concept 2 ®

PERFORMANCE MONITOR (PM5)

PM5

Getting Started:

- The PM5 will power up when you start to row or ski, or press MENU.

- Use the MENU button to access all features.

- Before your first workout, set the correct date and time to ensure your results are associated with the proper date. It is not possible to edit the dates and times of past workouts.

- Visit **concept2.com/PM5** for more information.

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Main Menu

Just Row ● — Row or ski without a pre-set distance or time. The PM5 will begin recording your workout data when you take your first stroke. Your results will be saved if you row/ski longer than one minute and press MENU.

Select Workout ● — Set your own time, distance or interval, or choose from a selection of pre-programmed standard or custom workouts.

Games ● — Have fun with your workout and try a game!

Memory ● — View workout results. (Displays "USB LogBook" if USB flash drive is in use and recognized by PM5.)

More Options ● — Access additional functions and information.

Units   Display   Menu

Recording Your Workout Results

Recording workout data helps you track progress and participate in our incentive programs. There are several ways to record results, including our free Online Logbook, which allows you to take part in challenges and rank your best results against others. You can enter results manually at **concept2.com/logbook**, or upload them from the following storage locations:

PM5 Memory—The PM5 memory records your recent results. To upload results, use the free Concept2 Utility software. **concept2.com/utility**

ErgData—This free iOS and Android compatible app allows you to display additional data on your device, record results, and upload results to your online logbook. **concept2.com/ergdata**

USB Flash Drive—Use a USB flash drive with your PM5 to record your results instead of storing them in PM5 memory. **concept2.com/usbflashdrive** To upload results, use the free Concept2 Utility software. **concept2.com/utility**
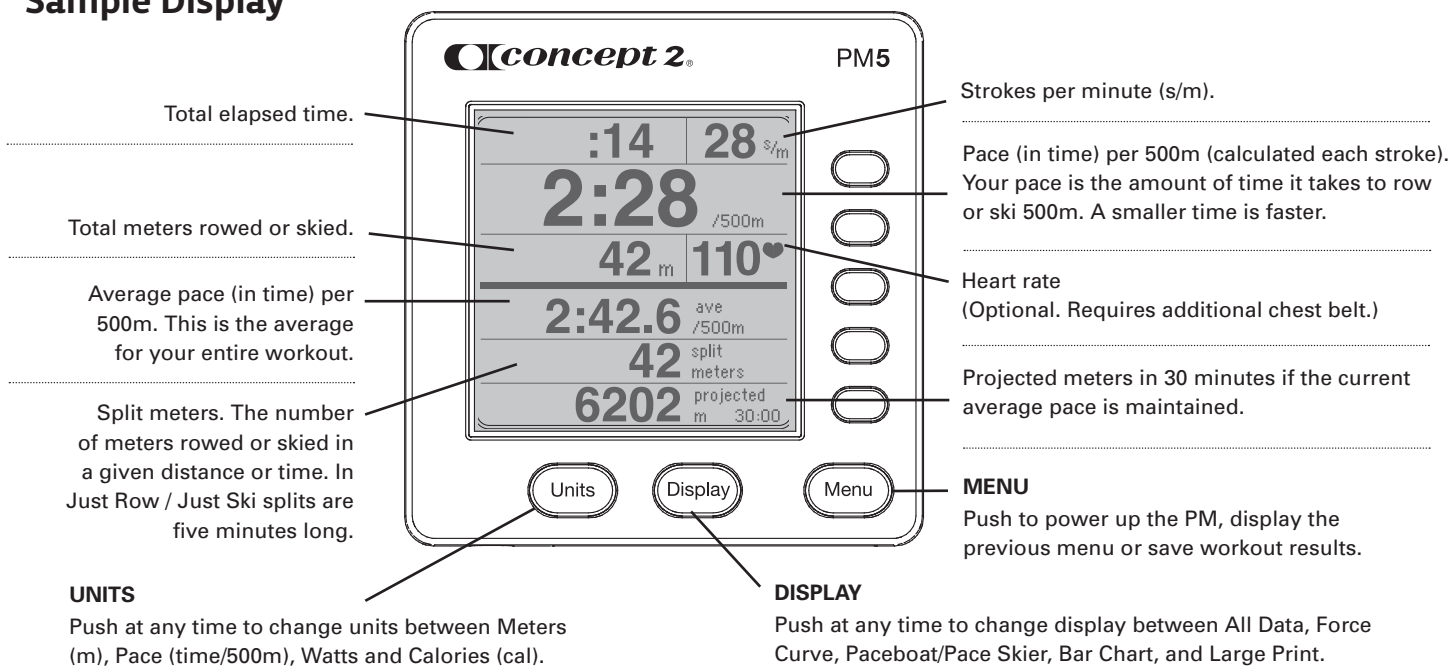
Firmware

