

# **concept 2**<sup>®</sup>

## PERFORMANCE MONITOR (PM5) PRODUCT MANUAL



For complete product information,  
scan the QR code or go to:

[concept2.com/pm5](http://concept2.com/pm5)



Download our **FREE**  
**ErgData** app for:

- Workouts
- More data displays
- Real time rowing with the  
Concept2 community

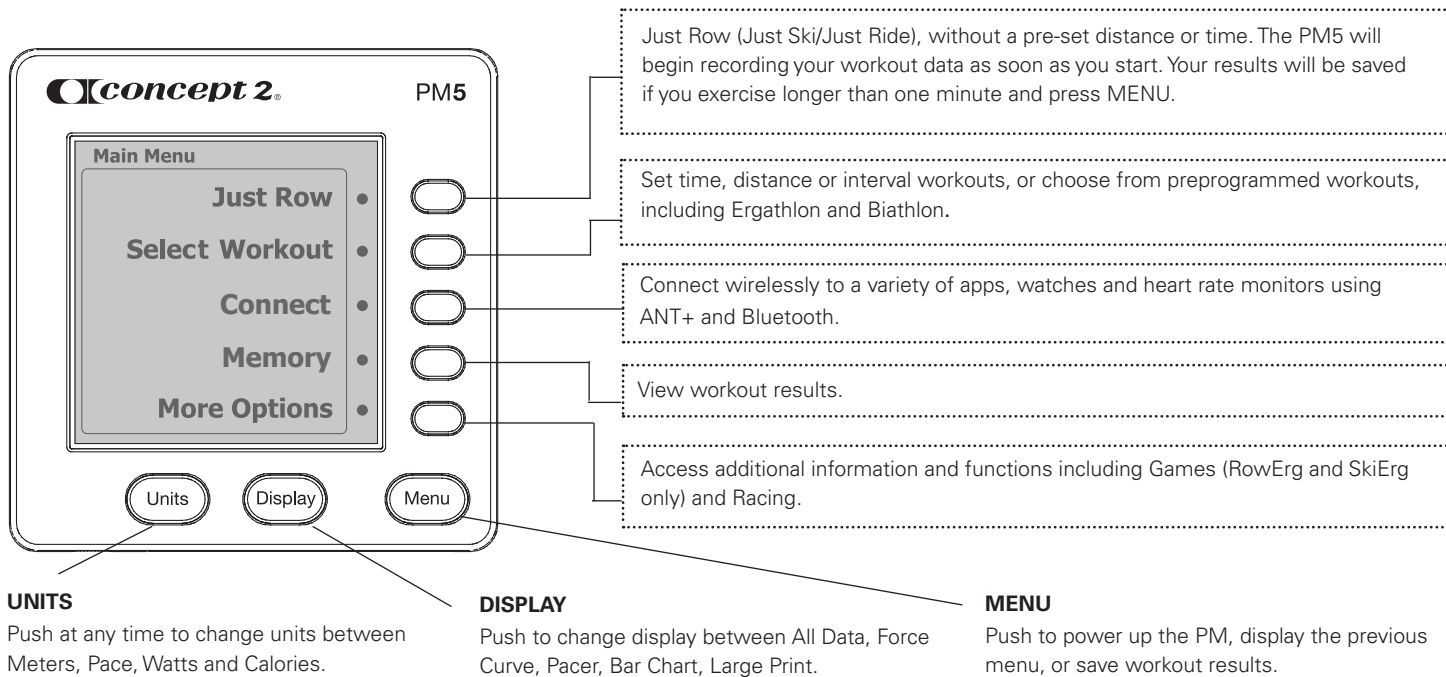
[concept2.com/ergdata](http://concept2.com/ergdata)



The PM5 is included with all Concept2 RowErgs, SkiErgs and BikeErgs.

The operation and features of the PM5 are the same on all of these machines, though the displays and units will vary slightly depending on which machine you use.

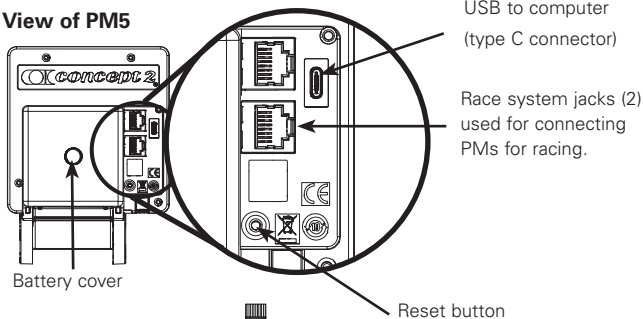
The PM5 delivers reliable, comparable data for every workout and has Bluetooth and ANT+ wireless connectivity, allowing it to connect to heart rate belts, fitness devices and apps, including our own ErgData app and free online logbook.



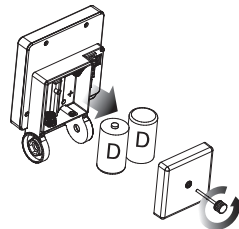
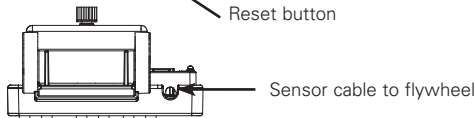
Visit [concept2.com/PM5](http://concept2.com/PM5) for more information.

