


Manual - PRO Computer



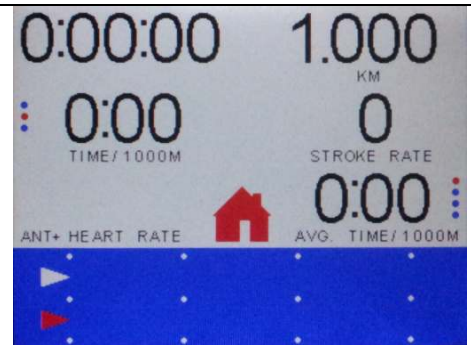
Start

When the computer is connected to the power the start screen is shown.

To get to the menu, press .

The computer turns off after 30 minutes of inactivity.

The computer is activated by tapping the screen or by pulling the paddle shaft.



Picture 1

Display

The time (1) is shown in t: mm: ss.

Den completed distance (2) is shown in km.

Press (3) to change between speed (km / t or tid/1000m) and power (watt).

Stroke Rate (4) shows number of strokes / minute.


Use your own ANT + heart rate belt. Apply belt and lean your upper body against the computer (5) at a distance of maximum 60 cm to create a connection between heart rate belt and computer.

Press (6) to toggle between average speed, average watt, maximum speed, maximum watt and calories. The displayed unit corresponds to the unit selected in box 3.



Picture 2

Menu

Press  in the start screen to show the menu.

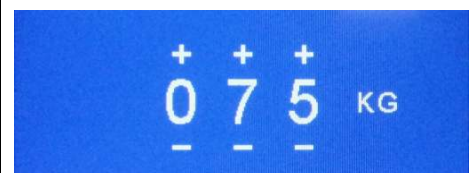
Press start to return to the start screen.



Picture 3

Athletes Weight

The weight is entered by pressing the plus and minus signs above and below each digit. The weight is used to calculate the speed, so that paddlers with different weights can be compared.



Picture 4

Interval

- 1) The interval can be of distance or time. Press the DISTANCE box to switch to Time. Press + / - to select the value.
- 2) The Pacer time is set by pressing the number next to "PACER" (2). Set the pacer to the speed you want to keep at the intervals. Pacer is shown as the bottom red triangle in picture 6. The paddler is the white triangle.
- 3) The break is set by pressing the number next to "REST TIME" (3)



Picture 5



Picture 6

Reset Interval

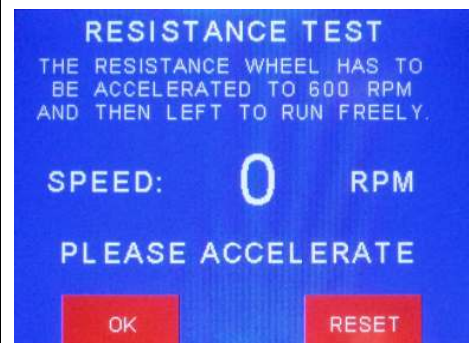
Press "RESET INTERVAL", to stop using the interval function.



Picture 7

Resistance Test

This test indicates the resistance value of the wheel.
Accelerate the resistance wheel to 600 RPM by pulling the paddle shaft and then let the resistance wheel rotate freely.
Use this value to set the ergometer resistance to the same resistance as the last time or to set another ergometer.



Picture 8

Session status

This feature provides an overview of the latest intervals.

"INT" – Interval number.

"TIME" – Time [m:ss]

"DIST" – Distance [meter]

"AVG. KM/H" – Average Km/h

"AVG. WATT" – Average watt

"Avg. Pulse" – Average heart rates / minute

"Avg. WSEC" – Average watt seconds (joule) / stroke.

"AVG. T/1000" – Average time / 1000m

INTERVALS			*AVERAGE WATT SEC./STROKE				
INT	TIME	DIST.	AVG. KM/H	AVG. WATT	AVG. PULSE	AVG. WSEC	AVG. T / 1000
4	0:24	100	14.8	97	-	113	4:04
5	0:28	100	12.9	76	-	97	4:40
6	3:43	1000	16.2	118	-	137	3:43
7	3:41	1000	16.3	119	-	137	3:41
8	3:37	1000	16.6	123	-	140	3:37
9	3:37	1000	16.6	123	-	141	3:37
10	3:39	1000	16.5	121	-	139	3:39
11	3:41	1000	16.3	120	-	138	3:41
12	3:41	1000	16.3	119	-	137	3:41
13	3:42	1000	16.2	118	-	136	3:42

OK

UP

DOWN

Picture 9

Graph

The graph shows the watts performed over time.



Picture 10

Info

This screen displays the software version and computer ID.

The last interval is verified with a code. This may, for example be used to track records.

The total distance and distance paddled since last service is displayed.

After servicing the ergometer, reset the counter by pressing "RESET SERVICE".

When the distance since last is above 2000 km, a service icon is shown in the start screen.


INFORMATION:	
VERSION	1.50
BOX ID:	4012551188
VERIFICATION OF LATEST INTERVAL:	
1000M 220.0 SEC 75 KG 10734694	
TOTAL DISTANCE - ODO:	14 KM
DISTANCE SINCE SERVICE:	0 KM
THORAXTRAINER - WWW.THORAXTRAINER.COM	
DEVELOPED BY MOEBIUS - WWW.MOEBIUS.BIZ	

OK

RESET
SERVICE

Picture 11

SD card

Paddle data can be recorded to a SD Card. Insert the SD card in the slot located at the right side of the computer. Reset the paddle screen and set the date. The record sign  is shown on the paddle screen when data is being recorded. Each time the reset button is pressed a new file is created. The files are stored in the 'Dansprint' folder. Use the Dansprint Analyser software to open the files.



Picture 12

Balance

The balance shows the difference in power applied to left and right stroke side.

Press the balance field to show the bar graph. The balance is only available with the new white sensor sold since July, 2015.



Picture 13