



How to Update your Empower Oarlock Firmware

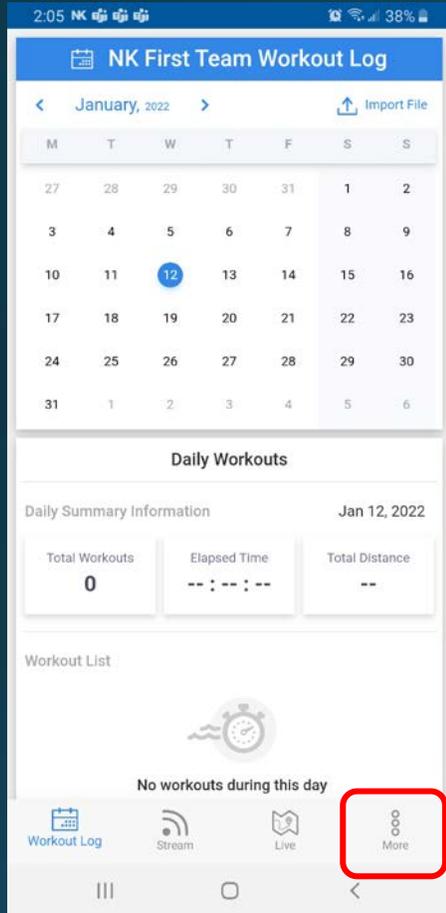
Oarlocks can be updated with the following programs:

- 1) NK LiNK Logbook for Android (preferred method)
- 2) NK LiNK Logbook for iOS (preferred method)
- 3) NK LiNK for Windows
- 4) NK LiNK for MAC

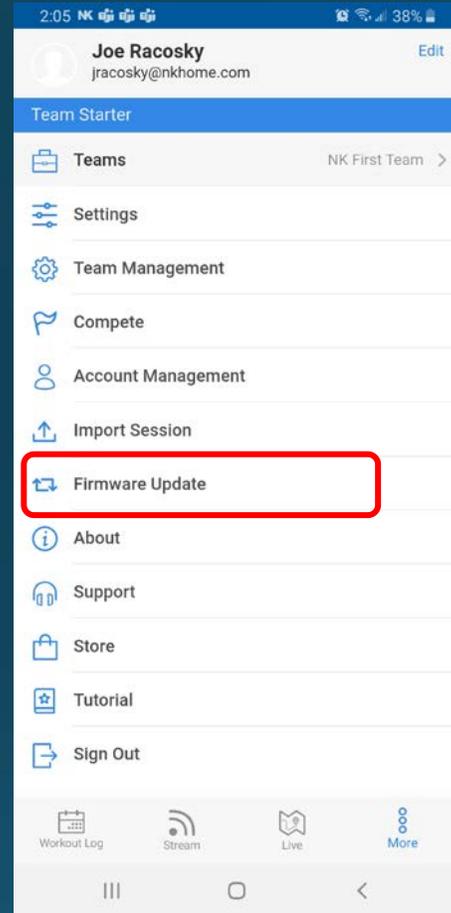
Firmware 1.02 has the following change: Angle needed to detect a stroke goes from 6 degrees to 12 degrees. This will cut down on “phantom” strokes that might occur.



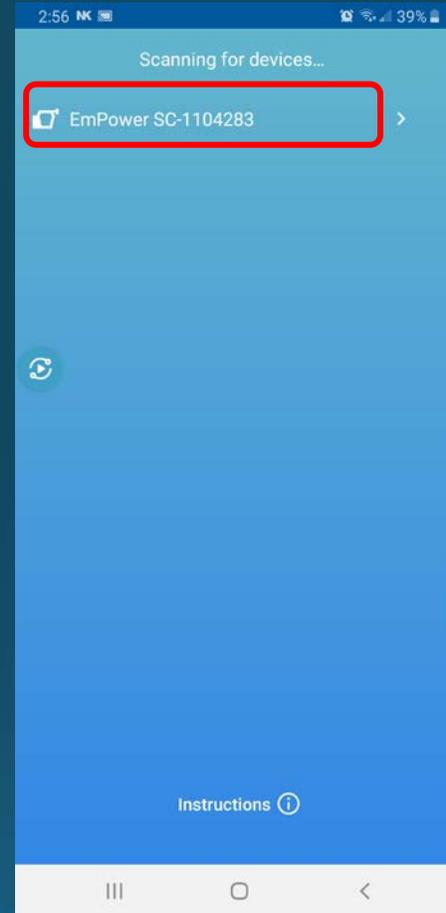
How to Update your Oarlock – LiNK Logbook Android/iOS



