

## Concept 2

PM5

### Main Menu

Just Row •

Select Workout •

Connect •

Memory •

More Options •

Units

Display

Menu

Just Row (Just Ski/Just Ride), without a pre-set distance or time. The PM5 will begin recording your workout data as soon as you start. Your results will be saved if you exercise longer than one minute and press MENU.

Set time, distance or interval workouts, or choose from preprogrammed workouts, including Ergathlon and Biathlon.

Connect wirelessly to a variety of apps, watches and heart rate monitors using ANT+ and Bluetooth.

View workout results. (Displays "USB LogBook" if USB flash drive is in use and recognized by PM5.)

Access additional information and functions including Games (RowErg and SkiErg only) and Racing.

# Performance Monitor User Manual

**G Orfield**



## **Performance Monitor User Manual:**

## The Enigmatic Realm of **Performance Monitor User Manual**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Performance Monitor User Manual** a literary masterpiece penned by way of a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of those that partake in its reading experience.

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