

# INDOROW™

## Indo-Row Monitor Operating Instructions

### INTRODUCTION

The Indo-Row Monitor has been designed to balance function with user friendliness.

The Indo-Row monitor display consists of three windows.

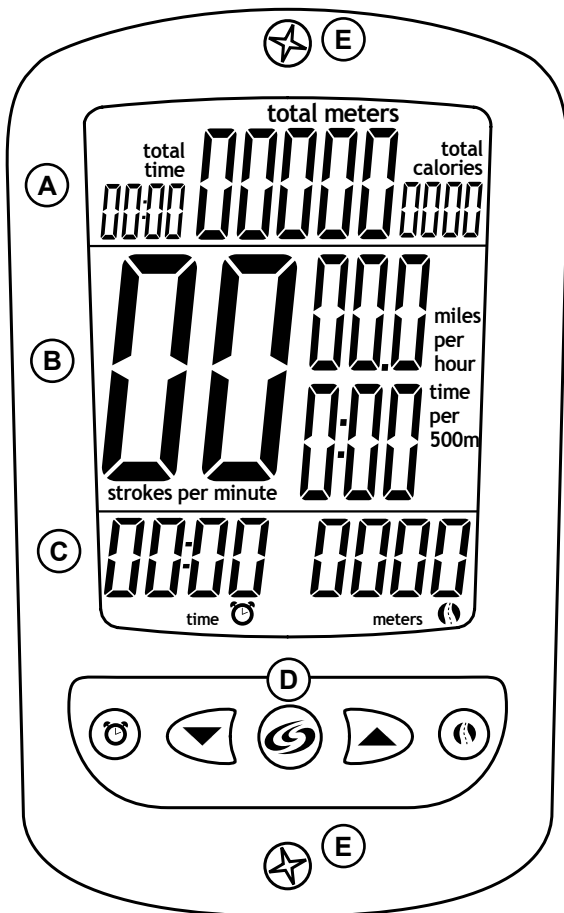
- The top window is the **“Total Window”**. This shows your total time, total distance in meters and total calories burnt.
- The middle window is the **“Current Window”**. This shows your current stroke rate (in strokes per minute), current speed in miles per hour, and in split time per 500 meters.
- The bottom window is the **“Race Pace Coach Window”**. This one allows you to do a race using time or distance.

### STARTING OUT/ BASIC INFORMATION

Press the Indo-Row (D) button to turn on the monitor. The 3 windows will all read zero and will begin keeping track of data once you begin rowing.

To reset monitor information, press and hold the (E) button.

The monitor will shut off after 5 minutes of not being used.



### SETTING UP THE RACE PACE COACH

#### DISTANCE RACE (A)

To set a distance race, press the Distance (A) button. This defaults to a distance of 50 meters. Use the up and down arrows to select your distance. You can press and hold these buttons to scroll quickly through distances. To confirm the distance either press the (A) button, the (D) button, or simply wait 5 seconds.

To commence a race/ workout, press the (D) button. Once you start rowing, the distance will count down. The monitor will beep when it the race is finished. To race the set distance again, simply press (D).



#### TIME RACE (B)

Setting a time race works the same as the distance race button. Press the Time (B) button and use the up and down arrows to choose your time. To confirm the time either press the (B) button, press the (D) button or simply wait 5 seconds.

To commence a race/ workout, press the (D) button. Once you start rowing the time will decrease and will beep once finished. Press (D) to restart the race with the previous time.



### BATTERY REPLACEMENT

To replace the batteries, unscrew the two screws on the top and bottom of the monitor (E) with a Phillips head screwdriver. Carefully remove the monitor and lift the inset battery pack out of the foot board.

The monitor is powered by two AA batteries.