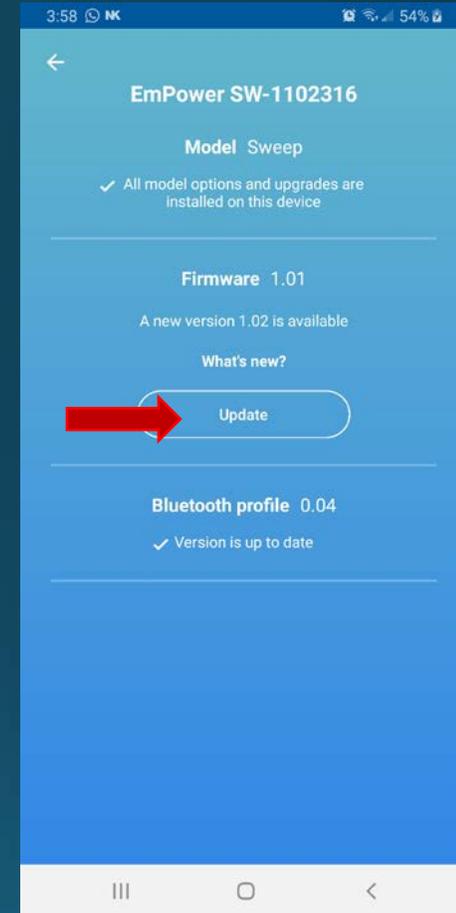
Open LiNK Logbook For Android. Select the More Tab.



Turn on your Oarlock (you do not have to put in "pairing mode". Select Firmware Update.



When your Oarlock appears, select it.

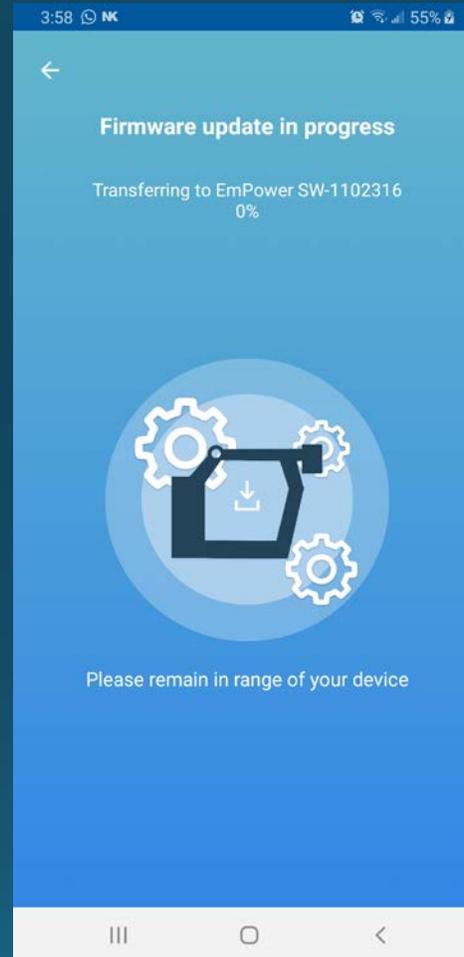


If there is a new firmware version, click Update to start the update.

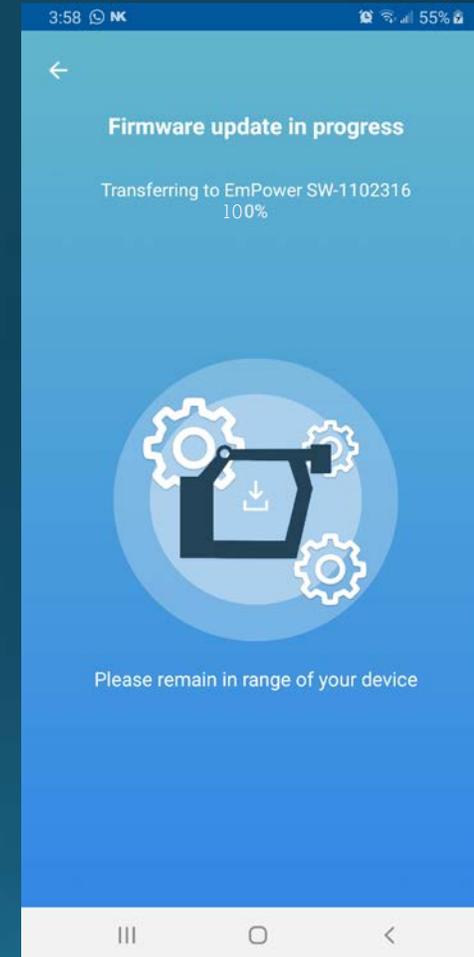
How to Update your Oarlock – LiNK Logbook Android/iOS



