



AIR ROWER EXERCISE MONITOR USER INSTRUCTIONS

Your *V-fit* Exercise Monitor has been specially designed to help you plan and view your exercise performance.

EXERCISE MONITOR FUNCTIONS

V-fit Exercise Monitors have **SOME** or **ALL** the following functions: -

CALORIES ~ (COMPUTED THEORETICAL CALORIE BURN)

COUNTER ~ (TOTAL STROKES)

DISTANCE ~ (EXERCISE DISTANCE [miles/km])

SPEED ~ (ROWING SPEED [mph/kmh])

STROKES per MINUTE ~ (COUNT UP STROKE RATE)

TIMER ~ (COUNT UP [minutes and seconds])

MONITOR FUNCTION SPECIFICATIONS

CALORIES	0.00 - 999.9 Kcal (THEORETICAL)
COUNTER	0 - 9999 (COUNT UP)
DISTANCE	MILES / km (COUNT UP)
SPEED	0.00 - 99.9 MPH / kmh
STROKES per MINUTE	0 - 999 (COUNT UP)
TIMER	0.00 - 99.59 MINUTES (COUNT UP)

MONITOR OPERATING SPECIFICATIONS

POWER SOURCE	2 x AA (1.5v) POWER CELLS
STORAGE TEMPERATURE	-10c - +60c
NORMAL OPERATING TEMPERATURE	0c - +50c

USING YOUR *V-fit* EXERCISE MONITOR

To provide ease of use, there is only 1 button on your *V-fit* Exercise Monitor: - **PAGE**

Your Exercise Monitor has 2 pages with 3 LCD display screens.

Press the **PAGE** button to manually move through each of the Exercise Monitor's 2 pages in turn. These are in order: -

PAGE 1 - **STROKES per MINUTE**, **DISTANCE** and **TIMER**.

PAGE 2 - **STROKE COUNTER**, **SPEED** and **CALORIES**.

Pressing and holding the **PAGE** button when you are on each **PAGE** will enable you to set to zero any previous figures remaining in each individual function.

Either press the **PAGE** button or start to exercise and the Exercise Monitor will begin to register the various functions.

BATTERY INSTALLATION

To fit the **BATTERIES** to your *V-fit* Exercise Monitor, please remove the **BATTERY COVER** at the **REAR** of the monitor. Carefully fit the batteries supplied (and any subsequent new batteries) by fitting between the exposed contacts. Please ensure that the batteries are fitted with the '+' / '-' ends matching the outline on the sticker in the battery compartment or etched into the compartment. Failure to fit the batteries correctly may result in damage to your *V-fit* Exercise Monitor, which is not covered by our guarantee. **Dispose of old batteries carefully.**

Code: - AR1