

# HEART RATE ASSEMBLY INSTALLATION AND USE

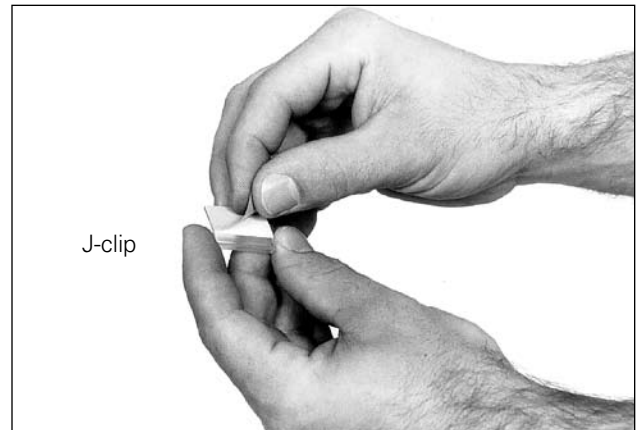
FOR INDOOR ROWER MODELS B, C, AND D



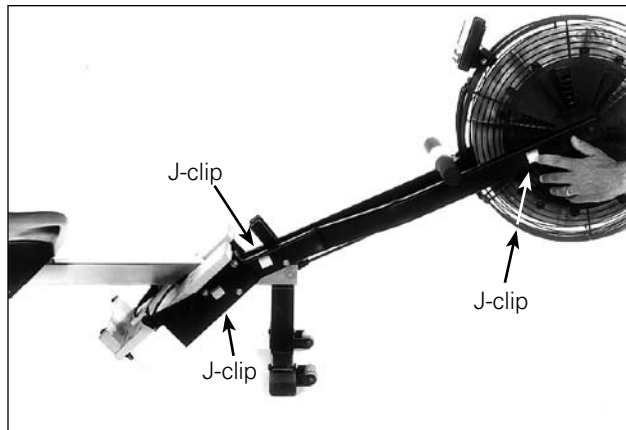
# INSTALLING HEART RATE INTERFACE ON A MODEL B



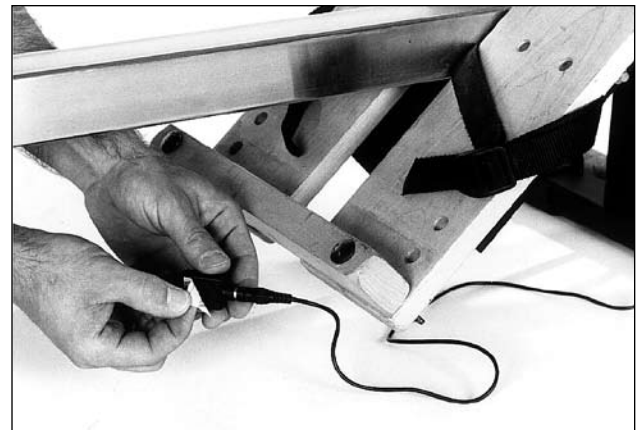
3 J-clips and Heart Rate (HR) receiver w/cable



