



ICT Training Guide Version2

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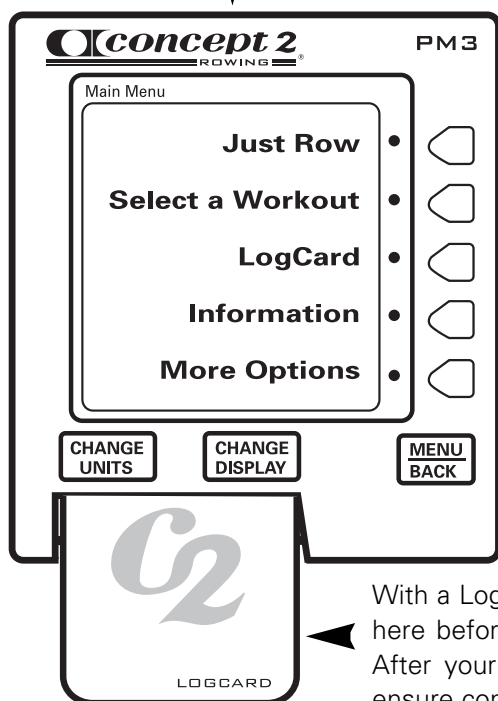
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The Performance Monitor 3 (PM3)

1.1. Introduction to the PM3

Battery compartment under back panel

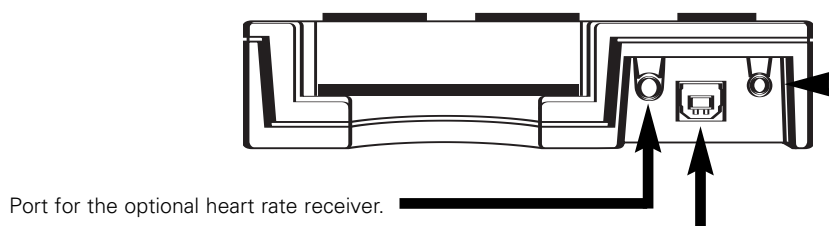


Use these five buttons to make your selections from the menus. From rowing displays, use these as an alternative way to change display.

With a LogCard, the PM3 becomes your personal training tool. Insert your LogCard here before setting up a workout and your results will be saved on the LogCard. After your workout, return to the main menu before removing your LogCard to ensure complete data storage. Contact Concept 2 for additional LogCards.

The PM3 is designed to be menu driven and self-explanatory. We encourage you to spend a little time pushing buttons and following the menus. If you press the wrong button, just use the "MENU BACK" button to return to the previous menu. If you dislike pushing buttons, just pull on the handle and the PM3 will automatically start displaying and storing your results. For additional information select [Information] from the main menu.

Bottom View



Port for the optional heart rate receiver.

Flywheel sensor cable must be connected here for the PM3 to operate. The Model D sensor will also supply power to the PM3 while you are rowing. The PM3 can be set to operate with either the Model D or Model C. They are not interchangeable.

USB Port for connecting to a personal computer. See www.concept2.com/pm3 for current information on PC functions.

1.2. Getting Started

- The PM3 turns on when you press the "MENU BACK" button, take a stroke, or insert a LogCard.
- The PM3 turns off automatically after four minutes of inactivity.
- The first time you turn on the PM3, you will be prompted to set the language, date and time.

IMPORTANT: Setting the date will allow your results to be stored correctly.

SECTION 1: The Performance Monitor 3 (PM3)

1.3 Operation



Lets you select one of four units for your results: meters (or time), time/500m, watts, and calories. This button is active in rowing displays, result screens, and when setting PaceBoat.



Lets you select one of five rowing displays:

All Data > Force Curve > PaceBoat > Bar Chart > Large Print.

This button is only active from the rowing displays



Returns you to the previous menu. From rowing displays, "MENU/BACK" ends the workout and returns you to the main menu.

1.4 Workouts

Pre-Set Workouts

There are three kinds of pre-set workouts in the PM3: [Standard List], [Custom List] and [ReRow]. If you have a LogCard, you can also access [Favourite] workouts.

From Main Menu: [Select Workout]> [Standard List]> Select from the standard list of workouts that includes: 2,000m, 5,000m, 10,000m, 30 minutes and an interval workout of 500m/1:00. When you select a workout, it will automatically be set up on the rowing screen. The workout begins when you start to row.

From Main Menu: [Select Workout]> [Custom List]> Select from workouts that have previously been set up and stored. The PM3 comes with a list of custom workouts, but if you have a LogCard you can replace them with your own. With your LogCard inserted select [Set Workout]> [New Workout]>. When you have finished setting up the workout you will be asked if you wish to save the set-up to your Favourites. Later, you can use [More Options]> [Edit Custom List]> to copy one or more workouts from the LogCard to the PM3 memory.

From Main Menu: [Select Workout]> [ReRow]> Then select the type of workout you wish to ReRow. You will then be able to view a list of previous workouts. Select the workout you wish to ReRow. That workout will automatically be set up on the rowing screen and your previous performance will be used to drive the PaceBoat.

Favourites: (Only available with LogCard inserted) [Select Workout]> [Favourites]> Select a workout from the list of favourites previously programmed using [Set Workout]> [New Workout]> (see below).

Programming Workouts

The PM3 allows you to program your own specific workouts.

From Main Menu: [Select Workout]> [New Workout]> Then select the type of workout from: [Single Distance], [Single Time], [Intervals: Distance], [Intervals: Time] or [Intervals: Variable]. Enter the information needed to set up the desired workout, using the five side buttons next to the [▶], [+], [-], [◀] and [✓] symbols. When you have finished with the set-up, select [✓] for done. The PM3 will then be ready to start the workout as soon as you start to row.

When programming [Single Distance] or [Single Time] workouts – The PM3 allows you to program the duration of the workout, the split length for memory storage (see below) and the optional PaceBoat speed.

When programming [Interval Distance] or [Interval Time] workouts - The PM3 allows you to program the duration of each interval, the rest period in between each interval and the optional PaceBoat speed.

NOTE: For any interval workout the first interval starts when you begin to row. All other intervals start as soon as the rest period is finished.

When programming [Intervals: Variable] The PM3 allows you to set a different distance or time and rest period for each interval up to a total of 30 intervals.

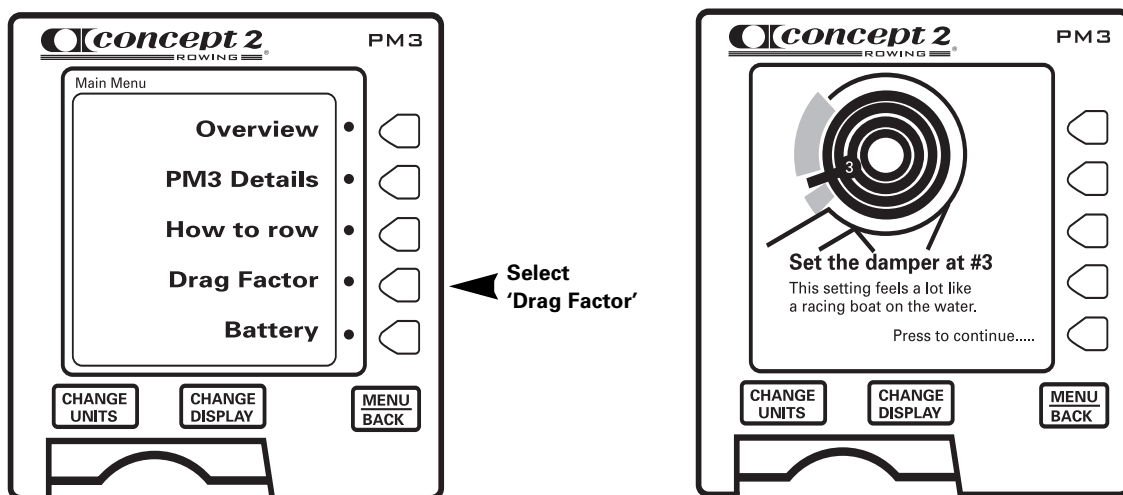
Splits
 Single piece workouts are split into segments called “splits” for storage and analysis. The PM3 will default to five segments or splits per piece. You can change this to a desired split time or distance. Note that a maximum of 30 splits are allowed per workout, and the minimum split size is 20 seconds for time or 100 metres for distance. There are no splits for interval workouts. Note that more splits require more storage space on the LogCard and if you choose to store more splits per workout, the LogCard will store fewer workouts.

1.5 Drag Factor

The Drag Factor is an accurate measurement of the Air Resistance created by the Fan inside the Fan Cage of the Concept 2 Rower. The Drag Factor can be adjusted by moving the damper lever on the side of the flywheel. The Drag Factor can be viewed from the More Options menu. Select [More Options]> [Display Drag Factor]> then row normally to display the current Drag Factor on the PM3 Monitor.

To increase the drag factor raise the damper lever and to decrease the Drag Factor Lower the Damper Lever. This will alter the feel of the stroke. High numbers feel slow and heavy, lower numbers feel quicker and lighter and more like a racing boat. It is best to use a Drag Factor between 100 and 140. This is usually a damper number between 2 and 5. Use a Drag Factor that feels most comfortable to you and gives you the best result for the workout.

The damper lever setting required to achieve a certain Drag Factor will vary from one machine to another due to elevation, manufacturing tolerances and accumulated dust inside the flywheel cover.



2. To find out more about Drag Factor use the PM3 Information function. Select [Information]> [Drag Factor]>

SECTION 1: The Performance Monitor 3 (PM3)

1.6. Display Options

The PM3 has 5 Graphic Display Options which can be selected using the 5 side buttons or by repeated pressing of the "Change Display" button to cycle through the different choices. The options are as follows:

1.6.1 Large Print

Provides basic data in a large, easy-to-read format.

Time - How long you've been rowing or still have to row.

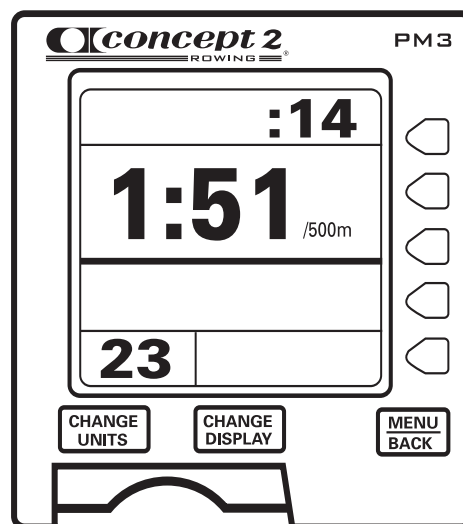
Stroke Rate - Measured in strokes per minute (s/m), updated every stroke.

Stroke Output - How hard you pulled on the last stroke. Displayed in a choice of three units: pace/500m, calories/hour and watts.

Total Output - Cumulative output since you started rowing. Displayed in a choice of four units: average pace, metres, calories and average watts.

Heart Rate - If a heart rate interface is attached to the Rower and you are wearing a chestbelt transmitter, this display will show your heart rate in beats per minute.

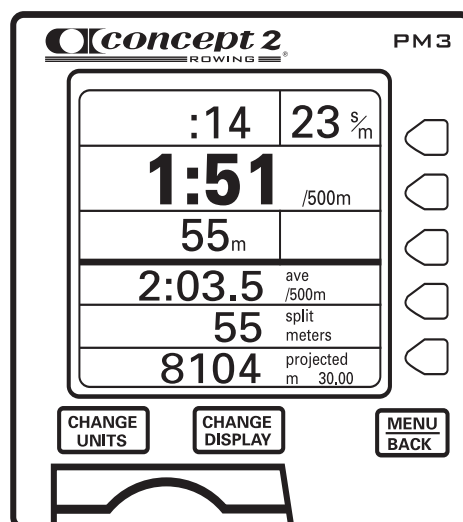
Note: The same basic data which appears in Large Print also appears in a smaller format in the top half of the screen of the other four displays.



1.6.2 All Data

Additional numeric information is displayed. The top line in the bottom half of the screen shows your accumulated score in time, metres or average time/500m depending on the units you have selected. During a Just Row, Single Distance or Single Time workout, the middle line shows your accumulating or average result for the current split. During a work interval the current interval number is displayed.

The bottom line is a projected score for your workout if you continue rowing at your current pace. During a Just Row workout your projected metres for a 30 minute row will be displayed. During a rest interval the total workout metres are displayed, including rest metres.



1.6.3 Force Curve

The Force Curve display option provides a graph of force against time which shows how you apply your force during the drive phase of each stroke.

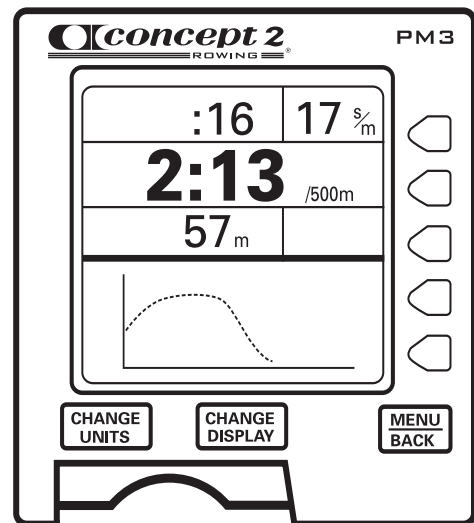
Good technique will be illustrated by a smooth curve which builds to a peak before decaying back to zero at the finish.

Any distortion to the smooth line of the curve can be attributed to a fault in technique.

Some of the most common faults are:

Driving the legs down too hard, causing the force time curve to rise sharply but then start to decrease before climbing again following the normal path. This type of curve is most commonly seen amongst women and can be attributed to an imbalance between a weak upper body compared to much stronger legs.

The second most common fault is a step up or plateau just before the finish. This is more common amongst male rowers and is caused by not using the legs properly at the beginning of the drive and then tugging the finish into the body at the end of the stroke.



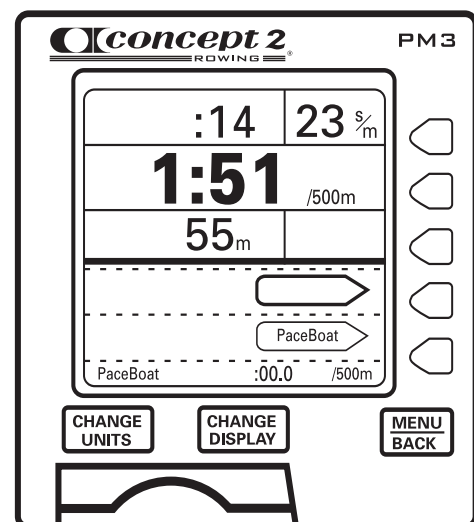
1.6.4 PaceBoat

The PaceBoat display option allows you to row with a virtual competitor.

