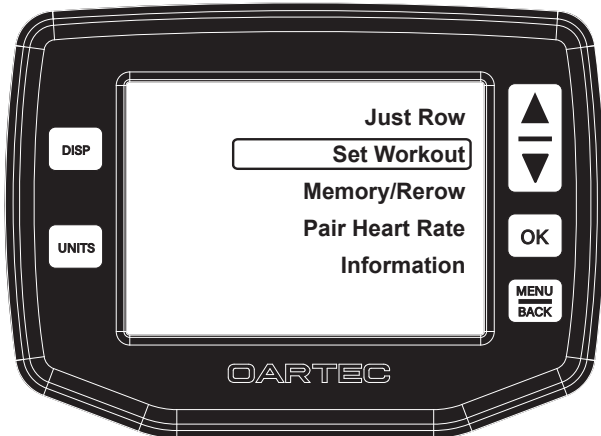


OTM-2

Oartec Training Monitor Overview

MENU MAP



Just Row

Monitor turns on automatically once you start rowing. Time and distance counts up.

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.
 Saved - Select to rerow a previous workout from MEMORY.
 All completed set workouts are saved in MEMORY.

Memory/Rerow

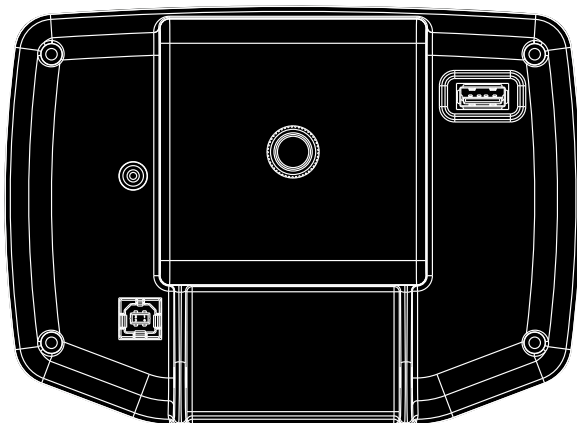
Workouts are automatically saved in MEMORY.
 Displays last 50 workouts by date
 Select and analyse previous workout data.
 Select and REROW previous workouts.

Pair Heart Rate

Connects your ANT + heart rate chest belt transmitter.
 Displays heart rate on the monitor screen.

Information

Drag Factor
 Battery Level
 Set Date and Time
 Product ID
 Firmware Update



HARDWARE

Compatible with ANT + heart rate chest belts
 USB Flash Drive - for removable data storage and transfer.
 USB Port - for 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	355
20	367
18:25	347

Watts

141	778
26	752
11:43	347

Calories/Hr

162	1:56.1
20	1:53
23:41	5487

Time/500m

DISPLAYS

162	1:56.1
20	1:53
23:41	5487

Default Time/500m

20	1:53
23:41	5487

Large