

CONCEPT2 ROWER

PM 3 MONITOR



- Monitor turns on when you start rowing
- Track distance, speed, pace, calories burned, and watts
- View force curve, pace boat, bar chart, large print, or all data
- 32k removable card stores performance data for up to five users
- Optional Polar® receiver lets you track cardiovascular data
- Transfer data to your Mac or PC
- Manage a wide range of features such as preset workouts, games, and multiple languages