**Training Pack Features**

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 your unit sinks.

**Installation**

Strap Mounting

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

SpeedCoach Heart Rate Monitor

The heart rate SMART LE monitor belt connects to your unit via Bluetooth and adjust the strap to fit around your chest, as shown in the figure to the right. To pair your strap to your unit, please see Setup Menu option.

**Basic Operation**

**Turn On** - Hold for 2 seconds.

**Start** - Press once. A checked READY bar will appear on the screen. The READY bar will disappear and the stroke rate, speed/split, timer and flex windows will all start when the unit detects a stroke.

**Stop** - Press once.

**Reset Timers** - Hold for 2 seconds until the RESET bar appears. Press again to Start.

**Turn Off** - Hold for 3 seconds until TURN OFF bar appears (after STOP and RESET), then release. Your SpeedCoach GPS will turn off automatically after 6 minutes of inactivity resulting in an accelerometer movement.

To preserve your battery, be sure to turn your unit off before carrying it in your workout bag or car.

**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->Display Setup option (firmware 2.12 or higher). Please see the Setup section on how to change these fields.

DISTANCE - Accrued distance since reset in your selected units of measure.

AVERAGE 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 hollow 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 (approx. 1-3 min).

Live LINK Indicator - Indicates mobile device is connected and streaming

Live LINK Indicator - Indicates mobile device is connected but not streaming

**Skill Mode**

Change Flex Field Measurement - Press up or down to change between the different skill measurement fields based on the selected oarlock.

LENGTH - Shows Total Length in the top window. Catch in the lower left window and Finish in the lower right window.

WORK - Shows Work in the top window. Force in the lower left window and Total Length in the bottom right window.

POWER - Shows Power in the top window and Average Power in the lower window.

CATCH - Shows Catch in the top window and Slip in the bottom window.

FINISH - Shows Finish in the top window and Wash in the bottom window.

**Button Options**

**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 Link 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 nkports.com to view live results.

**Memory**

The total memory that the unit can store is approximately 25 hours. Every stroke is stored in memory and the memory can be reviewed by every 100 meter increment. The speed input (GPS or Impeller) and system of units used will be stored as was rowed.

**Memory Storage**

When the memory is full, the unit will stop recording data. When memory or at full data, delete all session data to continue recording (see below). The amount of memory used can be found on the bottom of the Recall Menu. An alert message will appear when memory log is nearly full.

**Data Recall**

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 Just row prefix whereas a Workout session will just show the row pieces.

Please note: a session is not complete until: a) In Just Row, you reset the counter b) In Workout, the workout is completed or cancelled.

**Delete All Sessions Data**

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

**Viewing Sessions**

This selection will bring up the Session Overview (Figure 1). The overview provides the overall distance, time, avg split, and avg stroke rate during that session. Selecting the Session Overview will bring up the Session Detail (Figure 2). This page will show the session breakdown by specified 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 update or uploading data to your computer. Please go to www.nkports.com/support/towing-and-sports-support/manuals-and-downloads to download the LINK application and follow instructions.

Please note: Bluegiga Bluetooth Smart dongle required

**www.NKports.com**

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

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Contains FCC ID: QOQBLE112

LiPoly Rechargeable, 3.6 Wh 3.7 V typ

Mar 09 06:27a

Delete All Session Data?

Mar 01 06:17p

RECALL MENU

SELECT

- Press once to access the Main Menu.
- Press once to recall data.
- Press again to Start.
- Press up or down to change between the different skill measurement fields based on the selected oarlock.
- Press once to access the Main Menu.
- Press once to recall data.
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- Press once to access the Main Menu.
**SETUP MENU**

- **SPECIFICATIONS**
- **not functioning correctly.**
- **the summer and OFF in the winter.**
- **example, the Speed/Split displayed will be an average of the last two strokes, updated every stroke.**
- **GPS Spd Smoothing, Strokes**
- **To change your Calibration Value or run the calibration routine (see below).**
- **allows you to change the units shown for speed and distance (options are: M, M/S, /500 M, KM, KMH, /500M, or MPH, /M, /NI).**
- **Battery Type:** Enter the type that you are using with the oarlock: Alkaline, Lithium or Nickel Metal (Rechargeable).
- **Firmware Version** - Shows the current firmware version of your oarlock.
- **Speed/Distance Setup**
- **Firmware Version** - Shows the current firmware version of your oarlock.
- **Set Zero Force:** Multiply F,W,P by 2- (sculling only) Toggle between showing double the force, work and power being displayed by the unit for all oars being used.
- **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.
- **Auto Shutdown** When Auto Shutdown is set to OFF, the unit will only turn off when you manually shut the unit down.
- **NOTE:** Average Speed is always calculated as a function of the distance covered in the elapsed time shown. Because the timer can 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**

- **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 measurement and the “standard boat” upon which the SpeedCoach’s calculations are based.

**Entering Impeller Calibration**

- Select “Impeller Calibration” from the Advanced Setup Menu.
- Entering a Calibration Value Manually
- **If you know your boat’s SpeedCoach Calibration Value from previous calibration** is the same for any SpeedCoach GPS, you can enter it (instead of the Calibration Menu, press to select the Calibration Value, then press 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 course is better, it is not necessary for the accuracy of your calibration, 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. The unit can average out any impact of current and tide to improve the accuracy of the calibration result through more comparison data.

If you wish to change your calibration distance from 500M, press to move to the distance line, then to select, to adjust and to accept.

**BATTERY USE AND CHARGING**

A fully charged battery will provide approximately 6-8 hours of operation, depending on backlight use. Each bar on the battery indicator represents 20% of battery life, or approximately 1.2 to 1.6 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 increase the charge status. The battery indicator will show full and stop flashing after 100% charge is achieved. 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 cell phone standby power source. A SpeedCoach® XL charger will not charge a SpeedCoach GPS.

Your SpeedCoach is equipped with a safety feature that will shut down charging if the battery is too hot or too cold. Do not charge below 3.2°F (0°C) or above 115°F (46°C). If you receive a battery warning on the screen while the unit is within these temperature limits, turn the unit off and let the charging dock and unit cool down. Further attempts to charge may result in fire or permanent damage.