

Play the Target Training Game:

Just Play!!!

Object: To row consistently (pace and stroke rate) for an open ended time

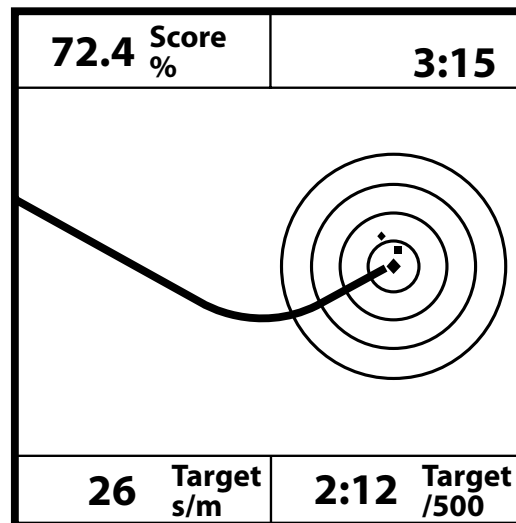
Time: As long or short as you want

Points: 5 points for your 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 **Just Play 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 > JUST PLAY"
3. Count down 5 warm up strokes to establish your stroke rate and pace. Your target will appear. Row constantly to hit the bull's eye.
4. Stop rowing to stop the game.
5. Your score is a % of the best possible score.



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.

