

Play the Target Training Game: Advanced Target!!!

Object: To row consistently (pace and stroke rate) for a predetermined time

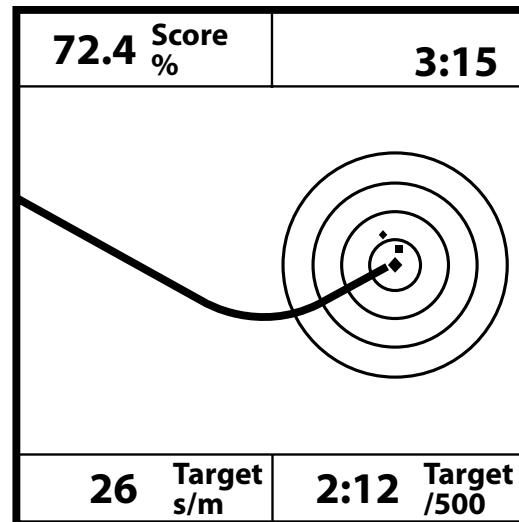
Time: 1 minute up to 59:59 minute

Points: 5 points for a bull's eye; 3, 2, and 1 point for the outer rings.

Score: The % of your highest possible bull's eye score

How to set up the PM4 to play the *Advanced Target Training Game*:

1. Pull on the handle or push any button to turn on the PM4 monitor.
2. Push "MAIN MENU > GAMES > TARGET TRAINING > ADVANCED."
3. Set your Time, Pace/500m and Stroke Rate. Click the check mark to begin the game.
4. Count down 5 warm up strokes to reach your preprogrammed pace and stroke rate. Row constantly to hit the bull's eye (above or below-adjust pace/500m, left or right-adjust SPM).
5. The "Game Over" screen will appear when your time is up.
6. Your score is a % of the best possible score.



Available on PM4 Only.