

# ROWER SMART CONNECT 2.0 BA+ CONSOLE



## 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.**



### SMART CONNECT

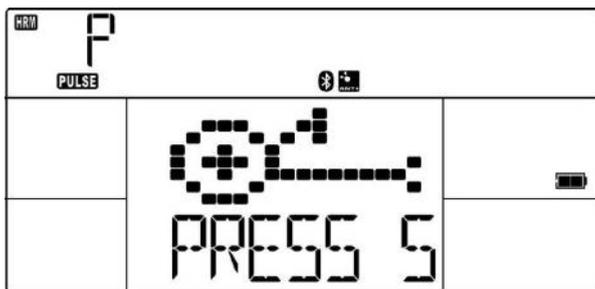
Connects to a variety of apps through Bluetooth and Ant+ from our Smart Connect Ecosystem



### HEART RATE MONITOR CONNECT

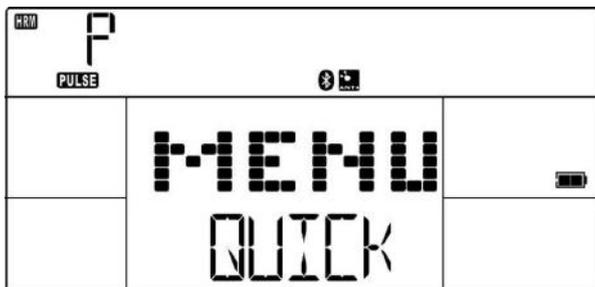
Compatible with Bluetooth and/or Ant+ chest belts

## Mode of operation:



1. Press START to turn on console. You will see "PRESS START TO QUICKSTART OR SELECT PROGRAM" on the meter display.

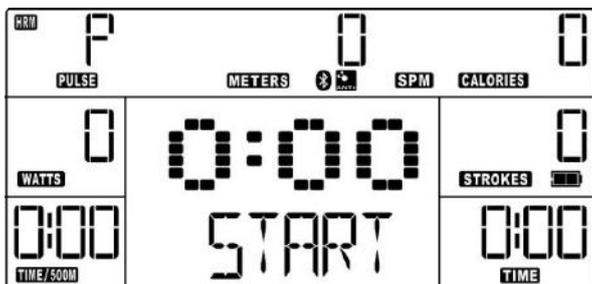
2. Or press START again to QUICKSTART your workout.



3. To choose a program, press the "UP/DOWN" key to cycle through the following programs:

QUICKSTART / RACE / INTERVAL / TIME / DISTANCE / CUSTOM

## Quick Start



1. The monitor will default to the QUICKSTART mode when you press "START/STOP", you can press START again or start rowing to QUICKSTART your workout.

2. During workout, the monitor will display the following metrics TIME / STROKES / CALORIES / METERS / WATTS / TIME/500M / PULSE / STROKES PER MINUTE (SPM) Each metric will count up.

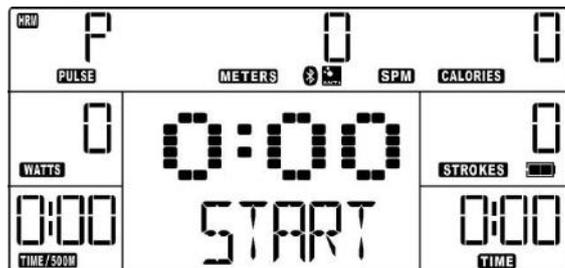
3. Press the UP / DOWN button to cycle display the other metrics such as the TOTAL TIME, AVG / 500M, AVG METER / STROKE, MAX HR, MAX WATT, AVG WATT, CAL / HR, WATT CHART, and FORCE CURVE in the middle window.

4. If you stop rowing, the time display will pause the counting as well, when you start rowing again, Time will continue to count from the last number you pause.

5. You can press the STOP button to pause the monitor if needed.

## The operating procedures of each PROGRAM

### 1. QUICK – PROGRAM



1. During the workout, the monitor will cycle display the following metrics TIME / STROKES / CALORIES / METERS / WATTS / TIME/500M / PULSE / STROKES PER MINUTE (SPM).