Firmware is the internal software that runs your Performance Monitor. Your PM5 comes pre-installed with the latest firmware, however, new and improved versions are offered regularly. The free Concept2 Utility Software makes it easy to update your PM5 with the latest firmware version at any time. Visit **concept2.com/pm5firmware**.

PM5 Menu Map (Visit **concept2.com/PM5** for more information.)

EN

Sample Display

Total elapsed time.

Total meters rowed or skied.

Average pace (in time) per 500m. This is the average for your entire workout.

Split meters. The number of meters rowed or skied in a given distance or time. In Just Row / Just Ski splits are five minutes long.

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:14 28 s/m

2:28 /500m

42 m 110♥

2:42.6 ave /500m

42 split meters

6202 projected m 30:00

Units   Display   Menu

Strokes per minute (s/m).

Pace (in time) per 500m (calculated each stroke). Your pace is the amount of time it takes to row or ski 500m. A smaller time is faster.

Heart rate (Optional. Requires additional chest belt.)

Projected meters in 30 minutes if the current average pace is maintained.

MENU
Push to power up the PM, display the previous menu or save workout results.

UNITS
Push at any time to change units between Meters (m), Pace (time/500m), Watts and Calories (cal).

DISPLAY
Push at any time to change display between All Data, Force Curve, Paceboat/Pace Skier, Bar Chart, and Large Print.

PM5 Views

Back View of PM5

USB flash drive port

Race system jacks (2)

USB-B

Battery cover

Reset button

USB cable (optional) to computer or phone/tablet

Remove D Cell (LR20) batteries from the PM5 if monitor will not be used for a period of four months or more.

D   D

Bottom View of PM5

Sensor cable to flywheel
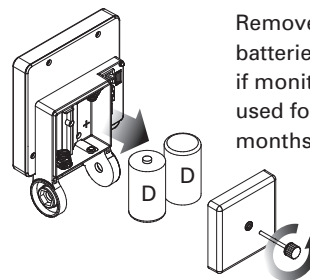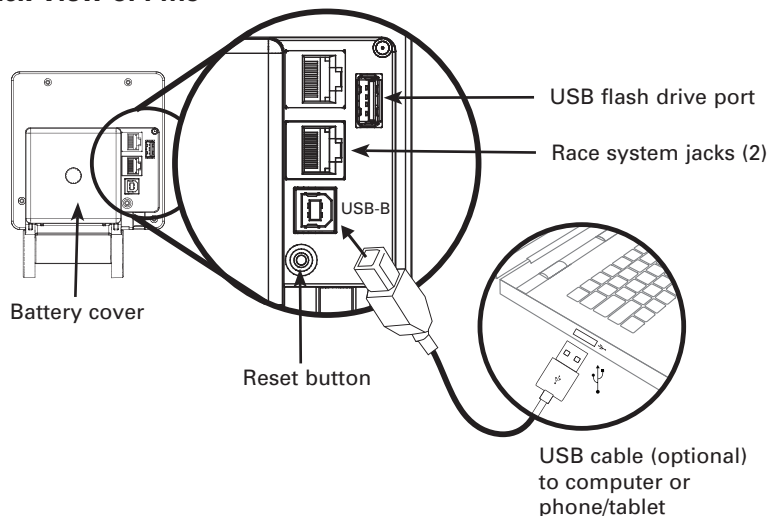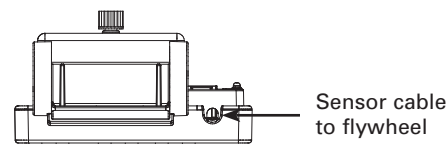
More Information

Using a Heart Rate Monitor:

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

SUUNTO
ANT+ HR
GARMIN

❄ **Bluetooth**®
SMART

⚠ **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 leave in the rain.

Troubleshooting
Visit concept2.com/pm5.