To set a PaceBoat follow [Set Workout]> [New Workout]> and program the speed of the PaceBoat as part of your workout.

To ReRow against a previous performance follow [Set Workout]> [ReRow]>

If no pace is set the PaceBoat will simply mirror your speed. ReRow uses the selected split results for the speed of the Pace Boat.



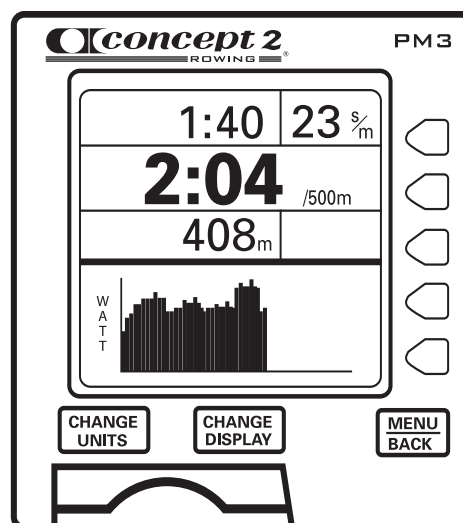
SECTION 1: The Performance Monitor 3 (PM3)

1.6.5 Bar Chart

The Bar Chart display option creates a graphic display of your last 50 strokes.

As you vary the intensity of your workout the range of the display will change to keep your most recent strokes in view.

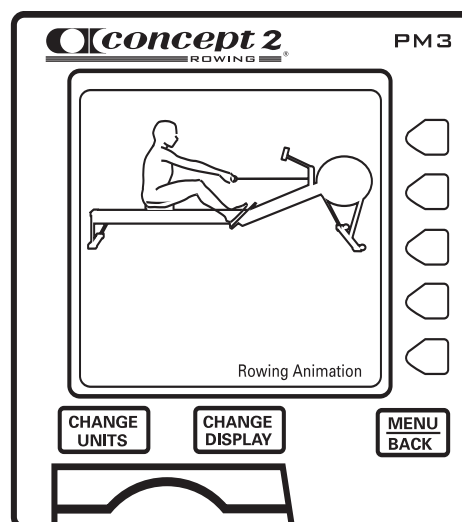
If a heart rate interface is attached to the rower and you are wearing a chestbelt transmitter, your heart rate will automatically be plotted every 10 seconds instead.



1.7. The Information Section

As mentioned earlier the 'Information' section contains information on how to use the Concept 2 rowing machine including sections on [Drag Factor](see 1.5.), the use of the PM3 [PM3 Details] and [How to Row] which includes instruction on basic rowing technique.

To view the Information section simply select [Information]> from the initial start up Menu.



1.8. Batteries and Power Generation

The PM3 uses two alkaline D-cell or IEC CR20 batteries. It also self-generates if you are using a Model D Indoor Rower or a Model C with retrofit. Depending on the speed of rowing, the PM3 will generate some or all of the power needed for its operation. This will extend the life of your batteries.

Batteries are needed to maintain date, time, language, Custom List and Memory.

Batteries can be removed for five minutes without loss of this information, if the PM3 is turned off before the batteries are removed.

When your batteries are low, the following warning will display when you turn on the PM3: "Replace batteries soon."

When your batteries are very low, you will be warned "Batteries too low for normal operation". If you keep the batteries in, and if you have the self-generation feature and start rowing fast enough, you will automatically go into Just Row mode. The display will work, but you will not be able to set up workouts, and your workout data will not be saved.

To change batteries, first allow the PM3 to power down so as not to lose any saved data. Then remove the cover, carefully pry the batteries out and replace within five minutes.

To view the current level of battery charge remaining select [More Options]>[Utilities]>[Battery]>

Battery Life Expectancy

- For Model B or C without retrofit: 300-400 hours.
- For Model D, or C with retrofit, normal use: almost the shelf life of the battery.

Additional Notes

Care of PM3

Clean with damp cloth only. Do not apply liquids directly to the PM3.

Formulae

The following formulas are used to equate the units of measure:

$$\text{Watts} = 2.80/(\text{sec}/\text{meter})^3$$

$$\text{Cal/hr} = \text{Kcal/hr} = (\text{watts}) \times (4) \times (0.8604) + 300$$

PM3 Menu Structure

- **Just Row**Up to 50,000m without pressing any buttons. Results saved if longer than one minute. Splits default to 5 minutes; after 35 minutes, splits default to 10 minutes; etc. Press MENU BACK when finished to ensure that your results are saved.
- **Select Workout**
 - **Standard List**Includes five pre-set workouts, not changeable.
 - **Custom List**.....Includes five workouts, can be replaced with workouts from a LogCard. Limit of 30 variable intervals - total.
 - **ReRow**Enables user to select a previous result to drive PaceBoat.
 - **New Workout**Enables user to design a workout in any of the following formats.
 - **Single Distance**100m to 50,000m.
 - **Single Time**.....0:20 to 9:59:59; distance cannot exceed 50,000m.
 - **Intervals: Distance**Constant work from 100m to 9999m; constant rest time from 0 to 9:55; up to 30 intervals.
 - **Intervals: Time**Constant work from 0:20 to 59:59; constant rest time from 0 to 9:55; up to 30 intervals.
 - **Intervals: Variable**Combination of distance and time from 100m to 999,999m or 0:20 to 99:59:59; rest time from 0 to 9:55; up to 30 pre-set intervals.
 - **Favourites**Five workouts per LogCard user. Limit of 30 variable intervals total/user.
- **Memory**.....If no LogCard present, lists about 10 most recent workout results by date; oldest are automatically deleted.
 - **OR**
 - **LogCard**.....Stores about 300 workouts, each user's five favorite workouts, preferred language, last used units and display type. It is a good idea to keep backup records of important result data.
 - **Summary**.....Lists users total and average results recorded on LogCard.
 - **Monthly Totals**Shows a table of monthly workout totals.
 - **List by Date**.....Enables you to look up workout results by date.
 - **List by Type**.....Enables you to look up workout results by type.
 - **LogCard Utilities**
 - **Add User**.....Adds up to five users per LogCard.
 - **Edit User**Edits name and "lifetime meters".
 - **Delete User**Deletes name and results.
 - **Delete Workout**Deletes results from LogCard.
 - **Copy Workout**Copies a workout from PM3 memory to LogCard.
- **Information**..Go to this menu for additional PM3 information. This menu selection is an on-board manual. We suggest that you read it.
 - **Overview**
 - **Using the Monitor**Describes the PM3 buttons, rowing displays, workouts and LogCard.
 - **How to Row**Gives a brief "rowing lesson" with technique animation.
 - **Drag Factor/Damper**Is a measure of the fan load. The PM3 self calibrates by recalculating the drag factor every stroke so you get a true measure of your effort regardless of the damper setting or changing conditions.
 - **Replacing the Battery**.....Use two alkaline D-cell or IEC CR20 batteries. To prevent loss of information, be sure the PM3 is turned off before removing old batteries, and install the new batteries within five minutes.
- **More Options**
 - **Display Drag Factor**Allows the user to view and set the drag factor before rowing.
 - **Utilities**
 - **Set Date and Time**.....Is important for result storage.
 - **Set Language**.....Sets preferred language. Defaults to preference set on LogCard or last language set on PM3.
 - **LCD-contrast**.....Adjusts the LCD lighter or darker.
 - **Battery**Shows % battery life remaining.
 - **Product ID**Shows product identification information.
 - **Edit Custom List**.....Copies workout from Favorites to Custom List if LogCard is present.

The LogCard

SECTION 2: The LogCard

2.1. Setting up the LogCard and Common LogCard Tasks

The LogCard allows you to:

- Store hundreds of detailed workout results.
- Edit your lifetime metres to include workouts not stored on the LogCard.
- Save your favourite workout settings.
- Race against a previous workout.
- Remember your preferred language, display and units.
- Add up to five users per card.

Your LogCard will automatically be formatted the first time you insert it in the PM3. You will then be instructed to:

Add New User - Set your user name using up to six letters.

If you would like to carry forward your previous lifetime metres to this LogCard, From Main Menu: select [LogCard]> [LogCard Utilities]> [Edit LogCard]

Each LogCard can serve up to five users, but heavy users will probably want to have their own card. The LogCard will hold hundreds of workout results and you will be warned when it is filled.

To add additional users to your card:

From Main Menu: select [LogCard]> [LogCard Utilities]> [Add User]

To delete a user from your card:

From Main Menu: select [LogCard]> [LogCard Utilities]> [Delete User]

To make a correction to your LogCard or User name:

From Main Menu: select [LogCard]> [LogCard Utilities]> [Edit LogCard]

To delete a workout from the LogCard:

From Main Menu: select [LogCard]> [LogCard Utilities]> [Delete Workout]

To copy a workout from LogCard to PM3 Custom Workouts:

From Main Menu: select [LogCard]> [LogCard Utilities]> [Copy Workout]

Your total workout results and the split or interval data are stored automatically in the PM3 Memory and on the LogCard. Also displayed are the average stroke rates and the ending heart rates (if the heart rate option is used). When the PM3 memory is full, the oldest result will be deleted. The LogCard will hold hundreds of workout results and you will be warned when it is full.

If no LogCard is installed

From Main Menu: select [Memory] to view a chronological list of the last workouts that fit into the memory. Use the cursor buttons to select the workout you wish to view. The memory stores data for each split or interval of your workout.

If a LogCard is installed

From Main Menu: select [LogCard]. Or, from the LogCard User screen, select [LogCard Menu].

You will then select how you wish to view your log information.

A one page summary of your log.

A history of your monthly totals.

A list of your workouts by date. Use the cursor buttons to select the workout you wish to view in detail. The LogCard stores data for each split or interval of your workout.

A list of your workouts by workout type. Use the cursor buttons to select the workout you wish to view in detail.

As with all electronic storage media, we encourage you to make frequent backups of your LogCard data, either by transferring it to a PC or keeping written documentation of key data such as Lifetime Total Metres.

How do I update my lifetime meters on my LogCard?

The PM3 LogCard keeps track of your lifetime meters for you. By default, this will be the total meters for your user on the LogCard. If you would like to update this value to include actual previous lifetime meters (those not recorded on the LogCard),

From the PM3 Main Menu: select [LogCard]> [LogCard Utilities]> [Edit User]

Update the lifetime meters displayed by using the buttons next to the [▶], [+], [-], [◀] and [✓] symbols to navigate through the digits and to increase/decrease the values.

Click the [✓] button to save the new value.

Changing Users

To switch between users on a shared LogCard, remove the card, Goodbye will be displayed on the PM3, and then reinsert it to log in as another user. Select the desired user from the list.

Is there a way to load the data from the PM3 and the LogCard into my Concept 2 Online Ranking Logbook or do I need to log each workout individually?

At the present time, you will need to manually load your results into the Concept 2 Online Ranking Logbook. As an option, you might consider purchasing RowPro from www.digitalrowing.com which provides this feature.

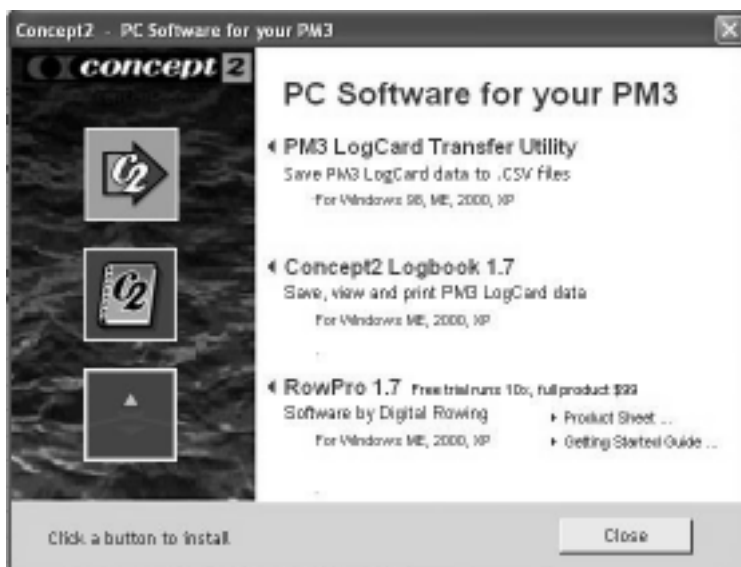
My PC is not near my PM3/Indoor Rower. What can I do in order to use the LogCard Utility?

The PM3 can easily be removed from the rower and taken to the location of your PC. To remove the PM3 from the rower, unplug the wire coming from the flywheel pick-up, and remove the bolt that attaches the PM3 to the monitor arm.

Note: If you do this regularly, you may want to obtain a wing nut from your local hardware store or you can call Concept 2 and order PN 124.

2.2. Installing the PM3 LogCard Transfer Utility from the CD

Insert the CD titled "PC software for your PM3" that came with your PM3 or Model D. This will automatically open the Concept 2: PC Software Suite (if this does not open automatically go to the start menu, select my computer and then select the CD drive). Once opened the Concept 2: PC Software Suite should look like this:



Click on the C2 button next to the PM3 LogCard Transfer Utility text to install the PM3 LogCard Transfer Utility. After a short delay the following dialogue box will be displayed.