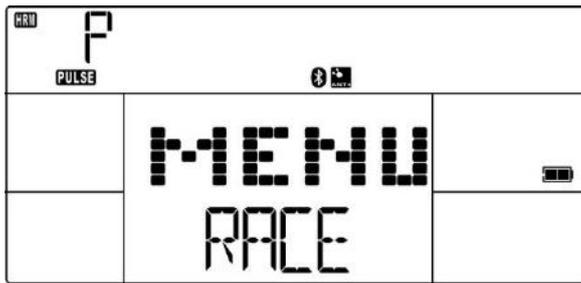
2. Press the UP / DOWN button to cycle display other metrics such as the TOTAL TIME, AVG / 500M, AVG METER / STROKE, MAX HR, MAX WATT, AVG WATT, CAL / HR, WATT CHART,

and FORCE CURVE in the middle window.

3. If you stop rowing, the time display will pause the counting as well, when you start rowing again, Time will continue to count from the last number you pause.

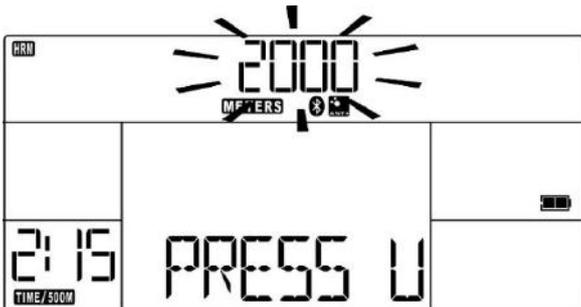
4. You can press the STOP button to pause the monitor if needed.

## 2. RACE - PROGRAM



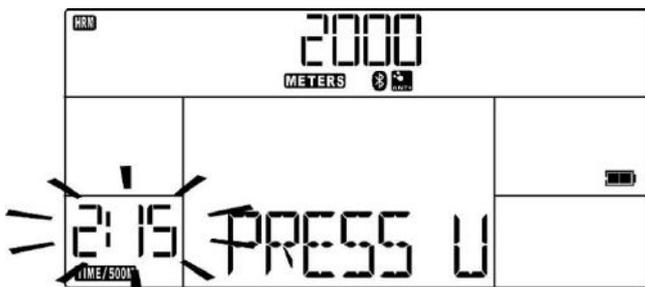
1. Under MENU mode, use the "UP / DOWN" key to select RACE, and then press the ENTER key to confirm the program.

### (1). METERS Setting Procedure



1. Once you select the RACE program, the program defaults to a 2000 meter distance.
2. Users can use the "UP / DOWN" button to change the RACE distance and press the ENTER key to confirm the setting.

### (2) TIME/500M Setting Procedure



1. Once your target race distance is set, the program defaults to a 2:15 TIME / 500M setting.
2. Users can use the "UP / DOWN" button to change the "TIME / 5000M" settings and press the ENTER key to confirm the setting.

### (3). Press START key to begin the program

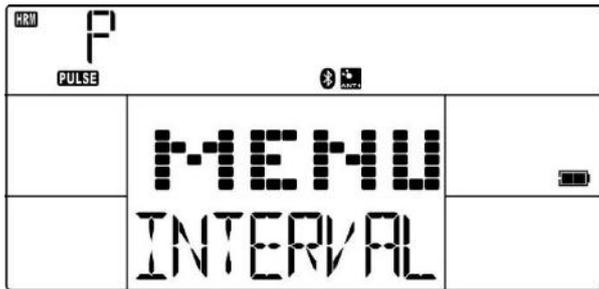


1. During the RACE program, the following metrics "TIME / STROKES / CALORIES / WATTS /" will count up, but RACE metric will count down to your target race distance.
2. During the workout, the dot matrix on the display will show the current status for both of YOURS and the COMPUTER's. After the race is over, the computer will show either the COMPUTER or YOU as the winner.

3. If you stop rowing, the time display will pause the counting as well, when you start rowing again, Time will continue to count from the last number you pause.
4. Press the STOP button to pause the monitor.

### 3. INTERVAL - PROGRAM

#### (1). WORK TIME / STROKES / CALORIES / METERS MODE Setting Program

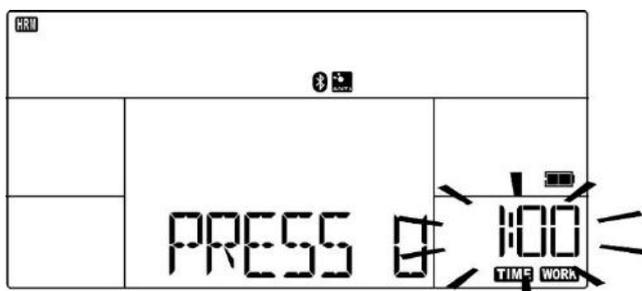


1. During the MENU mode, use the "UP / DOWN" key to select INTERVAL, and then press the ENTER key to confirm the program.
2. After pressing the ENTER key, 4 metrics (time, strokes, calories, distance) will be flashing.
3. Please use the "UP / DOWN" button to cycle choose the program, and press "ENTER" to confirm the selection as the

work portion of the interval.

