

## Row Together Challenge

Instructions for setting up the Performance Monitor (PM3, PM4 or PM5) to record Team Challenge results

1. From the Main Menu, choose Select Workout
2. Choose Standard List
3. Choose 30:00.
4. Press the top button on the right side to display all data. Press Units or Change Units, if needed, to show meters and pace.
5. You're ready to go! Once you start rowing, the PM will count down your time to 0. At the end, your total meters rowed will be displayed.

### Team Results

Team Name: \_\_\_\_\_

Date: \_\_\_\_\_

Team Members:

	First Name	Age	Gender
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

Total Distance Rowed in 30 minutes: \_\_\_\_\_ meters

Signature of Program Director/Witness: \_\_\_\_\_