Select Continue

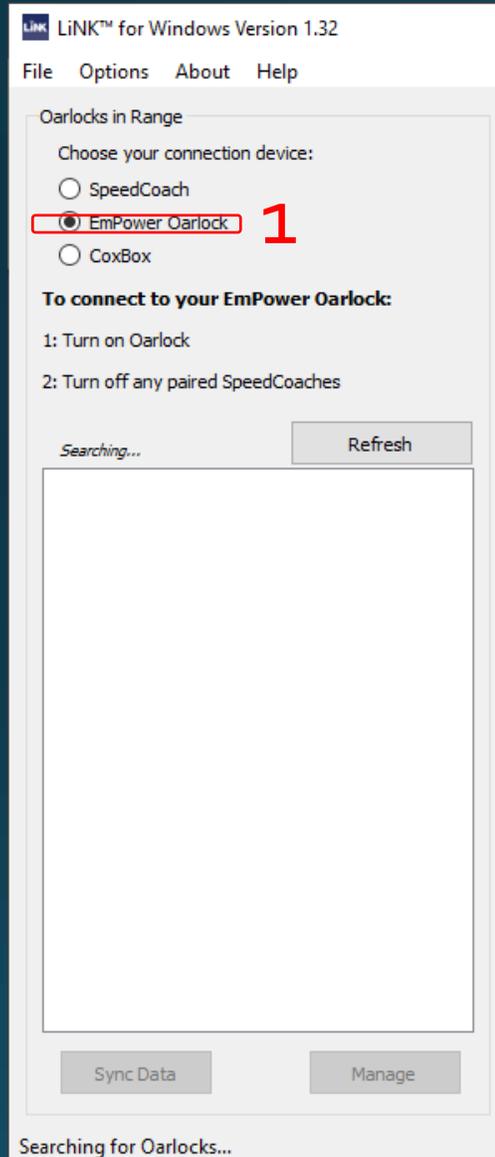


The update will start.
The oarlock will flash
green/red quickly



When it reaches
100%, the update is
completed.

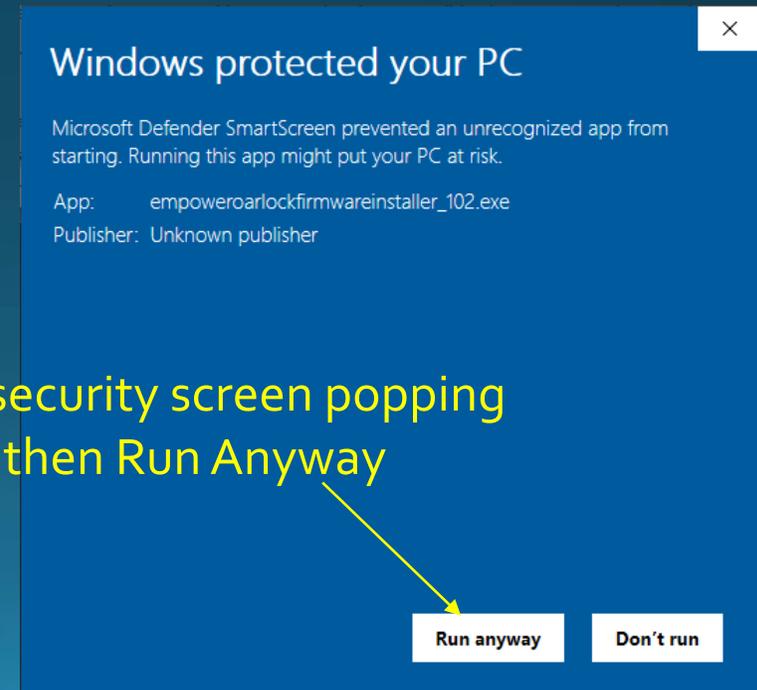
How to Update your Oarlock – LiNK for Windows



