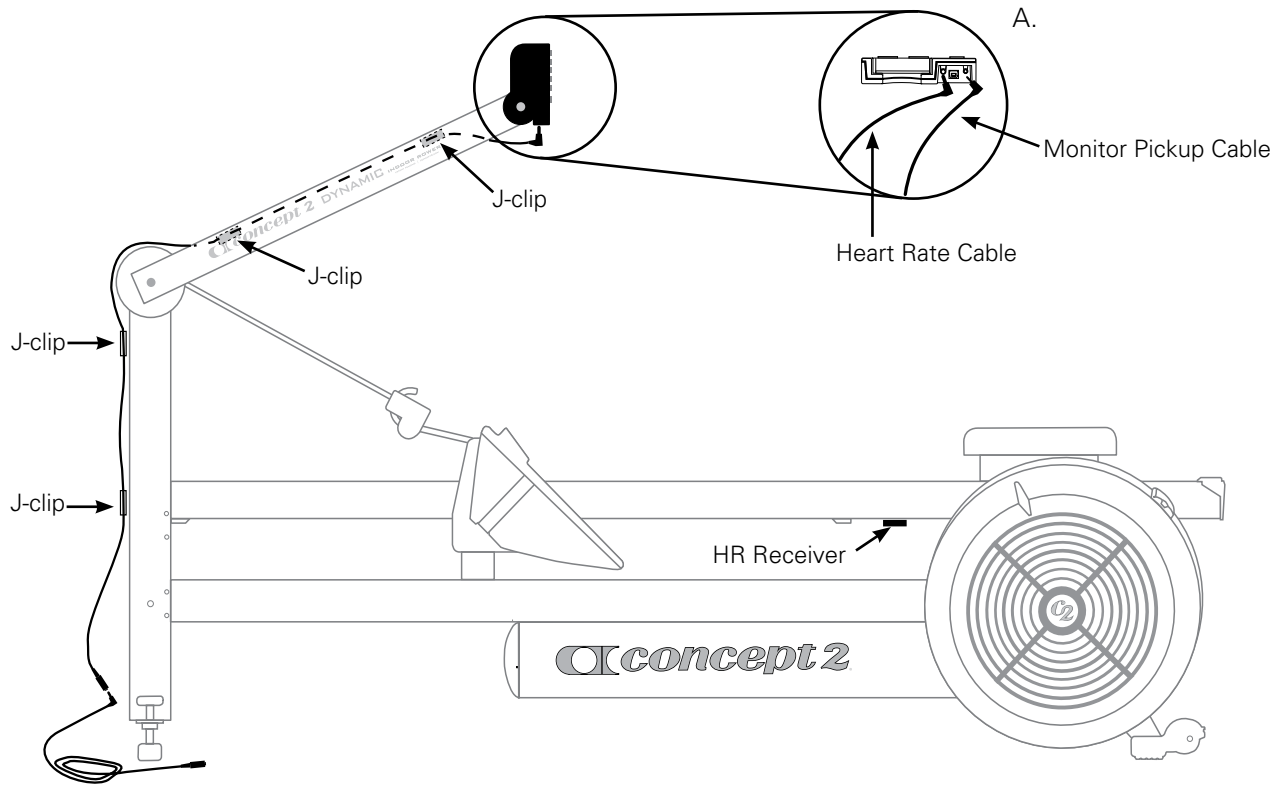


INSTALLING THE POLAR HEART RATE RECEIVER ON THE DYNAMIC INDOOR ROWER

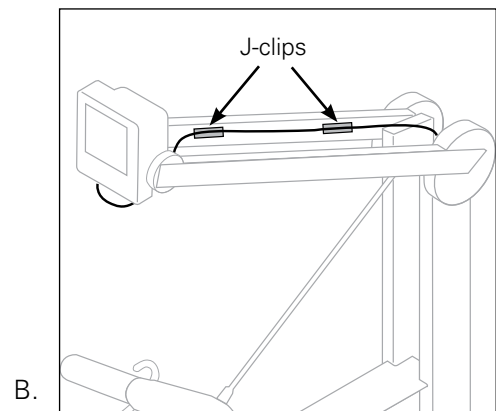
Materials Needed	Procedure Overview
<ul style="list-style-type: none"> • 2 Heart Rate (HR) Cables (identical) • 5 J-clips • 1 Polar Receiver with Velcro Patch • 1 Installation Leader Tape 	<ul style="list-style-type: none"> • Plug one HR cable into performance monitor • Adhere J-clips to Dynamic Indoor Rower • Connect the two HR cables • Feed HR cable through rail assembly • Attach Polar receiver to underside of rail assembly and plug into HR cable

