ROWER AR-2 CONSOLE

METERS
Displays total distance rowed in meters

SPM
Displays strokes per minute (stroke rate)

PULSE
Displays heart rate when connected to a heart rate monitor

CALORIES
Displays total calories

WATTS
Displays watts per pull

STROKES
Displays total number of strokes

TIME/500M
Displays projected time needed to complete 500 meters based on current stroke

TIME
Displays amount of time spent rowing (does not count rest)

LARGE TOGGLE DISPLAY FOR 9 PERFORMANCE MEASUREMENTS

Track total workout time in minutes and seconds or toggle between 9 different performance measurements to display at the center of the screen:

AVERAGE 500M PACE

Projected time needed to complete 500 meters based on all strokes

AVERAGE METERS PER STROKE

Average meters rowed per stroke

MAX HEART RATE

Maximum heart rate during workout

CALORIES PER HOUR

Projected calories burned per hour based on all pulls during the workout

FORCE CURVE

Graphically represents how force is applied during the rowing stroke

MAX WATT

Maximum watts produced during all strokes

WATT CHART

Graphically represents watts produced relative to other strokes during the workout

AVERAGE WATT

Average watts per stroke based on all strokes

PRE-BUILT PROGRAMS

Toggle through the menu using the up/down arrows to select from various pre-built programs: **Quick Start, Competition Racing, Interval/Tabata, Target Time, Target Distance, Target Calories, Target Strokes.**

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