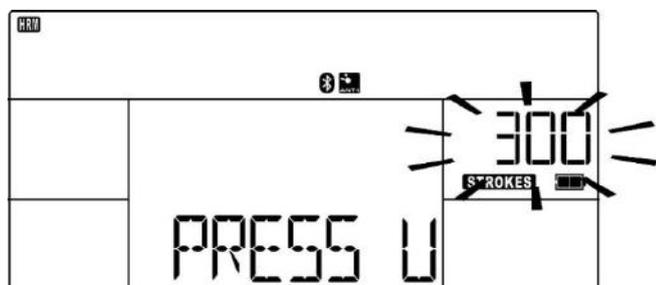
4. Then, the user will be able to set the target setting based on one of those 4 metrics, rest time, interval rounds. Press the ENTER key to confirm the selected program.

#### ● WORK TIME Setting Procedure



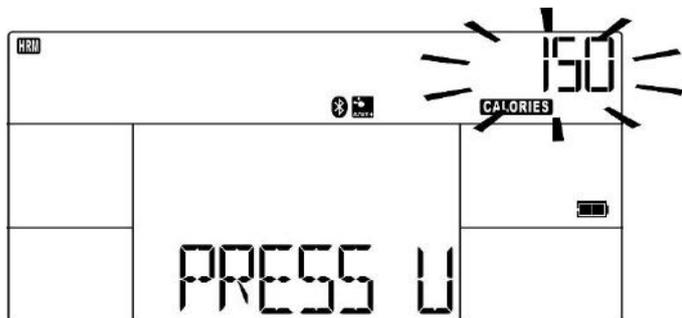
1. When the TIME display is flashing, please press the ENTER key to confirm the TIME program, the TIME program defaults to a 1:00 minute.
2. USERS can use the "UP / DOWN" button to choose TIME setting, Press the ENTER key to confirm the setting or go to the next program.

#### ● STROKES Setting Procedure



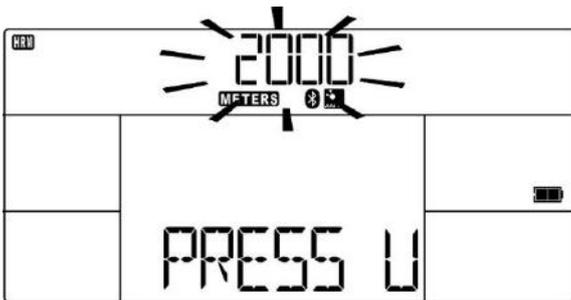
1. When the STROKES display is flashing, please press the ENTER key to confirm the STROKES program, the STROKES program defaults to a 300 times.
2. USERS can use the "UP / DOWN" button to choose STROKES setting, Press the ENTER key to confirm the setting or go to the next program.

#### ● CALORIES Setting Procedure



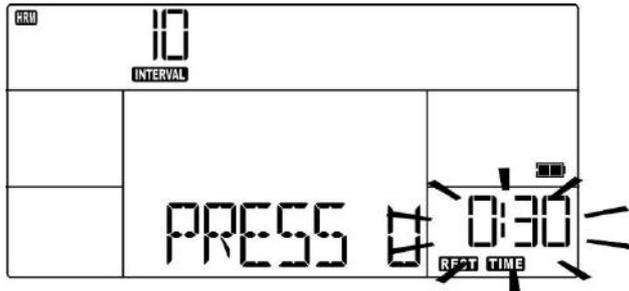
1. When the CALORIES display is flashing, please press the ENTER key to confirm the CALORIES program, the CALORIES program defaults to a 150 CALORIES.
2. USERS can use the "UP / DOWN" button to choose CALORIES setting and press the ENTER key to confirm the setting or go to the next program.

