

# Play the Target Training Game

## Just Play!!!

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

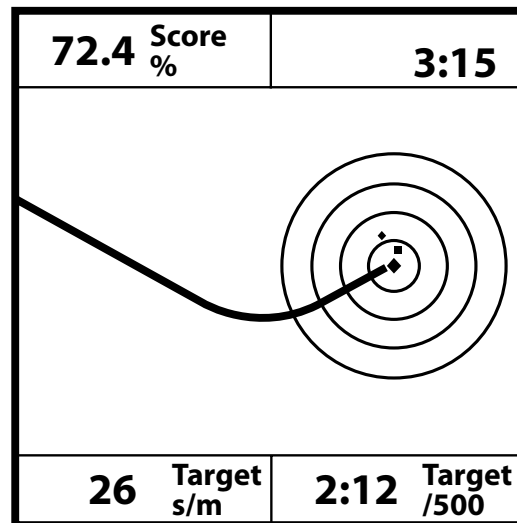
**Time:** **As long or short as you want**

**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.



Available on PM4 Only.