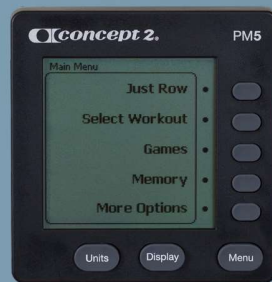


QUICK START GUIDE



# PERFORMANCE MONITOR (PM5)

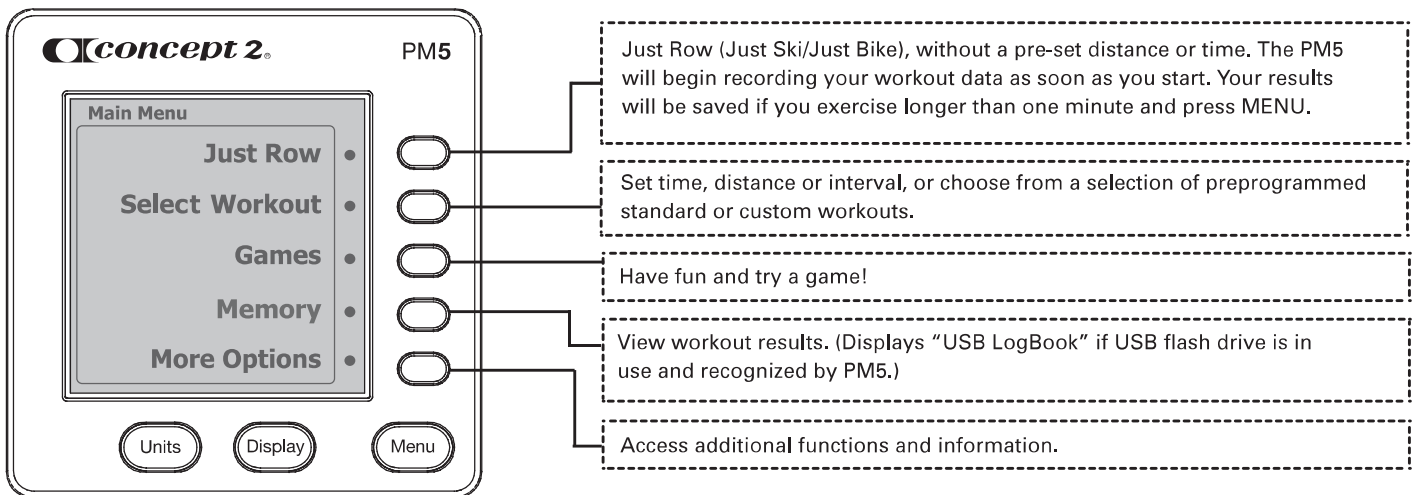


PM5

The PM5 is included with all of Concept2's ergometers:  
The Model D, Model E and Dynamic Indoor Rowers, SkiErg and BikeErg.

The operation and features of the PM5 are the same on all of these machines, though the displays and units will vary slightly depending on which machine you use.

The PM5 delivers reliable, comparable data for every workout and has Bluetooth and ANT+ wireless connectivity, allowing it to connect to heart rate belts, fitness devices and apps, including our own ErgData app and free online logbook.



## RECORDING RESULTS, GETTING CONNECTED AND STAYING MOTIVATED

Recording workout data lets you track progress and measure your results. The PM5 automatically saves your workout data.

**Concept2 provides a free Online Logbook**, where you can store all your data for easier tracking and analysis. The Online Logbook also lets you participate in Concept2's annual series of challenges and motivational programs. Set up your free online logbook at [concept2.com/logbook](http://concept2.com/logbook).

Options for transferring workout results from the PM5 to your online logbook include:

- ➔ **RECOMMENDED: Concept2's free ErgData app.** Available for both iOS and Android, ErgData connects wirelessly to the PM5 via Bluetooth. It enables easy uploading of your results to your online logbook. It also provides additional performance statistics and display options on your device during your workout and stores your results. [concept2.com/ergdata](http://concept2.com/ergdata).
- **Concept2 Utility.** Free software that enables you to use a USB cable or flash drive to transfer results from the PM5 to your online Logbook. [concept2.com/usbflashdrive](http://concept2.com/usbflashdrive) and [concept2.com/utility](http://concept2.com/utility).
- **Manual Entry.** Enter your results to your online logbook manually at [concept2.com/logbook](http://concept2.com/logbook).

