PRO BLUETOOTH COMPUTER

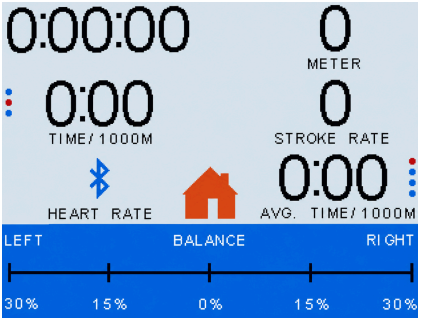
User Manual

Getting started: power, display controls and menu

Start

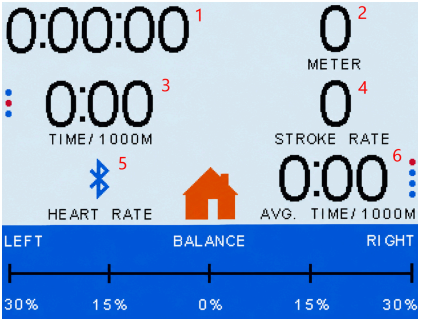
Connect the computer to power to display the start screen. Tap the home icon to open the menu.

The computer switches off after 30 minutes of inactivity. Tap the screen or pull the paddle shaft to activate it.



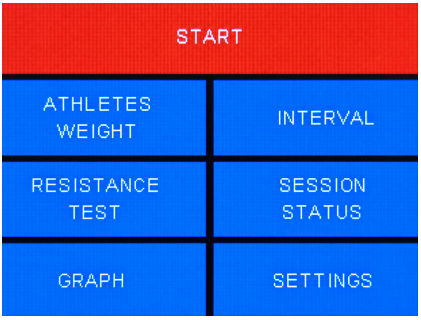
Display

1. **Time** - Elapsed time in h:mm:ss.
2. **Distance** - Completed distance in meter.
3. **Speed / power** - Tap to switch between speed (km/h or time per 1,000 m) and power (watts).
4. **Stroke rate** - Strokes per minute.
5. **Heart rate** - Wear a Bluetooth heart rate belt and tap the Bluetooth symbol to search and connect.
6. **Summary** - Tap to cycle through average speed, average power, maximum speed, maximum power and calories. The displayed unit follows the selection in field 3.



Menu

Tap the home icon on the start screen to open the menu. Tap **START** to return to the start screen.



Training setup

Athlete weight, intervals, pacer and rest period

Athlete weight

Use the + and - symbols above and below each digit to enter your weight. Weight is used to calculate speed so that paddlers of different weights can be compared.

Interval

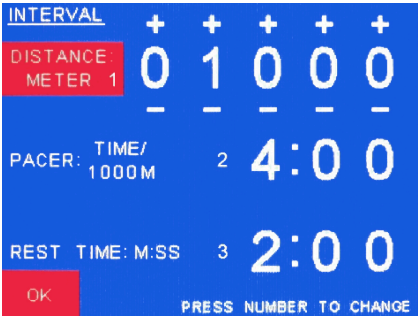
1 Choose distance or time
Tap **DISTANCE** to switch to time. Use + and - to set the interval value.

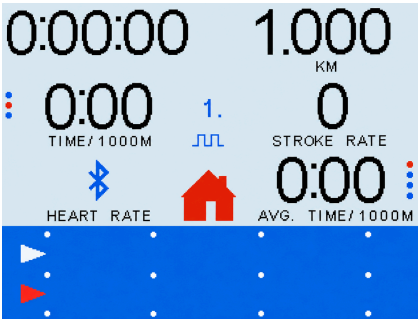
2 Set the pacer
Tap the number beside **PACER** (2) and set the pace you want to maintain during the intervals.

The lower red triangle is the pacer. The white triangle is the paddler.

3 Set the rest period
Tap the number beside **REST TIME** (3) to set the break between intervals.

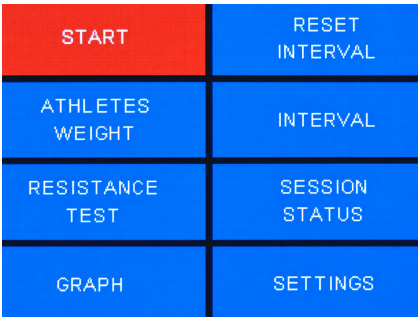
Interval counter
The counter in the middle of the screen shows the current interval number.





Reset interval

Tap **RESET INTERVAL** to stop using the interval function.



