USE YOUR LANYARD AND FLOAT – To prevent loss of your SpeedCoach GPS, make sure to loop your lanyard through the NK supplied Life Preserver float and wrap the lanyard around any secure part of your boat. There are a lot of electronics packed into the unit and IT DOES NOT FLOAT. NK is not responsible in the event that you unit sinks.

---

**Training Pack Features**

- **Oarlock Indicator**
- **Heart Rate Indicator**
- **Impeller Indicator**
- **GPS Indicator**
- **Battery Life Indicator**
- **Flex Window**
- **Chrono**
- **Upgrade Port**
- **Dock Feet**
- **Protective Rubber Bumper**

---

**Installation**

**Strap Mounting**

Use the strap mount to attach your SpeedCoach GPS to a rigger, foot stretcher or any other convenient fixed location in your boat (see figure below). The mount base rotates to allow you to install the strap vertically or horizontally. (Please see Your Lanyard and Float warning above)

---

**SpeedCoach Harness Dock Mounting**

If your boat is equipped with a SpeedCoach harness, you can mount your unit on the dock. Your SpeedCoach GPS will always use its internal accelerometer to calculate stroke rate so as to avoid using foot switches and magnets which are not necessary. If an impeller is present, you have the option to select “Impeller” for speed and distance input. Otherwise, the harness dock will serve as a secure holder and your unit will use its internal GPS receiver to calculate speed and distance. (Please see Your Lanyard and Float warning above)

**SpeedCoach Heart Rate Monitor**

The heart rate SMART LE monitor belt connects to your unit via Bluetooth technology and adjust the strap to fit your body snugly. Attach belt across the lower portion of your chest, as shown in the figure to the right. To pair your unit to your phone, please see Setup Menu option.

### CLASSIC MODE

**Change Flex Field Measurement** - Press up to change the **bottom left flex window** and press down to change the **lower right flex window**. Note: You can also change the top windows through our Setup Menu (Display setup option firmware 2.12 or higher). Please see the Setup section on how to change these fields.

#### Distance

- **Distance** - Accrued distance since reset in your selected units of measure.
- **Average Speed Split** or Speed since reset calculated as a function of the distance traveled over the elapsed time.
- **Count** - Count of strokes detected since reset.
- **Dist/Stroke** - Distance per stroke calculated on a stroke-by-stroke basis.
- **Heart Rate** - Current heart rate in beats per minute (bpm).
- **Elapsed Time** - Amount of time since start of row.

#### Satellite Lock Indicator

It is recommended to turn the unit on when outside and wait for the icon to go from a hatched satellite icon to a solid satellite icon. A solid (i.e., filled-in) satellite icon indicates that you have adequate GPS satellite coverage and can begin your row.

#### Live Link Indicator

- **Live Link Indicator** - Indicates mobile device is connected and streaming.
- **Live Link Indicator** - Indicates mobile device is connected but not streaming.

#### Access Menus/Select

Press once to access the Main Menu.

From there, you can Setup or Run Workouts. View Data Recall, upload your data, or select the Setup Menu or Data Recall. The Data Link setting, enter the Setup Menu or Data Recall to view the About screen for firmware version number and other information. On any menu, select the highlighted option to enter the sub-menu or enter adjustment mode.

---

**Move/Adjust**

Use the up and down buttons to navigate within a menu OR to adjust a selected value.

**Go Back/Exit**

Press to exit from any screen or menu to the previous screen.

**Odometer**

A running total of the distance paddled since last reset. These distances can be reset at any time by the user.

**SELECT**

Select Data Recall from the Main Menu to review stored data. Recall memory will be formatted in sessions according to date and time. Just Row sessions will have the JustGo prefix whereas a Workout session will just show the row time.

**Delete All Sessions Data**

This selection will delete ALL memory if chosen. Sessions cannot be deleted individually.

**Viewing Sessions**

Select a session will bring up the Session Overview (Figure 1). This overview provides the overall distance, time, avg split, and avg stroke rate during that session. Selecting the Session Overview to view the Session Details (Figure 2) will show the session breakdown by time period (time or distance). Select MORE to view additional measurement values not currently shown on the screen.

**Data Link**

Select this to connect your unit to your PC or Mac for firmware updates or uploading data to your computer. Please go to www.nkhome.com/support/towering-and-sports-support/manuals- and-downloads/ to download the LINK application and follow instructions.

---

**LIVE STREAM**

Select Live Stream to broadcast your SpeedCoach measurements to the cloud for public viewing. You will need to pair the SpeedCoach to a mobile phone and have the phone in range of the SpeedCoach to broadcast your data live. We recommend keeping the phone in a waterproof bag.

1. **Download** NK Live Stream Application to your mobile device.
2. **Make Sure Bluetooth is Turned On** on your mobile device.
3. **Open** the NK Live Link App.
4. **Enter a Boat ID** in the Live Link application.
5. **Turn Live Streaming** to ON on the SpeedCoach.
6. **On SpeedCoach select Phone Pairing** - Find New. In the LINK app, select Pair.
7. **Your data will now be broadcast live**. Go to the app or link nkapp.com to view live results.

---

**Nielsen-Kellerman**

US Toll-Free: 800-784-4221 | Int’l Phone: +1 610-447-1555 | Email support@nkhome.com

www.NKsports.com
SETUP MENU

From the Main Menu select Setup. From there, use the menu navigation steps described above to navigate, select, adjust and exit setup options:

Display Setup: Allows you to toggle between using the Classic SpeedCoach display layout and the Skill display layout when using the Empower Oarlock.

