



S4 Monitor Operating Instructions

INTRODUCTION

The WaterRower S4 performance monitor has been designed to balance a high level of technical sophistication with user friendliness.

The WaterRower Series 4 monitor consists of 6 information and programming windows, 6 QuickSelect buttons and 3 navigation buttons.

The WaterRower S4 displays windows include;

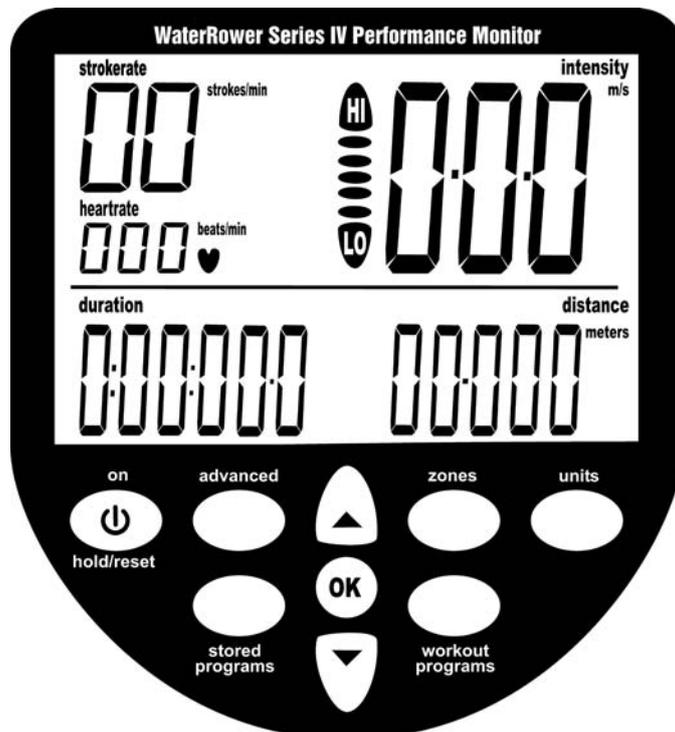
- Intensity- shows the intensity of exercise in various units
- Strokerate- shows the number of strokes per minute
- Heartrate- shows the number of heart beats per minute (optional)
- Zone Bar- shows position relative to a predefined work zone
- Duration- shows the duration of exercise in time
- Distance- shows the distance covered in various units

The WaterRower S4 QuickSelect buttons include;

- On and Reset- turns the S4 monitor on and upon hold, resets the monitor
- Unit Setting- alters the units for intensity and distance
- Zone Setting- sets the zones for the zone bar
- Workout Programs Setting- sets the workout type and parameters
- Stored Program Recall- recalls historic workout settings
- Advanced Functions- accesses numerous advanced features

The WaterRower S4 Navigation buttons include;

- OK- select setting
- Up Scroll- scroll units/selection up
- Down Scroll- scroll units/selection down



INFORMATION WINDOWS

Intensity Window

The intensity window of the WaterRower S4 monitor displays speed (or average speed) in units of m/s (meters per second), mph (miles per hour), /500m (minutes per 500 meters), /2km (minutes per 2 kilometers). It also displays power in watts, and energy consumption in cal/hr (calories burnt per hour). Units may be changed (see Setting Units later in this manual). Zones may be set for Intensity Zone workouts (see Setting Zones later in this manual)



Strokerate Window

The strokerate window of the WaterRower S4 monitor displays strokerate (number of strokes rowed per minute) in units of strokes/min (strokes per minute). Zones may be set for Strokerate Zone workouts (see Setting Zones later in this manual)



Heartrate Window

The heartrate window displays the heart rate (available when the optional heartrate feature is operational) in units of beats/min (beats per minute). Zones may be set for Heartrate Zone workouts (see Setting Zones later in this manual)



Zone Bar Window

The zone bar window displays the position below, within and above the programmed zone settings. Zones may be set for intensity, strokerate and heartrate (see Setting Zones later in this manual).



Duration Window

The duration window displays the time covered (or time to be covered in a duration workout) in units of hours, minutes, seconds and decimal seconds. The duration window may also be programmed to display time remaining (see Setting Workouts- Duration Workouts later in this manual).



Distance Window

The distance window displays the distance covered (or distance to be covered in a distance workout). Units may be set to meters, miles, km (kilometers) or strokes (see Setting Units later in this manual). The distance window may also be programmed to display distance remaining (see Setting Workouts- Distance Workouts later in this manual).



Program Window

The program window helps the user navigate through a series of advanced functions. Advanced functions include; manual workout program storage and retrieval, projected duration for distance workouts, projected distance for duration workouts, advanced heartrate analysis, power/recovery ratio, 2km prognostics, tank volume, total distance rowed and firmware version (see Setting Advance Functions later in this manual).



