

Using the Bar Chart



The Bar Chart display shows your power output in watts by painting a bar chart/graph for each stroke you take. (If you are using heart rate equipment, the Bar Chart displays heart rate intensity instead and paints a new bar every 10 seconds.) The higher the bar, the more power you have generated in that stroke, or the faster your heart is beating in that 10 second period.

When viewing the Bar Chart display, the PM shows workout data on the top half of the screen and the bar chart for each stroke on the bottom half.

Reference:

How To Use Your PM4. Using the Monitor Display Options. Concept 2. Available at: <https://www.concept2.com/service/monitors/pm4/how-to-use/using-monitor-display-options>. [Accessed 10 October, 2023].