● **Distance Setting Procedure**



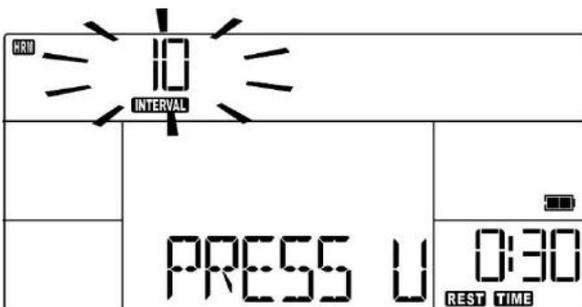
1. When the Distance display is flashing, please press the ENTER key to confirm the METERS program, the METERS program defaults to a 2000 METERS.
2. USERS can use the "UP / DOWN" button to choose METERS setting, Press the ENTER key to confirm the setting or go to the next program

**(2). REST TIME Setting Procedures**



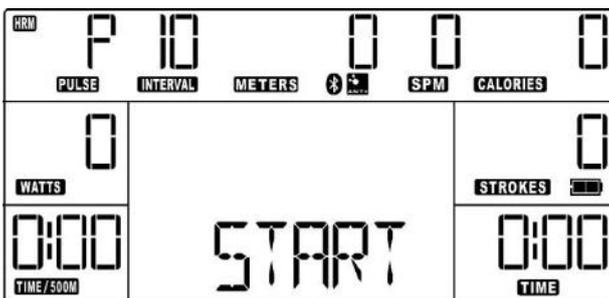
1. Once the amount of interval is set, the program will default to 0:30 of rest time.
2. You can use the "UP / DOWN" button to change the target of rest time. Press the ENTER key to confirm the setting.

**(3). INTERVAL Setting Procedures**



1. Once INTERVAL MODE is set, the program will default to 10 INTERVAL rounds.
2. You can use the "UP / DOWN" button to change the target of INTERVAL setting. Press the ENTER key to confirm the setting.

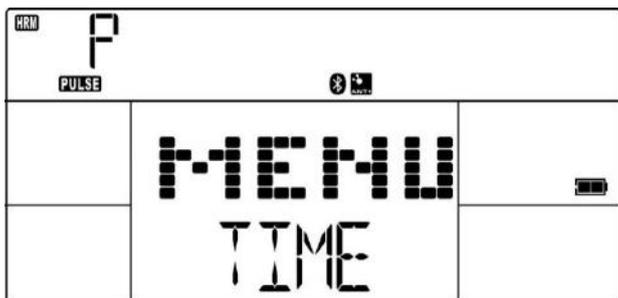
**(4). Press the START key to begin the program**



1. During the INTERVAL program, the monitor will display "WORK" during work intervals and count down the amount of work time remaining. Once the work time is completed, the monitor will display "REST" and count down the amount of rest time remaining.
2. The program will alternate between WORK and REST time for the number of intervals set.

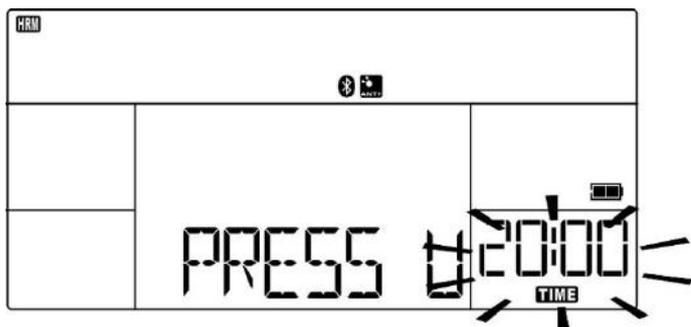
3. During the program, STROKES, CALORIES, and METERS will count down from your preset values.
4. You can press the STOP button to pause the monitor if needed.

## 4. TIME – PROGRAM



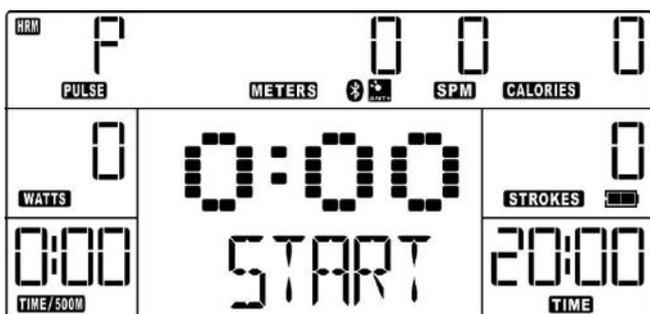
1. In the start menu, use the “UP / DOWN” key to select TIME, and then press the ENTER key to confirm the setting.