Procedure



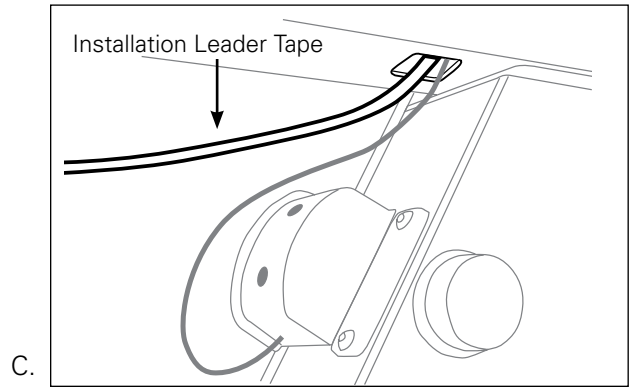
1. Plug first HR cable into the bottom of the performance monitor as shown. See image A.
2. Remove adhesive backing from four (4) J-clips and position as shown in images A and B.

Thread first HR cable through the J-clips and plug into second HR cable to make one long cable. If needed, tape the connection point to ensure the HR cables stay connected.



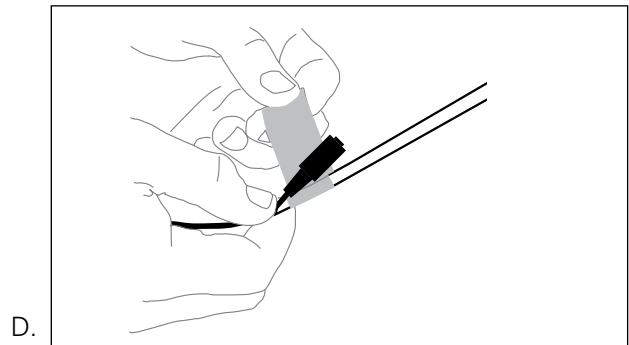
Procedure

3. At the back end of the rail assembly near the flywheel, feed the taped end of the installation leader tape through the hole in the underside of the rail assembly. See image C.

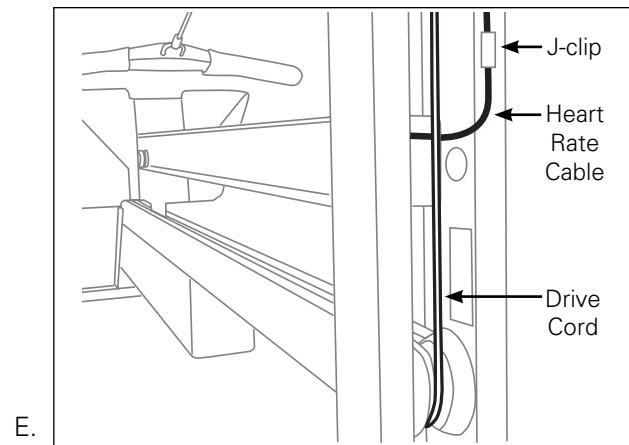


Feed the installation leader tape all the way through the rail assembly until it comes out the front end and to the left of the drive cord. Partially unwrap the white tape on the installation leader tape and wrap it around the end of the HR cable so that the installation leader tape and cable are connected. See image D.