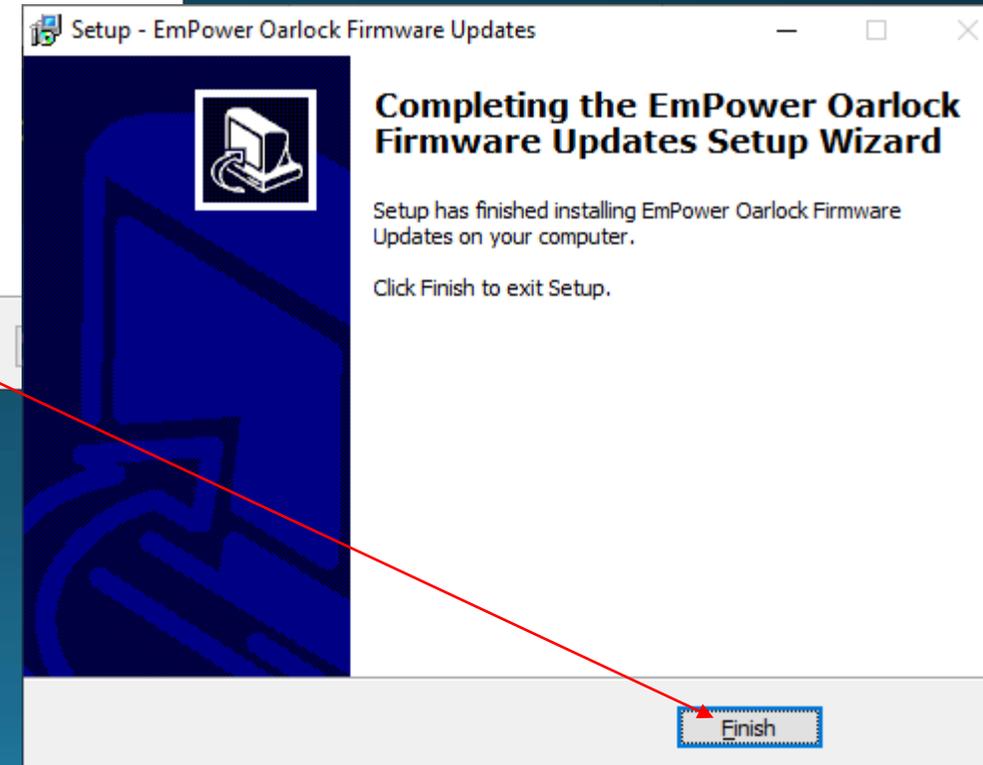
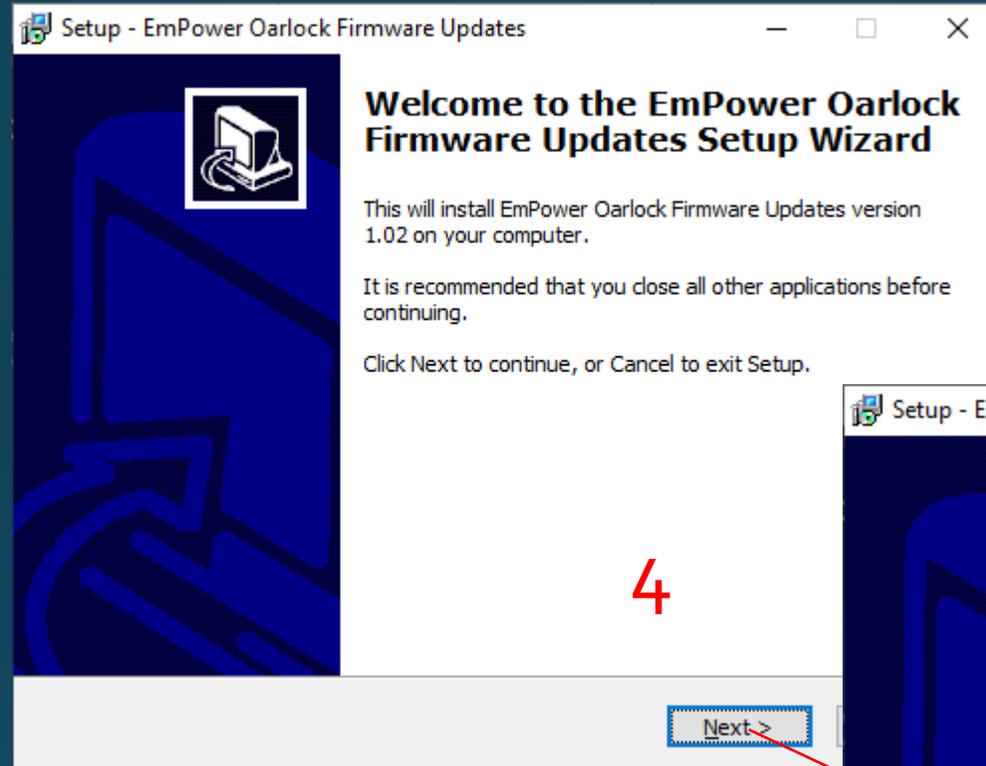
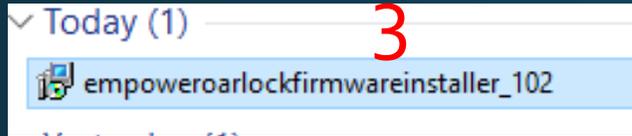
- 1) Open (or download and install) [LiNK for Windows](#) and select the Oarlock radio box.
- 2) Click on this link to download the latest firmware: <https://nksports.com/mwdownloads/download/link/id/269>



If you get this Windows security screen popping up, select More Info and then Run Anyway

