INSTRUCTION GUIDE

VENTUS PRO MONITOR

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CONTENTS

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:

WEEE - Waste Electrical and Electronic Equipment Recycling.

ABS - Acrylonitrile Butadiene Styrene often referred to as ABS is a type of plastic that is an opaque thermoplastic.

CE - The product conforms with relevant EU directives regarding health and safety or environmental protection.

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

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

ABS Recycling Symbol

WEEE Symbol

Quality Control Symbol

EU Compliance Symbol

ROHS Symbol

| CLEANING

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

You will need a soft dry cloth

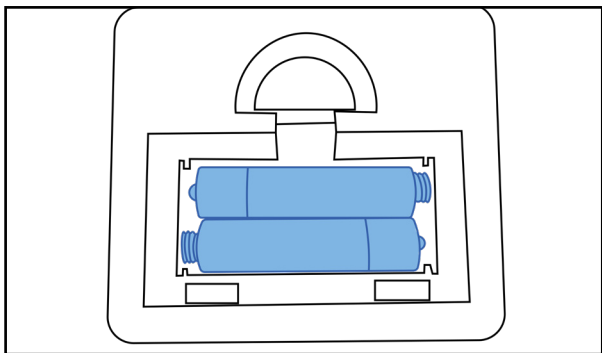Do not spray cleaning chemicals directly onto the monitor

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

| INSTALLATION

STEP 1

Insert the batteries, making sure they are the correct way round.

STEP 2

Remove the four screws already in the back of the monitor.

STEP 3

Connect the male to female wires from the frame arm to the monitor.

STEP 4
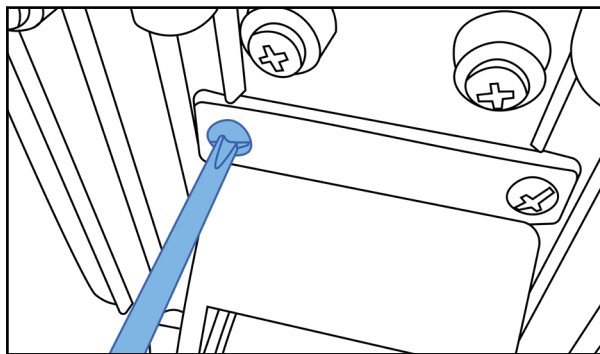
Secure the monitor to the frame arm using the four screws removed previously. Make sure the device stand is slotted behind the monitor.

▎OPERATION

The Ventus Pro monitor has a total of 11 readouts, displaying:

Time   **Time 500m**   **Distance**   **Strokes**   **Strokes Per Minute**   **Pulse**   **Total Strokes**
Date   **Clock**   **Calendar**   **Temperature**

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

SETUP

- Firstly, you will need to enter the Year (within the Strokes section), using the UP and DOWN buttons and then press ENTER to confirm.
- The Month (within the Calories section) using the same process.
- The Day (within the Pulse section). After you confirm this, the alarm will sound off.
- Press the UP button to set the ON/OFF which is the sign of the alarm.
- If the alarm symbol does not display press ENTER, when the alarm display is on you can set the time of the alarm (the same way in which you set the date).
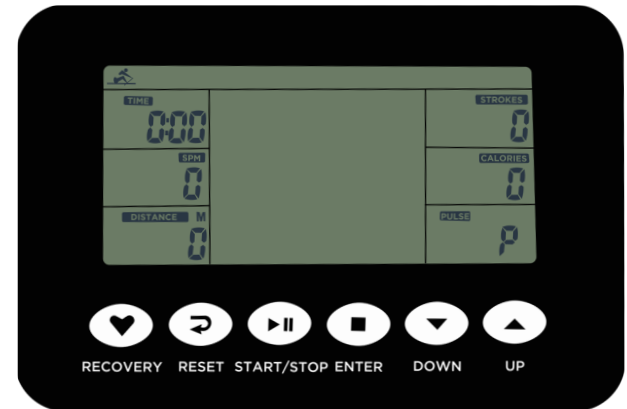
MANUAL MODE

- Next press ENTER so that the sport symbol in the top left corner is showing,
- The MANUAL and RACE will blink ready to be selected. Press UP or DOWN to select MANUAL and then press ENTER to confirm.
- Once entered into the MANUAL mode, press UP to set the duration, this will be flashing.
- Once you have set your target time press ENTER to confirm it.
- DISTANCE - STROKES - CALORIES - PULSE - TIME can all be set to a specific target however, multiple functions cannot be set during one workout. (e.g. if a target time has been set then a target distance can't also be set)
- Press the START/STOP button to begin.
- When the specific function has counted down to zero or you have pressed the START/STOP button the monitor will stop and display the average figure.

RACE MODE

- From the main menu or if you have reset your monitor press ENTER so that the sport symbol in the top left corner is showing,
- The MANUAL and RACE will blink ready to be selected. Press UP or DOWN to select RACE and then press ENTER to confirm.
- Once you have entered into the RACE mode, the L1 will flash and the TIME 500M will display with 8:00.
- Use the UP or DOWN buttons to select from L1 to L15 and press ENTER to confirm.
- After, you can set the distance of the race (500m - 10000m), the distance section will be flashing.
- Press ENTER and the image of the race will display on the centre segment. The figures of TIME 500M are

L1 - 8:00	L4 - 6:30	L7 - 5:00	L10 - 3:30	L13 - 2:00
L2 - 7:30	L5 - 6:00	L8 - 4:30	L11 - 3:00	L14 - 1:30
L3 - 7:00	L6 - 5:30	L9 - 4:00	L12 - 2:30	L15 - 1:00

RECOVERY FUNCTION

- After exercising for a period of time, if you are wearing a chest strap press RECOVERY.
- All of the functions will stop displaying except for time, which will start counting down from 60 secs.
- The screen will display your heart rate recovery status from F1-F6.
- F1 being the best and F6 being the worst.
- The user may keep exercising to improve the heart rate recovery status.
- Press RECOVERY again to return to the main menu.

RESETTING YOUR MONITOR

Press and hold the 'RESET' button until all the digits come up and return to zero, the monitor will also beep.

DATA READOUTS

Readout	Measurement
Time	Minutes : Seconds
Time 500m	Minutes : Seconds
Distance	Metres
Pulse	BPM (Beats Per Minute)
Temperature	Degrees

TROUBLESHOOT

Issue	Resolutions
No power to the monitor	• Make sure the batteries are fully inserted and the correct way round. • Check your connection wires from the monitor to the arm. They must not be trapped, fully connected and the pins must be straight.
No pulse reading	• Make sure if you are using a chest strap the sensor is clean and dry. • Do not have any lotion on. • Sweat can affect the reading. • Make sure it is placed in the centre of your chest over your diaphragm.

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