

# ROWER CONSOLE



## LARGE TOGGLE DISPLAY FOR 9 PERFORMANCE MEASUREMENTS

Track total workout time in minutes and seconds or toggle between 9 different performance measurements to display at the center of the screen:

### AVERAGE 500M PACE



Projected time needed to complete 500 meters based on all strokes

### AVERAGE METER PER STROKE



Average meters rowed per stroke

### MAX HEART RATE



Maximum heart rate during workout

### CALORIES PER HOUR



Projected calories burned per hour based on all pulls during the workout

### FORCE CURVE



Graphically represents how force is applied during the rowing stroke

### MAX WATT



Maximum watts produced during all strokes

### WATT CHART



Graphically represents watts produced relative to other strokes during the workout

### AVERAGE WATT



Average watts per stroke based on all strokes

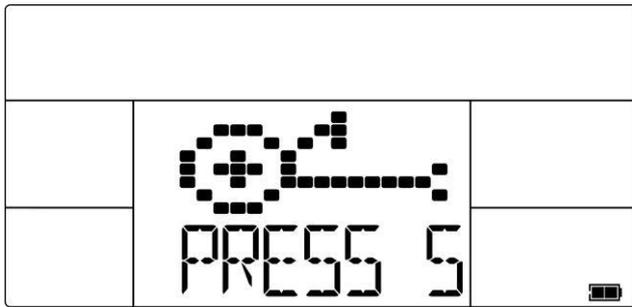
## PRE-BUILT PROGRAMS

Toggle through the menu using the up/down arrows to select from various pre-built programs: **Quick Start**, **Competition Racing**, **Interval/Tabata**, **Target Time**, **Target Distance**, **Target Calories**, **Target Strokes**, or **Target Distance**.

# XEBEX

FITNESS

## Mode of operation:



1. Press START to turn on console. You will see "PRESS START TO QUICKSTART OR SELECT PROGRAM" on the meter display.

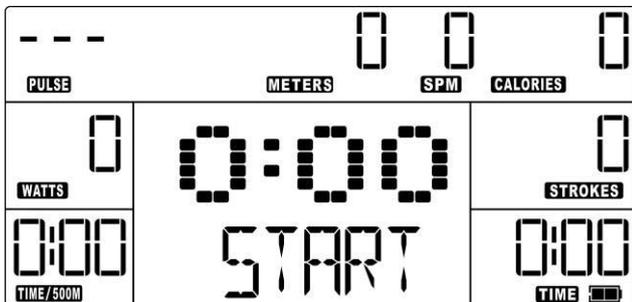
2. To choose QUICKSTART, press START again and begin your workout.



3. To choose a program, press the "UP/DOWN" key to make your program selection between the following programs:

QUICKSTART / RACE / INTERVAL / TIME / DISTANCE / CUSTOM

## 1. QUICK START



1. The monitor will default to the QUICKSTART mode when you press "START/STOP" or start rowing and do not choose a program.

2. During use, the monitor will display the following metrics  
TIME / STROKES / CALORIES / METERS / WATTS /  
TIME/500M / PULSE / STROKES PER MINUTE (SPM)  
Each metric will count up in increments.

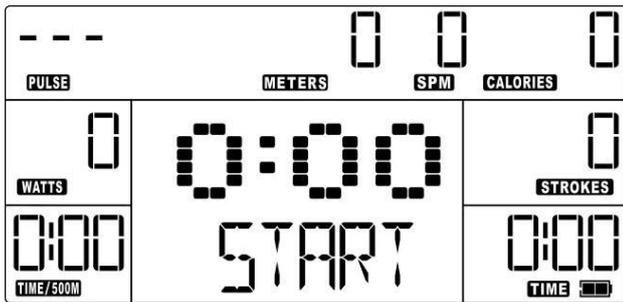
3. Press the UP / DOWN button to display other metrics such as the TOTAL TIME, AVG / 500M, AVG METER / STROKE, MAX HR, MAX WATT, AVG WATT, CAL / HR, WATT CHART, and FORCE CURVE in the middle window.