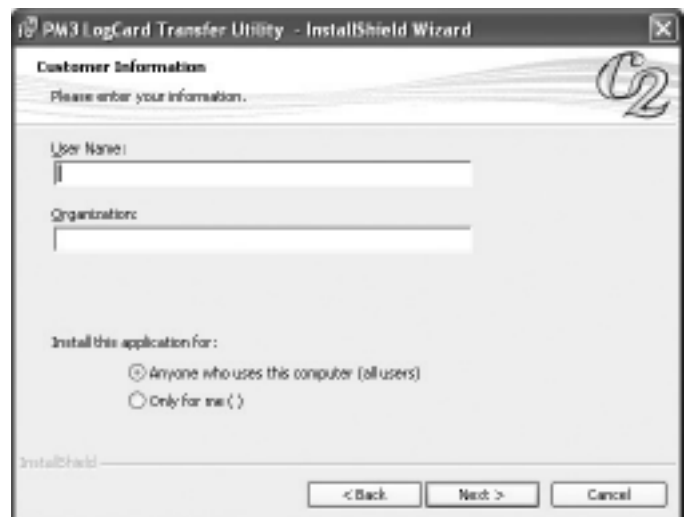


Click **Next >**

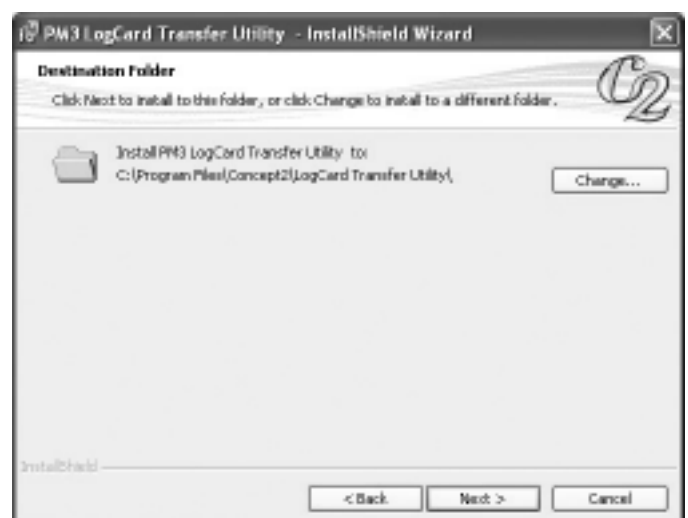
This will take you to the Licence Agreement. Please read this and then check I accept and then click **Next>** to proceed.



Then the following screen will be displayed. Complete your username and organisation details then click **Next>**.

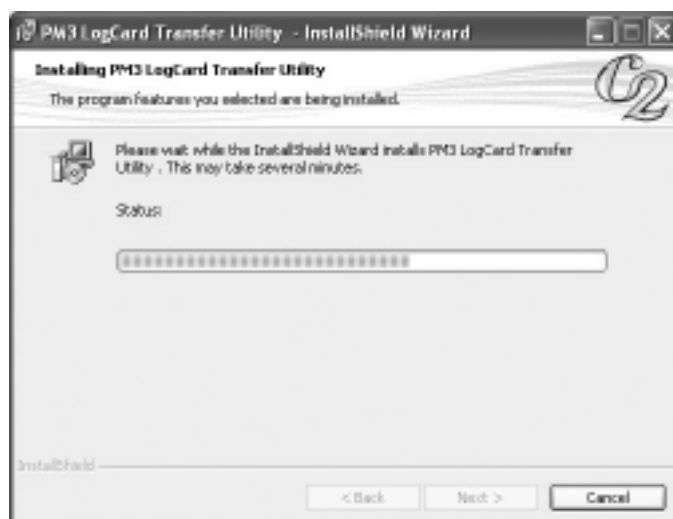


The Software will load by default into the Program Files folder on the C: Drive. It will create a folder called Concept 2 if one does not already exist. If you would like to change the location of this program click change and select the folder where you would like it. When you have chosen the desired program location click **Next>**.



SECTION 2: The LogCard

You will then be shown a screen showing where the programme will be saved. Select Install and the programme will be installed.



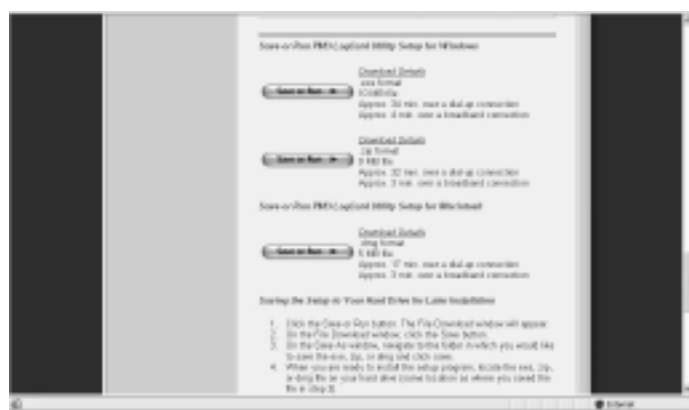
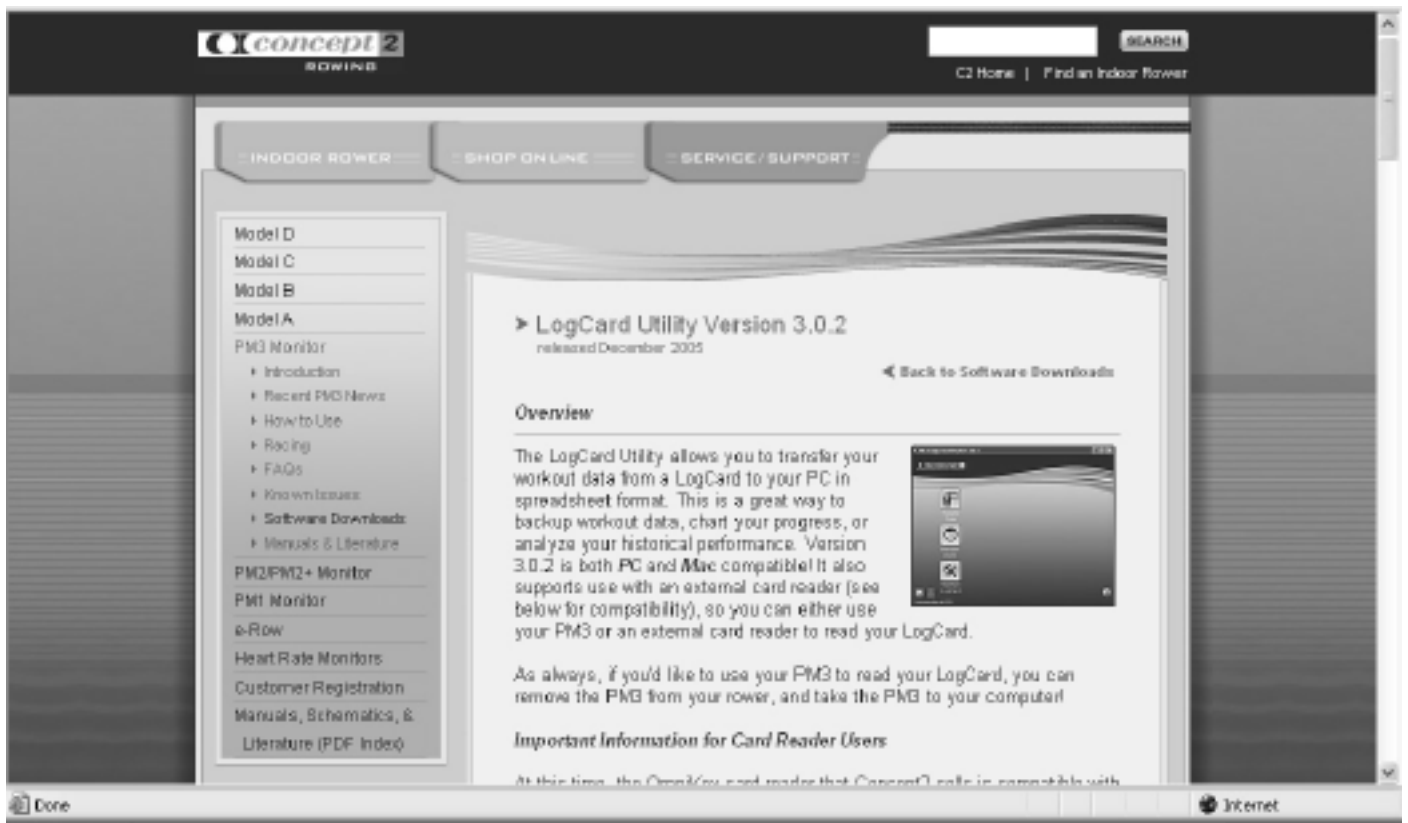
Once the installation is complete the following screen will be displayed.



If you want to view the readme file check the appropriate box. This is a text (**.txt**) file which can be viewed using Notepad or Wordpad. Click on Finish and the LogCard Transfer Utility installation will be complete.

2.3. Downloading the LogCard Transfer Utility from the Internet

The LogCard Transfer Utility can also be downloaded from the internet. This method will install the latest version of the software. It also makes it possible for users who have not got the Concept2 PC Software for your PC CD to install the software. To download from the internet open up Internet Explorer (Start> Internet Explorer). Then type the following address: www.concept2.com/05/rower/service/pm3software.asp. Scroll down to the LogCard Utility section and click on the highlighted LogCard Utility link. This then leads to a page like the one below:



Scroll down to the Save or Run PM3 LogCard Utility Setup section as shown (opposite / below):

To install immediately click Run. When the download is complete click Run to start the installation. This will open the Installation Wizard. Follow the instructions to complete the installation.

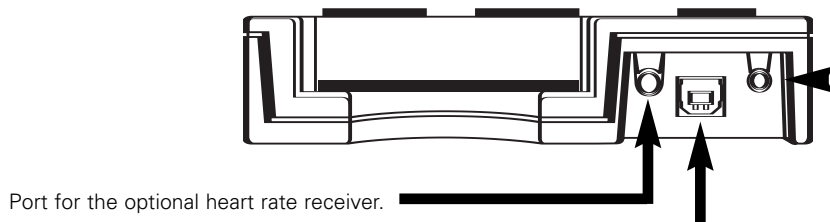
To install at a later time click Save and select a download location for the installation file. Once the file has been downloaded, the software can be installed at any time by navigating to the download location and double clicking on the installation file. As above this will open the Installation Wizard. Follow the instructions to complete the installation.

SECTION 2: The LogCard

2.4. Downloading Data from the LogCard Using the PM3 LogCard Transfer Utility

Using the USB cable that comes with the PM3, connect your computer to the MP3 Monitor.

(The connection for the USB cable can be found at the bottom of the monitor).



Flywheel sensor cable must be connected here for the PM3 to operate. The Model D sensor will also supply power to the PM3 while you are rowing. The PM3 can be set to operate with either the Model D or Model C. They are not interchangeable.

USB Port for connecting to a personal computer. See www.concept2.com/pm3 for current information on PC functions.

After downloading and installing the PM3 LogCard Utility Version 3.0.2, the first page which appears should be similar to the one opposite.

Within this page you can transfer data, change users, and change information on the LogCard.

To use all of the features you may have to download a new version of the PM3 Update Utility from www.concept2.com



TRANSFER DATA

Transfer LogCard data to Spreadsheet

To transfer data from the LogCard to a spreadsheet, click upon **'Transfer LogCard data to Spreadsheet'** in the Transfer Data option within the initial screen. A screen similar to the one opposite should appear.

After selecting an appropriate file name then click **OK**. There is the option of clicking upon automatically open file in Excel, which means that the file will open up in excel.

The LogCard will then be read and the data will be saved in a format which can be opened up in a spreadsheet. You will then be returned to the initial launch page.

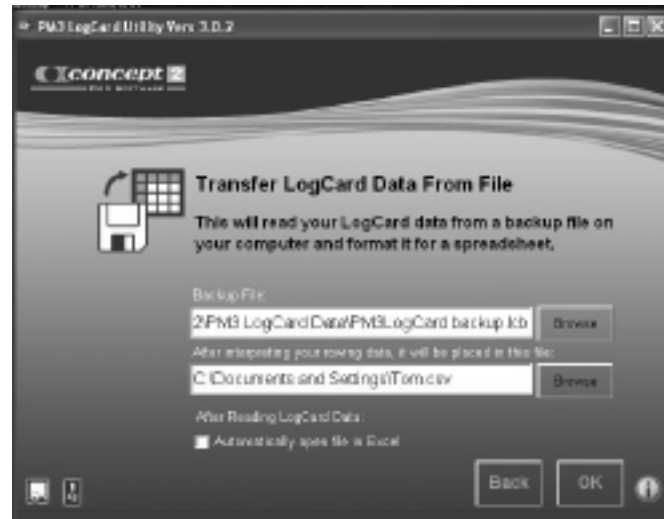


Transfer LogCard data from backup file.

To transfer data from the LogCard from a backup file, click upon **'Transfer LogCard data from backup file'** in the Transfer Data option with in the initial screen. A screen similar to the one opposite should appear.

Change the Backup file and the file where the data will be interpreted to, to a file which is appropriate. There is the option of clicking upon automatically open file in Excel, which means that the file will open up in excel. Then click **OK**

Then the files will be created and you are returned to the launch page.



MAINTAIN USER

Erase Workouts

To erase workouts found on the LogCard click on the **'erase workout'** box within the maintain users section. This should then lead onto a page similar to the one opposite.



At this page select the appropriate user who appears on the drop down list. They will be the users whom currently use the card. Also select whether you want all of the user's workout data deleted or some before a specific date which can be chosen, by clicking on the appropriate box. The click on **OK** to continue.

The LogCard will then be read, and a final confirmation box will appear. Click either **YES** to continue or **NO** to stop the process.

Then the LogCard will delete the specific workout data and returns you to the initial opening page.



SECTION 2: The LogCard

Move a User

Move user and data to a different LogCard

To move user and data to a different LogCard found on the LogCard click on the **'move user and data to a different LogCard'** box within the maintain users section. This should then lead onto a page similar to the one shown opposite.

From this page select the appropriate user from the pull down menu and then click on **OK** to continue.

You must have a formatted blank LogCard for this process to happen otherwise all of your data will be lost.



The LogCard is then read, and a final confirmation box will appear. Click either **YES** to continue or **NO** to stop the process. At this stage you must have a blank LogCard ready.

The LogCard is then read and the data is removed. A screen similar to the following one should then appear.

Insert the new blank LogCard and then press **OK**.

The LogCard is then read and written and then you are returned to the initial page on the PM3 LogCard Utility Version 3.

Delete a User

To delete a user found on the LogCard please delete it manually on the PM3.



MAINTAIN LOGCARD

Save LogCard data to file

To save LogCard data to file click on the **'Save LogCard data to file'** box within the maintain LogCard section. This should then lead onto a page similar to the one shown opposite



You then have the option of changing where the file is save. You can either accept the default on or chose a new file by clicking on Browse and the finding an appropriate file you wish to save it too. The click **OK**.

