

SITUS 3 ROWER COMPUTER

1. INSERT BATTERIES.
2. SCAN FLASHES. IF YOU JUST ROW FROM HERE THE COMPUTER WILL COUNT UP FROM ZERO AND SCAN THROUGH THE VARIOUS FUNCTIONS ONE AT A TIME.
3. IF YOU PRESS MODE YOU CAN SET A FIGURE THAT THE COMPUTER WILL COUNT DOWN FROM TO ZERO.
4. IF MODE IS PRESSED ONCE FROM THE SCAN SCREEN THEN TIME IS SELECTED. BY PRESSING THE SET BUTTON A TIME CAN BE ENTERED.
5. IF MODE IS PRESSED AGAIN COUNT IS SELECTED. AN AMOUNT OF STROKES CAN BE ENTERED.
6. IF MODE IS PRESSED AGAIN DISTANCE IS SELECTED. BY PRESSING THE SET BUTTON A DISTANCE IN METRES CAN BE ENTERED.
7. IF MODE IS PRESSED AGAIN THEN CALORIES ARE SELECTED. BY PRESSING SET AN AMOUNT OF CALORIES CAN BE ENTERED.
8. PRESS MODE AGAIN TO GO BACK TO START SCREEN. START ROWING AND THE SET FIGURES WILL COUNT DOWN TO ZERO. COMPUTER WILL BEEP WHEN FINISHED.
9. IT'S BEST TO ONLY ADD A FIGURE TO ONE UNIT PER WORKOUT.
10. PRESS RESET TO RETURN ALL SET FIGURES TO ZERO.