### (1). TIME Setting Program



1. When the user selects the TIME program, the program defaults to a time of 20 minutes.
2. Users can use the "UP / DOWN" button to change the amount of time, then press the ENTER key to confirm the setting.

### (2). Press the START key to begin the program



1. During the program, the TIME display will count down to 0:00. The STROKES, CALORIES, and METERS metrics will count up.
2. Press the UP / DOWN button to display other metrics such as the TOTAL TIME, AVG / 500M, AVG METER / STROKE, MAX HR, MAX WATT, AVG WATT, CAL / HR, WATT CHART, and FORCE CURVE in the middle window.

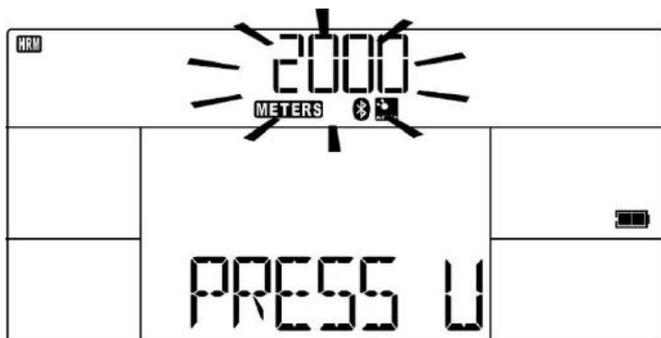
3. If you stop rowing, the time display will pause the counting as well, when you start rowing again, Time will continue to count from the last number you pause.
4. You can press the STOP button to pause the monitor if needed.

## 5. DISTANCE – PROGRAM



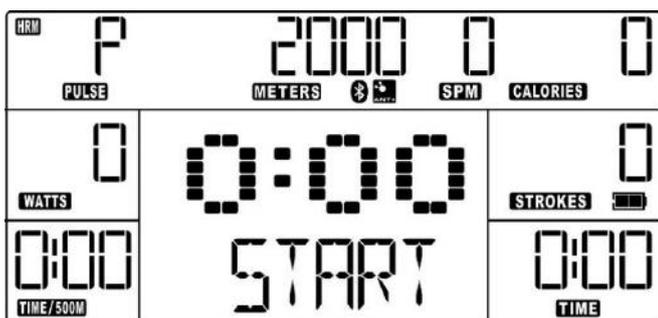
1. In the start menu, use the “UP / DOWN” key to select DISTANCE, and then press the ENTER key to confirm the setting.

### (1). DISTANCE Setting the program



1. When the user selects DISTANCE program, the program will default to a target distance of 2000 meters.
2. Users can use the "UP / DOWN" button to change the target distance, and then press the ENTER key to confirm the setting.

### (2). Press the START key to begin the program

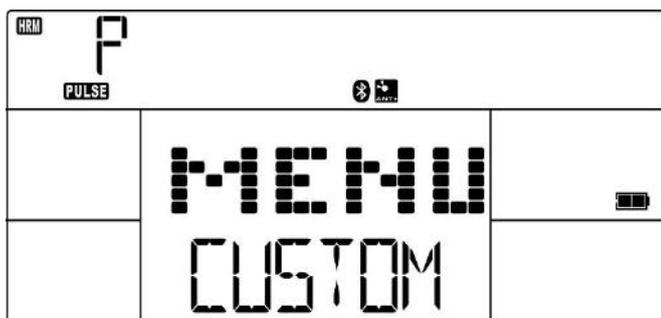


1. During the program, the METERS display will count down to zero. The TIME, STROKES, CALORIES displays will count up.
2. Press the UP / DOWN button to cycle display the other metrics such as the TOTAL TIME, AVG / 500M, AVG METER / STROKE, MAX HR, MAX WATT, AVG WATT, CAL / HR, WATT CHART, and FORCE CURVE in the

middle of the window.

3. If you stop rowing, the time display will pause the counting as well, when you start rowing again, Time will continue to count from the last number you pause.
4. You can press the STOP button to pause the monitor if needed.

