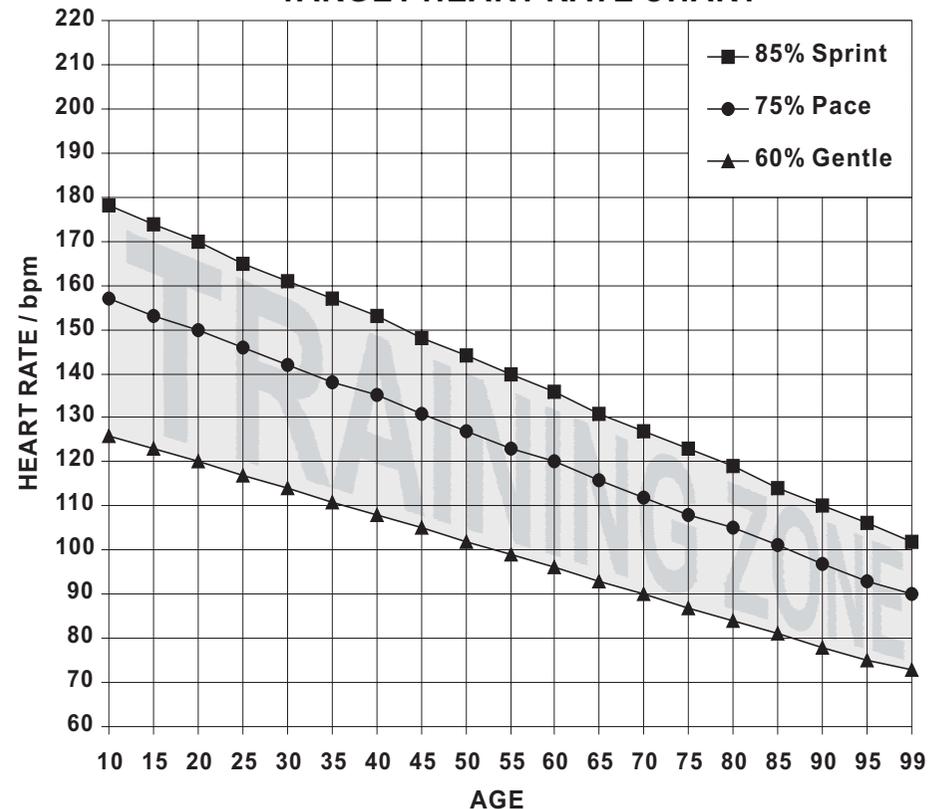
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User Select

The computer can store four sets of personal user data. This stored information will be used in conjunction with P7 - User Profiles Programs and P9~P11 Heart Rate Control Programs.

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

2) *Select one of four users by rotating the SELECT Dial then press the START/STOP Key to exit.*

User Data Entry

The computer can store four sets of personal user data. This stored information will be used in conjunction with P7- User Profiles Programs and P9~P11 Heart Rate Control Programs.

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

2) *Select one of four users by rotating the SELECT Dial then press the ENTER Key to confirm your selection.*

3) *Select your height by rotating the SELECT Dial. Press the ENTER Key to confirm your selection.*

4) *Select your weight by rotating the SELECT Dial. Press the ENTER Key to confirm your selection.*

5) *Select your age by rotating the SELECT Dial. Press the ENTER Key to confirm your selection.*

6) *Select your sex by rotating the SELECT Dial. Press the ENTER Key to confirm your selection.*

NB *If you wish to change a Target Value already entered then keep pressing the ENTER Key until you return to the Target Value you wish to change.*

7) *Once you are happy with all your Target Values then press the START/STOP Key to exit.*

Measurement Selection METRIC or IMPERIAL

For User Data Entry only there is the choice between metric or imperial measurements.

1) *With the computer powered up and in the stop mode. Press and hold the ENTER Key and the START/STOP Key for three seconds.*

2) *Select either metric or imperial by rotating the SELECT Dial then press the ENTER Key to confirm your selection.*

WARNING: Changing the measurement system will erase all entered user data and user profiles.

Target Values

Course distance and course time are optional Target Values. If these values are set to zero then the computer will count upwards. If you select a Target Value for one or both options then the computer will count down from your selection.

The computer will stop and sound an alarm once the **FIRST Target Value has been achieved.**

The Watts and Heart Rate Control Programs also have Target Values that only count down.

COURSE DISTANCE: 100-99,900 METERS in 100 meter steps

COURSE TIME: 01:00-99:00 MINUTES in 1 minute steps

WATTS: 30-300 in 10 watt steps

AGE: 10-99 YEARS in 1 year steps

TARGET H R: 60-220 bpm in 1 bpm steps

Default Values

When selecting Target Values the computer has been designed to assist you by having preset Default Values. We understand that these Default Values are not always helpful, but in general they are considered more useful than not.

COURSE DISTANCE: 5000 METERS

COURSE TIME: 30 MINUTES

WORK TIME: 1 MINUTE

REST TIME: 30 SECONDS

TOTAL INTERVALS: 10

HEIGHT: 175cm 5'9"

WEIGHT: 70kg 154lbs

AGE: 30

SEX: M

Error Messages

If the Computer detects an Error it will display the text "**ERROR 1**" or "**ERROR 2**".

ERROR 1: The computer can not detect the motor that drives the resistance system. The problem is with either the motor or the cables going to the motor.

ERROR 2: Software failure. The computer cannot interface with the IC chip.

Solution: For both errors try rebooting the computer.

Disconnect the plug-in adaptor or batteries for approximately 15 seconds.

If this solution fails to correct the problem then contact your dealer for assistance.

Chest Bands

The R100APM Premier 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.