SETTING UNITS

Display units may be changed using the "units" button. Units are scrolled in the sequence: intensity - average intensity - distance - intensity- etc..

Intensity Units

Scroll to the intensity window using the "units" button (the intensity unit digits will appear along with the "intensity" and intensity units flag).

Scroll to the desired intensity unit (m/s, mph, /500m, /2km, watts or cal/hr) using the arrow buttons. Once the desired unit is highlighted press "OK" and the monitor will return to ready mode.



Average Intensity Units

Scroll to the average intensity window using the "units" button. (the intensity unit digits will appear along with the "average intensity" and intensity units flags).

Scroll to the desired intensity unit (m/s, mph, /500m or /2km) using the arrow buttons. Once the desired unit is highlighted press "OK" and the monitor will return to ready mode.



Distance Units

Scroll to the distance window using the "units" button (the distance unit digits will appear along with the "distance" and distance units flag).

Scroll to the desired distance unit (meters, miles, km or strokes) using the arrow buttons. Once the desired unit is highlighted press "OK" and the monitor will return to ready mode.



SETTING ZONES

Zones settings allows the user to set upper (HI) and lower (LO) limits for heartrate, intensity and stroke rate. When the set zone LO limit is breached the zone bar "LO" flag will flash and a low frequency tone will emit. When the set zone HI limit is breached the zone bar "HI" flag will flash and a high frequency tone will emit. When operating between the upper and lower zone limits the position in this range will be displayed by the divisional zone bars.

Heartrate Zone setting

Scroll to the heartrate window using the "zones" button (the upper heartrate unit digits will appear along with the "heartrate" flag and the zone bar will flash scrolling up to HI).

Scroll to the desired heartrate upper limit using the arrow buttons.



Once the desired upper limit is reached press “OK” (the lower heartrate unit digits will appear along with the “heartrate” flag and the zone bar will flash scrolling down to LO).

Scroll to the desired heartrate lower limit using the arrow buttons. Once the desired lower limit is reached press “OK” and the monitor will return to ready mode.



Intensity Zone setting

Scroll to the intensity window using the “zones” button (the upper intensity unit digits will appear along with the “intensity” flag and the zone bar will flash scrolling up to HI).

Scroll to the desired intensity upper limit using the arrow buttons.



Once the desired upper limit is reached press “OK” (the lower intensity unit digits will appear along with the “intensity” flag and the zone bar will flash scrolling down to LO).

Scroll to the desired intensity lower limit using the arrow buttons. Once the desired lower limit is reached press “OK” and the monitor will return to ready mode.



Strokerate Zone setting

Scroll to the strokerate window using the “zones” button (the upper strokerate unit digits will appear along with the “strokerate” flag and the zone bar will flash scrolling up to HI).

Scroll to the desired strokerate upper limit using the arrow buttons. Once the desired upper limit is reached press “OK” (the lower strokerate unit digits will appear along with the “strokerate” flag and the zone bar will flash scrolling down to LO).



Scroll to the desired intensity lower limit using the arrow buttons. Once the desired lower limit is reached press “OK” and the monitor will return to ready mode.



SETTING WORKOUT PROGRAMS

The WaterRower S4 monitor allows you to manually program workouts; distance, duration and interval training (work periods of either distance or duration separated by periods of rest). Upon completion of your workout statistics are displayed.

Distance Workout Setting

Scroll to the distance window using the “workout programs” button (the distance digits will appear along with the “distance” and distance units flags, the “workout” flag will be flashing and the zone bar will be scrolling up to HI).

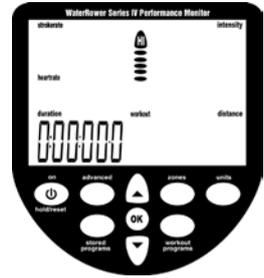


Scroll to the desired workout distance using the arrow buttons. Once the desired workout distance is reached press "OK" and the monitor will return to ready mode. The S4 Monitor's AutoPreview feature will automatically scroll through the distance workout settings.

Duration Workout Setting

Scroll to the duration window using the "workout programs" button (the duration digits will appear along with the "duration" flag, the "workout" flag will be flashing and the zone bar will be scrolling up to HI).

Scroll to the desired workout duration using the arrow buttons. Once the desired workout duration is reached press "OK" and the monitor will return to ready mode. The S4 Monitor's AutoPreview feature will automatically scroll through the distance workout settings.