### PM5 Views

#### Back View of PM5



#### Bottom View of PM5



Use 1.5 volt alkaline D Cell (LR20) batteries.  
Do not use lithium or 3.6 volt batteries, as there is risk of fire or explosion.  
Remove batteries when not in use for a period of four months or more.

**WARNING:** The PM5 should not be used or maintained by persons with reduced physical, sensory, or cognitive capabilities without instruction and/or supervision by a responsible individual. This includes children under eight (8) years old, who should be supervised to ensure they do not play with the PM5.  
The PM5 is an electronic device powered by two (2) replaceable D-cell alkaline batteries. Different types of batteries, or a mixture of new and used batteries, should not be used. New D-cell alkaline batteries must be installed with the correct polarity. Spent batteries must be removed from the PM5 and disposed of safely.

### More Information

#### Using a Heart Rate Monitor:

The PM5 will receive and display heart rate data directly from a Bluetooth, Suunto™, Garmin® or ANT+™ HR chest belt. See **Connect** for set up.



**WARNING!** Heart rate monitoring systems may be inaccurate. Over-exercising may result in serious injury or death. If you feel faint, stop exercising immediately.

#### Cleaning the PM

Use a cloth lightly dampened with water only. Do not spray with a cleaner or store outdoors.

#### Troubleshooting

Visit [concept2.com/pm5](http://concept2.com/pm5).

# COMPLIANCE INFORMATION:

Part Name/部件名称	Toxic or Hazardous Substances and Elements/有毒有害物质和元素					
	Lead/铅 (Pb)	Mercury/汞 (Hg)	Cadmium/镉 (Cd)	Hexavalent Chromium/十六价铬 (Cr6)	Polybrominated Biphenyls/多溴联苯 (PBB)	Polybrominated Diphenyl Ethers/多溴联苯醚 (PBDE)
PM5 Assembly/ PM5 组件						
Main PCA/主 PCA	O	O	O	O	O	O
LCD Display 液晶显示器						
Keypad/键盘	O	O	O	O	O	O
Battery Contact Metalwork/电池触点金属片						
Plastic Enclosure/塑料外壳	O	O	O	O	O	O
All Fasteners/所有紧固件	O	O	O	O	O	O

O: Indicates that this toxic or hazardous substance contained in all of the homogeneous materials for this part is below the limit requirement in GB/T 26572-2011.  
 O 表示此部件的所有均质材料所含的这种有毒有害物质的量低于 GB/T 26572-2011 标准要求。

X: Indicates that this toxic or hazardous substance contained in at least one of the homogeneous materials used for this part is above the limit requirement in GB/T 26572-2011.  
 X 表示此部件中至少一种均质材料所含的这种有毒有害物质的量高于 GB/T 26572-2011 标准要求。

The cable assembly from the LCD display to the Main PCA is included in the Display PCA declaration.  
 连接 LCD 显示屏和主 PCA 的电缆组件含在显示屏 PCA 声明中。



R-NZ



R 020-230237



Bluetooth 4.2 및 ANT 무선 가능.  
 운동기구는 LR 20 배터리 (2 개) 으로 작동되며, 4V 직류 전원  
 124mm x 170mm x 70mm  
 무게 330g (배터리 제외)

상 호 : Concept2 Inc.  
 제 품 : 특정소출력무선기기(무선데이터 통신시스템용 무선기기)  
 모 델 : PM5  
 인증번호 : R-C-j2m-1818  
 제 조 자 : Concept2 Inc. / 미국

**Note:** As shown above, this device contains small amounts of lead. This lead is only present in glass or ceramic (other than dielectric ceramic in capacitors, e.g. piezoelectronic devices), or in a glass or ceramic matrix compound, per directive (EU) 2015/863 exemption 7 (c) 1.

FCC ID: J2MPPM5N

WARNING: Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Consult the dealer or an experienced radio/TV technician for help.

This device complies with Part 15 of the FCC. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

IC: 6620A-PM5N HVIN:PM5N  
 Industry Canada (IC) Compliance Statement

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions:  
 (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Industrie Canada (IC) Déclaration de conformité

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

Patent application U.S. serial number 11/169712 and its corresponding applications in other countries are owned by Suunto Oy (Finland)

The Concept2 PM5 is compliant with all applicable European Union CE Marking Directives, including:

- Directive 2014/53/EU of the European Parliament and of the Council of 16 April 2014 (RED Directive) on the harmonization of the laws of the Member States relating to the making available on the market of radio equipment.
- Directive (EU) 2015/863 of 31 March 2015, which amends Directive 2011/65/EU on the Restriction of the Use of Certain Hazardous Substances in Electrical and Electronic Equipment.



The PM5 should not be disposed of with other household waste. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle the PM5 responsibly. To return your used device for environmentally safe recycling, please use the return and collection systems or contact the retailer where the product was purchased. Directive 2012/19/EU.

Additional regulatory and compliance information may be found in the PM5 by pushing **More Options > Utilities > More Utilities > Regulatory**.

Do not connect with Ethernet or networking equipment.

