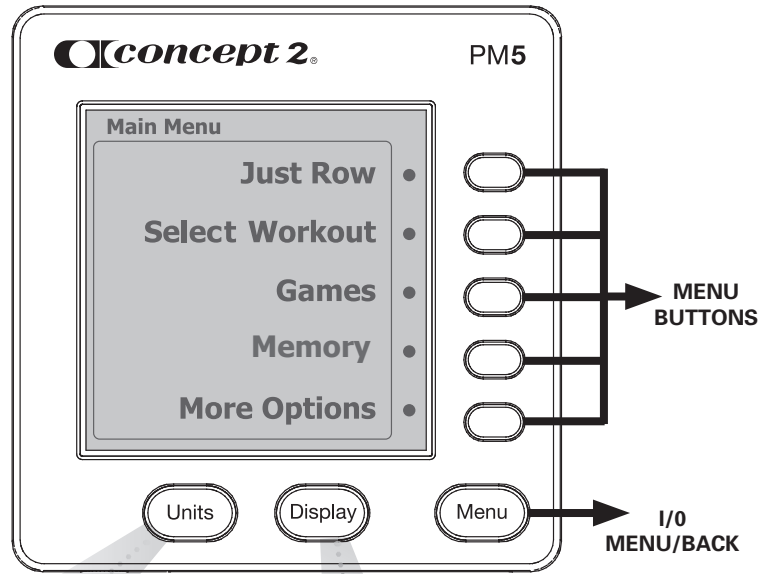


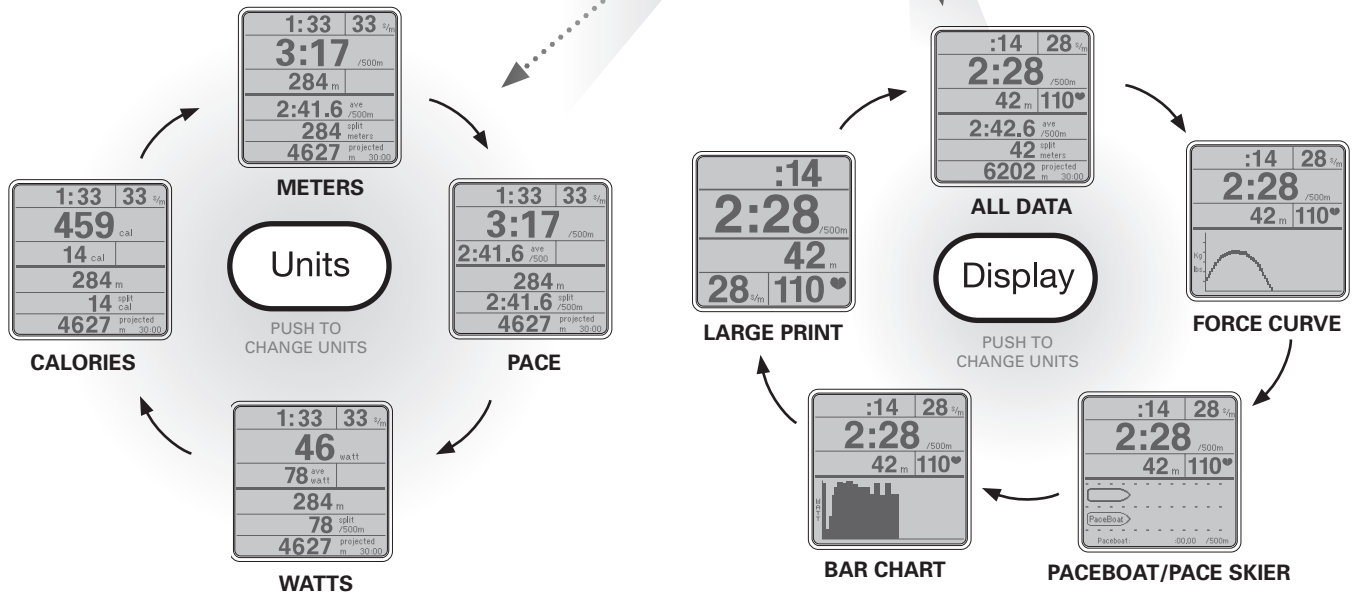
# Welcome to the PM5

## PM5 Features:

- Accurate and repeatable workout data
- Unlimited workout setups
- Display with backlight
- Workout results stored automatically
- USB port for optional results storage device
- Supports wireless use with Bluetooth Smart and ANT™ Heartrate belts
- Two D-cell batteries. Power generated during rowing extends battery life.
- Connectivity to computers, USB flash drive and smartphones.

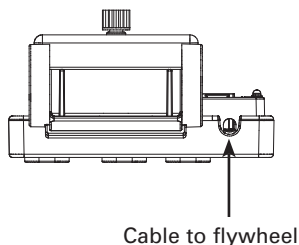


Visit [concept2.com/PM5](http://concept2.com/PM5) for more information.