4. If you stop rowing, the time shown on the lower right window of monitor will pause. When you start rowing again, it will continue operating from where you left off.

5. Press the STOP button to pause the monitor.

## 2. The operating procedures of each PROGRAM

### 1. QUICK – PROGRAM



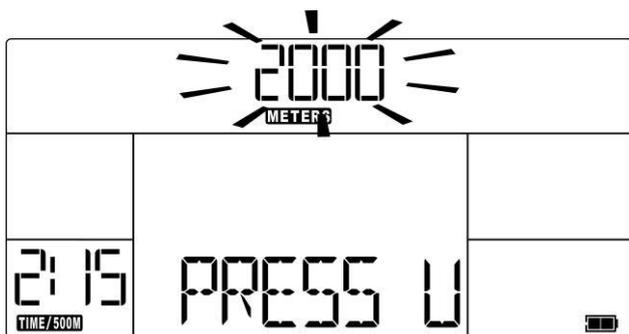
1. The monitor will default to the QUICKSTART mode when you press "START/STOP" or start rowing and do not choose a program.
2. During use, the monitor will display the following metrics TIME / STROKES / CALORIES / METERS / WATTS / TIME/500M / PULSE / STROKES PER MINUTE (SPM).
3. Press the UP / DOWN button to display other metrics such as the TOTAL TIME, AVG / 500M, AVG METER / STROKE, MAX HR, MAX WATT, AVG WATT, CAL / HR, WATT CHART, and FORCE CURVE in the middle window.
4. If you stop rowing, the time shown on the lower right window of monitor will pause. When you start rowing again, it will continue operating from where you left off.
5. Press the STOP button to pause the monitor.

### 2. RACE - PROGRAM



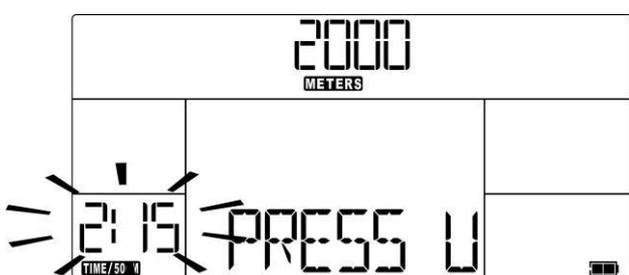
1. In the start menu, use the "UP / DOWN" key to select RACE, and then press the ENTER key to choose the program.

#### (1). METERS Setting Procedure

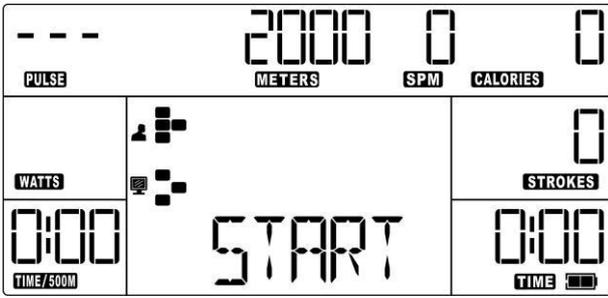


1. When the user selects the RACE program, the program defaults to a 2000 meter distance.
2. Users can use the "UP / DOWN" button to change the target race distance. Press the ENTER key when finished.

#### (2) TIME/500M Setting Procedure



3. Once your target race distance is set, the program defaults to a 2:15 TIME / 500M setting.
2. Users can use the "UP / DOWN" button to change the "TIME / 5000M" settings. Press the ENTER key when finished.
- (3). Press START key to begin the program



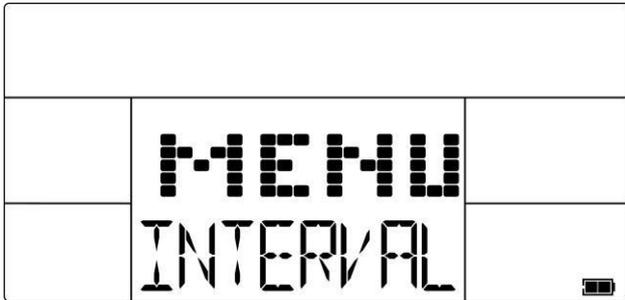
1. During the RACE program, the following metrics "TIME / STROKES / CALORIES / WATTS /" will count up. METERS metric will count down to your target race distance.
2. During the race, the dot matrix will show YOUR position and the COMPUTER's position; the monitor will display the meter distance between the two. After the end of the race, the computer will show either the COMPUTER or YOU as the

winner.

