INSTALLATION

**SpeedCoach SUP Mounting Plate**
For the best mounting results, you should choose a spot on your paddle board approximately 2 to 3 feet ahead of where you would stand on the board (Fig. 1). You will want to choose a spot where the mounting plate is flush to the deck. You will also want to ensure that the SpeedCoach will be clear of your paddle blade when switching hands and does not force you to look DOWN and after your paddling event. After choosing a mounting location, clean this location with the provided alcohol swabs to remove all dirt and debris from the board. Allow a minimum of 5 minutes for the alcohol to evaporate from the board. Unclip the mounting plate from the SpeedCoach bracket. Remove the paper liner from the mounting plate tape. Press down and hold the mounting plate in the chosen mounting location for at least 30 seconds. **IMPORTANT!** Wait at least 12 hours before clipping the SpeedCoach bracket into the mounting plate or attaching the SpeedCoach unit.

Wrap the excess lanyard around the base of the mount, making sure you leave enough slack on the lanyard to attach it to the leash mount. Use alcohol as above to clean this spot on the board. Press down and hold the leash mount to install. Pull lanyard through the leash mount opening and wrap the lanyard loop around the SpeedCoach unit to hold in place (Fig. 3).

**SpeedCoach Heart Rate Monitor**
The heart rate monitor belt connects to your unit via Bluetooth® SMART (BLE) technology. Attach belt across the lower portion of your chest, as shown in the figure to the right and adjust the strap to fit your body snugly. To pair your strap to your unit, please see Setup Menu option.

NOTE! Your SpeedCoach SUP DOES NOT FLOAT! To prevent a loss, keep the NK “life preserver” foam float attached to your SpeedCoach at all times. When paddling, loop the lanyard around the mounting dock. NK is not responsible in the event your SpeedCoach sinks and is lost.

**BASIC OPERATION**
- **Turn On**: Hold for 2 seconds.
- **Start**: Press once. A checked READY bar will appear on the screen. The Distance, Stroke Rate, and the stroke rate, speed/split, timer and flex windows will all start to run when the unit detects a stroke.
- **Stop**: Press once.
- **Reset Timers**: Hold for 2 seconds until the RESET bar appears. Release again to start.
- **Turn Off**: Hold for 3 seconds until TURNOFF bar appears (after STOP and RESET), then release. Your SpeedCoach GPS will turn off automatically after 8 minutes of not sensing accelerometer movement.
- To preserve your battery, be sure to turn your unit off before carrying it in your workout bag or car.
- **Change Flex Field Measurement**: Press to change to 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 2.12.2 or higher). Please see the Setup section on how to change these fields.
- **DISTANCE**: Accurate distance since reset in your selected units of measure (AVERAGE - 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 paddle.
- **Live Link indicator**: Indicates mobile device is connected and streaming.
- **Live Link indicator**: Indicates mobile device is connected but not streaming.
- **Battery Life Indicator**: It is recommended to turn the unit or when outside and wait for this icon to go from a fully charged icon to a solid icon. A solid (i.e., filled-in) satellite icon indicates that you have adequate GPS satellite coverage and can begin your paddle (approx. 1-3 mins).

**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 100 meter increments. Stroke by stroke details can be exported with the Link application.

**Memory Storage**
When the memory is full, the unit will stop recording data. When nearing 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 JustGo prefix whereas a Workout session will just show the rows run.

**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.

**Clear Memory, Erase All Data**
This selection will delete ALL memory if chosen. Sessions cannot be deleted individually.

**Viewing Sessions**
Selecting a session/workout will bring up the Workout Summary (Figure 1). This overview will provide the overall stats for all measurements during the entire session. Pressing the Details button brings up the Interval Summary page (Figure 2). An overview of the various intervals that were performed during the entire session will be shown. If you select a specific interval, the Detailed Interval Review screen (Figure 3) will be shown. This screen shows the interval breakdown by a 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 updates or uploading data to your computer. Please go to www.nkperformance.com/support/rowing-and-sports-support/#manuals- and-downloads/ to download the Link application and follow instructions.

**Please note**: Blueprint Bluetooth Smart dongle required

**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 Link Link application.
5. Turn Live Streaming 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.nkperformance.com to view live results.

**Operation Menu**
- **Access Menus**: Select on from the Main Menu.
- **Select Data Recall**: View Data Recall, use the Data Link, enter the Setup Menu or view the About screen for firmware version number and other information. On any menu, select the highlighted option to enter the submenu 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. Please note: a “Unit Odometer” is found in the About option.

**Model 2 Includes Training Pack Upgrade**

**Training Pack Features**
- **1.** Includes Training Pack Upgrade
- **2.** Includes the Bluetooth Heart Rate Monitor Belt
- **3.** Includes the SpeedCoach GPS Dock
- **4.** Includes the DOCK FEET
- **5.** Includes the Mounting Plate Tape
- **6.** Includes the Mounting Dock Feet
- **7.** Includes the Protective Rubber Bumper

**Fig1: Workout Summary**

**Fig2: Workout Summary**

**Fig3: Detailed Interval Review**
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.

PROFILE

Adjust the units (lbs/in or kg/cm) then set your height, weight and age for accurate calorie burn information.

DISPLAY SETUP

This information assists NK tech support in case your unit is returned for service. Further attempts to charge may result in fire or permanent damage.

BATTERY AND CHARGING

This information assists NK tech support in case your unit is returned for service. Further attempts to charge may result in fire or permanent damage.

GENERAL SETTINGs

Your SpeedCoach SUP employs a high-precision 5-Hz GPS receiver. This means it receives GPS position and speed data from the GPS satellites 5 times a second. This update rate is necessary to provide the data density for accurate stroke-by-stroke smoothing. Your GPS receiver's performance is dependent upon having an unobstructed view of the sky. After passing under a low or wide bridge, you are likely to notice erratic speed data for a stroke or two. Your unit will return to accurate values as soon as it has re-established good satellite signal. A higher setting for speed-smoothing strokes will dampen both the initial error and the return to valid readings. Note that your unit may burn rapidly with a flare effect and may produce irritating, corrosive and/or toxic substances.

Your SpeedCoach SUP contains a lithium-ion polymer battery pack. Lithium-ion batteries contain flammable liquid electrolyte that may vent, ignite and produce sparks when subjected to high temperatures or when damaged or overcharged. If ignited, batteries may burn rapidly with a flame effect and may produce irritating, corrosive and/or toxic gases, including toxic hydrogen fluoride gas, which may cause disability or death. Contact with battery electrolyte may be irritating to skin, eyes and mucous membranes. If skin or eye contact occurs, flush with copious amounts of water for at least 15 minutes. Your SpeedCoach SUP contains a lithium-ion polymer battery pack. Lithium-ion batteries contain flammable liquid electrolyte that may vent, ignite and produce sparks when subjected to high temperatures or when damaged or overcharged. If ignited, batteries may burn rapidly with a flame effect and may produce irritating, corrosive and/or toxic gases, including toxic hydrogen fluoride gas, which may cause disability or death. Contact with battery electrolyte may be irritating to skin, eyes and mucous membranes. If skin or eye contact occurs, flush with copious amounts of water for at least 15 minutes.

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