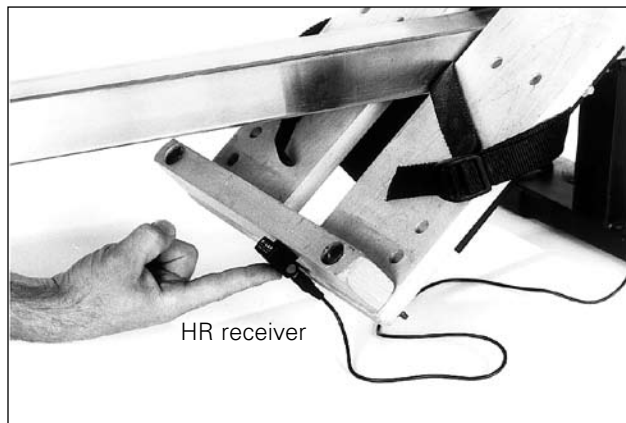
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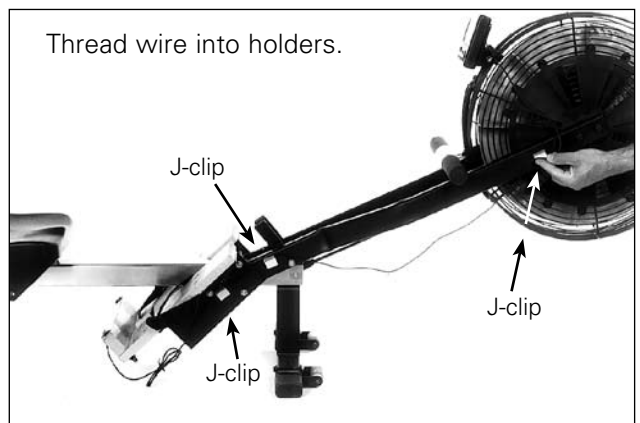
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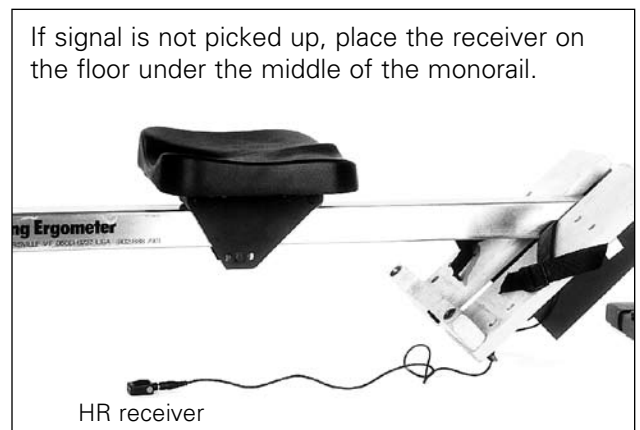
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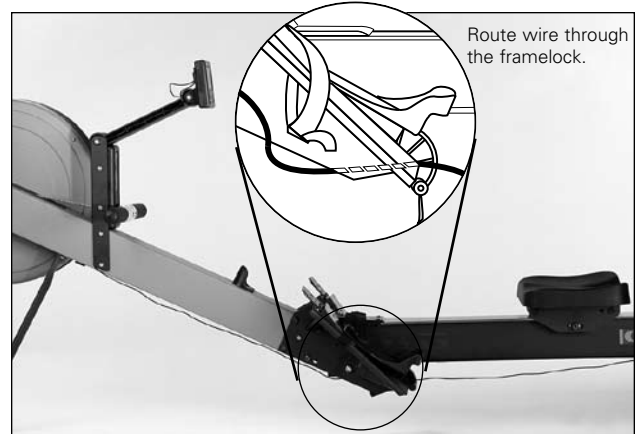