3. If you stop rowing, the time shown on the lower right window of monitor will pause. When you start rowing again, it will continue operating from where you left off.
4. Press the STOP button to pause the monitor.

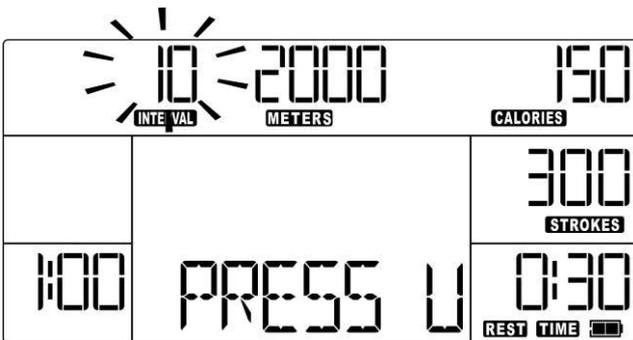
### 3. INTERVAL - PROGRAM

1. In the start menu, use the "UP / DOWN" key to select INTERVAL, and then press the ENTER key to choose the program.



2. Note that the program has default settings for the number of intervals, amount of work time, amount of rest time, strokes, calories, meters. You can change any of the defaults with the directions below. At any time, press START or begin rowing to begin the program with the default settings or mix of your changes and default setting.

#### (1). INTERVAL Setting Program



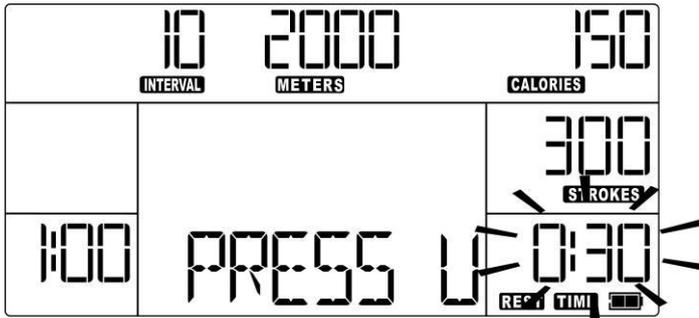
1. When the user selects the INTERVAL program, the program defaults to 10 intervals.
2. USERS can use the "UP / DOWN" button to change the number of intervals. Press the ENTER key when you are finished.

#### (2). WORK TIME Setting Procedure



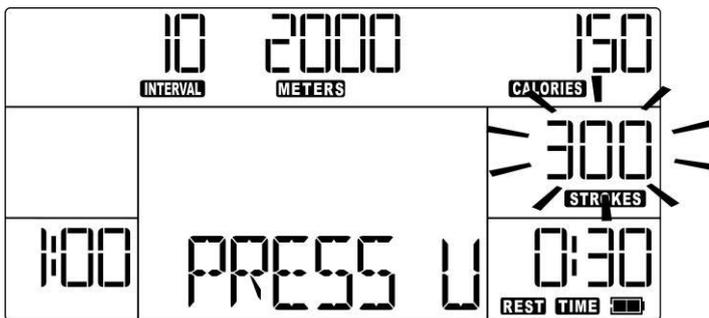
1. Once your number of intervals is set, the program will default to 1:00 of work time.
2. Users can use the "UP / DOWN" button to change the amount of work time. Press the ENTER key when you are finished.

