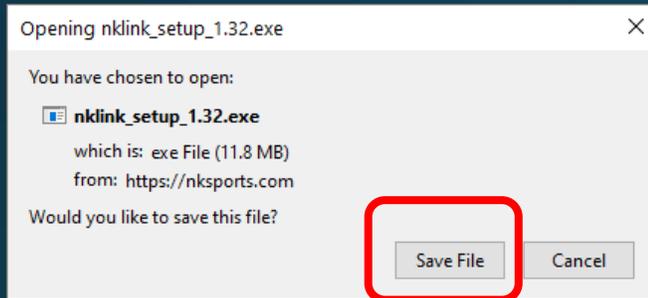




# How to Update your SpeedCoach, CoxBox GPS or Oarlock Firmware using LiNK for Windows

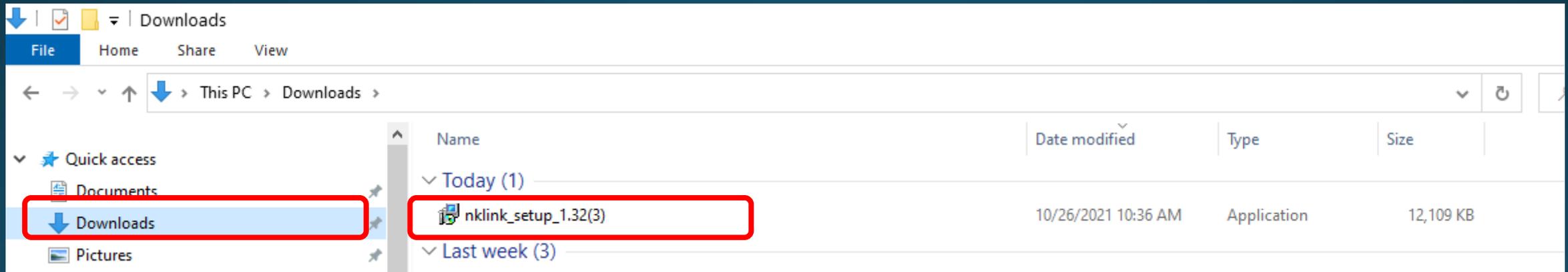
First make sure you have NK LiNK For Windows downloaded on your computer.

Go here: <https://nksports.com/mwdownloads/download/link/id/186/> to download the program.



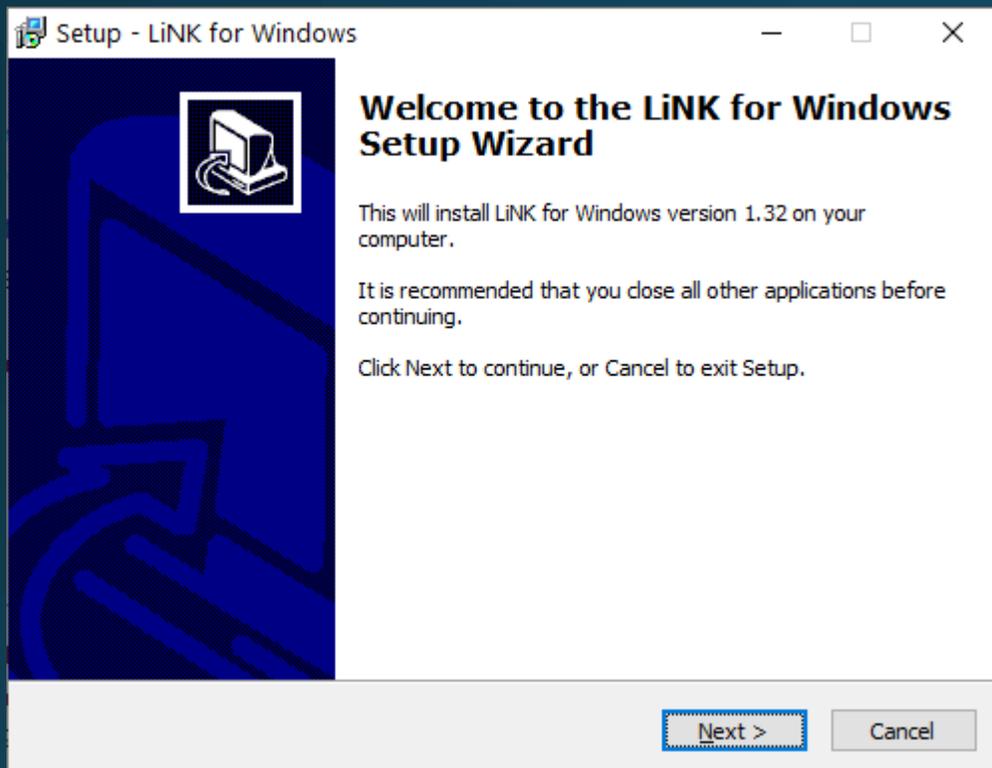
Click on Save File.

