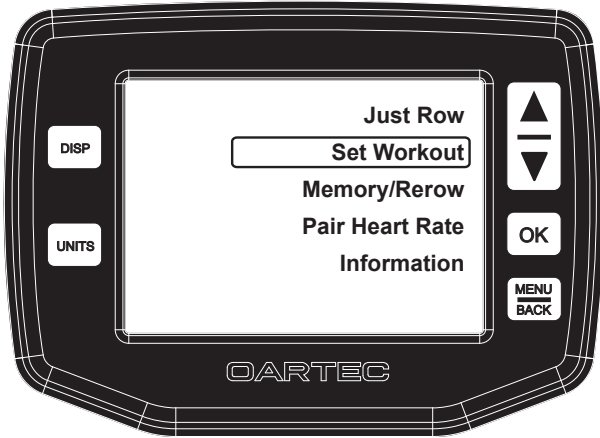


OARTEC TRAINING MONITOR (OTM 2) OVERVIEW

MENU MAP



Just Row

Monitor turns on automatically once you start rowing. Time and distance counts up. Workouts longer than 5 mins are saved in MEMORY.

Set Workout

Set a TIME, DISTANCE or INTERVAL workout to row.

Select between Custom, Preset and Saved workouts.
 Custom - Customize your own workout to row.
 Preset - Select from a preset list of 10 workouts of each category
 Pace Boat - Set a pace to compete against.
 Saved - Select to rerow a previous workout from MEMORY.
 All workouts are saved in MEMORY once completed.

Memory/Rerow

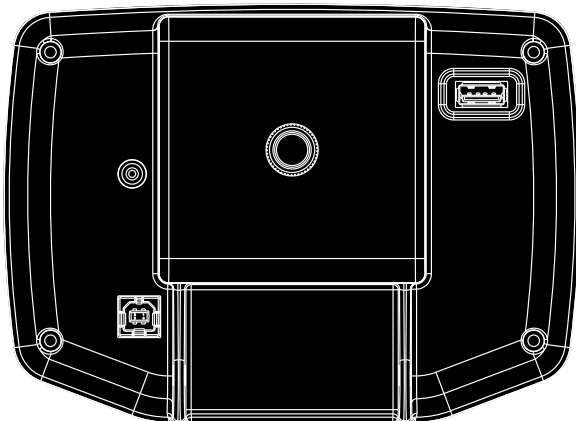
Workouts are automatically saved in MEMORY once completed. Displays workouts by Date, Type and Summary. Select and analyse previous workout data. Select and REROW previous workouts.

Pair Heart Rate

Connects your ANT + or Bluetooth LE Heart Rate chest belt transmitter. Displays Heart Rate on the Monitor Screen.

Information

Drag Factor
 Battery Level
 Set Date and Time
 Product ID
 Software Version, Serial Number, Hardware Version, Model
 Lifetime Meters



HARDWARE

- BLE Low Power Bluetooth and ANT +
- compatible with Bluetooth and ANT + heart rate chest belts
- USB Flash Drive - for removeable data storage and transfer.
- USB Port - connecting to computer, power or other devices
- Sensor Port - Flywheel cable sensor

Powered by 2 x D cell batteries
 Operating time 250+ hours

UNITS

162 HR	355 AV/500
20 SPM	367 WATTS
18:25 TIME	347 DIST

WATTS

141 HR	778 AV/500
26 SPM	752 CAL/HR
11:43 TIME	347 DIST

CALORIES

162 HR	1:56.1 AV/500
20 SPM	1:53 /500
23:41 TIME	5487 DIST

TIME/500m

DISPLAYS

162 HR	1.53 /500	20 SPM
POWER ← +10s -5m → -5m PACE BOAT → 1:52 PACE BOAT		
23:41 TIME	5487 DIST	

PACE BOAT

162 HR	1 WATTS	1:56.1 AV/500
20 SPM	1.53 /500	
.41 HR/500m	125 WATTS/500m	

INTERVAL

162 HR	1:56.1 AV/500
20 SPM	1:53 /500
23:41 TIME	5487 DIST

TIME/500m