The LogCard is then read and the data saved. You are then returned to the initial menu page.



SECTION 2: The LogCard

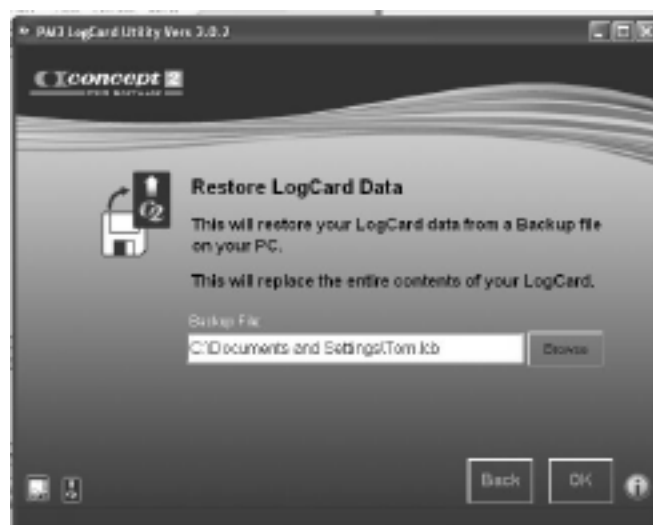
Restore LogCard data from file

To restore LogCard data from file click on the **'Restore LogCard data from file'** box within the maintain LogCard section. This should then lead onto a page similar to the one shown opposite.

You then have the option of changing where the file is uploaded from. You can either accept the default on or chose a new file by clicking on Browse and the finding an appropriate file you wish to upload. Then click **OK**.

The LogCard will then be overwritten. Click **YES** if you are sure or click **NO** if you do not want this to happen.

The LogCard is then read and the data saved. You are then returned to the intial menu page.



Duplicate entire LogCard

To duplicate entire LogCard data from file click on the **'Duplicate entire LogCard'** box within the maintain LogCard section. This should then lead onto a page similar to the one shown opposite.

Insert the original LogCard which you want to be duplicated and click **OK**.



The LogCard is then read and a screen similar to the one opposite appears.

Remove the original LogCard and insert a new LogCard. Then click **OK** to continue



The LogCard is then duplicated. You do have the option to make additional copies of the LogCard by inserting a new LogCard and clicking **OK**. To finish please click **Back**, this will return you to the initial main menu.



2.5 How to erase a LogCard and start over

Erase all LogCard data and users

To erase all LogCard data and users click on the '**Erase all LogCard data and users**' box within the maintain LogCard section. This should then lead onto a page similar to the one shown below.

Click **OK** to continue.

A confirmation box then appears. Click **YES** to continue or **NO** to cancel the process.

The date and user are then erased and you return to the initial menu.



SECTION 2: The LogCard

2.6. What to do if the PM3 Monitor will not Communicate with the PC

1. Ensure that you have saved any workouts to your LogCard.
2. Disconnect the USB Cable.
3. Ensure that the USB connector in the PM3 is solidly attached. (Sometimes the USB jack becomes physically disconnected from the circuit board due to excessive cable insertion force. If it is loose, please contact Concept 2 to discuss replacement/exchange options.)
4. Remove one of the batteries in the PM3.
5. Press a button on the keypad and release.
6. Leave the battery out for one hour or more.
7. Reinstall the batteries and set the language, date, and time.
8. Try attaching the PM3 to the PC again. If the PC still cannot talk to the PM3, leave the batteries out overnight and try the preceding steps again using a different USB cable.

SECTION 2: The LogCard

2.7.5 Select the line graph option. This will show you the following screen:

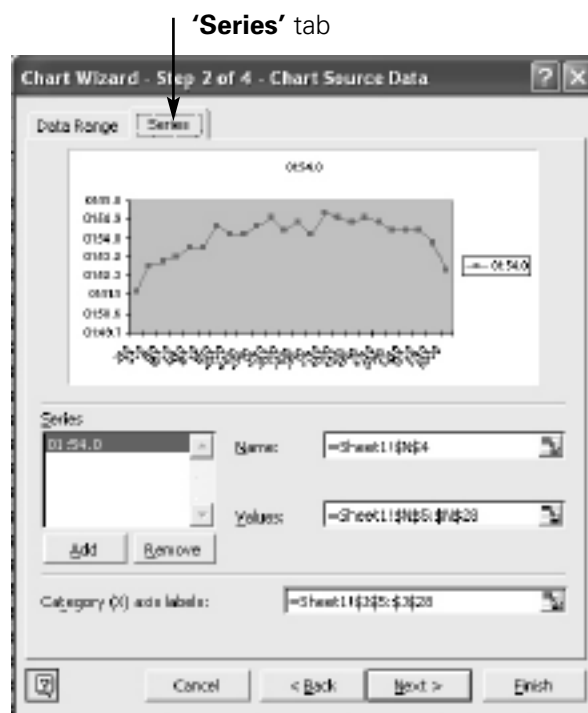


2.7.6 To make sure that your graph will look right press and hold the button that says **“Press and Hold to View Sample”**.

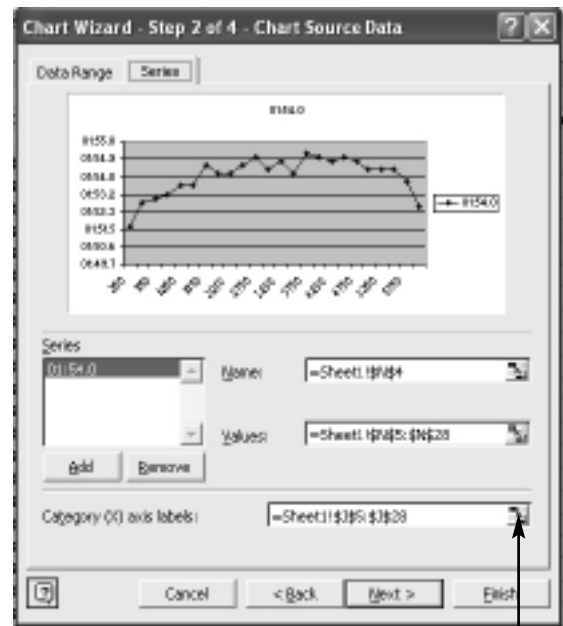
2.7.7 Press **“Next >”**

2.7.8 This will give you a screen like this:

2.7.9 If your graph looks correct press **“Next >”**. If it is not correct then you will need to adjust the series that the graph is being created from. To do this press the **Series** tab.



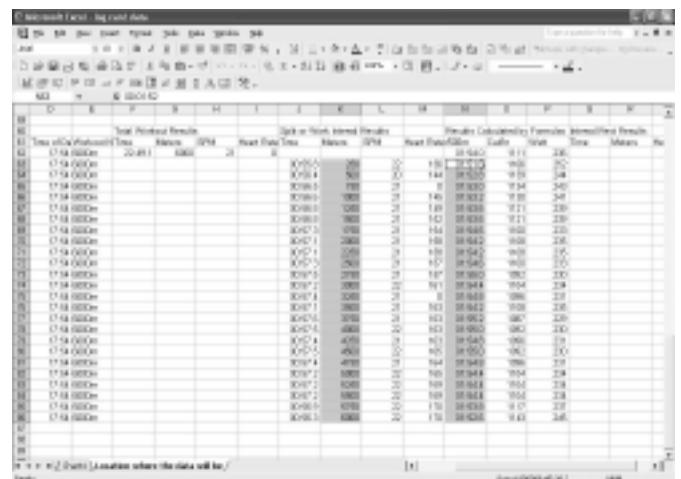
This will show you the following screen:



'X-Axis' button

First make the x-axis correct by pressing the **X-axis** button. This will allow you to highlight the cells in the original spreadsheet that you want for the x-axis. In this case the metres cells. This will look like this:

Note that the cells have remained highlighted but the ones that you want for the x-axis have to have the dotted black line around them. Once you are happy that you have selected the correct cells then press **"Return"** on the keyboard.



This will return you to this screen:

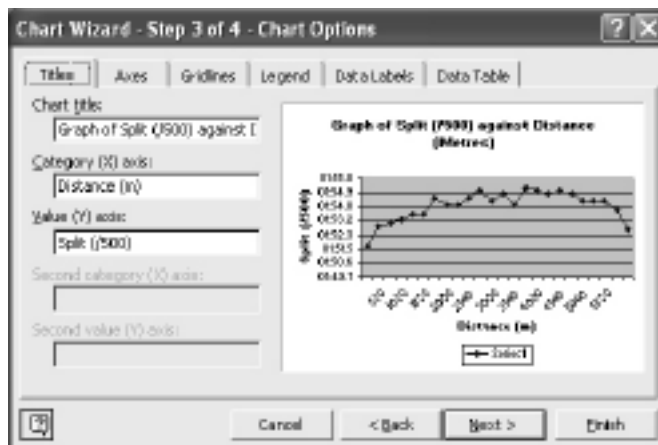


SECTION 2: The LogCard

To adjust the y-axis press the y-axis button and follow the same steps as on previous page. Once you have highlighted the cells that you want press return on the keyboard and then click **"Next >"**.

Fill in the correct Chart Title, X-axis and Y-axis titles then click **"Next >"**. To move the Legend (where it says what the series is) press the Legend tab at the top.

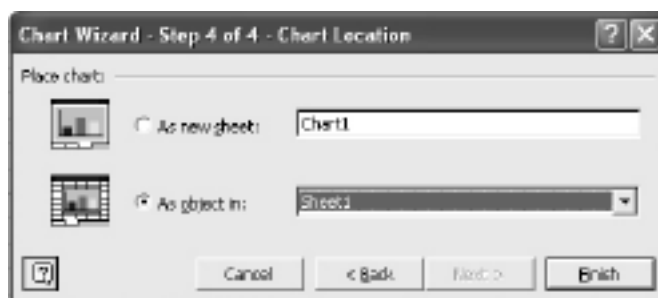
You must then decide whether you would like the graph to be produced within the original Spreadsheet or in a new sheet.



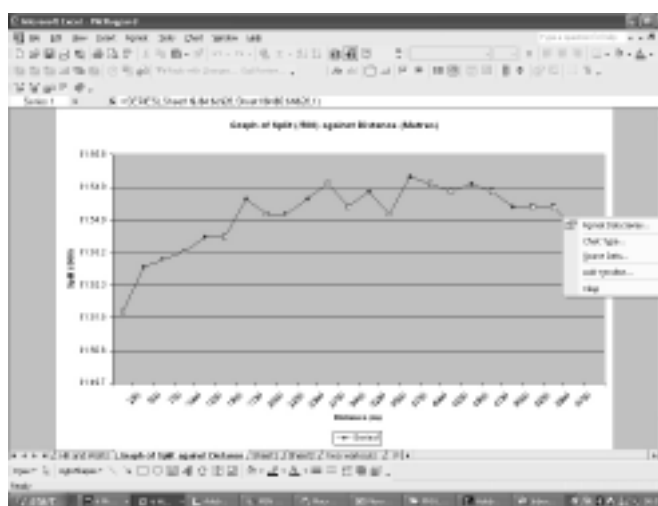
Selecting **"As a new sheet:"** is preferable as it means that you can access the graph and the data without having to scroll around the page or move the graph.

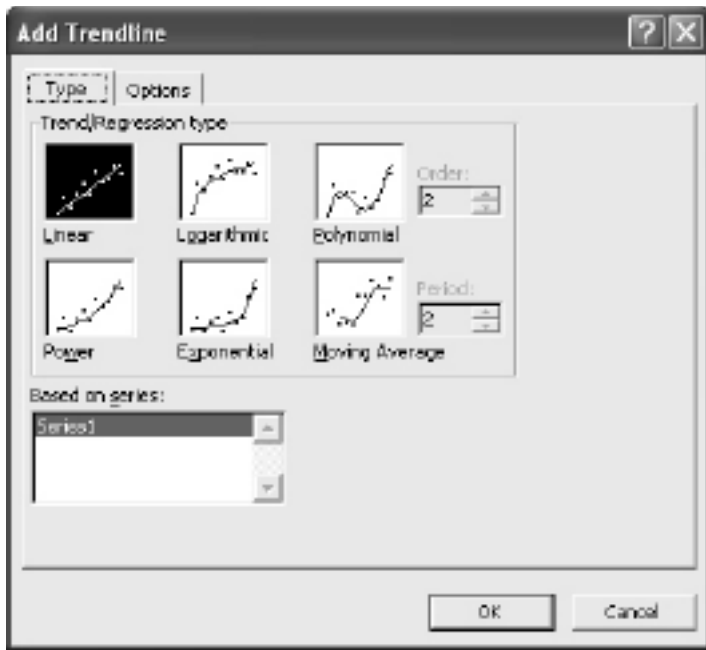
If you choose **"As new sheet:"** then you will need to enter the name that you want to appear on the tab at the bottom of the sheet.

Click **"Finish"** and your graph will be produced.

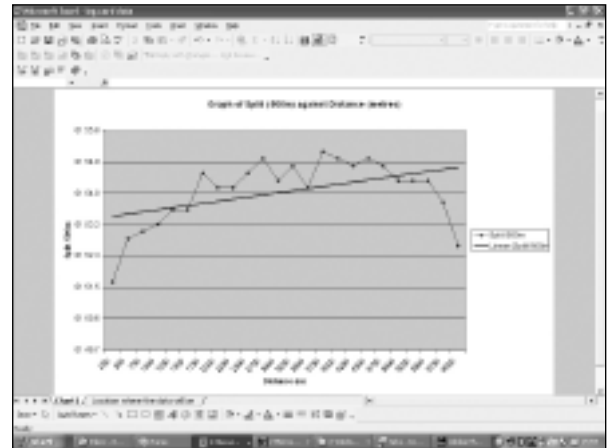


Your graph will be produced as opposite. To add a Trendline to the graph right click with the mouse on the line of the graph. This will show the box of options as shown above. Select **"Add Trendline..."** and then choose the type of Trendline you would like to add from the list.