Distance Interval Workout Setting

Scroll to the distance interval workout window using the "workout programs" button (the distance digits will appear along with the "distance" and distance units flags, the "workout", "interval" and "work" flags will be flashing and the zone bar will be scrolling up to HI. The number 1 will appear in the program window denominating the 1st work session). Scroll to the first workout distance using the arrow buttons.

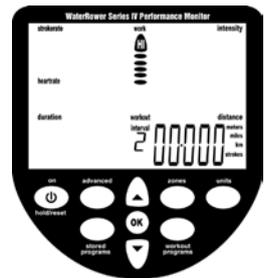


Once the desired workout distance is reached press "OK" (the duration digits will appear along with the "duration" flag, the "workout", "interval" and "rest" flags will be flashing and the zone bar will be scrolling down to LO. The number 1 will appear in the program window denominating the 1st rest session).

Scroll to the first workout rest duration using the arrow buttons.



Once the first workout rest duration is reached press "OK" (the distance digits will appear along with the "distance" and distance units flags, the "workout", "interval" and "work" flags will be flashing and the zone bar will be scrolling up to HI. The number 2 will appear in the program window denominating the 2nd work session).



Once the desired workout rest duration is reached press "OK" (the duration digits will appear along with the "duration" flag, the "workout", "interval" and "rest" flags will be flashing and the zone bar will be scrolling down to LO. The number 2 will appear in the program window denominating the 2nd rest session).

Continue on until the desired total number of work pieces is reached. Press OK twice to end the sequence. The S4 Monitor's AutoPreview feature will automatically scroll through the distance interval workout settings.



Duration Interval Workout setting

Scroll to the duration interval workout window using the “workout programs” button (the duration digits will appear along with the “duration” flag, the “workout”, “interval” and “work” flags will be flashing and the zone bar will be scrolling up to HI. The number 1 will appear in the program window denominating the 1st work session).

Scroll to the first workout duration using the arrow buttons.



Once the desired workout duration is reached press “OK” (the duration digits will appear along with the “duration” flag, the “workout”, “interval” and “rest” flags will be flashing and the zone bar will be scrolling down to LO. The number 1 will appear in the program window denominating the 1st rest session).

Scroll to the first workout rest duration using the arrow buttons.



Once the first workout rest duration is reached press “OK” (the duration digits will appear along with the “duration” flag, the “workout”, “interval” and “work” flags will be flashing and the zone bar will be scrolling up to HI. The number 2 will appear in the program window denominating the 2nd work session).



Once the desired workout duration is reached press “OK” (the duration digits will appear along with the “duration” flag, the “workout”, “interval” and “rest” flags will be flashing and the zone bar will be scrolling down to LO. The number 2 will appear in the program window denominating the 2nd rest session). Continue on until the desired total number of work pieces is reached. Press OK twice to end the sequence. The S4 Monitor’s AutoPreview feature will automatically scroll through the distance interval workout settings.



STORED PROGRAMS

The WaterRower S4 monitor includes a AutoStore facility which automatically stores the last 9 historic workout program settings. Programs may be viewed (and selected) using the S4 monitor’s AutoPreview facility.

Retrieving AutoStore Programs

Scroll through your historic workout settings using the “stored programs” button.

The historic sequence of workouts (1 thru 9) will appear in the program window. The S4 Monitor’s AutoPreview feature will automatically scroll through the workout settings.

When the workout you desire is highlighted, press OK to select



ADVANCED SETTINGS

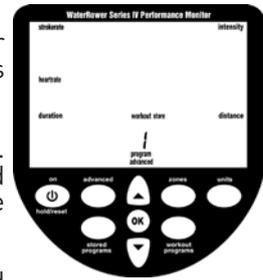
The WaterRower S4 monitor has many advanced functions which are accessible using the “advanced programs” button;

ADVANCED PROGRAM 1- Store Workouts Settings

In addition to the AutoStore facility described earlier, the WaterRower S4 monitor allows manual storage of workout settings. This is particularly useful if the S4 is used by numerous users and the AutoStore programs are overwritten.

Scroll through your advanced programs options using the “advanced” button. When advance program “1” is highlighted, press OK. Scroll to the desired workout storage location (1 thru 9) using the scroll keys. Press OK when the desired storage location is reached.

Your workout settings are stored in the selected location and may be retrieved using advanced function 2 (see below)

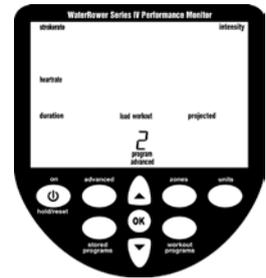


ADVANCED PROGRAM 2- Retrieve Workouts Settings

In addition to the AutoStore facility described about, the WaterRower S4 monitor allows manual storage of workout settings (see above).