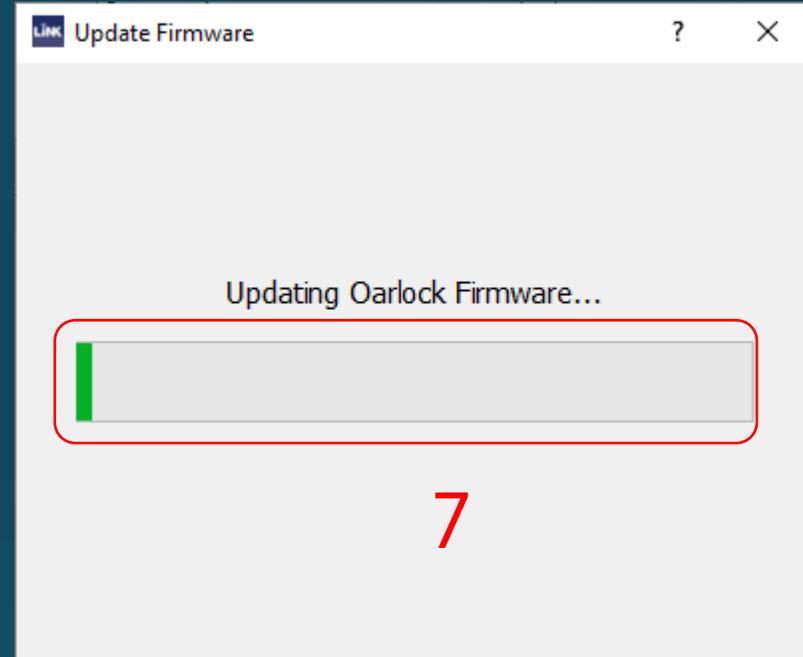
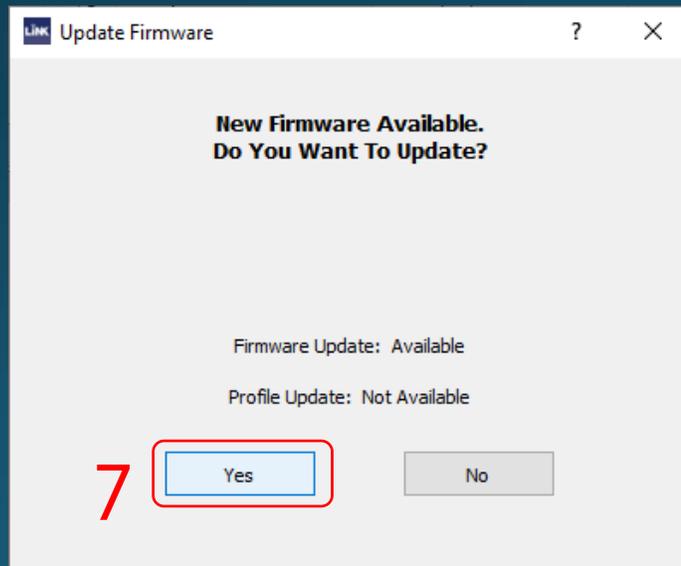
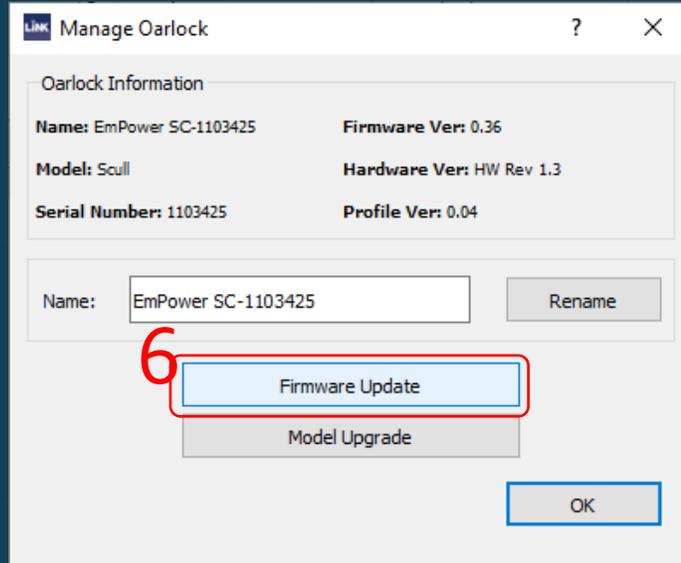
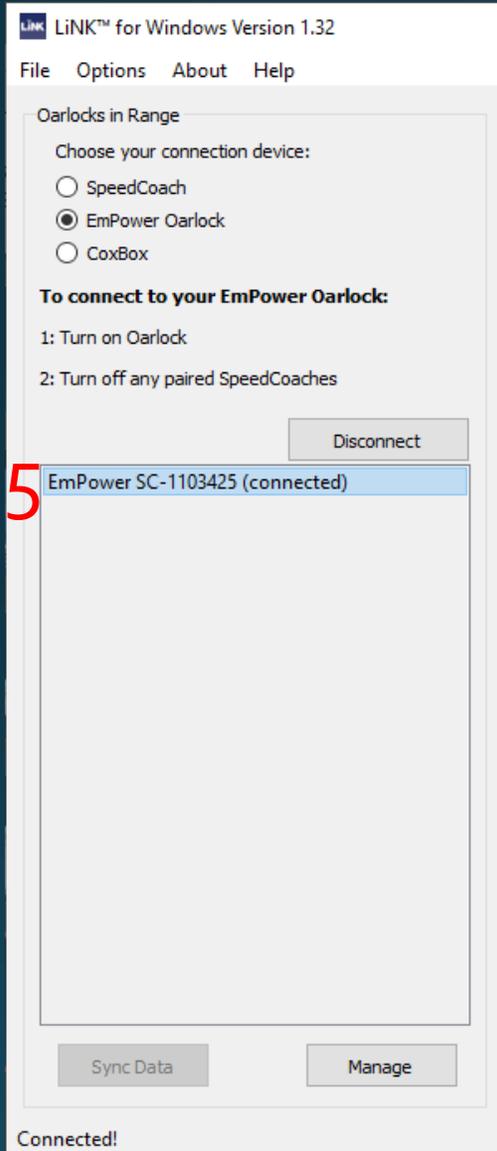


How to Update your Oarlock – LiNK for Windows



- 3) Save the file to your computer and then open it.
- 4) Follow the prompts to complete the firmware download to your computer.