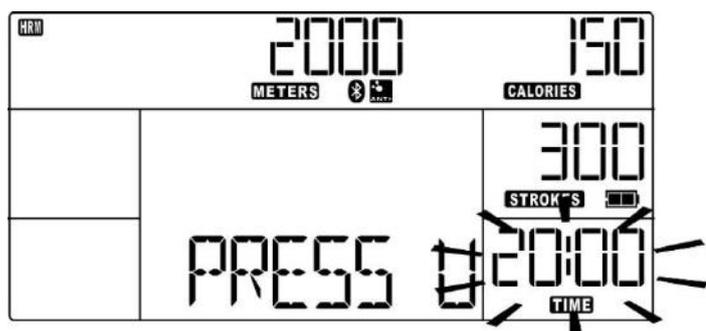
## 6. CUSTOM – PROGRAM



1. In the start menu, use the "UP / DOWN" key to select CUSTOM, and then press the ENTER key to confirm the program.
2. Each program has the default settings such as the number of intervals, amount of work time, amount of rest time, strokes, calories, meters. You can change any of the defaults by following the instruction below.

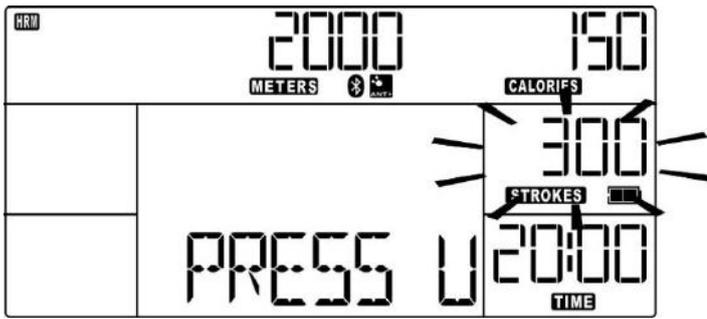
3. Press START or begin rowing to quick start the workout.

### (1). TIME Setting procedure



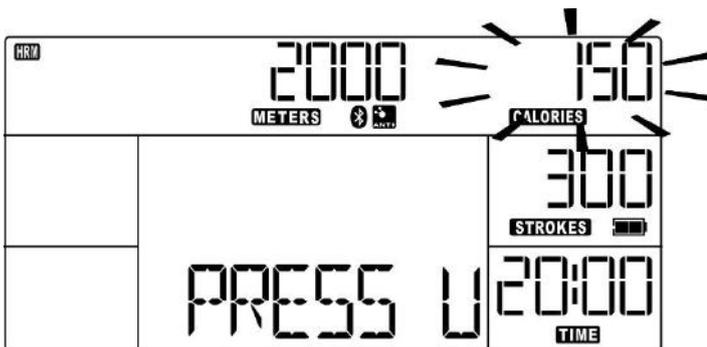
1. When selects the CUSTOM program, the program defaults to a 20:00 minute default time.
2. Users can use the "UP / DOWN" button to change the amount of time, and press the ENTER key to confirm the setting.

**(2). STROKES Setting Procedure**



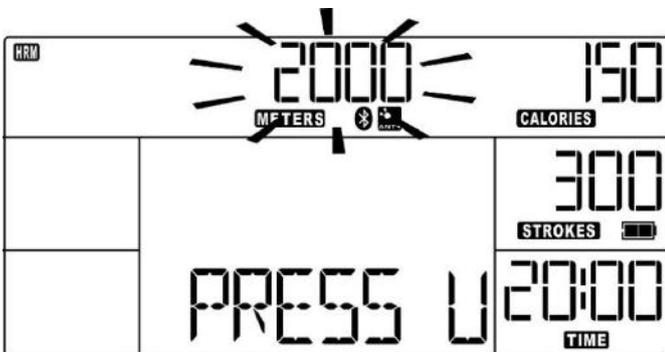
1. Once the time is set, the program will default to 300 strokes.
2. You can use the "UP / DOWN" button to change the number of strokes, then press the ENTER key to confirm the setting.

**(3). CALORIES Setting Procedure**



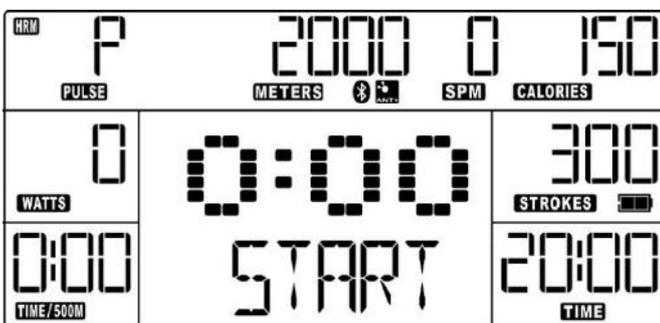
1. Once the number of strokes is set, the program will default to 150 calories.
2. You can use the "UP / DOWN" button to change the setting of calories, then press the ENTER key to confirm the setting.