Scroll through your advanced programs options using the “advanced” button. When advance program “2” is highlighted, press OK. Scroll to the desired workout storage location (1 thru 9) using the scroll keys. Each workout setting will scroll through the workout settings to assist selection. Press OK when the storage location is reached.

Your workout settings stored in the selected location will be loaded

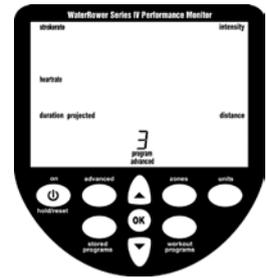


ADVANCED PROGRAM 3- Projected Duration

The WaterRower S4 monitor allows you to view your projected duration during a distance workout. Projected duration is the duration projected for the set distance given the current intensity.

Projected duration is displayed in lieu of duration for 2 seconds in every 10, must be selected immediately prior to the workout and is current only for that workout.

Scroll through your advanced programs options using the “advanced” button. When advance program “3” is highlighted, press OK. The projected duration option is selected.



ADVANCED PROGRAM 4- Projected Distance

The WaterRower S4 monitor allows you to view your projected distance during a duration workout. Projected distance is the distance projected for the set duration given the current intensity.

Projected distance is displayed in lieu of distance for 2 seconds in every 10 seconds, must be selected immediately prior to the workout and is current only for that workout.

Scroll through your advanced programs options using the “advanced” button. When advance program “4” is highlighted, press OK. The projected distance option is selected.



ADVANCED PROGRAM 5- Ratio

The WaterRower S4 monitor allows you to view the ratio between the power and recovery parts of the stroke.

The recovery ratio is displayed in lieu of intensity for 2 seconds in every 10 seconds, must be selected immediately prior to the workout and is current only for that workout.

Scroll through your advanced programs options using the “advanced” button. When advance program “5” is highlighted, press OK. The recovery : power ratio option is selected.

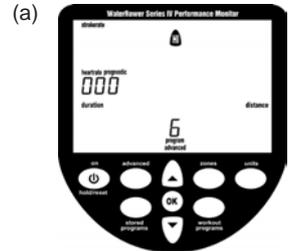


ADVANCED PROGRAM 6- Advanced Heart Rate Analysis

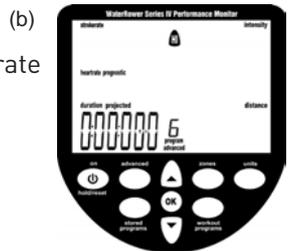
The WaterRower S4 monitor allows advanced heart rate workout analysis. The option is available only during heartrate zone workouts and must be used following the workout.

Scroll through your advanced programs options using the “advanced” button. When advance program “6” is highlighted, press OK. Heartrate statistics will display;

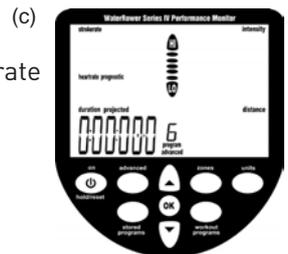
(a) Maximum (peak) heartrate- the maximum heartrate achieved



(b) Time spent above the desired heartrate zone- the time spent above the heartrate zone HI setting



(c) Time spent in the desired heartrate zone- the time spent between the heartrate zone HI setting and the heartrate zone LO setting



(d) Time spent below the desired heartrate zone- the time spent below the heartrate LO setting



ADVANCED PROGRAM 7- Prognostics

The WaterRower S4 monitor allows you to view your prognostics (the % of a defined 2km time). The option is available only during 2km workouts.

Scroll through your advanced programs options using the “advanced” button. When advance program “7” is highlighted, press OK. Enter your expected 2km time in the intensity window using the scroll button. Press OK when the desired target 2km duration is reached.



ADVANCED PROGRAM 8- Tank Volume

The WaterRower S4 monitor allows you input the volume of water in the tank. The tank volume is necessary in calculation of power (watts).

Scroll through your advanced programs options using the “advanced” button. When advance program “8” is highlighted, press OK. Enter the tank volume in the intensity window using the scroll button. Press OK when the desired tank volume is reached.



ADVANCED PROGRAM 9- Firmware Version/Total Machine Distance

The WaterRower S4 monitor can display the firmware version (the version of the software that runs the monitor) and the total distance that the machine has travelled.

Scroll through your advanced programs options using the “advanced” button. When advance program “9” is highlighted, press OK. The total lifetime distance (in kilometers) and firmware version will be displayed.



If you experience an problems with your S4 monitor please do not hesitate to contact our office or visit our service website online at www.waterrowerservice.com.