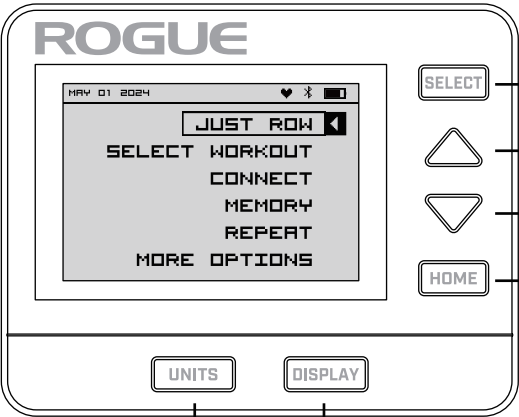


PERFORMANCE MONITOR



Select button is confirming function during pages.

Up button is used to move forward.

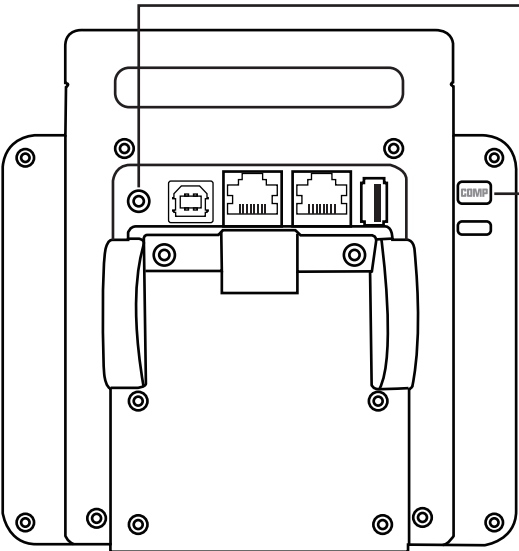
Down button is used to move downward.

Home button:

1. At main menu page, short press home button 4 times, console will enter sleep mode.
2. In other pages, press home button will return to previous page.
3. In workout mode pages, press home button will active dialogue "workout finish" selection.

In workout mode, press display button will cycles through 5 different data layouts. In customs interval setting and some other defined pages, display button is right shift function.

In workout mode, press units button will cycle through 4 screen changing the units of each data. In customs interval setting and some other defined pages, units button is left shift function.



Combination buttons to realize reset function press button unit and display at the same time, then poke reset, hold them for 7 second, screen display "setting factory defaults", release buttons will enter reset.

Caution to use! Reset will cause data to be cleared and restored to factory settings.

Hold comp button 2 second to active competition mode. In this mode, console time out will change to 12 hours automatically this button comes with a LED light, when comp mode active, LED light flashes all the time.

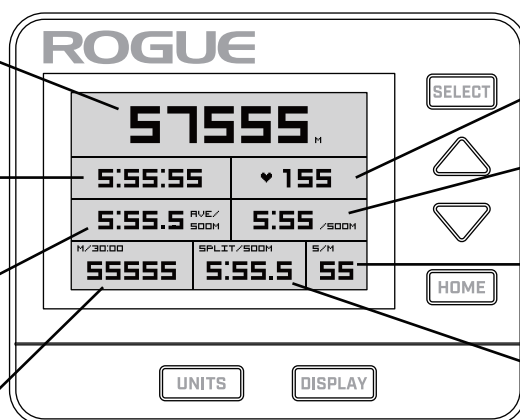
Menus du M2

Display current workout accumulated distance, watt, time/500m or calorie per hour. This gives you immediate feedback of your workout intensity. In interval workout reset mode, current interval number is displayed. Note: The lower time/500m the gerater effort.

In just row and single target workout mode, this left side position will display working time elapsed, remaining workout time, watt, calories or time/500m.

This is additional data position that will display average time/500m in current workout, average watt or accumulated calories.

In just row, here will show estimated distance/30 minutes. In interval workout mode or single target workout mode, here display target estimate finish time or distance. In interval rest mode, display total finish distance.

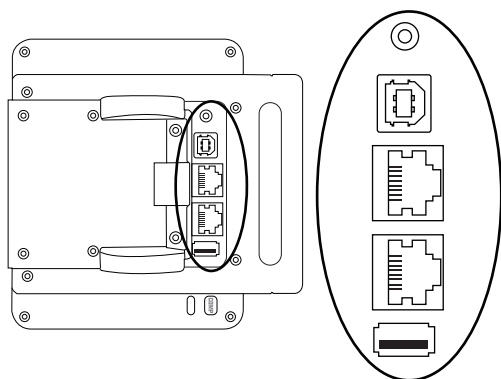


Display your heartrate if M2 is connected to a heartrate belt and you are wearing this heartrate belt correctly.

In just row and single target workout mode, this left side position will display watt, calories/hour or time/500m. In interval workout rest mode, current rest remaining time is display.

This position will show your stroke/minutes.

Here will display your split workout results. In interval mode, display interval number.



FCC regulatory conformance :

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

(1) This device may not cause harmful interference.

(2) This device must accept any interference received, including interference that may cause undesired operation.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules.

These limits are designed to

provide reasonable protection against harmful interference in a residential installation.

This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.

- Increase the separation between the equipment and receiver.

- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

- Consult the dealer or an experienced radio/TV technician for help

NOTE: The manufacturer is not responsible for any radio or TV interference caused by unauthorized modifications to this equipment. Such modifications could void the user ' s authority to operate the equipment.

RF Exposure

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.