### (3). REST TIME Setting Procedures



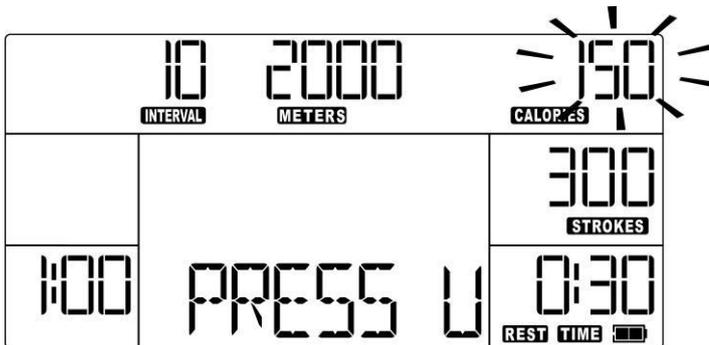
1. Once the amount of work time is set, the program will default to 0:30 of rest time.
2. You can use the "UP / DOWN" button to change the amount of rest time. Press the ENTER key when you are finished.

### (4). STROKES Setting Procedure



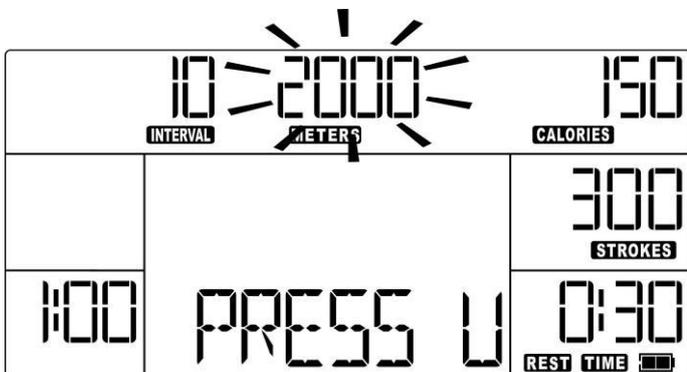
1. Once the amount of rest time is set, the program will default to 300 target strokes.
2. You can use the "UP / DOWN" button to change the number of target strokes.

### (5). CALORIES Setting Procedure



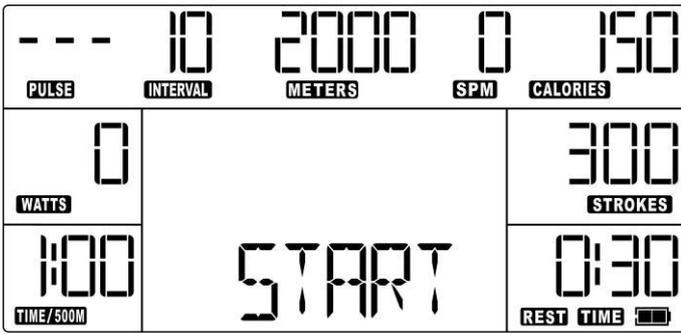
1. Once the number of strokes is set, the program will default to a 150 calorie target.
2. You can use the "UP / DOWN" button to make change the amount of calories. Press the ENTER key when you are finished.

### (6). METERS Setting Procedure



1. Once the amount of calories is set, the program will default to 2000 meters target distance.
2. Users can use the "UP / DOWN" button to change the amount of meters. Press the ENTER key when you are finished.

(7). Press the START key to begin the program



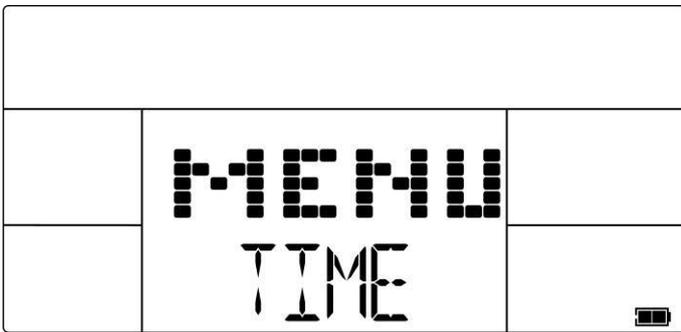
1. During the INTERVAL program, the monitor will display “WORK” during work intervals and count down the amount of work time remaining. Once the work time is completed, the monitor will display “REST” and count down the amount of rest time remaining.