Test & review

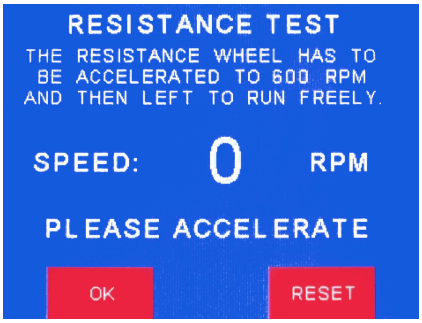
Resistance calibration and training results

Resistance test

This test indicates the resistance value of the wheel.

Pull the paddle shaft to accelerate the resistance wheel to **600 RPM**, then allow it to rotate freely.

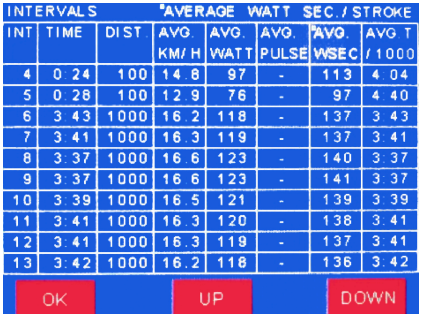
Use the resulting value to reproduce a previous resistance setting or match the resistance on another ergometer.



Session status

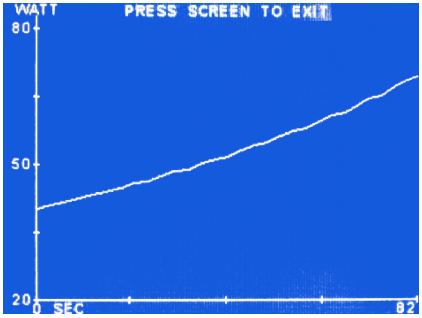
View an overview of your latest intervals.

INT	Interval number
TIME	Time (m:ss)
DIST	Distance (metres)
AVG. KM/H	Average speed (km/h)
AVG. WATT	Average power (watts)
AVG. PULSE	Average heart rate (beats/min)
AVG. WSEC	Average watt-seconds (joules) per stroke
AVG. T/1000	Average time per 1,000 m



Graph

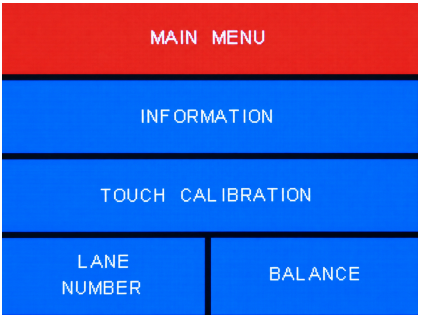
The graph shows your power output in watts over time.



Settings & display

Computer information, service and stroke balance

Settings menu



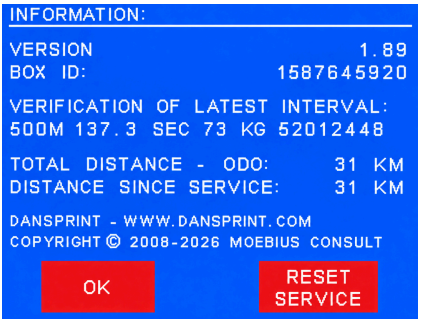
Tap **MAIN MENU** to return to the previous menu.

Use **TOUCH CALIBRATION** if the screen does not respond at the point you tap.

LANE NUMBER is used for Virtual Race and to identify each computer when using several ergometers.

Turn off **BALANCE** if the computer is mounted on an ergometer with sensors from before July 2015.

Information



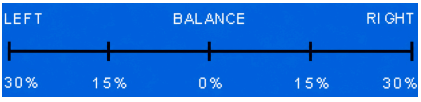
This screen displays the software version and computer ID.

The latest interval is verified with a code, which can be used, for example, to track records.

It also shows the total distance and distance paddled since the last service. After servicing the ergometer, tap **RESET SERVICE** to reset the service distance counter.

A service icon appears on the start screen when the distance since the last service exceeds **2,000 km**.

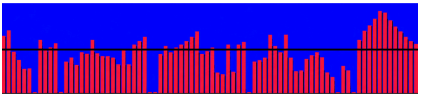
Balance



Balance shows the percentage difference in power applied on the left and right stroke sides. Tap the balance field to display the power bar graph.

Check whether the balance indicator is reversed by pulling harder on one side. If it is, you can reverse it in the settings menu.

Power bar graph



Each bar shows the average power over 7.5 seconds. The display covers 10 minutes. The black horizontal line shows the average power.