**(4). METERS Setting Procedure**



1. Once the number of calories is set, the program will default to 2000 meters
2. Users can use the "UP / DOWN" button to change the setting of the METERS, then press ENTER key to confirm the setting.

**(5). Press the START key after the operation of the program**



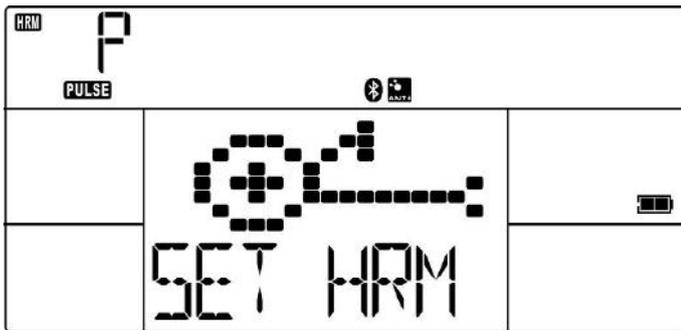
1. During the program, the TIME, STROKES, CALORIES, and METERS displays will count down to zero.
2. Press the UP / DOWN button to cycle display the metrics for the TOTAL TIME, AVG / 500M, AVG METER / STROKE, MAX HR, MAX WATT, AVG WATT, CAL / HR, WATT CHART, and FORCE CURVE in the middle

window.

3. If you stop rowing, the time display will pause the counting as well, when you start rowing again, Time will continue to count from the last number you pause.
4. You can press the STOP button to pause the monitor if needed.

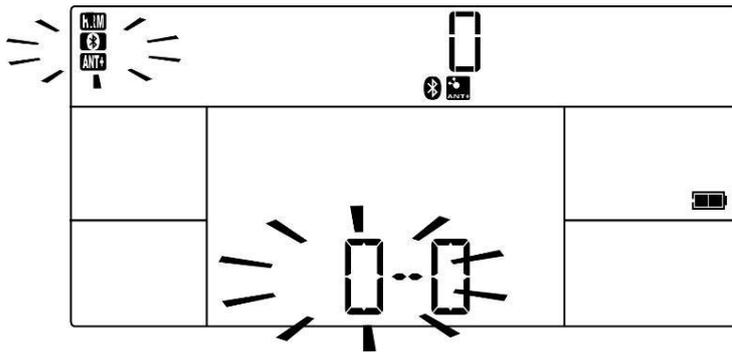
## 7. HRM – Heart Rate Monitor Connection

### (1). SET HRM Setting Procedure for Bluetooth or Ant+ connection



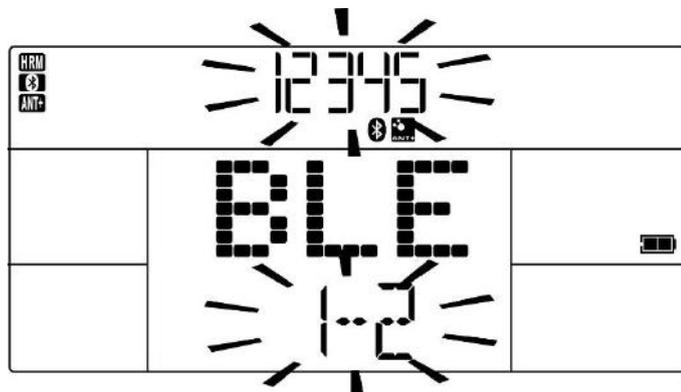
1. Under the “STAND BY” mode, press and hold the "RESET" key for 3 seconds to display SET HRM program.
2. After pressing the ENTER key, 4 metrics (time, strokes, calories, distance) will be flashing. Please use the "UP / DOWN" button to cycle choose the