2. The program will alternate between WORK and REST time for the number of intervals set.

3. During the program, STROKES, CALORIES, and METERS will count down from your preset values.

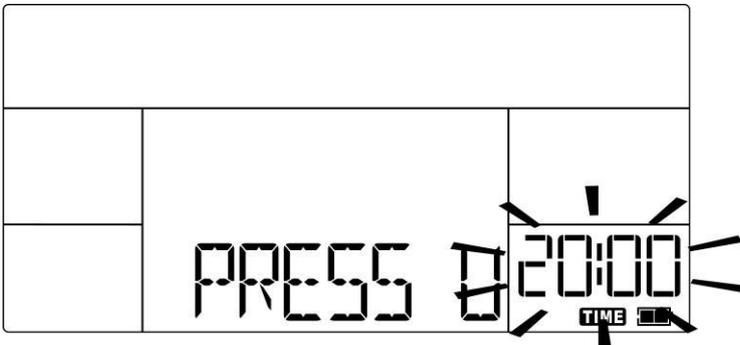
4. Press the STOP button to pause the monitor.

## 4. TIME – PROGRAM



1. In the start menu, use the “UP / DOWN” key to select TIME, and then press the ENTER key to choose the program.

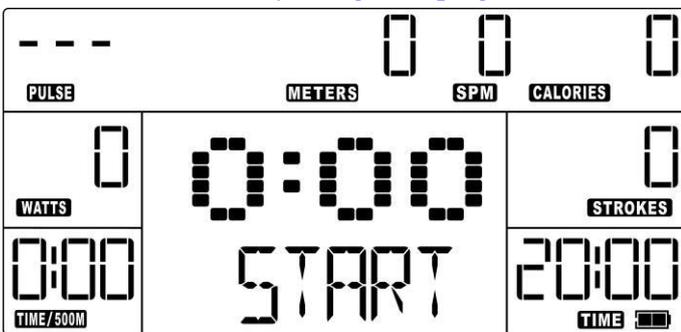
(1). TIME Setting Program



1. When the user selects the TIME program, the program defaults to a time of 20 minutes.

2. Users can use the "UP / DOWN" button to change the amount of time. Press the ENTER key when finished.

(2). Press the START key to begin the program



1. During the program, the TIME display on the bottom right will count down to 0:00. The STROKES, CALORIES, and METERS metrics will count up.

2. Press the UP / DOWN button to display other metrics such as the TOTAL TIME, AVG / 500M, AVG METER / STROKE, MAX HR, MAX WATT, AVG WATT, CAL / HR, WATT CHART, and FORCE CURVE in the

middle window.

3. If you stop rowing, the time shown on the lower right window of monitor will pause. When you start rowing again, it will continue operating from where you left off.

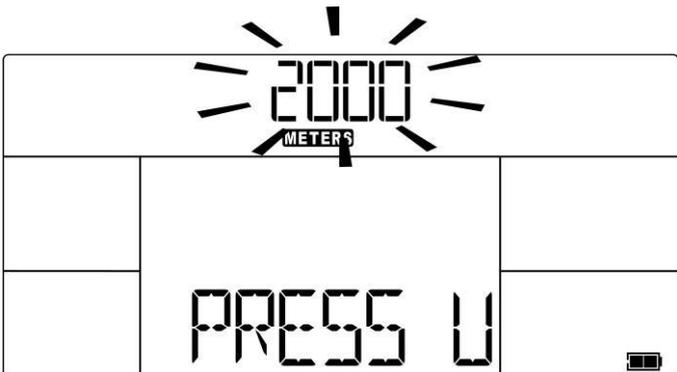
4. Press the STOP button to pause the monitor.

## 2 . DISTANCE – PROGRAM



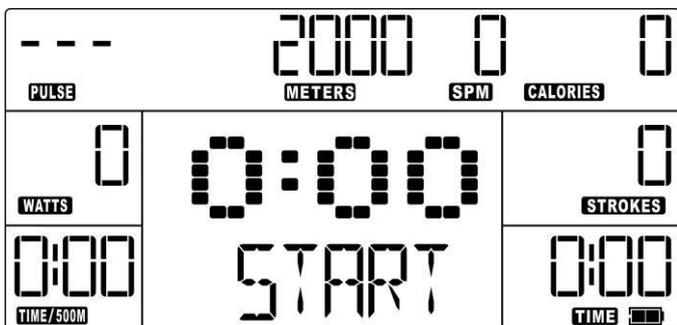
1. In the start menu, use the “UP / DOWN” key to select DISTANCE, and then press the ENTER key to choose the program.