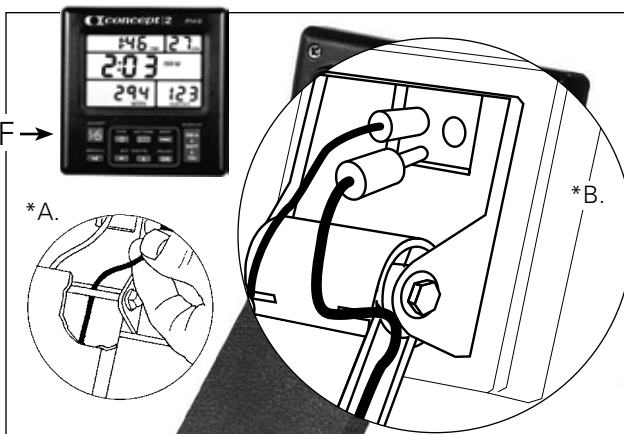
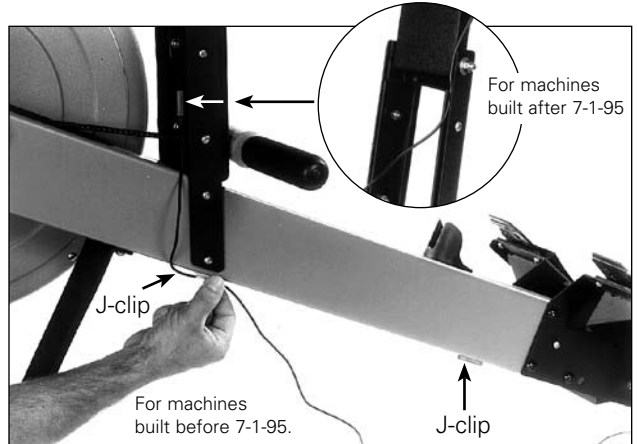
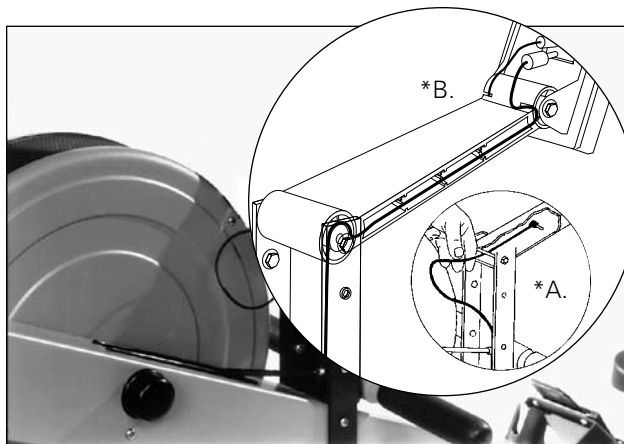
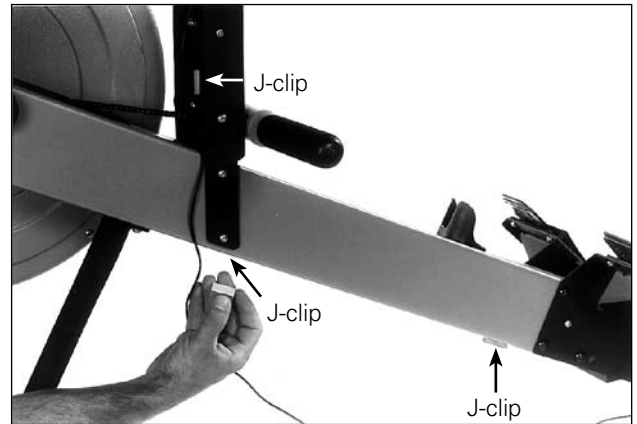
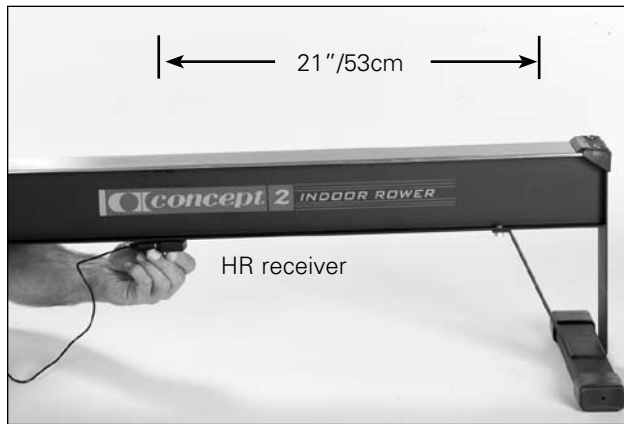
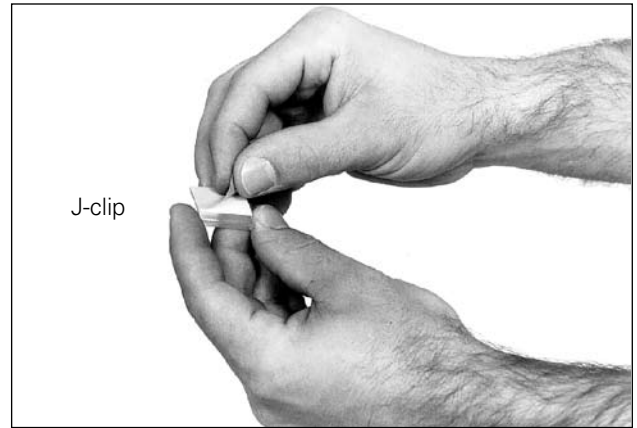
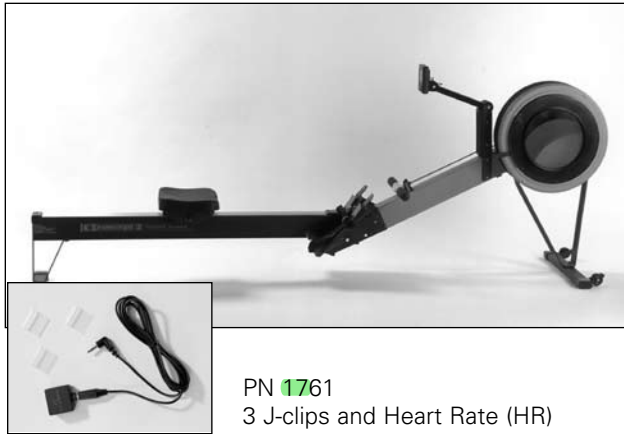