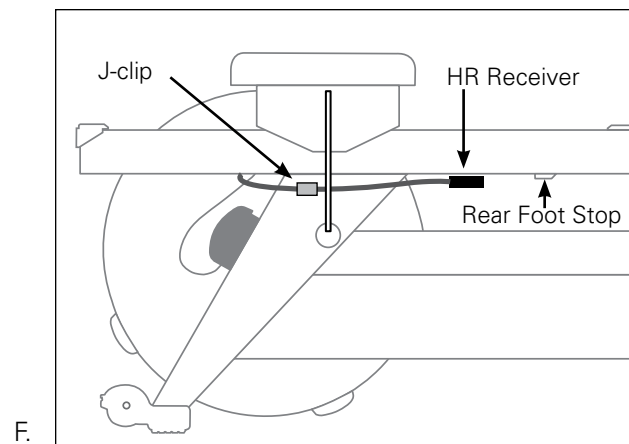
DO NOT let the HR cable wrap around or make contact with the drive cord. THIS IS VERY IMPORTANT! See image E.



4. At the back end of the rail assembly near the flywheel, pull the installation leader tape with the connected HR cable back through the rail assembly. Disconnect the HR cable from the installation leader tape. See image E.



5. Remove adhesive backing from the remaining J-clip and place on rear leg where shown. Mount receiver under monorail where indicated in image F using Velcro patch. Thread the HR cable between the seat bungee cord and the seat assembly, plug into the receiver and secure into the J-clip. See image F.



6. Tuck excess HR cable back into the rail assembly.

HOW TO WEAR POLAR™ (OR POLAR COMPATIBLE) HEART RATE MONITOR

1. WET THE ELECTRODE AREAS OF ELASTIC CHEST BELT

Wet the electrode area (the two rectangular areas on the underside of the chest belt) thoroughly under running water.

2. ATTACH THE CONNECTOR TO THE ELASTIC CHEST BELT

Position the letter L on the connector next to the word LEFT on the chest belt and snap the fastener.

3. SECURE THE ELASTIC CHEST BELT

Center the chest belt flat against your skin, as high under the pectoral muscles (breasts) as is comfortable. The logo should be right side up. Snap the fastener. The chest belt should fit snugly and comfortably and allow for normal breathing.

4. ROW!

Your heart rate will be displayed in the center right display in all display modes. See photo at right.



PM4

Read heart rate here.

NOTE: It sometimes takes a few minutes of exercise to achieve a consistent heart rate signal.

Precautions

- Thoroughly wipe your Polar elastic chest belt and connector dry after each use.
- Do not store in a non-breathable or plastic bag where moisture may become trapped. Store in a warm dry place.
- Do not expose your heart rate monitor to direct sunlight, extreme heat above 50° Celsius (122° Fahrenheit) or extreme cold below -10° Celsius (14° Fahrenheit).
- Do not bend or stretch the electrode strips on your chest belt, especially when storing.

Troubleshooting

What if the heart rate reading is erratic or totally absent?

NOTE: Occasionally the heart rate monitor will pick up bad data for a number of reasons. When the monitor recognizes bad data, the display will go blank rather than show the bad data. It will take five seconds or longer to re-establish and display accurate readings.

1. Repeat the electrode wetting procedure as described above. The electrodes must be wet to pick up accurate heart rate readings.
2. Make sure the connector is centered with electrodes flat against your skin, as high under the pectoral muscles as is comfortable.
3. Wash your elastic chest belt with mild soap and water, if you have not been doing so regularly.
4. Make sure your receiver is within the proper range to receive transmission (1 meter/3 feet from your chest belt).
5. Check the connection where the receiver cable plugs into the underside of the monitor. Check the connection between the cable and the receiver.

6. If you are exercising within range of strong electromagnetic signals the heart rate readings may elevate to abnormal levels. Common sources of electromagnetic signals are televisions, computers, cars, TV antennas, high voltage power lines and motor driven exercise equipment.
7. Signals from more than one HR monitor within the transmission range (1 meter/3 feet) may also cause incorrect readings. Check your surroundings and move away from the source of interference if possible.

NOTE: Two indoor rowers with heart rate hardware must be at least four feet (1.22 meters) apart to avoid interference.

If further troubleshooting assistance is needed, call Concept2 at 1.800.245.5676.