### (1). DISTANCE Setting the program



1. When the user selects DISTANCE program, the program will default to a target distance of 2000 meters.  
2. Users can use the "UP / DOWN" button to change the target distance. Press the ENTER key when finished.

### (2). Press the START key to begin the program

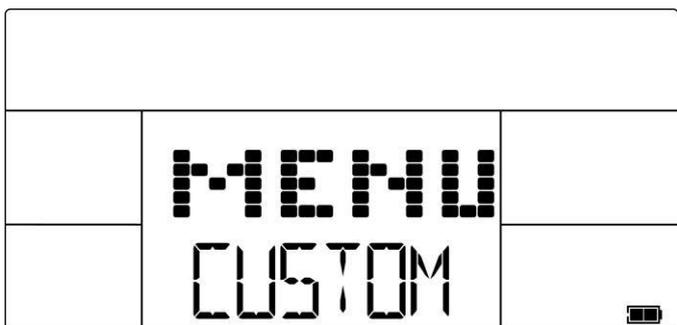


1. During the program, the METERS display on the top center will count down to zero. The TIME, STROKES, CALORIES displays will count up.  
2. Press the UP / DOWN button to display other metrics such as the TOTAL TIME, AVG / 500M, AVG METER / STROKE, MAX HR, MAX WATT, AVG WATT, CAL / HR, WATT CHART, and FORCE CURVE in the middle window.

3. If you stop rowing, the time shown on the lower right window of monitor will pause. When you start rowing again, it will continue operating from where you left off.

4. Press the STOP button to pause the monitor.

## 3. CUSTOM – PROGRAM

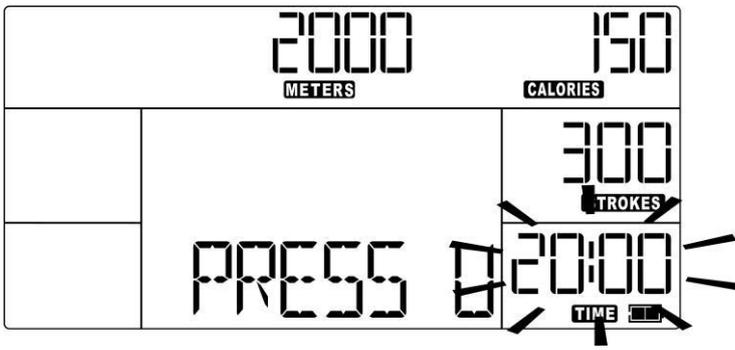


1. In the start menu, use the “UP / DOWN” key to select CUSTOM, and then press the ENTER key to choose the program.

2. Note that the program has default settings for the number of intervals, amount of work time, amount of rest time, strokes, calories, meters. You can change any of the defaults with the directions below. At any time,

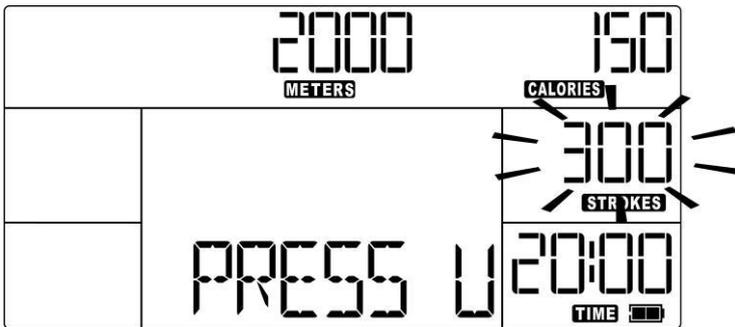
press START or begin rowing to begin the program with the default settings or mix of your changes and default setting.