How to Update your Oarlock – LiNK for Windows



- 5) Turn on your Oarlock. When it appears, click on it to connect.
- 6) Go to Manage and then Firmware Update.
- 7) Click on Yes to begin update. Wait for the completion bar to finish.

Open up [LiNK for OS/X](#).

Make sure EmPower Oarlock is selected at the top and oarlock is powered on.

Click on this [link](#) to download the ZIP file.

Free license (non-d

LiNK™ for OS X Version 1.32

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

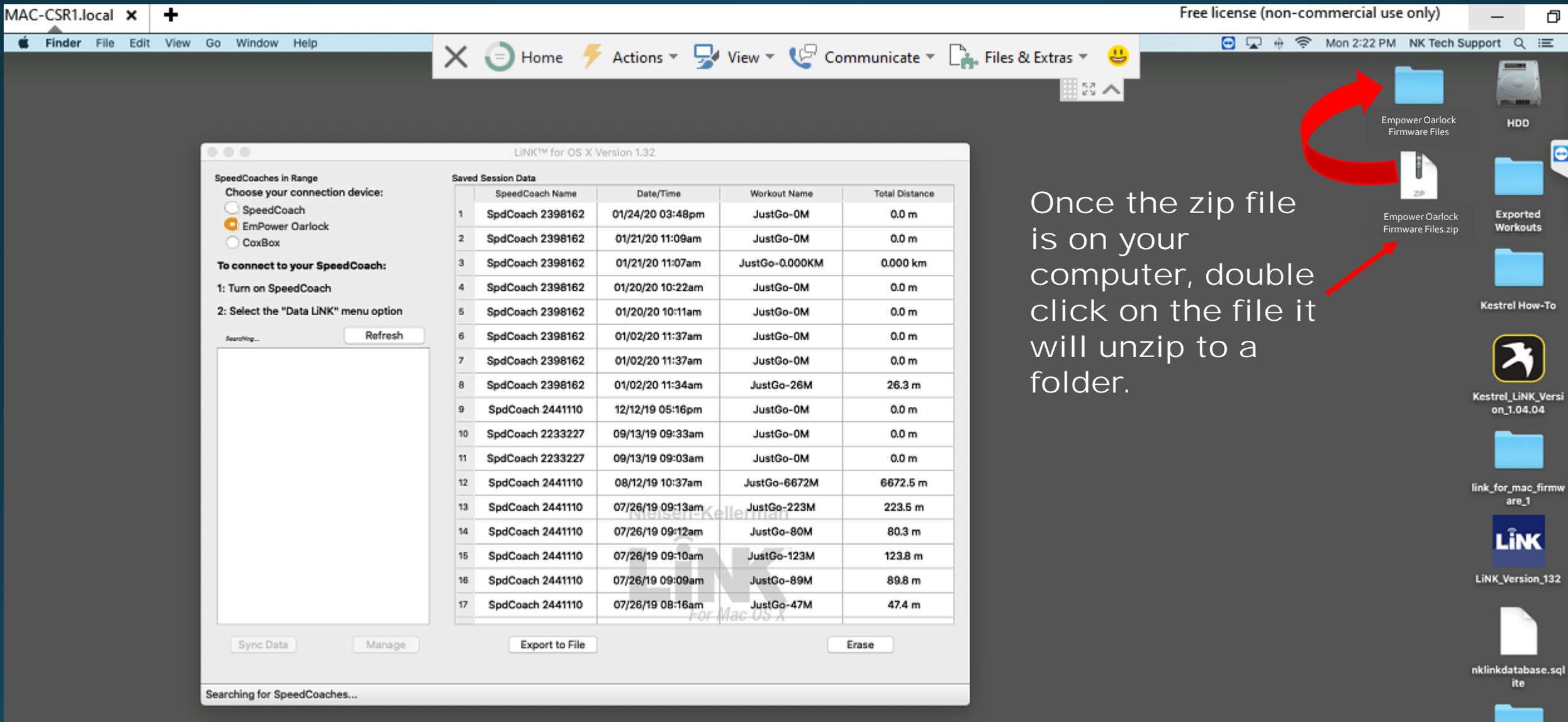
Saved Session Data

	SpeedCoach Name	Date/Time	Workout Name	Total Distance
1	SpdCoach 2398162	01/24/20 03:48pm	JustGo-0M	0.0 m
2	SpdCoach 2398162	01/21/20 11:09am	JustGo-0M	0.0 m
3	SpdCoach 2398162	01/21/20 11:07am	JustGo-0.000KM	0.000 km
4	SpdCoach 2398162	01/20/20 10:22am	JustGo-0M	0.0 m
5	SpdCoach 2398162	01/20/20 10:11am	JustGo-0M	0.0 m
6	SpdCoach 2398162	01/02/20 11:37am	JustGo-0M	0.0 m
7	SpdCoach 2398162	01/02/20 11:37am	JustGo-0M	0.0 m
8	SpdCoach 2398162	01/02/20 11:34am	JustGo-26M	26.3 m
9	SpdCoach 2441110	12/12/19 05:16pm	JustGo-0M	0.0 m
10	SpdCoach 2233227	09/13/19 09:33am	JustGo-0M	0.0 m
11	SpdCoach 2233227	09/13/19 09:03am	JustGo-0M	0.0 m
12	SpdCoach 2441110	08/12/19 10:37am	JustGo-6672M	6672.5 m
13	SpdCoach 2441110	07/26/19 09:13am	JustGo-223M	223.5 m
14	SpdCoach 2441110	07/26/19 09:12am	JustGo-80M	80.3 m
15	SpdCoach 2441110	07/26/19 09:10am	JustGo-123M	123.8 m
16	SpdCoach 2441110	07/26/19 09:09am	JustGo-89M	89.8 m
17	SpdCoach 2441110	07/26/19 08:16am	JustGo-47M	47.4 m

Sync Data Manage Export to File Erase

Searching for Oarlocks

How to Update your Oarlock – LiNK for OSX/Mac



MAC-CSR1.local x + Free license (non-commercial use only)

Finder File Edit View Go Window Help

Home Actions View Communicate Files & Extras

LINK™ for OS X Version 1.32

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

Saved Session Data

	SpeedCoach Name	Date/Time	Workout Name	Total Distance
1	SpdCoach 2398162	01/24/20 03:48pm	JustGo-0M	0.0 m
2	SpdCoach 2398162	01/21/20 11:09am	JustGo-0M	0.0 m
3	SpdCoach 2398162	01/21/20 11:07am	JustGo-0.000KM	0.000 km
4	SpdCoach 2398162	01/20/20 10:22am	JustGo-0M	0.0 m