6.



7.

# INSTALLING HEART RATE INTERFACE ON A MODEL C



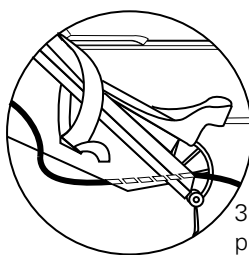
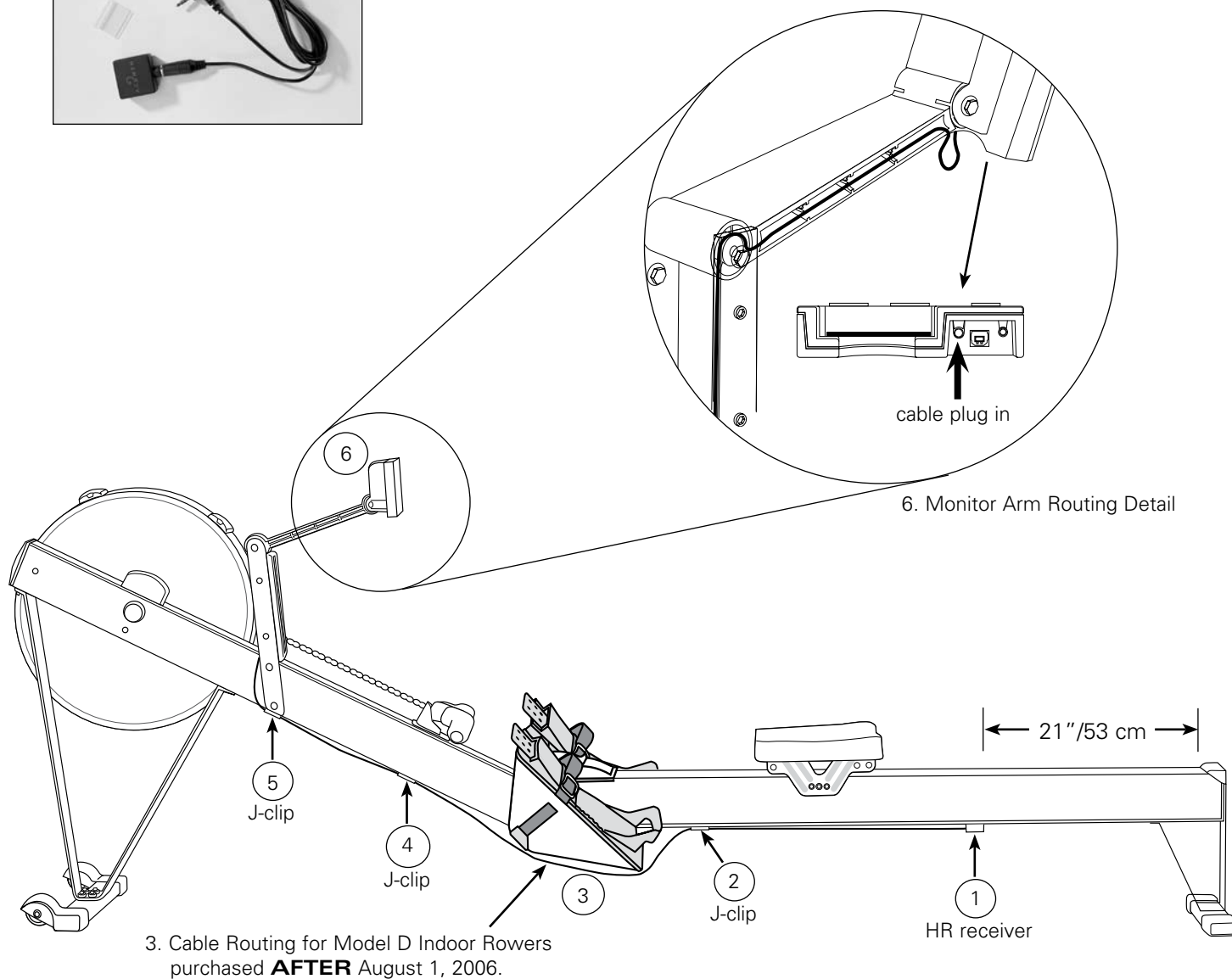
\*A. Routing for machines built before Oct. 1, 1997.  
\*B. Routing for machines built after Oct. 1, 1997.

