



How to Change your PM Monitor settings to Suit your model of Rower.

1. Main Menu press “ More Options “ Fifth Grey button on the Right.
2. Press “ Utilities “ Second Grey Button on the Right.
3. Press “ LCD Contrast “ Third Grey Button on the Right.
4. Press Change Units Button at the Bottom of the Monitor 3 TIMES
(do not worry when nothing happens)
5. Press Change Display Button at the Bottom of the Monitor 3 TIMES
6. At this point the screen will change and you will see the Change Press Options.
7. Press Change Type Button First Grey Button on the Right.
This will switch between Model D/E setting B/C Setting or A setting.
8. Once you have chosen your setting press Set Type button Fifth Grey button on the right to set the monitor to your chosen Model