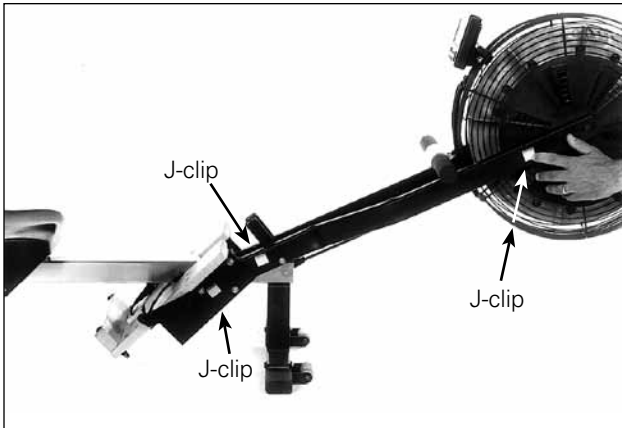


# HEART RATE INTERFACE INSTALLATION - MODELS B, C, D

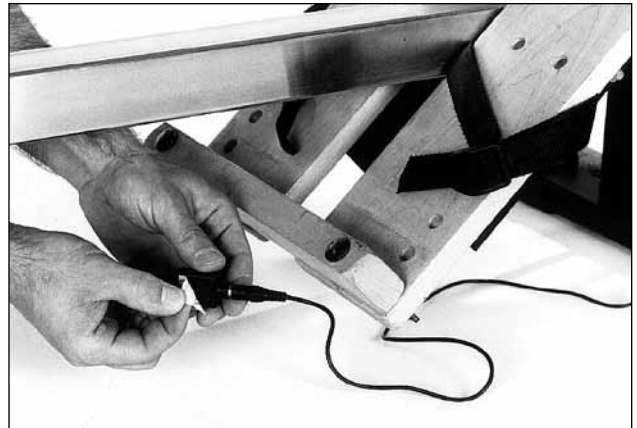
## FOR MODEL B



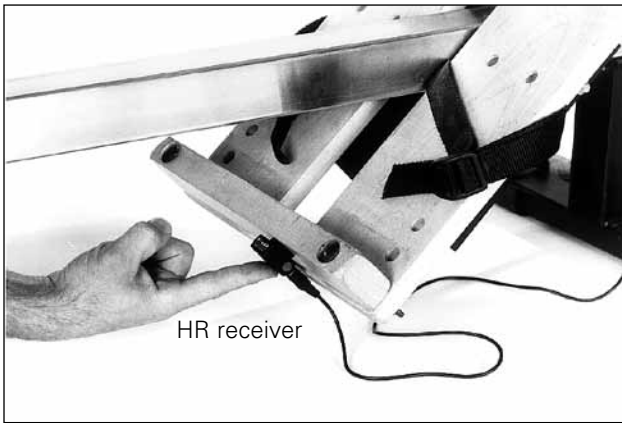
1.



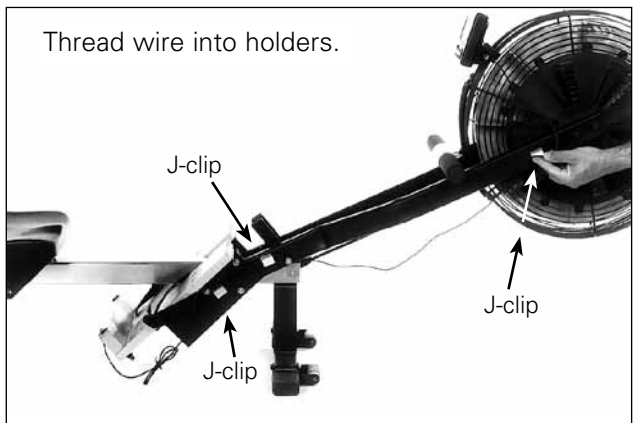
2.



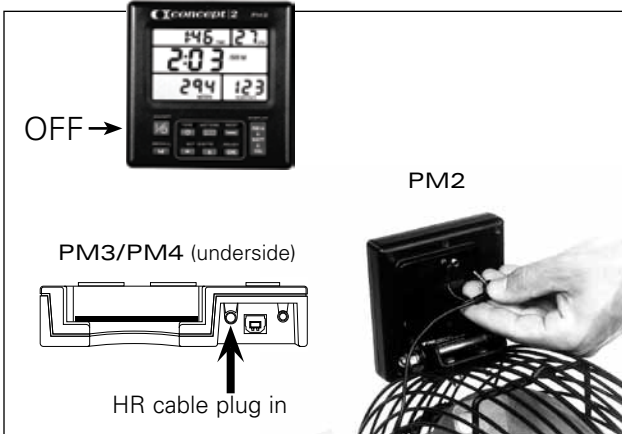
3.