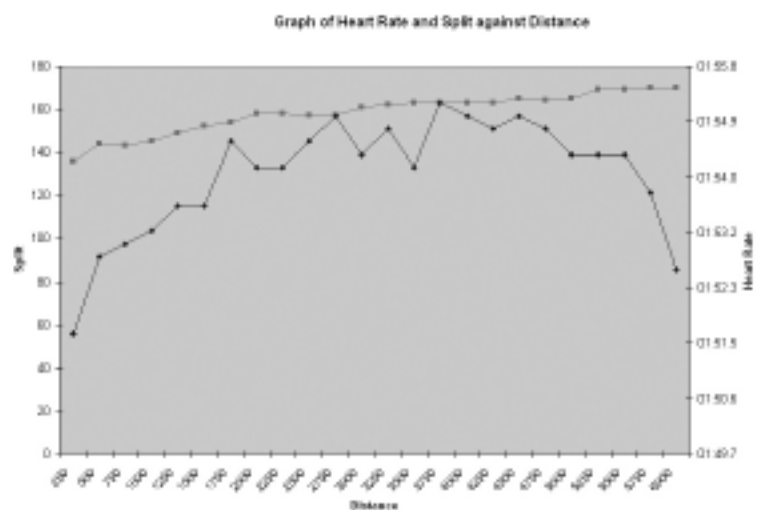
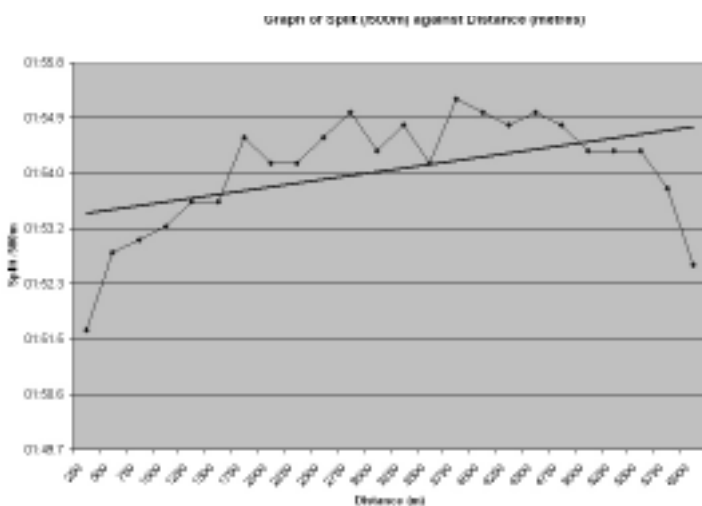


Select the type of Trendline you would like and click **“OK”**. This will produce your finished graph.



Now that the graph has been created you can use it in other documents by selecting Edit, then Copy, from the top of the page, or pressing **‘Ctrl + C’** then pasting the graph into another document like this:

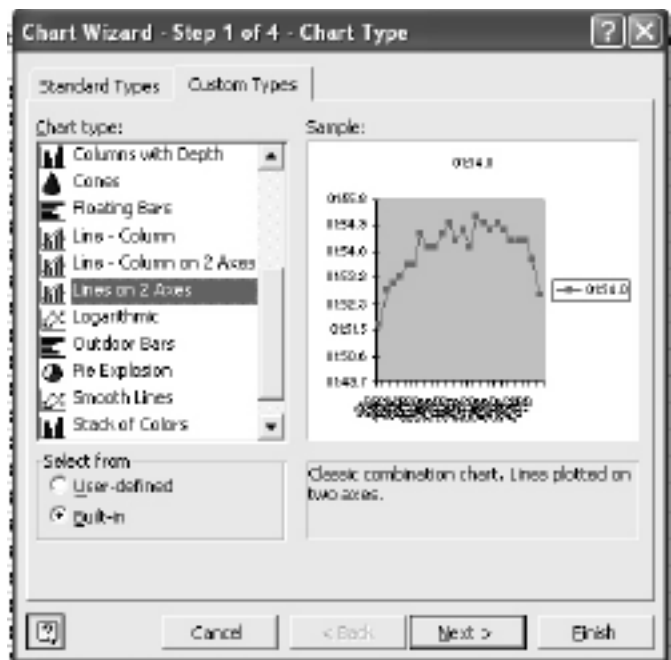
It is also possible to create a graph with two sets of data with a different axis at each end e.g. Split/500m at one end and Heart Rate at the other. Such an example is shown below.



SECTION 2: The LogCard

To create a graph like this you need to start the process as above but when you get the Chart Wizard you need to choose the Custom Type, **"Lines on 2 Axes"**.

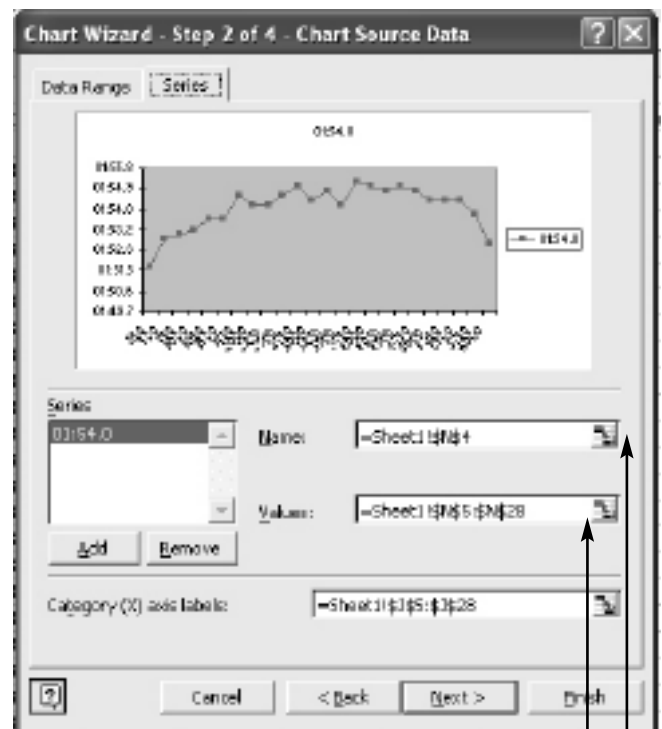
Click **"Next >"** and select the Series Tab.



Add the first series as before then press **"Add"** and go through the same procedure as previously to add the second series. Press the button marked above as Series Data and select the series from the Spreadsheet. Then continue the process as before.

Once this is done you need to change the title of the Series so that you know which is which. To do this either type into the box marked above as Series Title, or press the button and select a cell containing the title from the original spreadsheet.

Try experimenting with different types of graph to see which displays your results the best.



Series Data

Series Title

2.8. Downloading the Concept 2 Rowing Log

Open up the Internet Explorer (**Start > Internet Explorer**). Then type in the address:

www.concept2.com/05/rower/service/pm3software.asp

Scroll down to the Concept 2 Rowing Log then click on the highlighted Concept 2 Rowing Log. This then leads to a page like the one below:

From a page similar to the one below click on the highlighted **RowPro Demo Edition version 1.7 (Image 1)** This link then takes you to the download center at digital rowing, like the one below.

Image 1

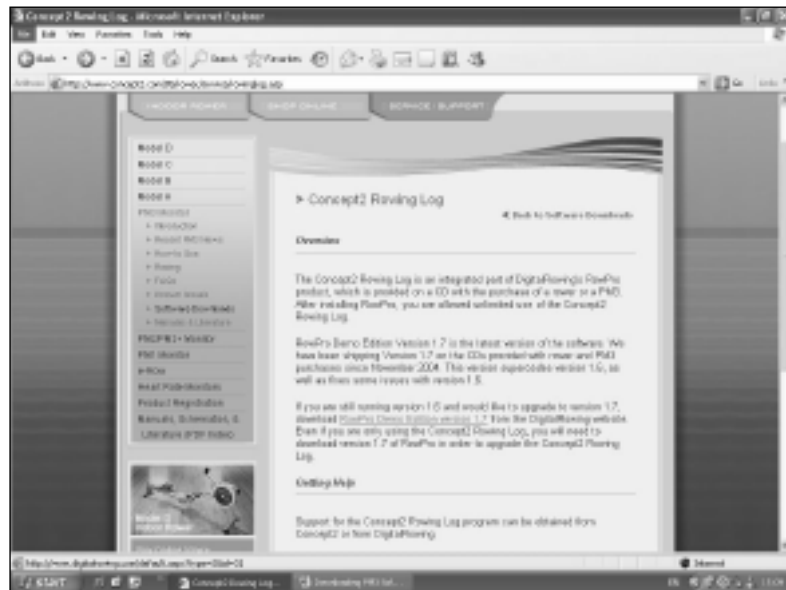


Image 2



Click on either of Download Now buttons to download the **RowPro 1.8 Home Edition**. A box then appears where the installation file can be saved to an appropriate location. Click OK then the file will start downloading. After the file had been downloaded click Run to start the installation and follow the on screen set up instructions. The installation can also be completed at a later time by locating and double clicking the installation file to start the RowPro setup program. Once again follow the on screen instructions to complete the installation.

2.9. Installing the Concept 2 Rowing Log from CD

Insert the CD titled “PC software for your PM3” that came with your PM3 or Model D. This will automatically open the Concept 2:PC Software Suite (if this does not open automatically go to the start menu, select my computer, select the CD drive). This should look like this:



Click on the Button next to C2 Logbook image. This will display the screen opposite:

Click **Next >** If a license agreement appears then read and accept it.

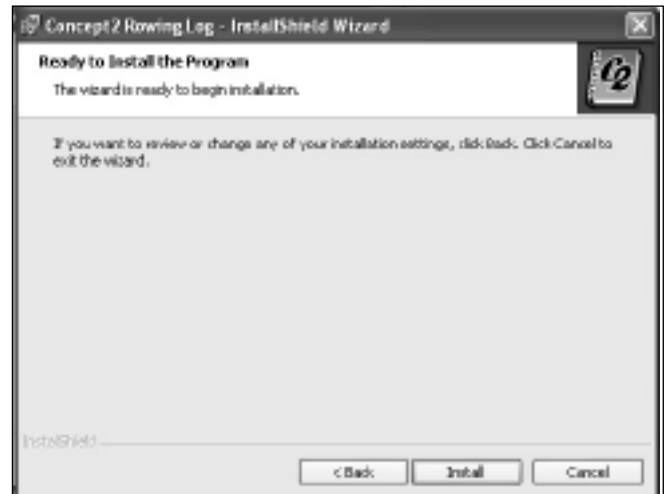


The Software will load by default into the Program Files folder on the C: drive. It will create a folder called Concept 2 if one does not already exist. If you would like to change the location of this program click change and select the folder where you would like it.



You will then be shown the following screen.

Click on **Install** and the program will install onto your computer.



Once the Program has installed you will be shown this screen. Click **Finish** and you are ready to use the Concept 2 Rowing Log.

It is also possible to download the rowing log from the Concept2 website.

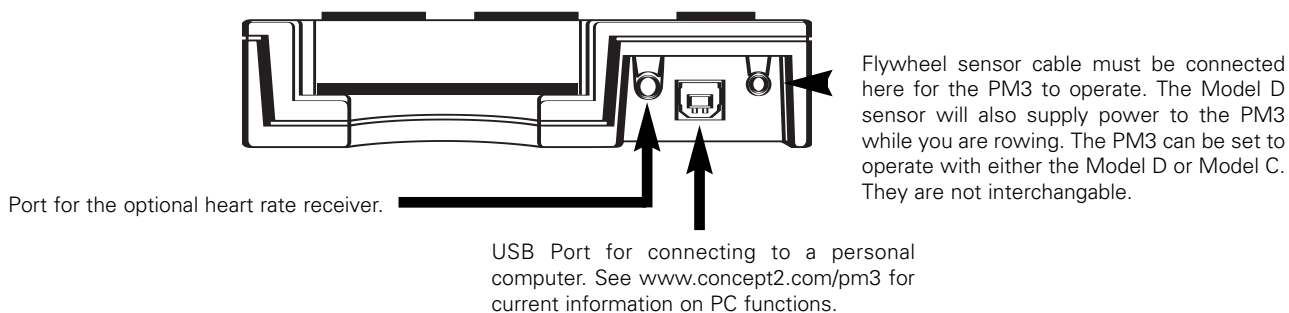
www.concept2.com/05/rower/service/pm3software.asp



SECTION 2: The LogCard

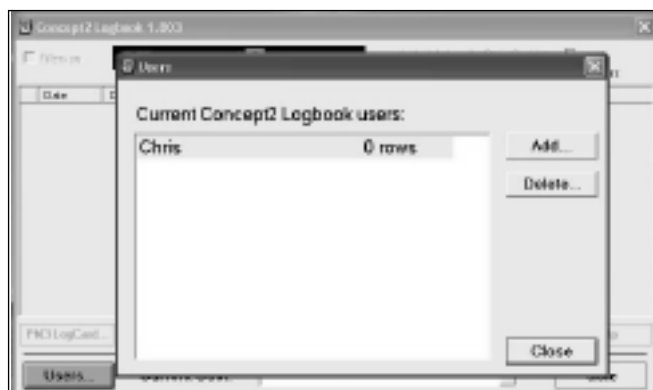
2.10. Using the Concept 2 Rowing Log

Using the USB cable that comes with the PM3, connect your computer to the MP3 Monitor. (The connection for the USB cable can be found at the bottom of the monitor).



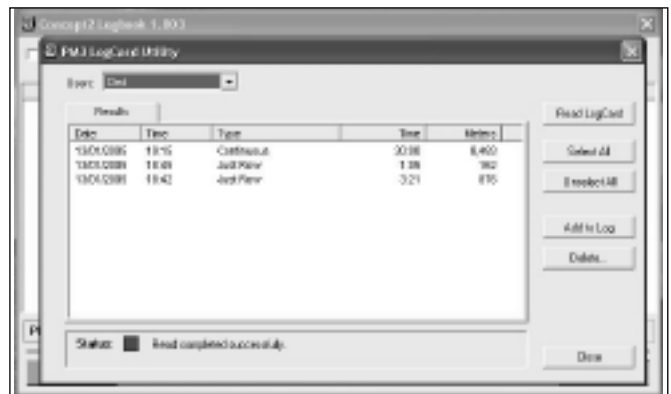
Open the Concept 2 Rowing Log. (Start > All Programs > Concept2 > RowPro> Concept2 Logbook). This opens up an initial box like the one below:

To add a user click the **Users** button and add the name of the user as shown.