Note for storage: Before you disconnect monorail from front end, remove receiver from VELCRO® patch and remove cable from framelock area.

# INSTALLING HEART RATE INTERFACE ON A MODEL D

PN 1761

3 J-clips and Heart Rate (HR)  
receiver w/cable



3. Cable Routing Detail for Model D Indoor Rowers purchased **BEFORE** August 1, 2006.

**NOTE FOR STORAGE:** Before disconnecting monorail from front end, remove receiver from VELCRO<sup>®</sup> patch and remove cable from framelock area.

## HOW TO WEAR POLAR™ (OR POLAR COMPATIBLE) HEART RATE MONITOR

### 1. WET THE ELECTRODE AREAS OF ELASTIC CHEST BELT

Wet the electrode area (the two rectangular areas on the underside of the chest belt transmitter) thoroughly under running water.

### 2. ATTACH THE CONNECTOR TO THE ELASTIC CHEST BELT

Position the letter L on the connector next to the word LEFT on the chest belt and snap the fastener.

### 3. SECURE THE ELASTIC CHEST BELT

Center the chest belt flat against your skin, as high under the pectoral muscles (breasts) as is comfortable. Snap the second fastener. The chest belt should fit snugly and comfortably and allow for normal breathing.

### 4. ROW!

If you have a PM2 or PM2+ your heart rate will be displayed in the lower right display in all display modes. If you have a PM3 or PM4 your heart rate will be displayed in the center right display in all display modes. See photos below.

**NOTE:** It sometimes takes a few minutes of exercise to achieve a consistent heart rate signal.

### TROUBLESHOOTING



PM2 and PM2+



PM3 and PM4

### Precautions

- Thoroughly wipe your Polar elastic chest belt and connector dry after each use.
- Do not store in a non-breathable or plastic bag where moisture may become trapped. Store in a warm dry place.
- Do not expose your heart rate monitor to direct sunlight, extreme heat above 50° Celsius (122° Fahrenheit) or extreme cold below -10° Celsius (14° Fahrenheit).
- Do not bend or stretch the electrode strips on your elastic chest belt, especially when storing.

### TROUBLESHOOTING

What if the heart rate reading is erratic or totally absent?

**NOTE:** Occasionally the heart rate monitor will pick up bad data for a number of reasons. When the monitor recognizes bad data, the display will go blank rather than show the bad data. It will take five seconds or longer to re-establish and display accurate readings.

1. Repeat the electrode wetting procedure as described above. The electrodes must be wet to pick up accurate heart rate readings.
2. Make sure the connector is centered with electrodes flat against your skin, as high under the pectoral muscles as is comfortable.
3. Wash your elastic chest belt with mild soap and water, if you have not been doing so regularly.
4. Make sure your receiver is within the proper range to receive transmission (1 meter/3 feet from your chest belt).
5. Check the connection where the receiver cable plugs in. On a PM2 or PM2+ the receiver cable

plugs into the back of the monitor. On a PM3 or PM4 the receiver cable plugs into the underside of the monitor. Check the connection between the cable and the receiver.