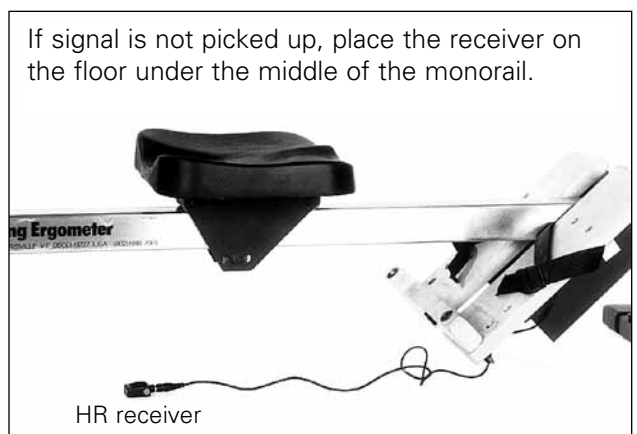
4.



5.



6.



7.

# HEART RATE INTERFACE INSTALLATION - MODELS B, C, D

## FOR MODEL C



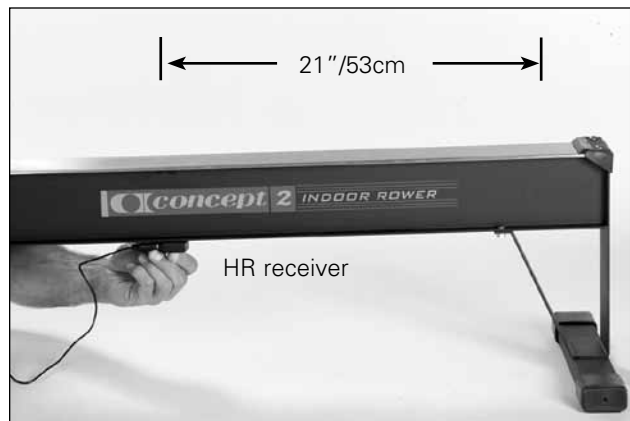
PN 1862  
3 J-clips and Heart Rate (HR)  
receiver w/cable

1.



J-clip

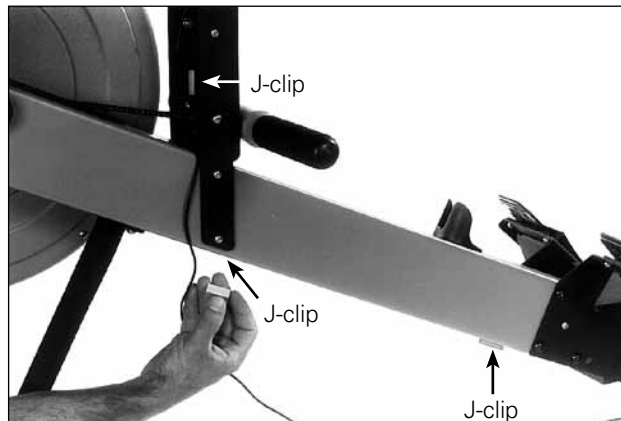
1.



← 21"/53cm →

HR receiver

2.

