

Battery cover

LCD (Liquid Crystal Display)

Functions:

1. TIMER (Count-up & Count-down)
2. SCAN
3. COUNT (Count-up & Count-down)
4. TOTAL (Total Counters)
5. TEMPO (Cadence)
6. STROKES/MIN (STROKES PER MINUTE; Stroke speed indication)
7. CALORIES (Calories consumption)

NOTE: PLEASE PRESS THE COMPUTER BUTTON FOR MORE THAN 2 SECONDS TO RESET ALL FUNCTIONAL DATA.

Note: Please reset the batteries when LCD has no display or numbers not shown in full or undelined or numbers shown in full and immobility

Buttons:

- MODE** - Functions selection button. (TIMER) → (SCAN) → COUNT → TOTAL → TEMPO → CALORIE
- UP** - Set-up button. (Used for TIMER, COUNT, TEMPO, and CALORIES functions.)
- DOWN** - Set-down button. (Used for TIMER, COUNT, and TEMPO functions.)
- START/STOP** - To start or stop the functions of TIMER, COUNT, TOTAL, TEMPO and CALORIES. (If the ' ' appears on the upper-left of LCD display, all functions are ceased.)
- RESET** - To reset the values of TIMER, COUNT, TEMPO or CALORIE to zero.

Auto Power On/Off:

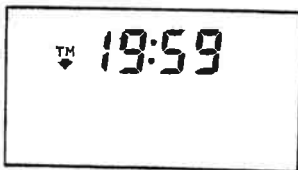
1. The Power will be automatically turned on when if (1) Push any button of computer; (2) Start using your rowing machine.
2. The power will also be automatically shut off when if (1) Stop using your machine; (2) Timer functions is not working; (3) No button is depressed; for 256 seconds.

Battery information:

Open the battery cover at the back side of computer. Insert two pieces of battery (1.5V of "AA" or UM-3) into the battery case inside. Removing the batteries will erase all functional values (including TOTAL function).

Functions, Specifications & Operations:

*** TIMER ***



- Feature:**
1. Occupies a designed space of LCD to display steadily.
 2. Counts up from zero or can be set to count down.

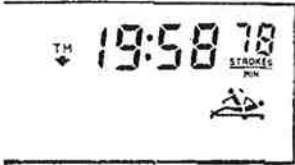
- Spec.:**
1. Count-up: 00:00 - 59:59, then go on timing from zero.
 2. Count-down: 1:00 - 59:00 ; To be set in minute increment, counts by one second. Counts back to zero with 12-second sound signal, push any key to stop beeping.

Operation:

1. Press MODE key to line up with 'TM' symbol flashing.
2. Count-up: Push RESET button to set the value to zero. Push START/STOP button to start timing up.
3. Count-down: Depress START/STOP button to start timing from desired value after the given value was set by pressing **UP** or **DOWN** key.

Note** **SET** sign have to appear upon the upper left of LCD whenever any value of functions will be set. The **SET** sign is controlled by START/STOP button (TIMER function is ceased also).
 ** To get the desired value faster just push **UP** or **DOWN** key a little longer.
 ** Only TIMER function can be activated continuously at power-off state.

*** STROKES *
MIN**



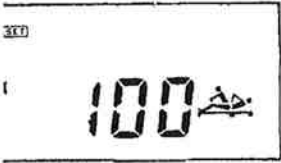
Feature: Electronically calculates and displays the strokes per minute in accordance with one rowing action.

Spec.: The min. display is 6 and max. is 99 per minute.

Operation: The value will be varied whenever you exercise, but TIMER function have to be simultaneously performing.

(Note** The 'E' character will automatically show up if the value exceeds max. 99 per minute.)

*** COUNT ***



Feature: Electronically accumulates the workable times from zero or decreases the desired digits to zero.

Spec.: 1. Count-up: 0 - 9999, then keep on counting from zero.
2. count-down: 10 - 9990; To be set in ten digits increment, Counts back by one stroke. Push any key to stop sounding when the given value counts down to zero.

Operation:

1. Depress MODE button to have '◀' indicator flashed.
2. Count-up: Push RESEI button to return digits to zero, then push START/STOP key before exercise.

Count-down: Get the desired stroke digits by pushing **UP** or **DOWN** button before push **START/STOP** button to start rowing.

(Note** The 'E' character will automatically show up if the value exceeds max. 99 per minute.)

*** TOTAL ***



Feature: Automatically accumulates all workable strokes both count-up and count-down.

Spec.: 0 - 9999, then returns to zero from 9999.

- Operation:
1. Lines down the '◀' indicator with TOTAL by pushing MODE button.
 2. Starts accumulating after the START/STOP button is depressed.
 3. This TOTAL function keeps a permanent record and be reset by briefly removing batteries.

*** TEMPO ***



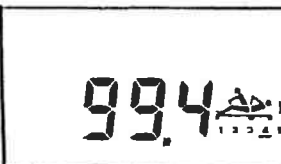
Feature: Pace you with an audible beep which is automatically correlates from the given digits per minute.

Spec.: From between 6 and 99, choose and register the digits which is the times you want to row in one minute.

Operation: Once the '◀' indicator is flashing by pushing MODE button, depress START/STOP button before the desired value is set by **UP** or **DOWN** be pushed.

(Note** If the value is zero by depressing RESET button, there will be no one sound signal when COUNT function is counting.)

*** CALORIES ***



Feature: Automatically calculates calories consumption burned by per rowing action.

Spec.: There are 5 positions could be chosen according to owner's different tension of Shock Absorb (Hydraulic).

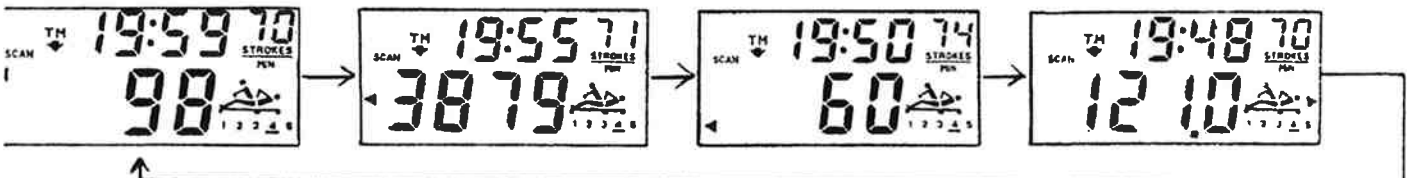
- Operation:
1. To have the '◀' indicator flashed by pushing MODE button before the desired position to be set by pressing **UP** button.
 2. Push RESET button to return the value to zero, then press START/STOP key before exercise.

*** SCAN ***

Feature: Automatically scans the values of COUNT, TOTAL, TEMPO and CALORIE. To update your progress without pressing MODE button each time.

Spec.: Values display in turn for 4 seconds.

Operation: When TIMER function is performing, press MODE key to have the 'SCAN' symbol appeared.



(Note** If any value is needed renewing, push START/STOP button and have '◀' indicator lined up with the very function by pushing MODE button.)