



## ROWER EXERCISE MONITOR USER INSTRUCTIONS

Your *V-fit* Exercise Monitor has been specially designed to help you plan and view your exercise performance.

### EXERCISE MONITOR FUNCTIONS

*V-fit* Exercise Monitors have **SOME** or **ALL** the following functions: -

**CALORIES** ~ (COMPUTED THEORETICAL CALORIE BURN [kcal])

**COUNT** ~ (THE NUMBER OF FULL ROWING MOVEMENTS)

**SCAN** ~ (SHOWS EACH FUNCTION IN ORDER EVERY 6 SECONDS)

**TEMPO** ~ (EXERCISE MOVEMENT FREQUENCY)

**TIMER** ~ (COUNT UP [minutes and seconds])

### MONITOR FUNCTION SPECIFICATIONS

<b>CALORIES (C)</b>	0 - 999.9 Kcal (THEORETICAL COUNT UP/DOWN)
<b>COUNT (S)</b>	0 - 9999 (COUNT UP / DOWN IN 100 INCREMENTS)
<b>DISTANCE (D)</b>	0 -99.9 (COUNT UP / DOWN IN 0.1km INCREMENTS)
<b>TEMPO (Tp)</b>	0.25 - 4.75 (SECONDS)
<b>TIMER (Tm)</b>	0.00 - 99.59 MINUTES (UP / DOWN)

### MONITOR OPERATING SPECIFICATIONS

<b>POWER SOURCE</b>	2 x Button Style (1.5v) POWER CELLS
<b>STORAGE TEMPERATURE</b>	-10c - +60c
<b>OPERATION TEMPERATURE</b>	0c - +50c

### USING YOUR *V-fit* EXERCISE MONITOR

To provide ease of use, there are 3 buttons on your *V-fit* Exercise Monitor: - **MODE~SET~RESET** it also has 1 LCD display screen.

Press the **MODE** button to manually move through each of the Exercise Monitor's functions in turn.

Pressing the **SET** button when you are in each mode will enable you to programme your target for each individual function.

Pressing the **RESET** button when you are in each mode will enable you to set to zero any previous figures remaining in each individual function. Pressing the **RESET** button for more than 3 seconds should reset **ALL** functions.

To set **TARGET EXERCISE TIME**, press the **MODE** button until the letters **Tm** are shown in the bottom of the screen. Press the **SET** button to advance the time by **1-MINUTE** increments. When your programmed exercise time has elapsed, an audible warning will sound to advise that you have completed your workout.

To set **TARGET EXERCISE DISTANCE**, press the **MODE** button until the letter **D** is shown at the bottom of the screen. Press the **SET** button to advance the counter by **0.1 MILE / km** increments. When your programmed targets have been reached, an audible warning will sound to advise that you have completed your workout.

To set **TARGET EXERCISE CALORIE CONSUMPTION (Theoretical)**, press the **MODE** button until the letter **C** is shown at the bottom of the screen. Press the **SET** button to advance the counter by **1 Kcal** increments. When your programmed targets have been reached, an audible warning will sound to advise that you have completed your workout.

To set **EXERCISE TEMPO**, press the **MODE** button until the letters **Tp** are shown at the bottom of the screen. Press the **SET** button to advance the counter by **0.25 SECOND** increments. An audible signal will sound to guide you to exercise at the chosen tempo.

It is not possible to set a target for the **COUNT** or **TEMPO** functions.

Start to exercise and your *V-fit* Exercise Monitor will begin to operate.

### BATTERY INSTALLATION

To fit the **BATTERIES** to your *V-fit* Exercise Monitor, simply remove the Exercise Monitor from its mount on the frame and gently prise the two parts of the Exercise Monitor case open. Carefully remove the two batteries supplied and fit any subsequent new batteries by fitting between the exposed contacts. Please ensure that the batteries are fitted with the '+' / '-' ends matching the outline on the sticker in the battery compartment or etched into the compartment. Failure to fit the batteries correctly may result in damage to your *V-fit* Exercise Monitor, which is not covered by our guarantee. **Dispose of old batteries carefully.**