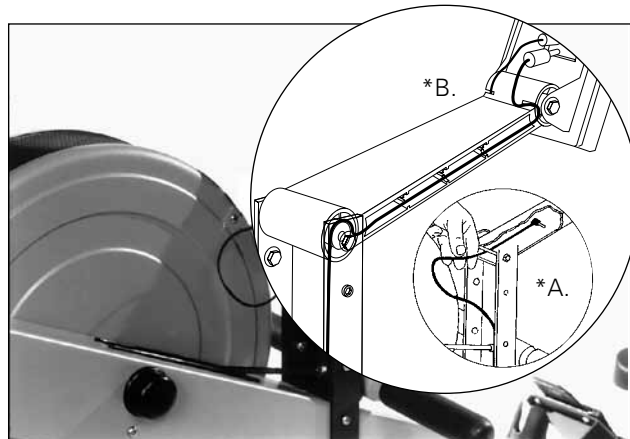


J-clip

J-clip

J-clip

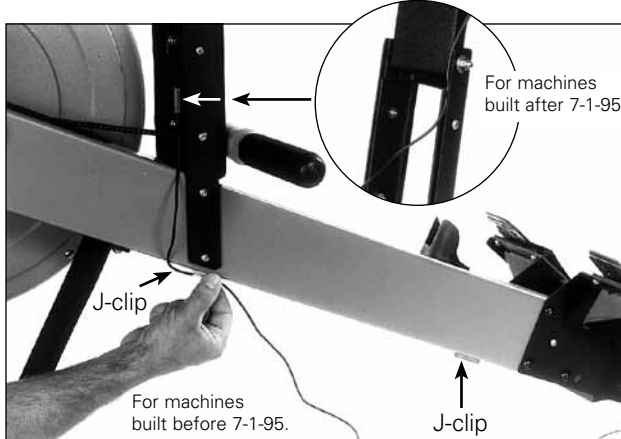
3.



\*B.

\*A.

4.



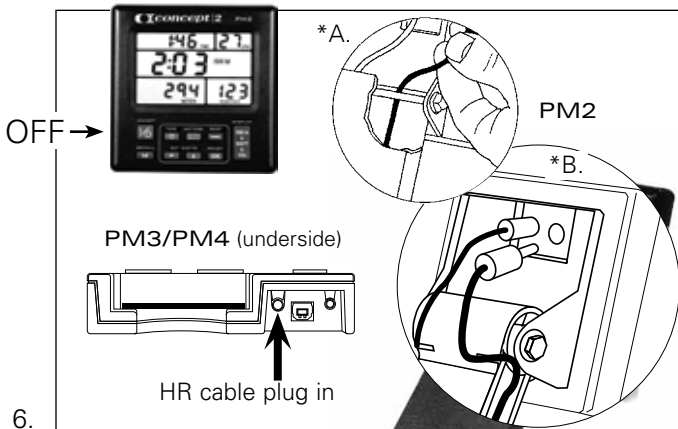
For machines  
built after 7-1-95

J-clip

For machines  
built before 7-1-95.

J-clip

5.



\*A.

PM2

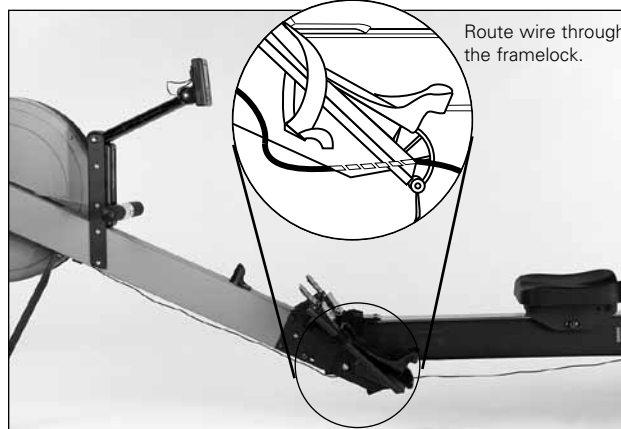
\*B.

PM3/PM4 (underside)

HR cable plug in

OFF →

6.



Route wire through  
the framelock.

7.

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

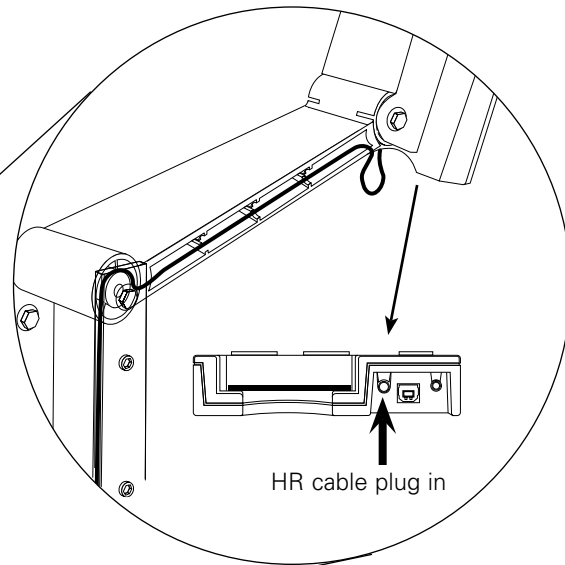
Note for storage: Before you disconnect monorail from front end, remove receiver from VELCRO® patch and remove cable from framelock area.

