



## A1 Home Monitor Operating Instructions

### INTRODUCTION

The WaterRower A1 Home Performance Monitor has been designed to balance function with user friendliness.

The WaterRower A1 Home Monitor Display consists of 4 information windows, 2 select buttons and 3 navigation buttons.

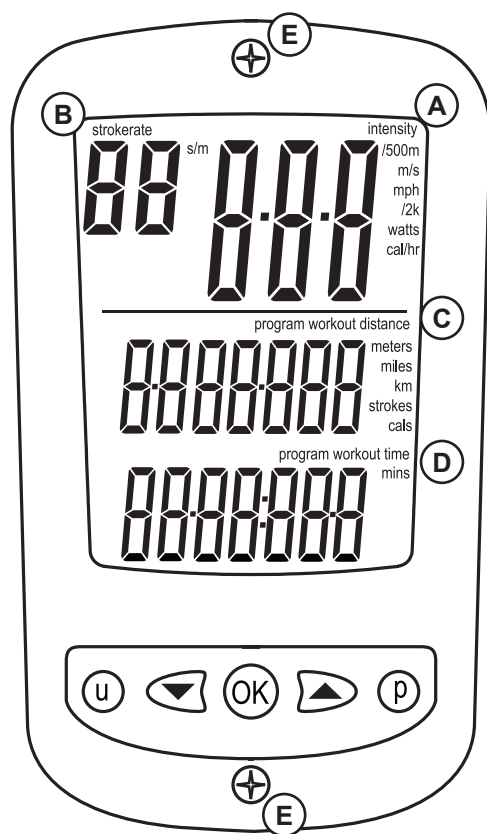
The WaterRower A1 Display Windows include:

**Intensity-** Shows the intensity of exercise in various units

**Strokerate-** Shows the number of strokes per minute

**Distance-** Shows the distance covered in various units

**Time-** Shows the duration of exercise in time



### STARTING INFORMATION

Please press the OK button to turn on the monitor. The four information windows will read zeros and be in Ready Mode. The monitor will commence monitoring as soon as you begin rowing.

Note the monitor will turn off automatically after about 2 minutes of no use.

### BATTERY REPLACEMENT

2 AA size Batteries are located in a battery holder behind the monitor within the footboard. To access the battery holder, remove two screws (E).

### INFORMATION WINDOWS

#### A) Intensity Window

The Intensity Window of the WaterRower A1 Home Monitor displays speed in units of time/500m (minutes per 500 meters), m/s (meters per second), mph (miles per hour), /2km (minutes per 2 kilometers). It also displays power in watts, and energy consumption in cal/hr (calories burnt per hour). See "Setting Units" later in this manual to select desired units

#### B) Strokerate Window

The Strokerate Window of the WaterRower A1 Home Monitor displays strokerate (number of strokes rowed per minute) in units of strokes/min (strokes per minute).

#### C) Distance Window

The Distance Window displays the distance covered in units of meters, miles, km (kilometers), strokes or cal/s (calories burnt). See "Setting Units" later in this manual to select desired units. The Distance Window will also display the distance remaining when doing a distance workout. See Setting Workouts- Distance Workouts later in this manual to set a distance workout

#### D) Time Window

The Time Window displays the time covered in units of hours, minutes, and seconds. The Time Window may also be programmed to display time remaining. See Setting Workouts-Time Workouts later in this manual to set a time workout.



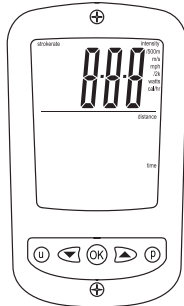
## A1 Home Monitor Operating Instructions

### SETTING UNITS

Display units may be changed by pressing the “u” Button. Press the “u” Button once to change intensity units and again to change distance units.

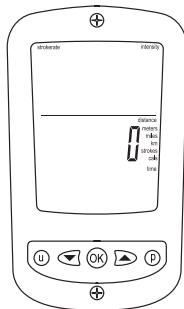
#### Intensity Units

Press the “u” Button until only the intensity digits appear along with the list of intensity units (see image below). Using the Arrow Buttons, scroll to the desired intensity unit (/500m, m/s, mph, /2km, watts or cal/hr). Once the desired unit is flashing, press “OK” and the Monitor will return to Ready Mode.



#### Distance Units

Press the “u” Button until only the distance digits appear along with the list of distance units (see image below). Using the Arrow Buttons, scroll to the desired distance unit (meters, miles, km, strokes, or cals). Once the desired unit is flashing, press “OK” and the Monitor will return to Ready Mode.

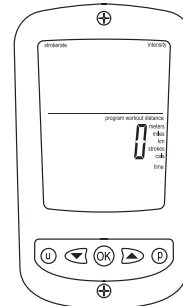


### SETTING WORKOUTS

Workouts may be set by pressing the “p” Button. Press the “p” Button once to set Distance Workouts and again to set Time Workouts.

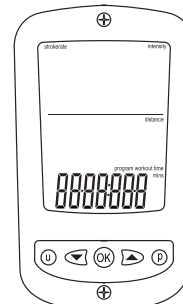
#### Distance Workouts

Press the “p” Button until only distance digits appear along with “program workout distance” flag (see image below) with the distance units flashing. Using the Arrow Buttons, scroll to the desired workout distance. The Up Arrow Button increases the distance by 50 meters while the Down Arrow Button decreases the distance by 10 meters. Holding either button accelerates scrolling. Once the desired workout distance is reached press “OK” and the Monitor will return to Ready Mode with the set distance in the Distance Window. When rowing starts, distance will count down.



#### Time Workouts

Press the “p” Button until only the time digits appear along with “program workout time” (see image below) with the time units flashing. Using the Arrow Buttons, scroll to the desired workout duration. The Up Arrow Button increases the time by 1 minute while the Down Arrow Button decreases the time by 10 seconds. Holding either button accelerates scrolling. Once the desired workout duration is reached press “OK” and the Monitor will return to Ready Mode with the set time in the Time Window. When rowing starts, time will count down.



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