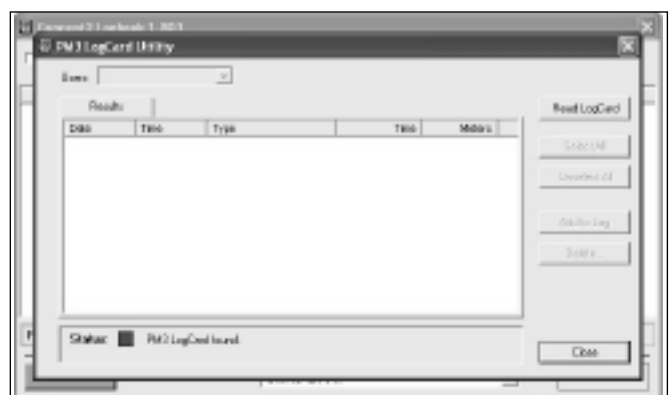


Add new data from the PM3 LogCard

To add new data from the PM3 LogCard click on the PM3 LogCard box. The window opposite will be displayed.



Click on **Read LogCard**. After the LogCard has been read the box below should appear below:



To add data to the C2 Rowing Log select the required data and then click on the **Add to Log** box. After all the required data has been added click **Close**.



This will return to the main C2 Rowing Log with the information on it, which should look something like this:



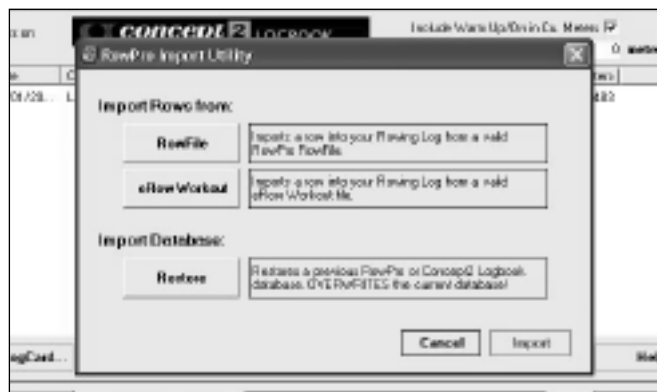
SECTION 2: The LogCard

Importing data to the C2 Rowing Log.

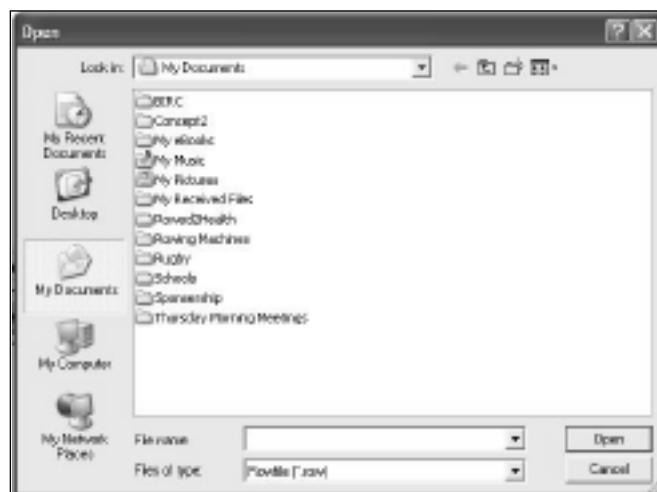
When at the initial C2 Rowing Log page (similar to that of the last picture and occurs after opening the C2 Rowing Log), click on the **Import Rowing** box. This will open a box like the one opposite.

Select the required data type either Import a RowPro RowFile, Import an eRow workout file or Restore a previous RowPro/Concept2 Logbook database. Note: The last option overwrites the current database.

Then click **Import**.



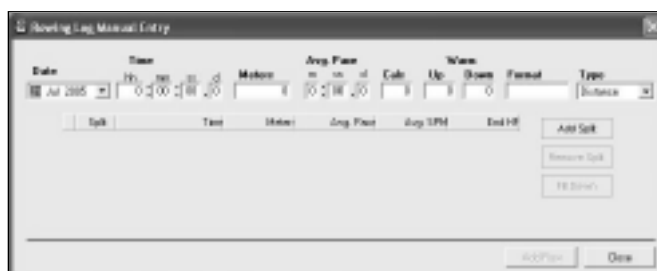
Click on the appropriate data, then click on open and this will then add the data to the C2 Rowing Log



Adding data manually to the C2 Rowing Log

From the initial C2 Rowing Log page click on the manual entry box. This will then open up another page which should look similar to the page opposite:

Then the user should enter the data that they want to, manually into the appropriate boxes. Then click on the Add Split box. If any data is entered incorrectly and wants to be removed then click on Remove Split. Then to add the data to the initial C2 Rowing Log page click on add row. Once all the data has been added click on **Close** which will take the user back to the C2 Rowing Log page.



To Print a Report

From the initial C2 Rowing Log page click on print report. This will then open up a page like the one opposite.

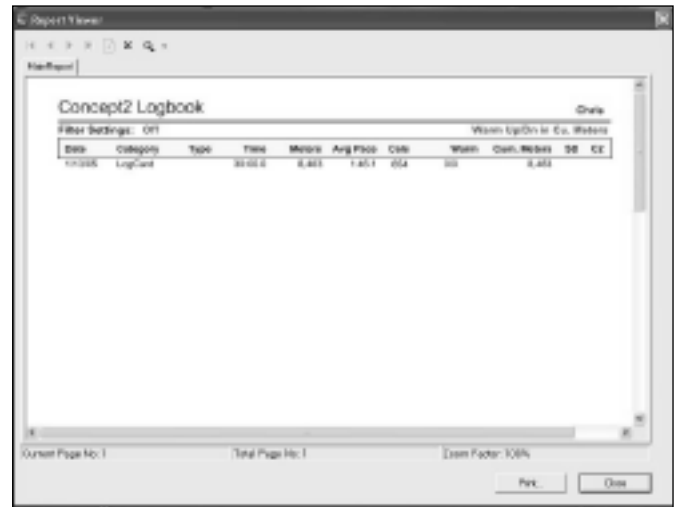
From this page then the report can be printed by clicking on the **Print Report** box or the page can be closed by clicking the **Close** box.

Reset View

In the initial C2 Rowing Log page click on the **Reset View** box to put the view back to how it was.

Help

If any help is needed then the user should click on the **Help** button which can be found on the initial C2 Rowing Log page. Here most problems encountered can be tackled.

**Generating a Report using the C2 rowing log**

Using the USB cable that comes with the PM3, connect your computer to the PM3 Monitor.

(The connection for the USB cable can be found at the bottom of the monitor).



Port for the optional heart rate receiver.

USB Port for connecting to a personal computer. See www.concept2.com/pm3 for current information on PC functions.

Flywheel sensor cable must be connected here for the PM3 to operate. The Model D sensor will also supply power to the PM3 while you are rowing. The PM3 can be set to operate with either the Model D or Model C. They are not interchangeable.

Then insert the LogCard into the PM3 monitor.

Open the C2 Rowing Log. (Start menu > Programs > Concept2 > RowPro> Concept2 Logbook)

This will lead to a C2 Rowing Log without any information on it. To add the data to it, click on the PM3 LogCard. This then opens up a box with the recorded data in it. Click on the box beside the desired data and then click on **Add to Log**. Then to close box click on **Close**.

This will open up the C2 Rowing Log which will then look like this:

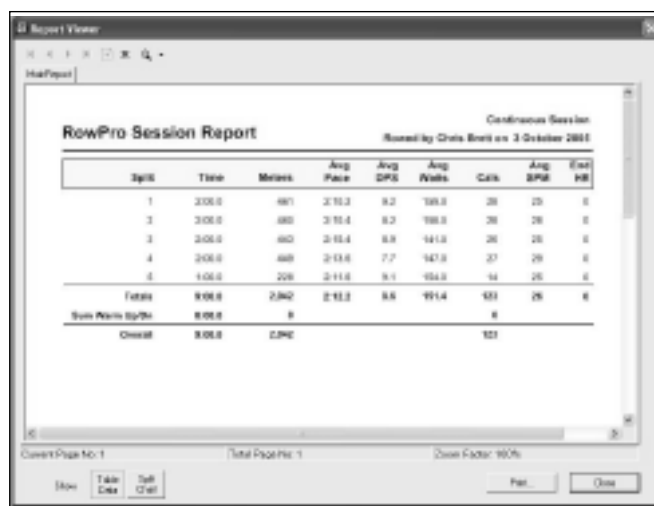


SECTION 2: The LogCard

Highlight the data line required, then right click the highlighted area to see the options tab. Click on **Details** in the tab.



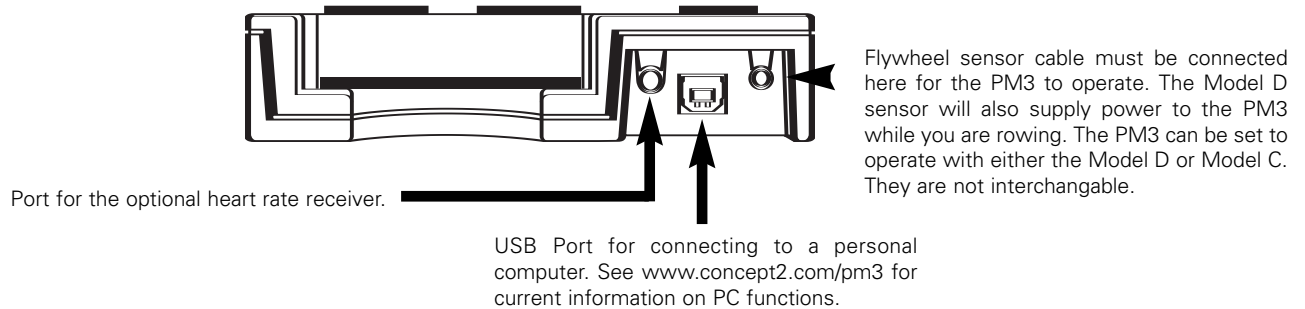
This then generates a report similar to the one opposite. The report can then be printed by clicking on the **Print** button or closed by clicking on the **Close** button.



2.11 Deleting Files from the LogCard Using the Concept 2 Rowing Log

Using the Concept 2 Rowing Log is the only way of removing files from your LogCard.

Using the USB cable that comes with the PM3, connect your computer to the PM3 Monitor. (The connection for the USB cable can be found at the bottom of the monitor).



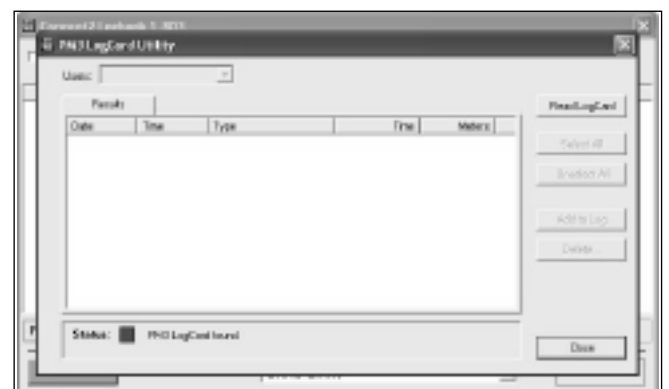
Open the C2 Rowing Log. (Start> All Programs> Concept2> RowPro> Concept2 Logbook)

This opens up an initial box like the one opposite:



To add new data from the PM3 LogCard click on the **PM3 LogCard box**. The following screen will appear:

Click on **Read LogCard**. After the LogCard has been read the box below will appear:



SECTION 2: The LogCard

Highlight the workout that you would like to delete, then click Delete. This will remove the workout from the LogCard.

Warning: Please be advised this action is irreversible.



The Personal Training Log

3.3. History

Here season summaries, lifetime totals, and archived results can be seen. By clicking on the archived results, all workout pieces logged in each year will appear. There is also the option to edit or delete the information, by clicking on the furthest right columns.



3.4. Challenges

Here users can see how they are ranked on the Annual Metres Honour Board, which shows participants the average daily metres rowed for all ranked participants. The user can also see where clubs and universities stand, and see forthcoming challenges and events.

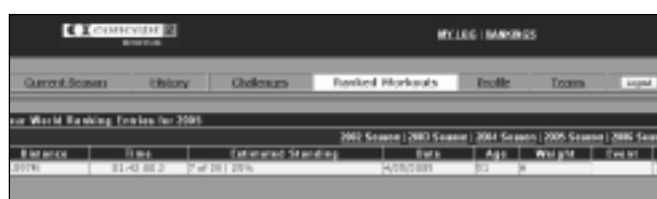
Further down this page there is a **“Weekly Winners”** section; the **“Million Metre Club”**; and ranking statistics, where information about the overall log is displayed. The **“Million Metre Club”** gives out prizes for people who achieve certain distance targets, for example one million metres.



3.5. Ranked Workouts

Within the **“Ranked Workouts”** the user is able to quickly see how their times and distances compare to others. The view initially opens with the current year on show but by clicking on previous seasons, the user is able to see where they have been ranked previously.

For more on this side of things, see **“Rankings”** below.



SECTION 3: The Personal Training Log

3.6. Profile

Within the Profile area the user is able to view and edit their profile, and add any additional training partners. Underneath the Profile Settings, there is a small **“Edit Profile”** button. They can change any information and then either accept it by clicking agree, or rejecting it by clicking reject.



3.7. Teams

Within the **“Teams”** section, the user can see results from team events and view where their team stands within the standings. You can also manage the team as well as create new team events.



3.8 Rankings

By clicking on **“Rankings”** at the top, you can see all the Ranked pieces from everybody who has signed up for the Personal Logbook. You can view these without having registered for the Personal Logbook yourself. There are various ranking distances, ranging from 500m to a full marathon (42,195m). You can either view the best times for the entire ranking, or you can search by criteria such as gender, age, weight and country.

3.9 Log out

You should log out of the Personal Training Log when you are finished using it.



Venue Racing

SECTION 4: Venue Racing

4.1. Downloading the Venue Racing Software

Open up the internet explorer (start > internet explorer).
Then type in the address

www.concept2.com/05/rower/service/pm3software.asp

Scroll down to the Venue Racing Software then click on the highlighted PM3 Venue Racing Application. This then leads to the next page like the one opposite:

Then click on the **Save** or **Run** box, accept and click ok.
Then the software will be downloaded and then can be used.



A download dialogue box will now open giving the options **Run**, **Save** or **Cancel**.

