



# **INSTRUCTION GUIDE**

**R200 MONITOR**

# I COPYRIGHT

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# | SAFETY PRECAUTIONS

The monitor on this machine has been tested to the required standards, each of those passed regulations are shown via the following symbols:

ROHS - This is an abbreviation for “Restriction of (the use of certain) Hazardous Substances in electrical and electronic Equipment”.

QC Pass - A product which has fulfilled the requirements of a technical control and passed the outgoing exams.

**ROHS Symbol**



**Quality Control Symbol**



# CLEANING

Please take care when cleaning this monitor as the LCD screen can easily be scratched.

You will need a soft dry cloth



Do not spray cleaning chemicals directly onto the monitor

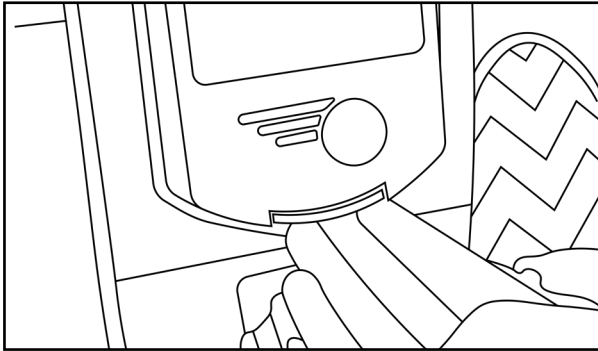


Do not apply water to the monitor as it is electrical and may damage the internal components



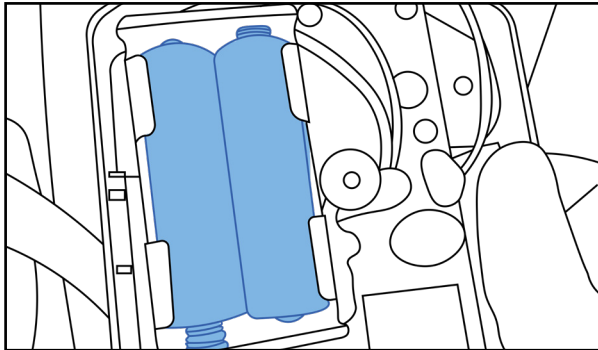
# I REPLACING THE BATTERIES

## STEP 1



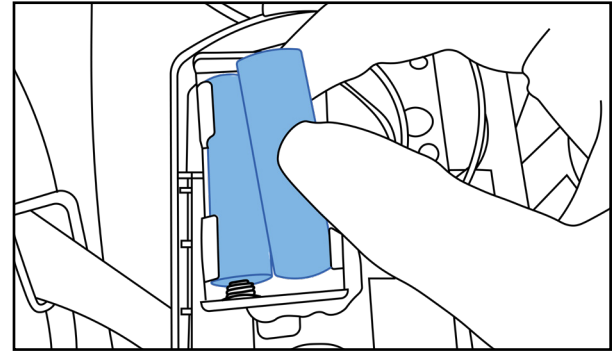
Press the small clip under the monitor to release it from the base.

## STEP 3



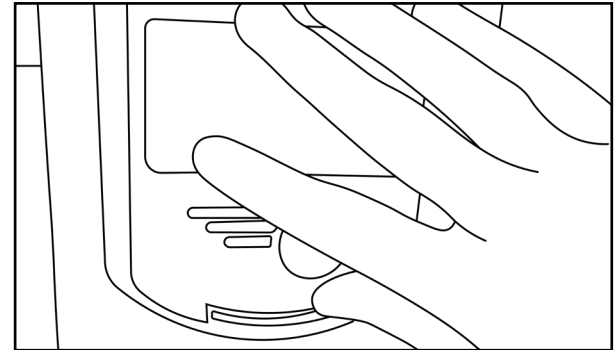
Insert the new batteries the correct way round.

## STEP 2



Remove the old batteries.

## STEP 4



Press the monitor back into the base.

# I OPERATION

The R200 monitor has a total of 6 readouts, displaying:

**Total Count, Calories, Count/Min, Count, Distance and Time**

When first powered on, the monitor will automatically be in 'Scan' mode. This means the digits on the screen will change every few seconds between time, distance, count etc. This will allow you to have an overview while training without pressing any buttons.

## VIEW EACH READOUT

The R200 has a single button, press this once to exit 'Scan' mode. Continuously press this button to scroll through each readout, small black arrows on each side will indicate which readout is currently visible.

## RESETTING YOUR MONITOR

To reset your monitor back to zero, press and hold the single button. All the digits will then flash and the monitor will beep.



# I DATA READOUTS

<b>Readout</b>	<b>Measurement</b>
Time	Minutes : Seconds
Count	0 - 999
Distance	Kilometres
Total Count	0 - 999
Count/Min	Average number of strokes per minute



# I TROUBLESHOOT

Issue	Resolutions
No power to the monitor	<ul style="list-style-type: none"><li>• Make sure the batteries are fully inserted and the correct way round.</li><li>• Check your connection wires from the monitor to the base. They must not be trapped, fully connected and the pins must be straight.</li></ul>
Power on but the digits aren't changing	<ul style="list-style-type: none"><li>• Check the small black square sensor on the underside of the slideway is attached securely and undamaged.</li><li>• If this is the case and no readings are still not showing on the screen please use a generic magnet (e.g. fridge magnet) and move it over the sensor. If the digits change you may require a new saddle. If not you may require a replacement sensor.</li></ul>

# | CONTACT DETAILS



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