File will most likely be in Downloads section on your computer

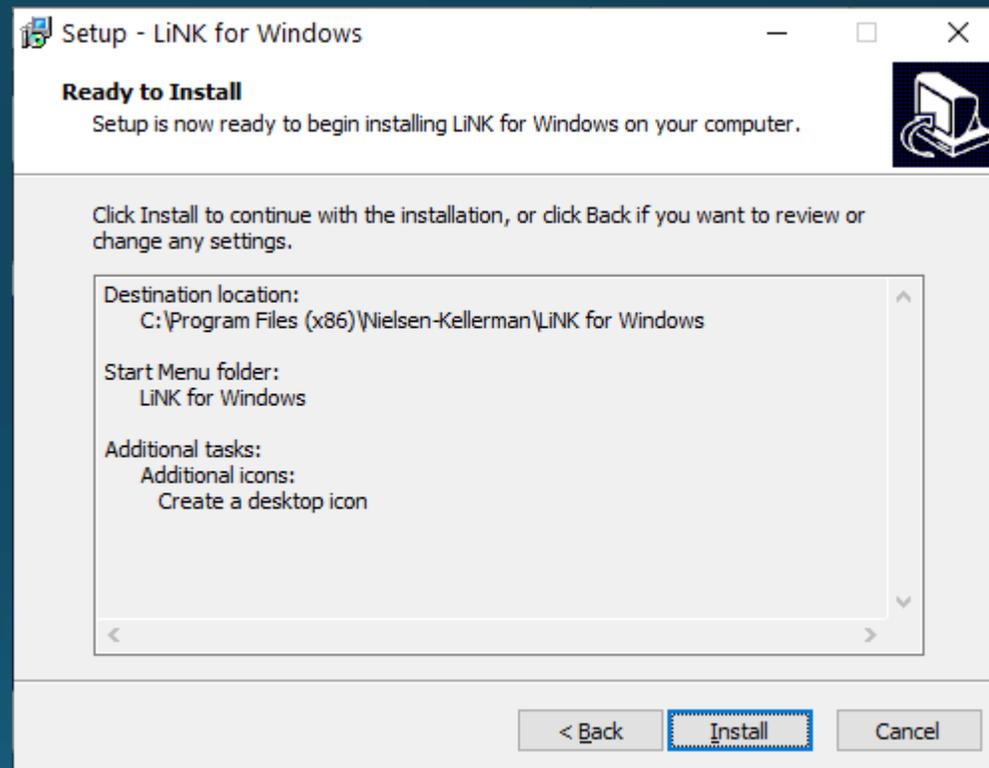




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Follow the prompts to install



Click Install at the end and open the program



# How to Update your SpeedCoach, CoxBox GPS or Oarlock Firmware using LiNK for Windows

**Note:** You will need to insert the NK Bluetooth dongle into the computer.

When you open the program it should say Searching for SpeedCoaches (or other device) in the bottom left corner.

If the dongle is inserted and it still says Searching for dongle, please check this link out: [Bluetooth Help](#)

**Warning:** This process will Erase any Data Sessions on the device

LiNK™ for Windows Version 1.32

File Options About Help

SpeedCoaches in Range

Choose your connection device:

- SpeedCoach
- EmPower Oarlock
- CoxBox

To connect to your SpeedCoach:

- 1: Turn on SpeedCoach
- 2: Select the "Data LiNK" menu option

Searching... Refresh

Sync Data Manage

Saved Session Data

	SpeedCoach Name	Date/Time	Workout Name	Total Distance
1	SpdCoach 2394476	10/10/21 07:41am	JustGo-5049M	5049.0 m
2	SpdCoach 2394476	10/10/21 06:21am	JustGo-0M	0.0 m
3	SpdCoach 2394476	10/07/21 06:17am	Dist-5000M	5000.6 m
4	SpdCoach 2394476	10/07/21 06:07am	Dist-1500M	1500.2 m
5	SpdCoach 2394476	10/07/21 05:59am	Dist-1500M	1500.3 m
6	SpdCoach 2394476	10/07/21 05:42am	Dist-1500M	1500.3 m
7	SpdCoach 2394476	10/05/21 06:28am	Dist-3000M	3000.1 m
8	SpdCoach 2394476	09/28/21 06:23am	Dist-3000M	3000.2 m
9	SpdCoach 2394476	09/27/21 06:20am	JustGo-10210M	10211.0 m
10	SpdCoach 2623034	09/24/21 07:04am	JustGo-0.006KM	0.006 km
11	SpdCoach 2220450	09/09/21 04:49pm	Dist-5M	5.9 m
12	SpdCoach 2220450	09/09/21 04:49pm	Dist-5M	5.9 m
13	SpdCoach 2394476	09/08/21 06:14am	JustGo-9471M	9471.0 m
14	SpdCoach 2394476	09/06/21 08:45am	JustGo-7125M	7125.8 m
15	SpdCoach 2394476	08/27/21 06:11am	JustGo-10442M	10443.0 m
16	SpdCoach 2325724	08/25/21 04:12pm	2(2x1:00/1:00)	171.1 m
17	SodCoach 2394476	08/24/21 06:11am	JustGo-11389M	11389.6 m

Export to File Erase

Searching for SpeedCoaches...

# How to Update your SpeedCoach, CoxBox GPS or Oarlock Firmware using LiNK for Windows

Choose the radio box of the unit that you want to upgrade.

On the unit select Data LiNK mode from the Main Menu. It should say Unit is discoverable.

Click on the unit when it appears in the box. Manage should then become activated when connected.

The screenshot shows the LiNK for Windows software interface. The window title is "LiNK™ for Windows Version 1.32". The menu bar includes "File", "Options", "About", and "Help".

On the left side, under "SpeedCoaches in Range", there is a section "Choose your connection device:" with three radio buttons: "SpeedCoach" (selected), "EmPower Oarlock", and "CoxBox". Below this, it says "To connect to your SpeedCoach:" followed by instructions: "1: Turn on SpeedCoach" and "2: Select the 'Data LiNK' menu option".

In the center, there is a list of discovered units. One unit, "SpdCoach 2325724 (connected)", is highlighted with a red box. A red arrow points from the text "Click on the unit when it appears in the box." to this unit. A "Disconnect" button is visible above the list.

At the bottom, there are four buttons: "Sync Data", "Manage" (highlighted with a red box), "Export to File", and "Erase".

On the right side, there is a table titled "Saved Session Data" with the following columns: "SpeedCoach Name", "Date/Time", "Workout Name", and "Total Distance".

	SpeedCoach Name	Date/Time	Workout Name	Total Distance
1	SpdCoach 2394476	10/10/21 07:41am	JustGo-5049M	5049.0 m
2	SpdCoach 2394476	10/10/21 06:21am	JustGo-0M	0.0 m
3	SpdCoach 2394476	10/07/21 06:17am	Dist-5000M	5000.6 m
4	SpdCoach 2394476	10/07/21 06:07am	Dist-1500M	1500.2 m
5	SpdCoach 2394476	10/07/21 05:59am	Dist-1500M	1500.3 m
6	SpdCoach 2394476	10/07/21 05:42am	Dist-1500M	1500.3 m
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9	SpdCoach 2394476	09/27/21 06:20am	JustGo-10210M	10211.0 m
10	SpdCoach 2623034	09/24/21 07:04am	JustGo-0.006KM	0.006 km
11	SpdCoach 2220450	09/09/21 04:49pm	Dist-5M	5.9 m
12	SpdCoach 2220450	09/09/21 04:49pm	Dist-5M	5.9 m
13	SpdCoach 2394476	09/08/21 06:14am	JustGo-9471M	9471.0 m
14	SpdCoach 2394476	09/06/21 08:45am	JustGo-7125M	7125.8 m
15	SpdCoach 2394476	08/27/21 06:11am	JustGo-10442M	10443.0 m
16	SpdCoach 2325724	08/25/21 04:12pm	2(2x1:00/1:00)	171.1 m
17	SpdCoach 2394476	08/24/21 06:11am	JustGo-11389M	11389.6 m

At the bottom of the window, it says "No new sessions to download".

# How to Update your SpeedCoach, CoxBox GPS or Oarlock Firmware using LiNK for Windows

However, before we try to update the firmware, we need to get the latest firmware downloaded to our computer.

