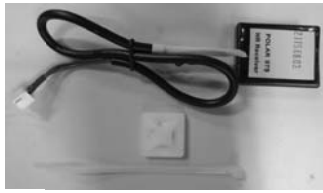
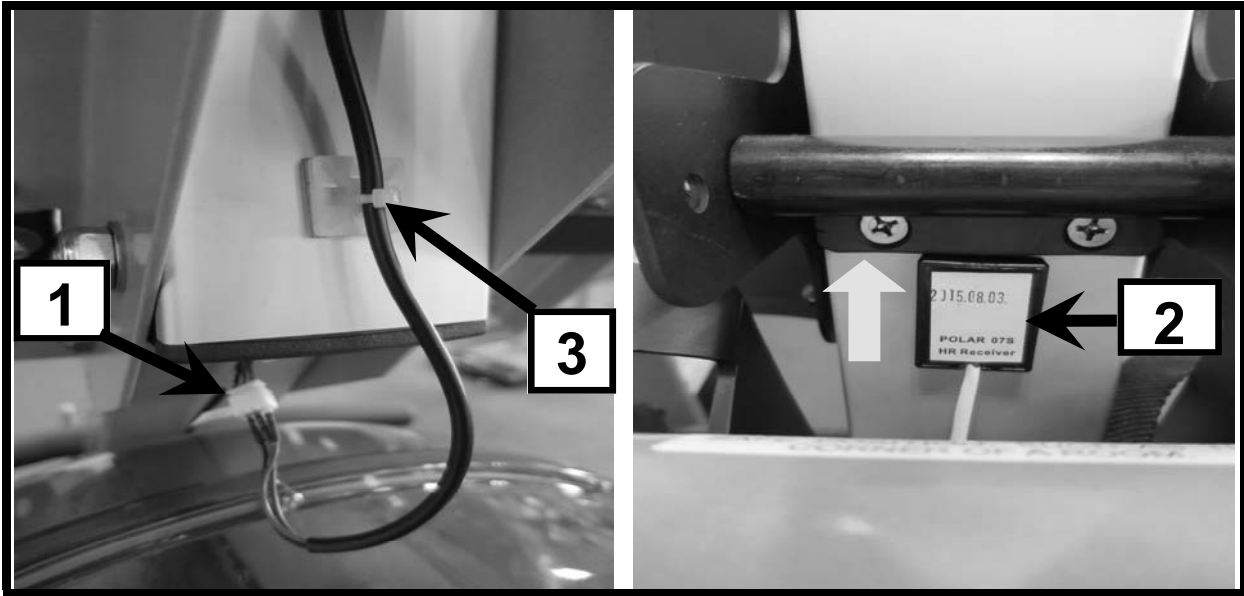


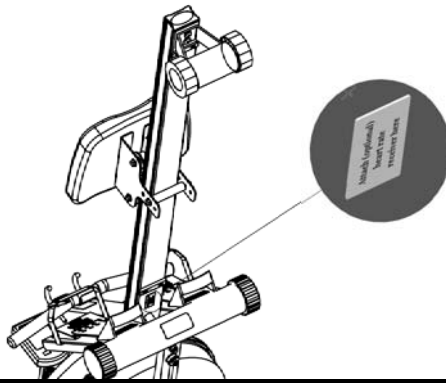
Heart Rate Kit Installation Instructions: Pacific / Newport AR Rower



Kit includes the following parts:

- HR Receiver 5.0KHz
- Mid line wire with leads
- Wire-holding placement pads and plastic ties (1x)



1	After confirming all parts are present, Stand the Rower into the vertical position
2	Mount the Receiver exactly as shown 
3	Attach the Adhesive mounts. The excess lead can be stored under the Perspex cover. Note: Don't affix permanently until signal in this location is tested. Mount the Receiver low enough to avoid the lower Seat Rollers. Trim excess.

To display heart rate requires a Polar™ T34 non-coded or T31 coded chest strap transmitter (sold separately) or other compatible brand chest strap transmitter available from your dealer.

Notes: Maintaining a consistent signal on a rower can be a challenge due to the varying distances experienced during the rowing stroke between the Receiver/Transmitter.

If you are experiencing difficulty, make sure the batteries on your chest belt or other device are fresh, and that the frequency of your transmitter is 5KHz.

Environmental conditions, as well as proximity to other machines can also interfere with a clean signal. Feel free to experiment with different locations for best performance.