### (2). BLUEBOOTH or ANT+ wireless Connection

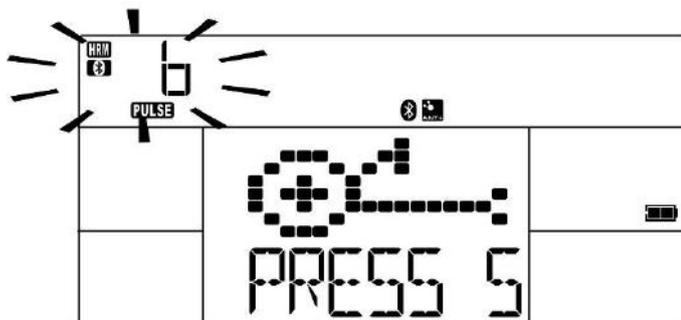


1. After displaying SET HRM for 2 seconds, the screen will switch to the screen as the left drawing.
2. Connect to the corresponding wireless chest strap via Bluetooth or ANT+ serial number
3. If there is a signal to successfully connect to the Bluetooth or ANT+ wireless chest strap, the screen will display as shown in the drawing on the left.

### (3). How to use BLUEBOOTH wireless Connection

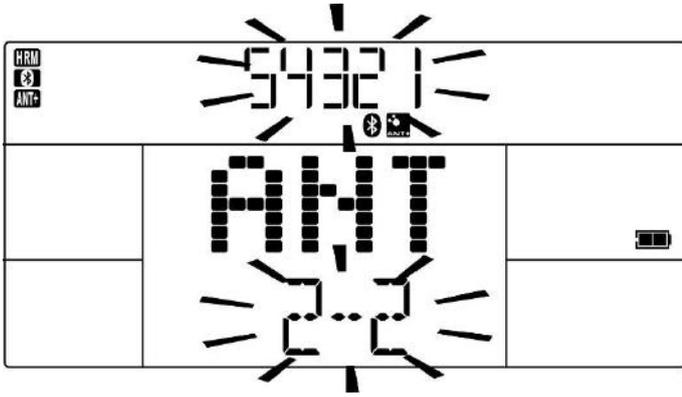


1. If you are using a Bluetooth wireless chest strap, the console will display “BLE” on the screen as shown in the drawing on the left.

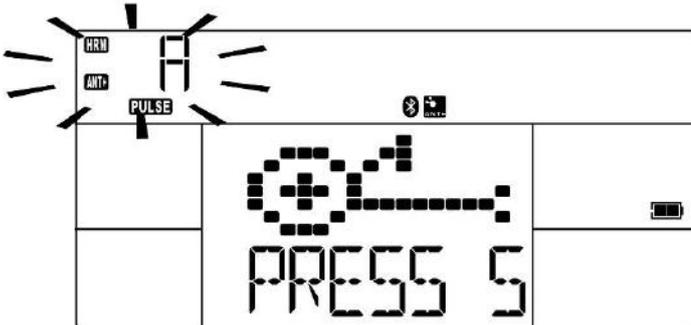


2. Pressing the ENTER button, then the PULSE section on the screen will display "b" as shown in the drawing on the left.
3. The Bluetooth wireless chest strap has been successfully connected to the console now.

**(4). How to use ANT+ wireless Connection**



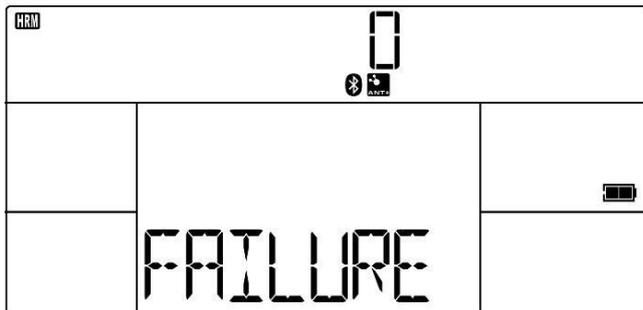
1. If you are using an ANT+ wireless chest strap, the console will display “ANT” on the screen as shown in the drawing on the left.



2. Pressing the ENTER button, then the PULSE section on the screen will display "A" as shown in the drawing on the left.

3. The ANT+ wireless chest strap has been successfully connected to the console now.

**(5). How to reconnect BLUEBOOTH / ANT+ wireless Connection**



1. If the Bluetooth or ANT+ chest strap signal is not successfully received within 25 seconds, the screen will display the "failure" link failure screen as shown in the drawing on the left.

2. Press RESET to disconnect the wireless connection.

3. Repeat the 7.1 HRM-Heart Rate PROGRAM >

Set HRM Setting Procedure to reconnect BLUEBOOTH / ANT+ wireless Connection