5	SpdCoach 2398162	01/20/20 10:11am	JustGo-0M	0.0 m
6	SpdCoach 2398162	01/02/20 11:37am	JustGo-0M	0.0 m
7	SpdCoach 2398162	01/02/20 11:37am	JustGo-0M	0.0 m
8	SpdCoach 2398162	01/02/20 11:34am	JustGo-26M	26.3 m
9	SpdCoach 2441110	12/12/19 05:16pm	JustGo-0M	0.0 m
10	SpdCoach 2233227	09/13/19 09:33am	JustGo-0M	0.0 m
11	SpdCoach 2233227	09/13/19 09:03am	JustGo-0M	0.0 m
12	SpdCoach 2441110	08/12/19 10:37am	JustGo-6672M	6672.5 m
13	SpdCoach 2441110	07/26/19 09:13am	JustGo-223M	223.5 m
14	SpdCoach 2441110	07/26/19 09:12am	JustGo-80M	80.3 m
15	SpdCoach 2441110	07/26/19 09:10am	JustGo-123M	123.8 m
16	SpdCoach 2441110	07/26/19 09:09am	JustGo-89M	89.8 m
17	SpdCoach 2441110	07/26/19 08:16am	JustGo-47M	47.4 m

Empower Oarlock Firmware Files

Empower Oarlock Firmware Files.zip

Once the zip file is on your computer, double click on the file it will unzip to a folder.

Searching for SpeedCoaches...

How to Update your Oarlock – LiNK for OSX/Mac

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LINK™ Options Help

Home Actions View Communicate Files & Extras

LINK™ for OS X Version 1.32

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

Disconnect

Oarlock 123456 (connected)

Manage SpeedCoach

SpeedCoach Information

Name: Oarlock 123456 Firmware: 1.01
Model: Sweep Oarlock Hardware Ver: Rev 10
Serial Number: 2953499 Profile Ver: 0.03

Rename

Firmware Update
Model Upgrade

OK

SpeedCoach Name	Date/Time	Workout Name	Total Distance
SpdCoach 2398162	01/24/20 03:48pm	JustGo-0M	0.0 m
SpdCoach 2398162	01/21/20 11:09am	JustGo-0M	0.0 m
SpdCoach 2398162	01/21/20 11:07am	JustGo-0.000KM	0.000 km
SpdCoach 2398162		JustGo-0M	0.0 m
SpdCoach 2398162		JustGo-0M	0.0 m
SpdCoach 2398162		JustGo-0M	0.0 m
SpdCoach 2398162		JustGo-0M	0.0 m
SpdCoach 2398162		JustGo-26M	26.3 m
SpdCoach 2398162		JustGo-0M	0.0 m
SpdCoach 2398162		JustGo-0M	0.0 m
SpdCoach 2398162		JustGo-0M	0.0 m
SpdCoach 2398162		JustGo-6672M	6672.5 m
SpdCoach 2398162		JustGo-223M	223.5 m
SpdCoach 2398162		JustGo-80M	80.3 m
SpdCoach 2441110	07/26/19 09:10am	JustGo-123M	123.8 m
SpdCoach 2441110	07/26/19 09:09am	JustGo-89M	89.8 m
SpdCoach 2441110	07/26/19 08:16am	JustGo-47M	47.4 m

Sync Data Manage Export to File Erase

Connected!