6. If you are exercising within range of strong electromagnetic signals the heart rate readings may elevate to abnormal levels. Common sources of electromagnetic signals are televisions, computers, cars, TV antennas, high voltage power lines and motor driven exercise equipment.
7. Signals from more than one HR monitor within the transmission range (1 meter/3 feet) may also cause incorrect readings. Check your surroundings and move away from the source of interference if possible.

**NOTE:** Two indoor rowers with heart rate hardware must be at least four feet (1.22 meters) apart to avoid interference.

**If further troubleshooting assistance is needed, call Concept2 at 1.800.245.5676.**



## MONITORING HEART RATE TO DETERMINE TRAINING INTENSITY

Medical authorities use the term “target zone” to describe the amount of physical activity which is enough to achieve fitness but not too much to exceed safe limits. This target zone is the level of activity which produces a heart rate of from 70-85% of the maximum attainable heart rate during all-out effort. (A rough formula for estimating your maximum heart rate is to subtract your age from 220.) Put in simple terms, your own heart rate can be used as a “speedometer” that tells you how much exercise your body needs for optimal physical fitness.

The following Target Range Chart, provided by Polar Electro, Inc., is based on averages and can only be used as a guideline. For more accurate information, consult your doctor.

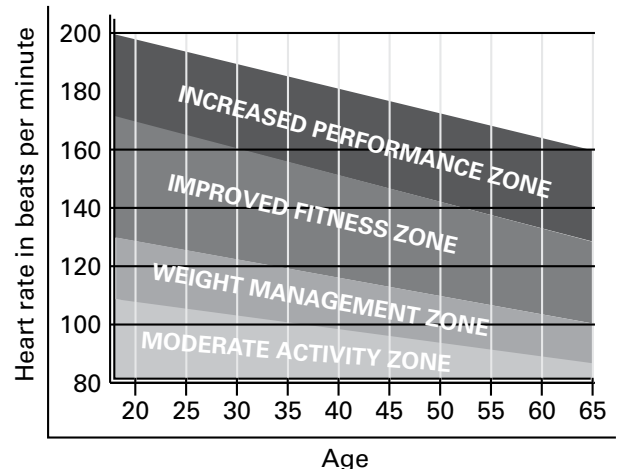
Note: Before beginning any type of exercise program, consult your doctor if you are over 35 years of age, have not been following a regular exercise program, smoke, have high blood pressure or high cholesterol, or use a pacemaker.

### TARGET RANGE CHART

When you begin your exercise program, try to stay at the lower end of your target zone. As your fitness level improves, vary your exercise duration and intensity.

Choose your target zone according to your personal fitness goals. If your goal is weight management, high intensity, hard exercise is not necessary to burn fat effectively. (See the WEIGHT MANAGEMENT ZONE)

Exercising in the INCREASED performance ZONE (above 85% of your maximum heart rate) is only necessary for competitive athletes.

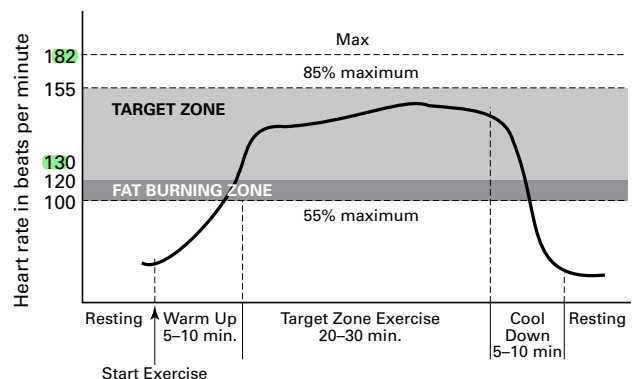


## EXERCISE DURATION AND FREQUENCY

Fitness experts advise that workouts should last approximately 30 to 40 minutes and be done at least three times a week. Your workouts should be spread throughout the week to let your body recover properly. Polar heart rate monitors guide you through your workout giving you continuous ECG-accurate heart rate readings.

### TARGET ZONE EXERCISE PATTERN (40-year-old person)

Begin each workout slowly and give your body a chance to warm up at least five minutes below your target zone. Gradually increase the intensity of your exercise until you are in your target zone. Remain in your target zone for 20 to 30 minutes. Gradually reduce the intensity of your exercise and let your heart rate fall below your target zone with a five minute cool down period.



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