To install immediately click **Run**. When the download is complete click **Run** to start the installation. This will open the Installation Wizard as shown in section 4.2. Follow the instructions in 4.2. to complete the installation.

To install at a later time click **Save** and select a download location for the installation file. Once the file has been downloaded the software can be installed at any time by navigating to the download location and double clicking on the installation file. As above this will open the Installation Wizard. Follow the instructions in 4.2. to complete the installation.

4.2. Installing the Venue Racing Software

Double click on the appropriate downloaded setup, The Installation Wizard will pass it through some set up pages before coming to the page opposite:

Click on **next** button:

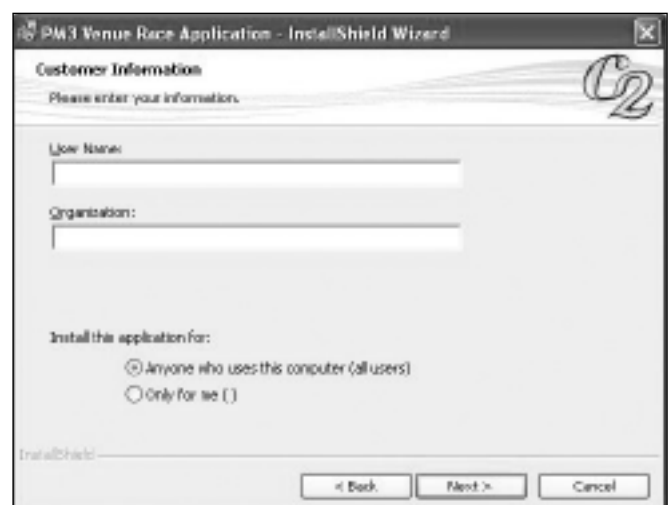


This then leads on to the next page which should look similar to the window opposite:

Accept the terms of the agreement, then click **next**, which should the proceed onto the next page.

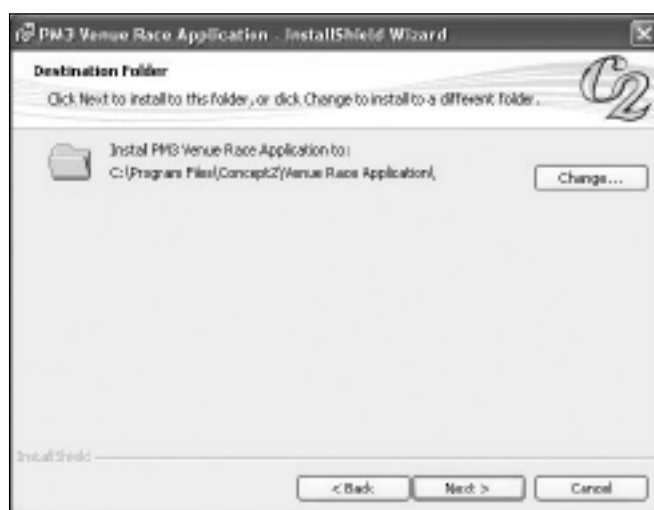


Fill in the appropriate information, and then click **Next**.

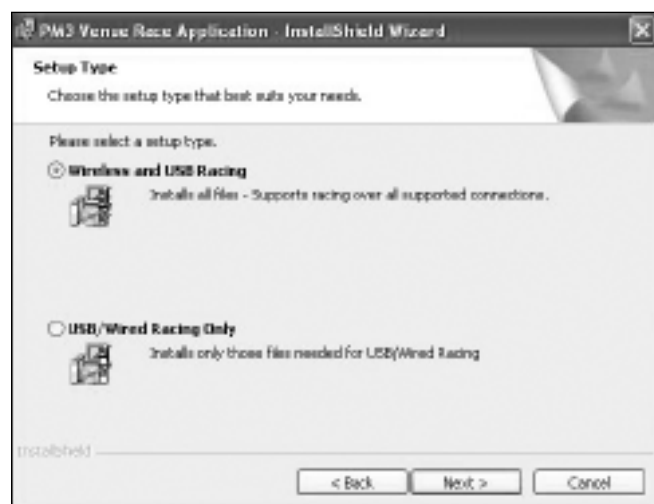


SECTION 4: Venue Racing

This should lead to the page opposite. If the destination to install the Venue Race application is okay, then click **next**, but if the destination is not the desired one then click **change** and set the appropriate destination. Then click **next**.

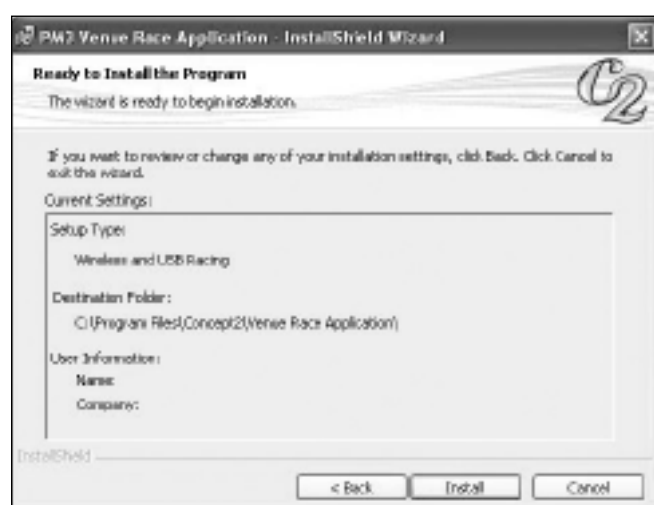


Choose the appropriate setup type and then click **next**.



The box opposite then appears confirming the installation information. If this information is okay then click **Install**, but if this information is wrong then go back and change it.

The installation then occurs and then when the installation finishes click **finish** to close the installation box.



4.3. Using the Race Venue Software

Prior to running a race, you must decide on which method to use to connect the PM3s to the Venue Race Application. This is often decided by the size of the venue. The following table can be used to determine the method of connection that will best suit your race. For most systems in schools it will be appropriate to use the USB system as there will not be enough machines being used to warrant using any of the other systems.

Connection method guidelines

CONNECTION METHOD	RECOMMENDED VENUE SIZE	MAXIMUM RESTRICTIONS	REQUIREMENTS
USB	2-20	Maximum 28	Hubs
Wired	10-40	Not tested over 40 units as of 1/22/05	Wired modules
Wireless *	20-60	Tested up to 56 units	Wireless modules

Installing the Venue Race Application (VRA)

Before racing, your PC meets all minimum requirements and make sure that all PC power management features such as screen savers are turned off.

Download the latest version of the Venue Race Application and associated utilities from:

www.concept2.com/products/pm3/venue.asp

Run the setup.exe file you downloaded.

Click I agree and then click **Next**.

Continue clicking **Next** until the installation is complete.

Take note of the new icons on your desktop, as well as the new options in your Start All Programs menu. The icons on your desktop are as follows:

- PM3 Venue Race: This is the Venue Racing program. It is similar to eRow but for the PM3.
- PM3 Venue Race DHCP Server (TFTP): This icon is only for WIRELESS 802.11 racing with wireless adapters (PN 1984). You can delete this icon if you are using USB racing (or you choose to install only the USB version of Venue Race Application and utilities).
- PM3 Firmware Update for Venue Racing: This icon is for updating the firmware in the PM3 for USB or Wired racing.
- PM3 Expansion Firmware Update for Venue Racing: This icon is for updating the firmware in the expansion hats.
- PM3 Firmware Restore to V82: This icon is for restoring the PM3s to version 82 following the race.
- Start then All Programs, and then Concept2: This contains several menu options, including restoring PM3s to Version 82 firmware following the race.

SECTION 4: Venue Racing

4.4. Use in Schools

For most systems in schools it will be appropriate to use the USB system as there will not be enough machines being used to warranty using any of the other systems.

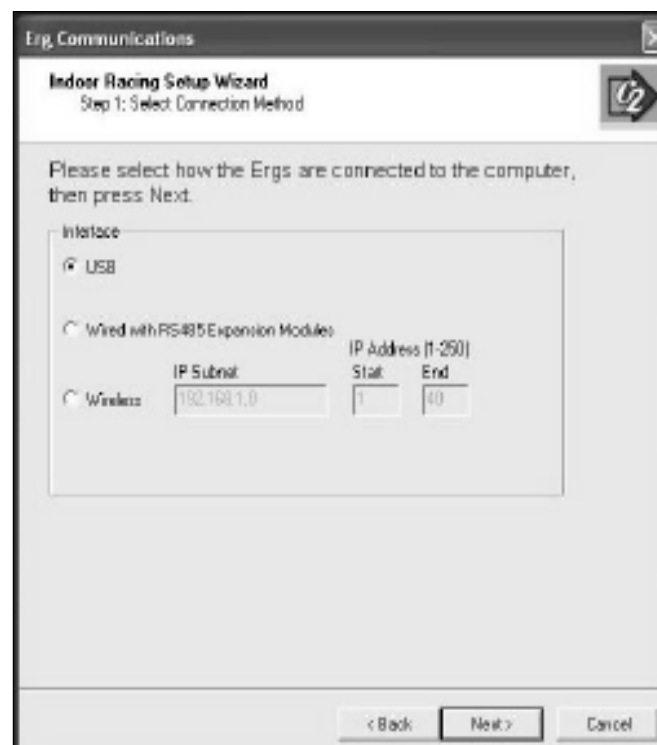
For connecting the machines together download the support documentation from the Concept 2 web-site (see section 4.12) and read the usblayout.pdf document.

To access the race venue software click Start, Programs, Concept 2 and then double click on Race Venue Software.

The page opposite then opens up, click on **Next** which then proceeds to the following page:



Here select the appropriate interface options, which will usually be USB, and then click on **Next**. A similar page should then appear:



The computer will then discover the Indoor Rowing Machines (Ergs). Please make sure that the monitors are on when discovering the machines on the race system. If the right amount of Ergs is found, click **Next**. But if this number is wrong then click **Help** and rediscover. Keep discovering until the right amount of indoor rowing machines is found by the race venue software. Once they are discovered click **Next**. Then a similar page should appear.



Then click **Number all Ergs**, and then go to all of the monitors and press the next lane button. Use the accept or reject lane options to assign the appropriate lane numbers to the Ergs.

After accepting these lane numbers click the **Done Numbering** button which appears on the screen. And then click **Next**.

This will then take you on to the following page:



SECTION 4: Venue Racing

Then select the appropriate options, in stages 1,2 and 3, then click **Next**.

Race Setup

Indoor Rowing Setup Wizard
Step 4 - Race Setup

Enter the race type, grouping, and heat name, then press Next.

1. Enter the race distance or time -> Distance: 2000 Meters
 Time: 0:05:00 Minutes

2. Race as -> Singles
 Doubles
 Fours
 Eights

3. Enter the heat name ->
This will be displayed on the PM3 during race warmup

< Back Next > Cancel

Then fill in the participants name into the appropriate box. Click **Next** which should lead on to a page similar to the page opposite:

Rower Setup

Indoor Rowing Setup Wizard
Step 5 - Enter Participant Names

Enter the number of boats and the names if desired, then press Next.

Number of boats in race ->

	Participant Name
1	
2	
3	
4	
5	
6	
7	
8	

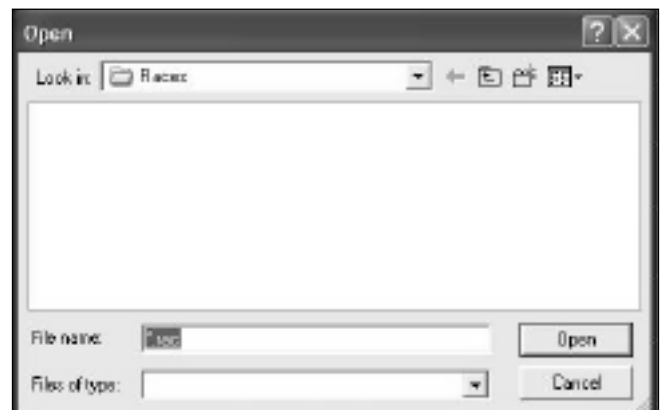
< Back Next > Cancel

Then click **Finish** and the follow box should appear:

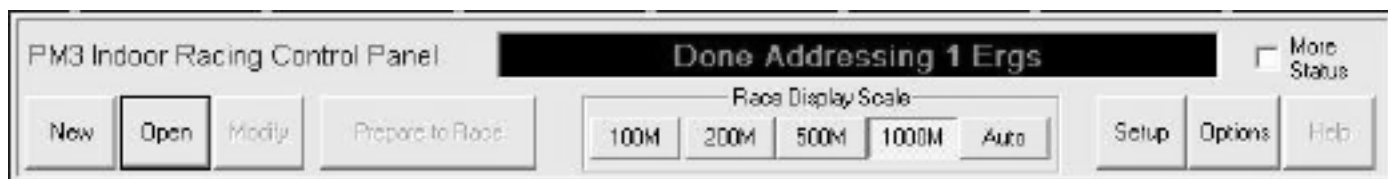


Here the race data can be saved by changing the file name and/or changing the desired location, and then clicking **Save**.

Then the program is set up and all that remains to be done is click on the **Prepare to Race** button in the PM3 Indoor Racing Control Panel. The screens will then count down and the race will begin:



4.5. How to set up a New Race the Race Venue System Software

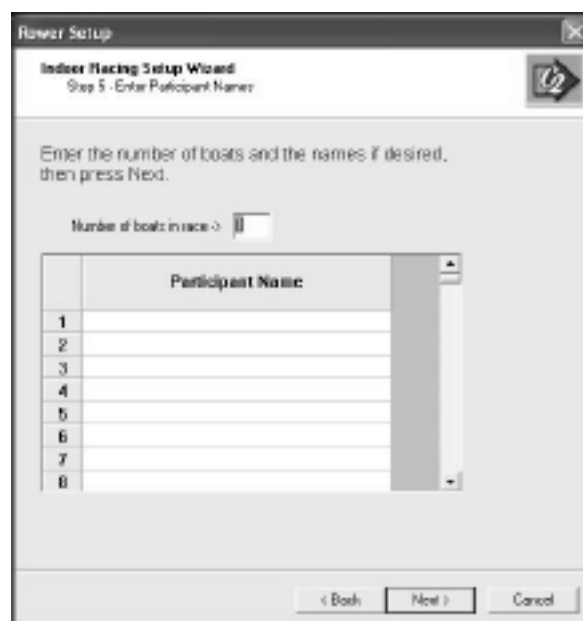


On the above panel click on the **New** button. This will then take you on to the following page:

Then select the appropriate options and click **Next**.