1

2

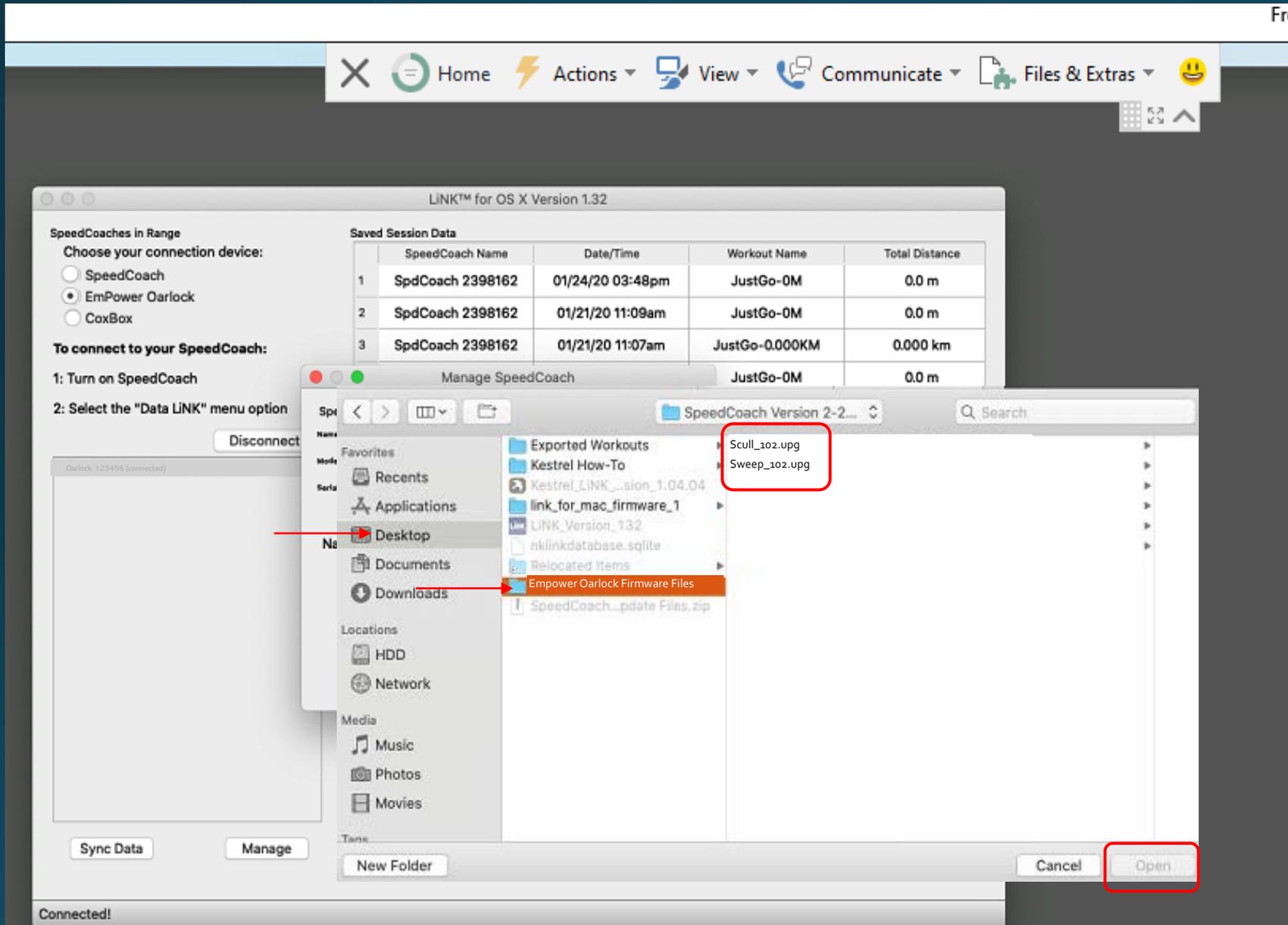
3

1) Next connect your Oarlock by clicking on it when it appears.

2) Click on the Manage Tab.

3) And then Model Upgrade.

How to Update your Oarlock – LiNK for OSX/Mac



A file folder window will appear. Select the folder saved on your computer. Then select Scull or Sweep, depending on the model. Click Open after selecting it.

Click Yes when the firmware box appears and wait for it to finish.

IF YOU NEED ADDITIONAL HELP, PLEASE
CONTACT US AT
TECHSUPPORT@NKHOME.COM