### Firmware

Firmware is the internal software that runs your Performance Monitor. Your PM5 comes preinstalled with the latest firmware, however, new and improved versions are offered regularly. Visit [concept2.com/pm5firmware](http://concept2.com/pm5firmware) to update your PM5 using the free Concept2 Utility.

### Calibration

#### BikeErg

The BikeErg will prompt you periodically to verify the calibration, including whenever you program a distance that is part of our Online World Ranking. The verification process (and recalibration, if required) is simple and the PM5 will guide you through it. To start a verification or calibration at any other time, press More Options > Utilities > Calibration.

After moving the BikeErg to a different location, verify the calibration to ensure accurate results.

#### RowErgs and SkiErg

Calibration on RowErgs and the SkiErg is performed automatically during the recovery phase of each stroke. Additional calibration is not necessary.

Visit [concept2.com](http://concept2.com)  
for more information.

# PM5 Menu Map (Visit [concept2.com/PM5](http://concept2.com/PM5) for more information.)

EN

**Sample Display** The displays will vary slightly depending on which machine you use.

**Total elapsed time** :14 28 <sup>s/m</sup>

**Total meters** 2:28 /500m

**Average pace for workout**

- RowErg and SkiErg: time per 500m
- BikeErg: time per 1000m

42 m 110 <sup>♥</sup>

**Split meters** The number of meters in a user-set distance or time.

2:42.6 ave /500m

42 split meters

6202 projected m 30:00

**Cadence**

- RowErg and SkiErg: spm (strokes per minute)
- BikeErg: rpm (revolutions per minute)

**Current Pace**

- RowErg and SkiErg: time per 500m
- BikeErg: time per 1000m

**Heart Rate (optional)**  
Requires additional chest belt.

**Projected Finish**  
If current pace is maintained.

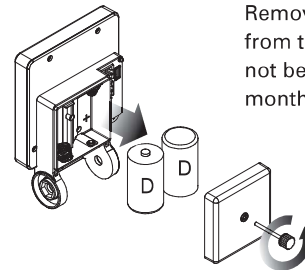
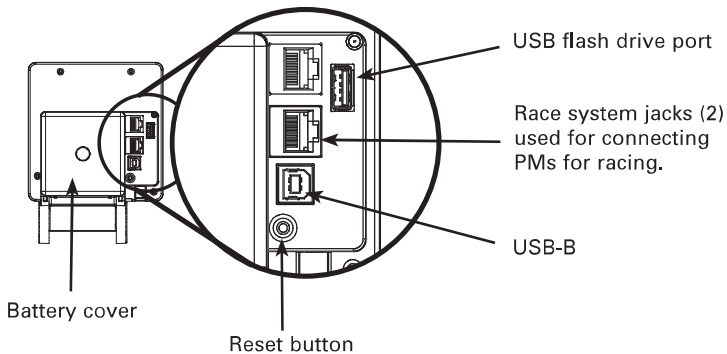
**UNITS**  
Push at any time to change units between Meters, Pace, Watts and Calories.

**DISPLAY**  
Push to change display between All Data, Force Curve, Pacer, Bar Chart, Large Print.

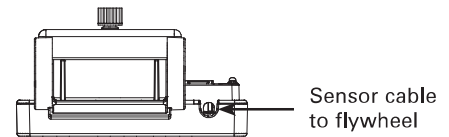
**MENU**  
Push to power up the PM, display the previous menu, or save workout results.

## PM5 Views

### Back View of PM5



### Bottom View of PM5



## More Information

### Using a Heart Rate Monitor:

The PM5 will receive and display heart rate data directly from a Bluetooth, Suunto™, Garmin® or ANT+™ HR chest belt. See **More Options** for set up.



### Cleaning the PM

Use a cloth lightly dampened with water only. Do not spray with a cleaner or store outdoors.

### Troubleshooting

Visit [concept2.com/pm5](http://concept2.com/pm5).

**WARNING!** Heart rate monitoring systems may be inaccurate. Over-exercising may result in serious injury or death. If you feel faint, stop exercising immediately.