Click on the Help tab at the top and then select Update Your SpeedCoach.

The screenshot shows the LiNK for Windows software interface. The title bar reads "LiNK™ for Windows Version 1.32". The menu bar includes "File", "Options", "About", and "Help". The "Help" menu is open, showing options: "How to use LiNK™", "Update your SpeedCoach", and "Send us your feedback".

On the left side, under "SpeedCoaches in Range", there are radio buttons for "SpeedCoach" (selected), "EmPower Oarlock", and "CoxBox". Below this, it says "To connect to your SpeedCoach:" followed by instructions: "1: Turn on SpeedCoach" and "2: Select the 'Data LiNK' menu option". There is a "Disconnect" button and a list showing "SpdCoach 2325724 (connected)".

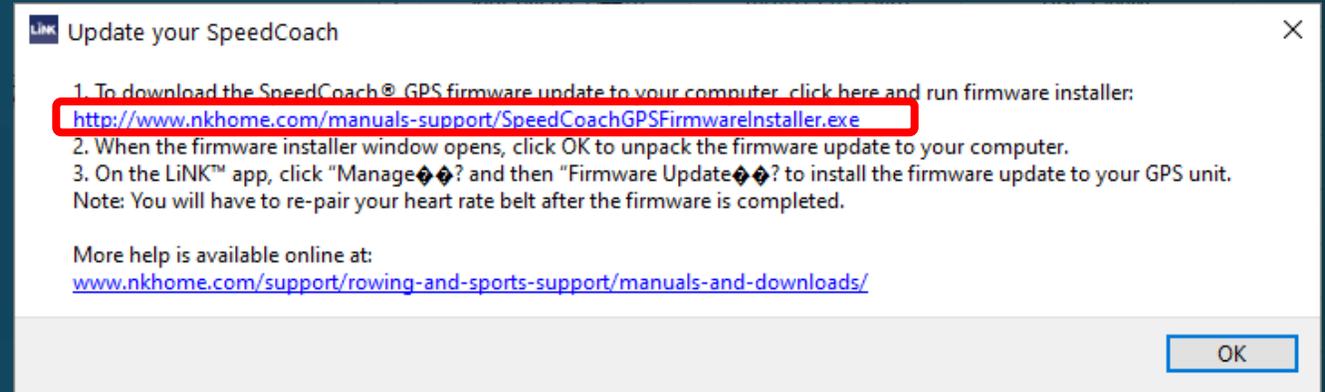
On the right side, there is a "Session Data" table with the following columns: "SpeedCoach Name", "Date/Time", "Workout Name", and "Total Distance".

	SpeedCoach Name	Date/Time	Workout Name	Total Distance
	SpdCoach 2394476	10/10/21 07:41am	JustGo-5049M	5049.0 m
2	SpdCoach 2394476	10/10/21 06:21am	JustGo-00M	0.0 m
3	SpdCoach 2394476	10/07/21 06:17am	Dist-5000M	5000.6 m
4	SpdCoach 2394476	10/07/21 06:07am	Dist-1500M	1500.2 m
5	SpdCoach 2394476	10/07/21 05:59am	Dist-1500M	1500.3 m
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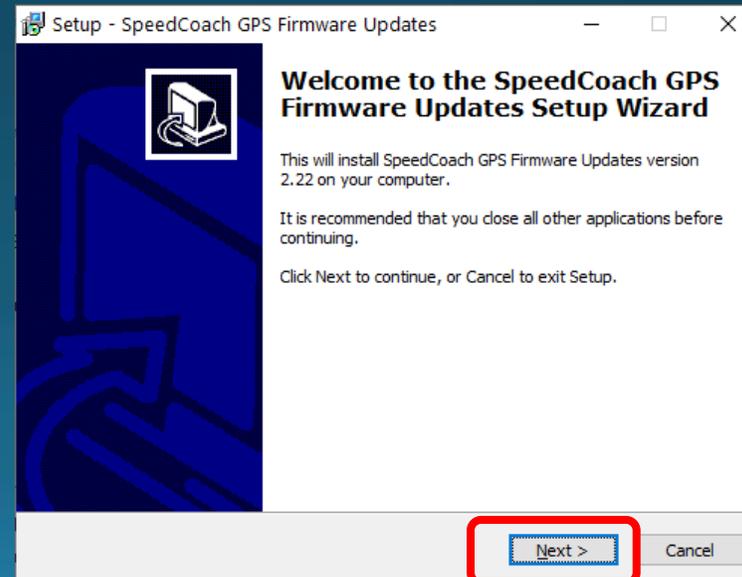
At the bottom, there are buttons for "Sync Data", "Manage", "Export to File", and "Erase".