Then fill in the participants name into the appropriate box. Click **Next** which should lead on to a page similar to the window shown on the next page.

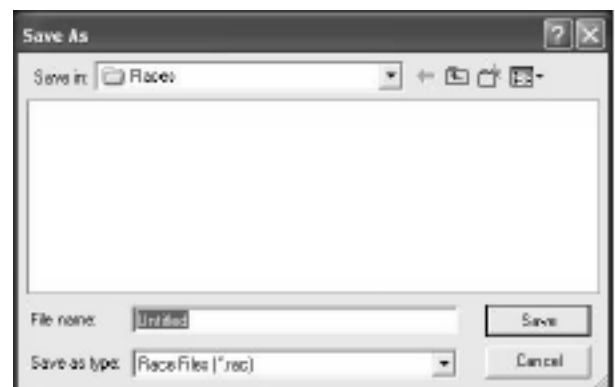




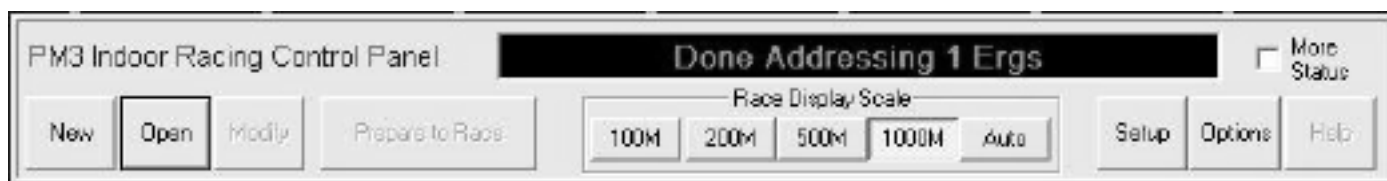
Then click **Finish** and the following box should appear:

Here the data can be saved by setting the desired file location, changing the file name and then clicking **Save**.

Then the program is set up and all that remains to be done is click on the **Prepare to Race** in the PM3 Indoor Racing Control Panel. The screens will then count down and the race will begin.



4.6 Opening Saved Races



Inside the PM3 Indoor Racing Control Panel shown above, click upon **Open**. This following box will pop up.

From this box, **Modify Race**, the data can be changed from the original data which was saved. Once the information has been altered click on **Ok**. Then the program is set up and all that remains to be done is click on the **Prepare to Race** in the PM3 Indoor Racing Control Panel. The screens will then count down and the race will begin.

	Participant Name	Country	Birthdate (mm/dd/yyyy)
1	Lane1		
2	Lane2		
3			
4			
5			
6			
7			
8			
9			
10			
11			

4.7. How to Change the Race Setup



On the PM3 Indoor Racing Control Panel, shown above, click on the **Setup** button. Then the following picture should appear. Here the way the rowing machines communicate to each other can be altered and new machines can be discovered if they are lost.

By clicking on the **Erg Numbering** tab the machines numbers can now be altered.



Once the appropriate ergs have been renumbered or the communication has been altered then click **Ok** so the settings can be used in the race setup.

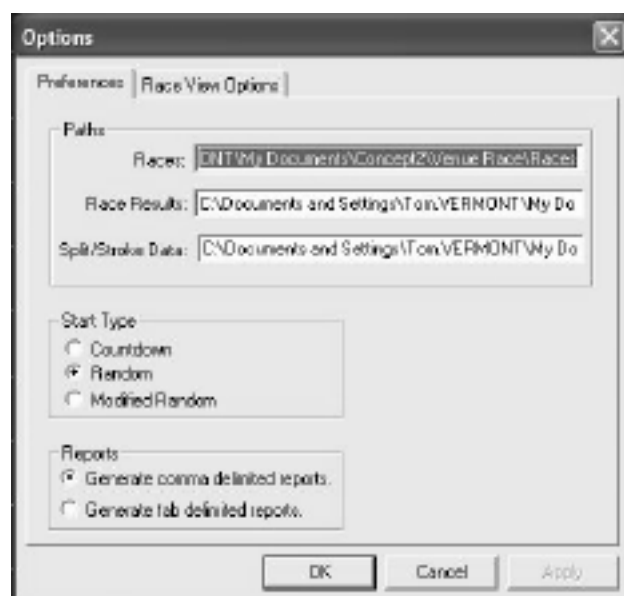


4.8. How to Change Race Options

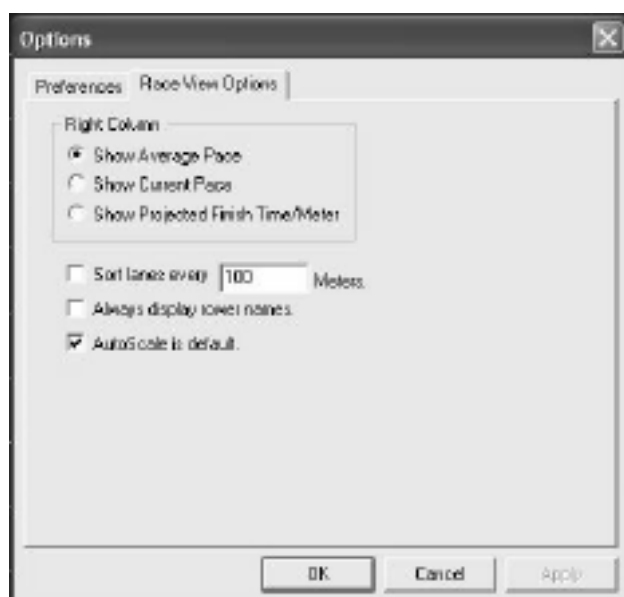


By clicking the Options box in the above PM3 Indoor Racing Control Panel, the following box appears below.

By clicking on the **Preference** tab a screen similar to the one above should appear. In the **Paths** section of this box the files the race data, the race results and split/stroke data can be easily changed by typing in the desired location. In this options box the start type can also be altered to that desired by clicking on either **Countdown**, **Random** or **Modified Random**. Report types can also be altered in the **Options Preferences**. Then if the **Race View Options** tab is clicked the following view should appear:



Here the view of the race can be altered easily by clicking and ticking the appropriate boxes. Once the appropriate changes have been made then **Ok** can be clicked and the view will return to the race screen.



4.9. Showing More Race Information

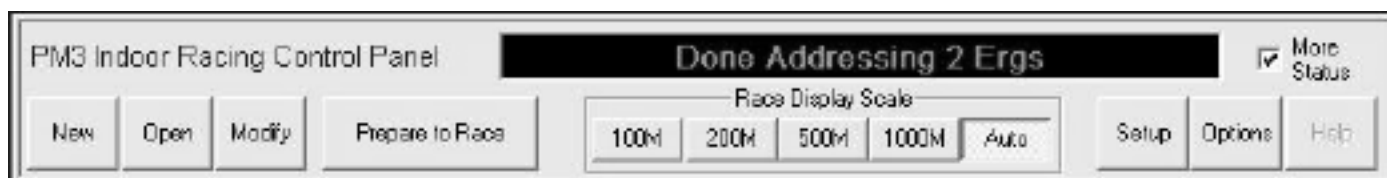


Within the PM3 Indoor Racing Control Panel, if the **More Status** box is clicked then the following box appears which shows more information. If the data has been changed then click **Refresh** to get the updated sheet.

To close the Erg Status box click on the **Close** box.

Log#	Phys#	Port	Config	Qual	Level	Bat	Packets	Errors	SyncErr	Retries	Failures	Op Type	Race Stat
0	0	0	0	0	0	100	3045	0	0	0	0	Phys Adr Init	Inactive
1	0	1	0	0	0	100	3045	0	0	0	0	Phys Adr Init	Inactive
2													
3													
4													
5													
6													
7													
8													
9													
10													
11													
12													
13													
14													

4.10. Changing the Race Display Scale



To change the scale of the race screen either click upon the race display scale on the following box:

Or the race display scale can also be changed by clicking on the **100**, **200**, **500**, **1000** or **Auto** and the scale will change appropriately:



4.11. How to Get Help

To gain help in the Race Venue Software click on **Help** on the top bar of the software shown below, or click on **Help** with in the PM3 Indoor Racing Control Panel.



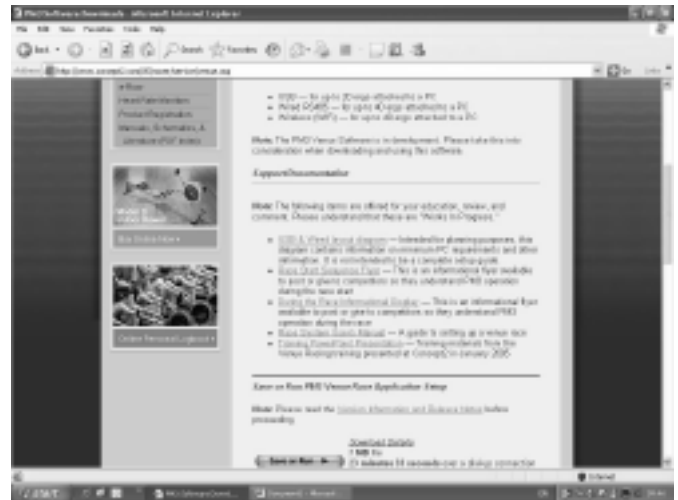
4.12. Downloading Support Documentation for PM3 Venue Racing

Access Internet Explorer (Start > Internet Explorer). Then type in

<http://www.concept2.com/05/rower/service/venue.asp>

Then scroll down to the **support/documentation** section. The section should appear similar to this page opposite:

Then click upon the desired information that is wanted, and accept and save the information into a desired file.



Updating the Software on the PM3

5.1 Downloading the Firmware Updater

Open up the internet explorer (start > internet explorer). Then type in the address

www.concept2.com/05/rower/service/pm3software.asp

Scroll down to the Firmware Updater then click on the highlighted **Firmware Updater**. This then leads to the next page like the one opposite:

Accept the license agreement, which will lead the user onto the next page:



Then click on the **Run** or **Save** box, accept and click **OK**. Then the software will be downloaded and then can be used.



5.2 Installing the Firmware Updater

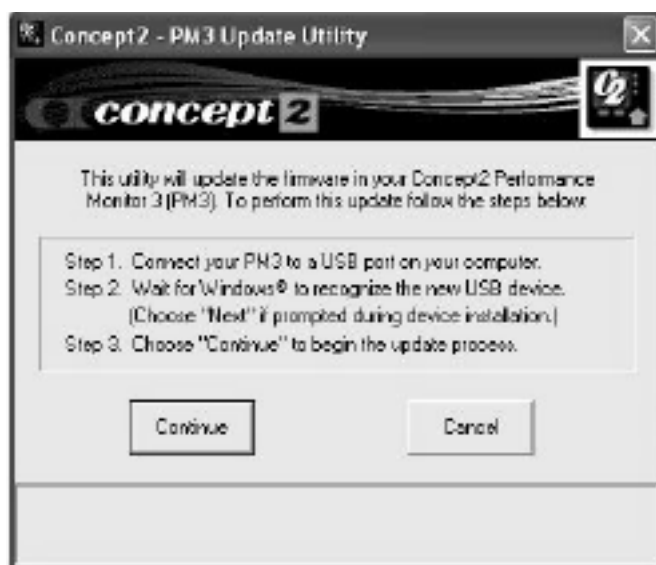
Double click on the appropriate downloaded setup, and then something similar to the following box will appear.

This information comes up on the screen. Click **OK** to continue. The page then proceeds onto a page similar to the one below:



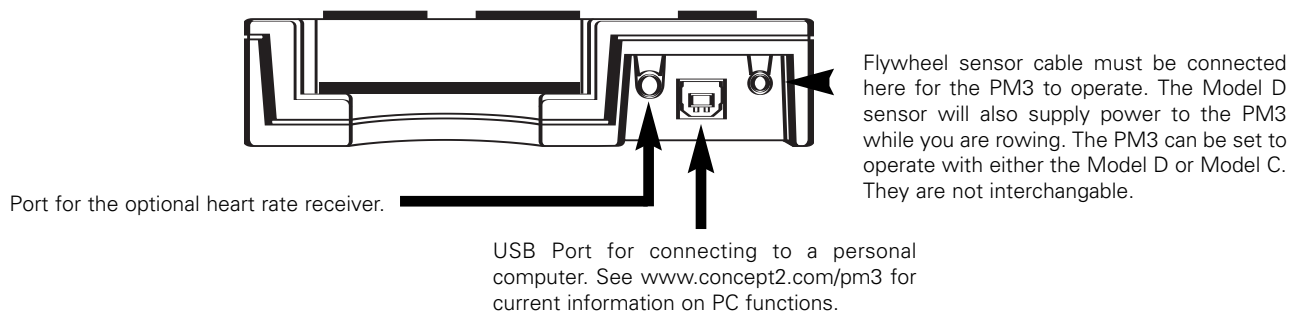
Work through the steps one, two and three shown on the page and then press **Continue** to begin the firmware update process.

Once this process has happened, click **OK** on the finish box which pops up.



5.3. Using the Firmware Software

Using the USB cable that comes with the PM3, connect your computer to the MP3 Monitor. (The connection for the USB cable can be found at the bottom of the monitor).



On www.Concept2.com, there is the option of either downloading two types of firmware from the Concept site, Firmware or Beta Firmware. The Firmware updater will install the most up to date version of the software on to the PC to update the PM3 monitor found on the Indoor Rower. The Beta PM3 Firmware Updater will install the most current Beta Firmware software into your PM3 This updater contains Beta software intended to test new features or bug fixes and is not intended as permanent software for your PM3. By downloading and using this software you acknowledge the following:

1. This software may not fix any problems you are experiencing.
2. This software may cause new problems to occur including but not limited to data loss or loss of use of your PM3.
3. This software has undergone only limited testing and may not operate correctly.

Concept2 requests your feedback on all changes you discover we want to know about the good new features such as bugs fixed, new bugs and if the screens do not seem to format correctly. Please email comments to PM3@concept2.com

To update the software just download the program and then run it with the PM3 connected to a PC. The cable connects from the USB port in the monitor to the USB port in the PC. Concept 2 often release new updates of the software which is available from www.concept2.com.



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