Display Mode: Choose between Classic and Skill (see above). Please note that you can also view oarlock measurements in the Classic display mode in the window of your choice.

Classic Setup: Allows you to set the top two windows to display any of the available measurements.

Input:

The Speed (and distance) Input setting can be set to GPS or Impeller. Please note that you will need a wiring harness and impeller to use the impeller mode.

Accessory Setup: Used to pair either the Heart Rate belt or Empower Oarlock.

HRM Setup

Selecting this option will automatically attempt to pair the Heart Rate Monitor (HRM) Belt with the unit. If more than one belt is found, you may need to change locations to isolate belt. The HRM will automatically turn on when attached to your body. The belt works best with moisture, so if you are not getting a reading, place some moisture on the rubber contacts of the belt before attaching to your body. Once the belt is paired with the unit, you will not need to pair in the future (unless you select Reset HRM or change belts).

Oarlock Setup: Selecting this option to pair your wireless oarlock.

Connection: This option to pair your wireless oarlock to the SpeedCoach unit.

Oarlock Distance: Enter the total length of your oarlock.

Inboard – Enter the measurement from the collar to the side of your oar.

Boat ID – Enter the name of the boat that is being used (up to 5 characters).

Seat Number – Enter the seat number in which the oarlock is used.

Side – Side the oarlock is on: starboard or port.

Set Zero Force: Used to run a routine to calibrate the zero force of the oarlock.

Set Zero Angle: Used to run a routine to calibrate the zero angle of the oarlock.

Multiplying F/KP by 2 (scaling only) Toggle between showing double the force, work and power being displayed by the unit to account for both oars being used.

Battery Type: Enter the battery type that you are using with the oarlock: Alkaline, Lithium or Nickel Metal (Rec torchable).

Firmware Version: Shows the current firmware version of your oarlock.

Speed/Distance Setup

Options are Speed mode or Split mode. Speed mode will display your speed in the top left window. Split mode will display your speed as a time to cover a distance (usually 500m or meters). Units allows you to change the units shown for speed and distance (options are: M, M/S, /500M, MPH, MPH, KM, KMH, /500M, or /M, MPH, /NI).

Auto Pause

Auto Pause/500M; or MI, MPH, /MI).

Allows you to change the units shown for speed and distance (options are: M, M/S, /500M; KM, KMH, /500M, or /M, MPH, /NI).

Auto Pause

If toggled ON, the unit will stop the timer if it does not detect a stroke within the last 6 seconds. If toggled OFF, the unit will not stop the timer even if no strokes are being detected. (If you would like to stop the timer manually, please select the button to start and stop the timer manually. Please note: the unit will not Auto Pause during the first sessions of a Workout).

Auto Shutdown

When Auto Shutdown is set to ON, the unit will automatically shut off after 10 minutes of not detecting a stroke. If the Auto Shutdown is set to OFF, the unit will only turn off when the user manually shuts it down.

NOTE: Average Speed is always calculated as a function of the distance covered in the elapsed time shown. Because the timer will continue to run while you are not rowing, turning Auto Pause “OFF” will impact the calculation of your cumulative average speed.

ADVANCED SETUP MENU

Impeller Calibration

To enter your Calibration Value or run the calibration routine (see below). The SpeedCoach GPS is RoHS (reduction of hazardous substances) compliant and marked in accordance with the WEEE (Waste Electrical And Electronic Equipment) directive. Please do not dispose of the unit or battery in your household trash. Return it to an HRM dealer or a designated recycling center for proper recycling and disposal.

IMPELLER CALIBRATION

Calibration is only relevant if you are using your SpeedCoach GPS with a wiring harness and speed impeller. The Calibration value is an adjustment factor that compensates for any difference between your impeller’s distance covered and the “standard boat” upon which the SpeedCoach’s calculations are based.

Entering Impeller Calibration

Select ‘Impeller Calibration’ from the Advanced Setup Menu.

Screen:

Calibration Value Manually

If you know your boat’s SpeedCoach Calibration Value from previous calibration in the same for any SpeedCoach GPS, you can enter it manually. From the Calibration Menu, press  to select the Calibration Value, then press  to adjust the value, and  to accept the value.

Running the Calibration Routine

The SpeedCoach GPS does not need a measured course to be calibrated. Because the SpeedCoach GPS knows both the GPS and Impeller distance measurement, it can self-calibrate. Calibration simply involves rowing the selected distance in two directions. Your distance options are 500 to 1000M. Although a longer distance will sometimes require you to stop and start the oarlock, it is important to choose a calibration distance that you can row in a relatively straight line in both directions. Ideally, it will also have relatively consistent current throughout. The Calibration routine requires that you row your course in both directions at the same speed. Please note: any change of direction may affect the accuracy of your calibration results. At the end of the routine, the newly calculated Calibration Value will be displayed. Please press to accept the new value, and then press to return to the Main Menu.

BATTERY USE AND CHARGING

A fully charged battery will provide approximately 6-8 hours of operation, depending on backlit use. Each bar on the battery indicator represents 20% of battery life, or approximately 1 to 1.5 hours. To charge your unit, press it firmly into the charging dock of your SpeedCoach GPS charger until it clicks and you see “Charging ... ” on the screen. The battery indicator will flash and the bars will indicate the charge status achieved. The battery indicator will show full and stop flashing after 10% charge is achieved and the display will turn off when the unit is fully charged. The SpeedCoach GPS can only be charged with the supplied charging dock. The SpeedCoach GPS is compatible with any USB charging source, including your computer an automobile USB or a cell phone standby power source. A SpeedCoach® XL charger will not charge a SpeedCoach GPS.