# How to Update your SpeedCoach, CoxBox GPS or Oarlock Firmware using LiNK for Windows

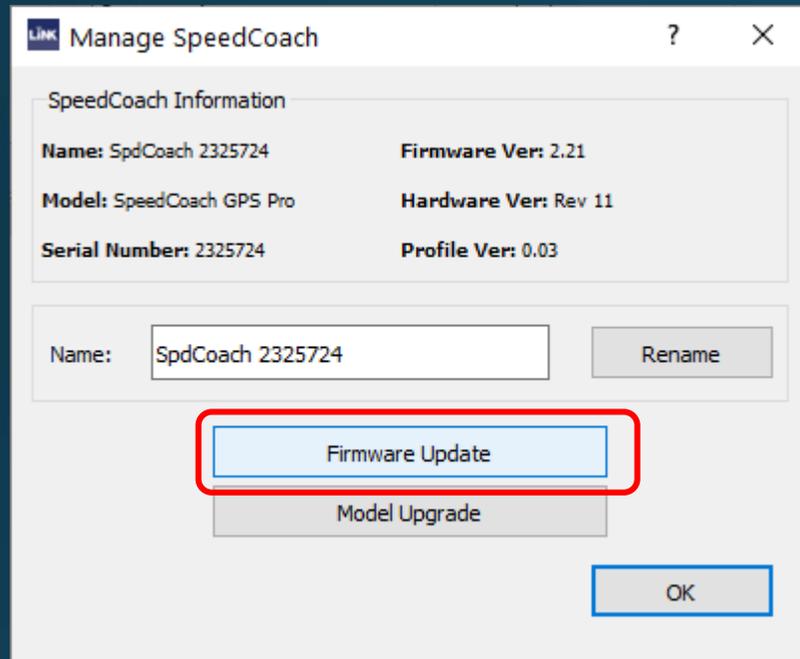
Save this file and go into your Downloads folder again to run the firmware update file.



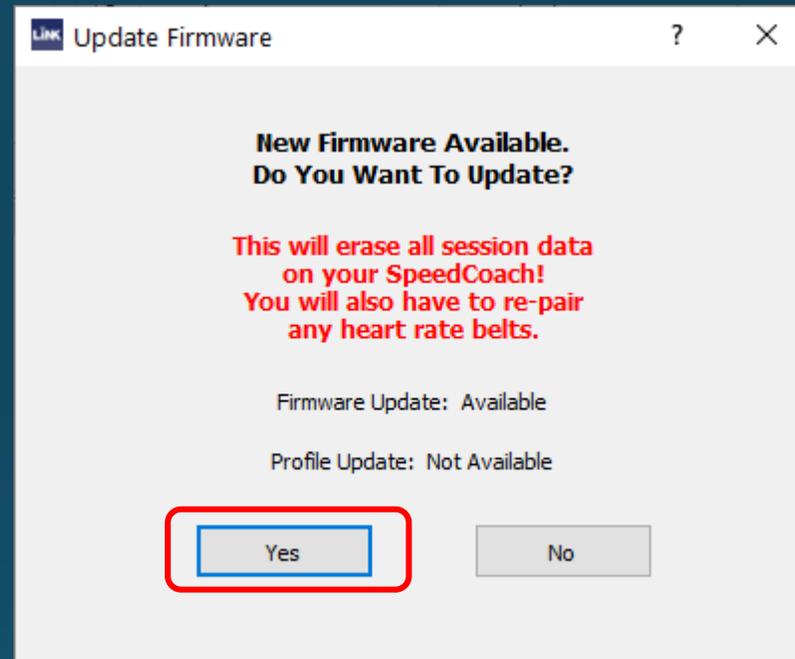
Follow the prompts to install the firmware to your computer.



# How to Update your SpeedCoach, CoxBox GPS or Oarlock Firmware using LiNK for Windows



Now go back to the main screen and select Manage->Firmware Update



You should be prompted for an update Is available. Click Yes to start the process.

Your Unit will show a progress bar at the bottom of the screen. Once the process is completed, your unit will turn off and then back on. Once it turns back on, the firmware update is completed.