Play the Darts Game!!!

Object: To row with a consistent stroke rate and power output

## Time: 10–12 minutes

Number of Darts (strokes) : 300

Points: 50 points for a bull's eye; 25, 10, and 5 points for next three rings.

## Perfect Score: 15,000 points!

## How to set up the PM4 to play *the Darts game*:

- 1. Pull on the handle or push any button to turn on the PM4 monitor.
- 2. Push "MAIN MENU > GAMES > DARTS."
- **3.** Row 5 warm up strokes to establish your personal "bull's eye" stroke rate and power output.
- **4.** Row to "throw" your 300 darts. If you are very consistent on each stroke, you will get the most points. The target is self-centering and will adjust to new paces, but changing pace will negatively affect your score.