# HEART RATE INTERFACE INSTALLATION - MODELS B, C, D

## FOR MODEL D

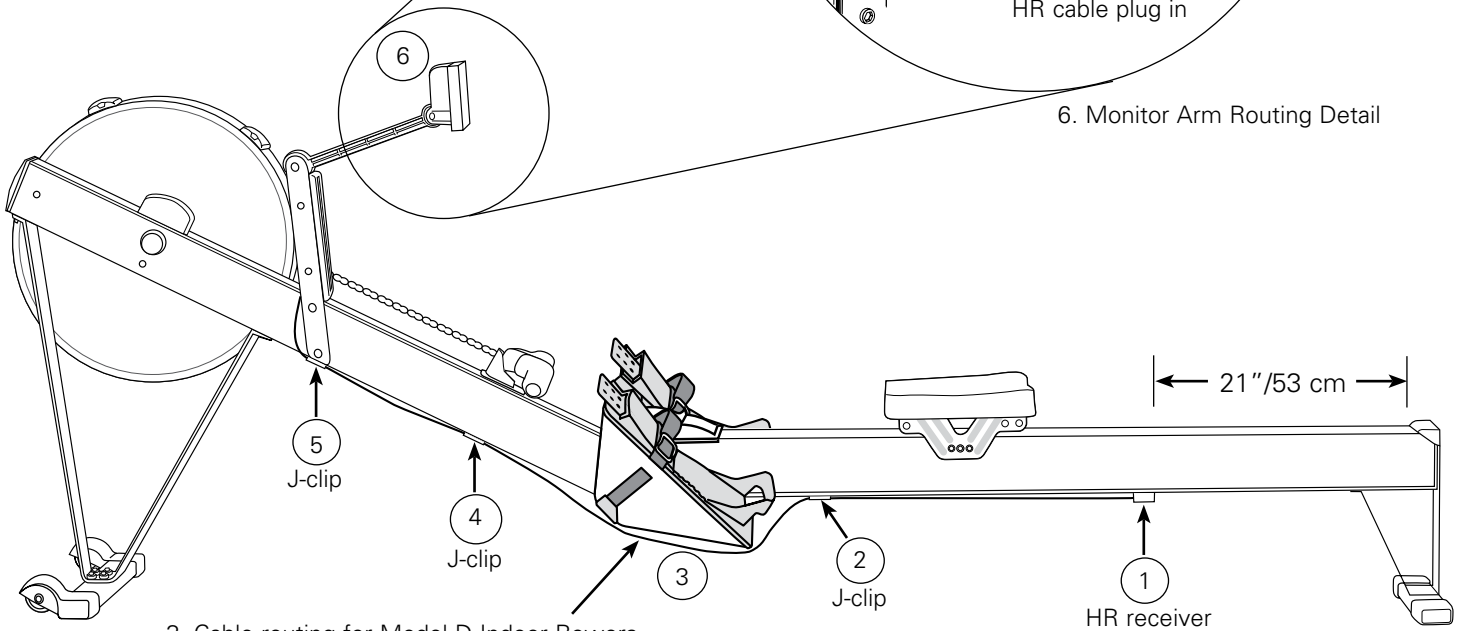


PN 1862  
3 J-clips and Heart Rate (HR)  
receiver w/cable

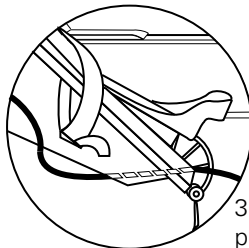


HR cable plug in

6. Monitor Arm Routing Detail



3. Cable routing for Model D Indoor Rowers  
purchased **AFTER** August 1, 2006.



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® patch and remove cable from framelock area.

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

1. 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 chest belt and snap into place. Adjust the chest belt to fit tightly but comfortably around your chest.
3. Center the chest belt flat against your skin, as high under the pectoral muscles (breasts) as is comfortable, and attach both ends together. The Polar logo on the connector should be in a central and upright position. 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.



PM2 and PM2+

← Read heart rate here.



PM3 and PM4

← Read heart rate here.

### 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.

### WARNING!

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

## 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.**