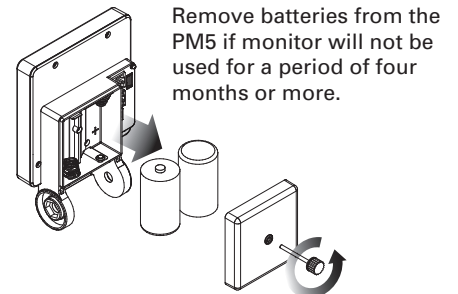
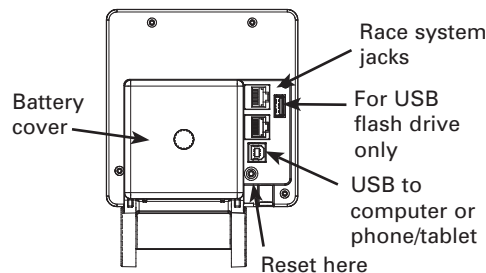


## PM5 Views

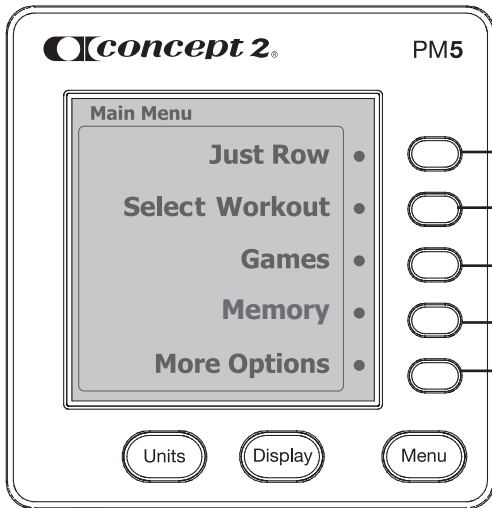
### Bottom View



### Back View



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



## Just Row/Ski

Automatic operation! No need to push buttons. Your first stroke will turn on the PM5. Your results will automatically be saved in **Memory** if you row longer than 1 minute and then press **Menu**.

## Select Workout

- **Standard List** gives you five pre-set workouts.
- **Custom List** holds five workouts, which can be copied from your USB Flash Drive to Custom List.
- **New Workout** lets you set up a new workout in your choice of format: single distance, single time, distance intervals, time intervals, variable intervals and undefined rest intervals.
- **Favorites** holds five workouts per USB Flash Drive.

## Games

Fish Game, Darts & Tarket, Target Training, Racing, Biathlon

## Memory OR USB Flash Drive (if present)

If no USB Flash Drive is present, **Memory** lists your most recent workout results by date; oldest are automatically deleted.

**USB Flash Drive** stores about 300 workouts, your five Favorite workouts, and preferences. You can view: Summary, Monthly Totals, List by Date, List by Type, USB Flash Drive Utilities.

## More Options

- **Display Drag Factor**
- **Connect Heart Rate**
- **Wireless On**
- **Information**
  - **Overview**
  - **PM5 Details** buttons, basic data, graphic displays, workouts, USB Flash Drive
  - **How to Row/Ski** includes a brief technique lesson with technique animation
  - **Drag Factor**
  - **More Games, Racing, Battery, Bluetooth, Suunto/Garmin/ANT + HR**
  - **Utilities** Set Date and Time, Set Language, Adjust Display, Battery (% remaining), Product ID

## Miscellaneous

### Using a Heart Rate Monitor:

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

The PM displays your heart rate if one of the following heart rate systems is in use:

The PM5 will receive heart rate transmission directly from a Bluetooth, Suunto™, Garmin® or ANT+HR™ chest belt. See **More Options** for set up.



### Cleaning the PM

Use a cloth lightly dampened with water only. Do not spray with a cleaner or leave in the rain.

### Formulas Used

$$\text{Watts} = 2.80 / (\text{sec/meter})^3$$

$$\text{Calories/Hour} = \text{Kcal/hr} = (\text{watts}) \times (4) \times (0.8604) + 300$$

### Troubleshooting

Send to ErgDoctor?????

| Part Name/部件名称  | Toxic or Hazardous Substances and Elements/有毒有害物质和元素 |                   |                   |  |   |  |
|---|--|-------------------|-------------------|--|---|--|
|   | Lead/铅<br>(Pb)                                       | Mercury/汞<br>(Hg) | Cadmium/镉<br>(Cd) | Hexavalent<br>Chromium/<br>十六价铬<br>(Cr6) | Polybrominated<br>Biphenyls/<br>多溴联苯<br>(PBB) | Polybrominated<br>Diphenyl<br>Ethers/<br>多溴联苯醚<br>(PBDE) |
| PM5 Assembly/<br>PM5 组件   |  |                   |                   |  |   |  |
| Main PCA/主 PCA  | X  | O                 | O                 | O  | O   | O  |
| LCD Display and<br>PCA/LCD 显示屏和<br>PCA  | X  | O                 | O                 | O  | O   | O  |
| Keypad/键盘   | O  | O                 | O                 | O  | O   | O  |
| Battery Contact<br>Metalwork/电池触点金<br>属片  | O  | O                 | O                 | O  | O   | O  |
| Plastic Enclosure/<br>塑料外壳  | O  | O                 | O                 | O  | O   | O  |
| All Fasteners/<br>所有紧固件   | O  | O                 | O                 | O  | O   | O  |
| <p>O: Indicates that this toxic or hazardous substance contained in all of the homogeneous materials for this part is below the limit requirement in SJ/T11363-2006.<br/>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 SJ/T11363-2006 标准要求。</p> <p>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 SJ/T11363-2006.<br/>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 SJ/T11363-2006 标准要求。</p> <p>The cable assembly from the LCD display to the Main PCA is included in the Display PCA declaration.<br/>连接 LCD 显示屏和主 PCA 的电缆组件含在显示屏 PCA 声明中。</p> |  |                   |                   |  |   |  |

**Note:** As shown above, this device contains small amounts of Lead. This lead is only present in glass or ceramic of electronic components on the assemblies shown. Lead in glass is exempt from RoHS regulations per EU Directive 2002/95/EC of 27 January 2003, Annex exemption number 5: "Lead in glass of cathode ray tubes, electronic components, and fluorescent tubes"

FCC & IC compliance information:

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 rules and also with RSS-210 of Industry & Science Canada. 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.

FCC ID: J2MPM5  
IC: 6620A-PM5

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