**(1). TIME Setting procedure**



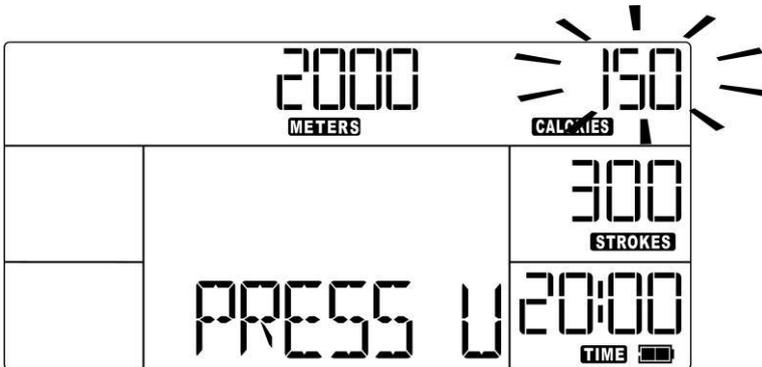
1. When the user selects the CUSTOM program, the program defaults to a 20:00 minute default time.
2. Users can use the "UP / DOWN" button to change the amount of time. Press the ENTER key when you are finished.

**(2). STROKES Setting Procedure**



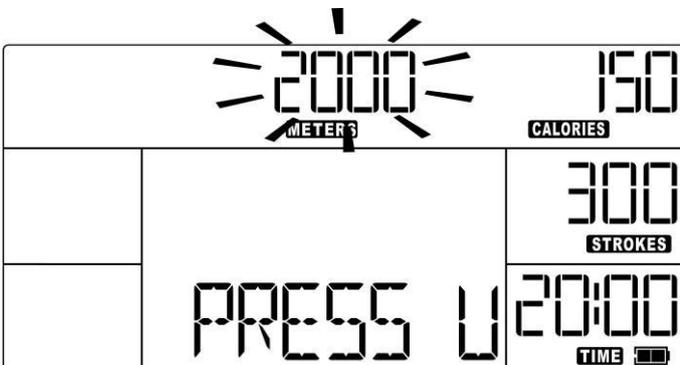
1. Once the time is set, the program will default to 300 strokes.
2. You can use the "UP / DOWN" button to change the number of strokes. Press the ENTER key when finished.

**(3). CALORIES Setting Procedure**



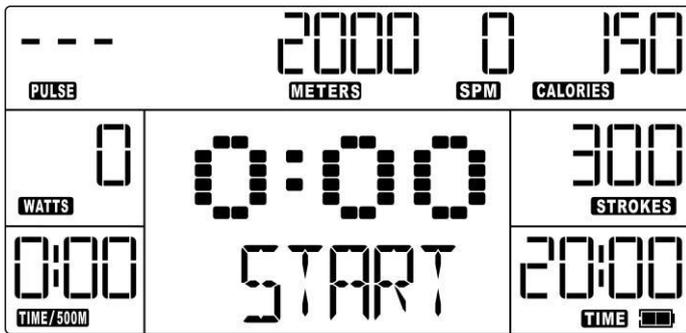
1. Once the number of strokes is set, the program will default to 150 calories.
2. You can use the "UP / DOWN" button to change the amount of calories. Press the ENTER key when finished.

**(4). METERS Setting Procedure**



1. Once the amount of calories is set, the program will default to 2000 meters
2. Users can use the "UP / DOWN" button to change the amount of meters. Press ENTER key when finished.

**(5). Press the START key after the operation of the program**



1. During the program, the TIME, STROKES, CALORIES, and METERS displays will count down to zero and will stop at zero.
2. Press the UP / DOWN button to display other metrics such as the TOTAL TIME, AVG / 500M, AVG METER / STROKE, MAX HR, MAX WATT, AVG WATT, CAL / HR, WATT CHART, and FORCE CURVE in the middle window.
3. If you stop rowing, the time shown on the lower right window of monitor will pause. When you start rowing again, it will continue operating from where you left off.
4. Press the STOP button to pause the monitor.