

*Training Pack Features

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 (Fig1). You will 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 alter your paddling form.

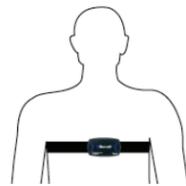
After choosing a mounting location, clean this location with the provided alcohol swabs to remove all dirt and debris from the board. Allow a minimum of 5 minutes for the alcohol to evaporate from the board. Unclip the mounting plate from the SpeedCoach bracket. Remove the paper liner from the mounting 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. Mark on one side a point where the leash mount can be installed. 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 (Fig3).



SpeedCoach Heart Rate Monitor*

The heart rate monitor belt connects to your unit via Bluetooth® SMART (LE) 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 checkered 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 to run when the unit detects a stroke.

Stop - Press once.

Reset Timers - Hold for 2 seconds until the RESET bar appears, then release. 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 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 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 - 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).

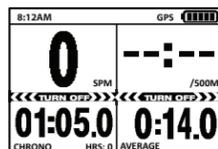
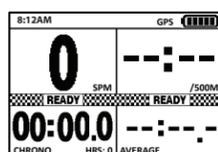
ELAPSED TIME - Amount of time since start of paddle.



Live LiNK indicator - Indicates mobile device is connected and streaming.

Live LiNK indicator - Indicates mobile device is connected but not streaming.

Satellite Lock Indicator - It is recommended to turn the unit on when outside and wait for this 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 paddle (approx. 1-3 mins).



MENU NAVIGATION AND SETTING BUTTON USE



Access Menus/Select

Press once to access the Main Menu. From there, you can Setup or Run Workouts, 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. also moves to the next menu item adjustment.



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 menu option. The Unit Odometer shows the lifetime distance of the unit and cannot be reset by the user.

MAIN MENU	
Live Stream...	←SELECT
Workouts...	
Data Recall...	
Data LiNK...	
Setup...	
Odometer...	
About...	⏪EXIT

ODOMETER	
Today	2M
This week	13056M
This month	101369M
This year	1216428M
Total	2489254M
Reset Odometer?	⏪EXIT

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 pieces 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.nkhome.com/support/rowing-and-sports-support/manuals-and-downloads/ to download the LiNK application and follow instructions.

Please note: Bluegiga Bluetooth Smart dongle required

RECALL MENU	
Clear Memory, Erase All Data?	
Mar 10 06:15a	JustGo-3050M
Mar 10 06:00a	4x5:00/2:00
Mar 09 06:27a	5x5:00/10:00
Mar 06 03:24a	2(6:00,3:00,1000M
Mar 01 06:17p	8x1000M/3:00
	⏪EXIT

4x5:00/2:00			
DIST	TIME	SPLIT	RATE
7702M	46:02.3	02:27.1	28.5
D/ST	CAL/HR	CAL	HR
11.2	1312	984	158
WORKOUT SUMMARY (GPS) ⏪EXIT			

Fig1: Workout Summary

4x5:00/2:00			
DIST	TIME	SPLIT	RATE
7702 M	46:02.3	02:27.1	28.5
INTERVAL SUMMARY ⏪EXIT			

Fig2: Interval Summary

2(6:00,3:00,1000M)			
DIST	TIME	SPLIT	RATE
100M	:32	01:57.0	28.7
200M	1:06	01:59.0	28.5
300M	1:40	02:03.0	28.3
400M	2:11	02:07.0	27.7
500M	2:45	02:00.0	27.5
INTERVAL 5 ⏪EXIT			

Fig3: Detailed Interval Review

^PREV	▼NEXT	←MORE	
DIST	TIME	HR	D/ST
200M	1:06	96	8.1M ↑
300M	1:40	92	7.9M
400M	2:11	97	7.7M
500M	2:45	95	8.2M
600M	3:14	98	8.6M ↓
INTERVAL 5 ⏪EXIT			

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.nksports.com to view live results.

LIVE STREAM MENU	
Live Streaming	ON
Phone Pairing	Find New
Status:	NOT CONNECTED
	⏪EXIT

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

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

Accessory Setup...

Select this option to pair your Heart Rate belt (TP Version only).

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 has been paired with the unit, you will not need to pair in the future (unless you select Forget HRM or change belts).

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 pace expressed as a time to cover a distance (usually 500 meters). Units allows you to change the units shown for speed and distance (options are: M, M/S, /500 M; KM, KMH, /500M; or MI, MPH, /MI).

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 Rest sessions of a Workout.

Auto Shutdown

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

GPS Spd Smoothing, Strokes

The Speed Smoothing feature will average the last number of strokes selected. If "2" is selected, for example, the Speed/Split displayed will be an average of the last two strokes, updated every stroke.

Stroke Rate Setup

Options are Timer Start Acceleration, Noise Filtering and Axis.

Timer Start Acceleration

Governs the degree of acceleration that must be detected to start the stroke meter. The default value is 4. If you increase this value, a more forceful stroke is needed to start the timer. If you decrease this value, a less forceful stroke is needed to start the timer.

Noise Filtering

Governs the degree to which the accelerometer will register changes in acceleration as a stroke. The default value is 3. If you increase this value, more acceleration is needed to register a stroke. If you decrease this value, less acceleration is needed to register a stroke.

Axis

Allows you to select Front-Back (2) or Any (3). Front-Back (2) is generally recommended for SUP assuming that the unit will be mounted perpendicular to the long axis of the board. If mounting at a non-perpendicular axis, the recommendation is to toggle to Any (3) but stroke rate will be much more sensitive to wave action.

Time and Date

Used to change the format of the date and time displayed. Please note: only time shows on the display, date will be shown on data recall screen. Please note in most U.S. locations daylight savings time is ON in the summer and OFF in the winter.

Diagnostics

The Diagnostics screen provides information about the performance of your unit's GPS receiver, accelerometer, HRM*, clock, and charging system. This information assists NK tech support in case your unit is not functioning correctly.

GPS FUNCTION AND ACCURACY

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 rowing speed. 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 total distance, elapsed time and average speed will not be affected by these few strokes of erratic speed readings. You may also notice slightly degraded speed performance (less stable readings) on extremely overcast days.

The GPS receiver provides speed accuracy of +/- 0.1 m/s, which translates to +/- 3 seconds at a 2:00 /500M split pace. Distance accuracy is +/- 2.5M over any distance.

SPECIFICATIONS

WEIGHT	Control unit and bumper: 5.2oz.(150 gm)
SIZE	Measures 3.6X2.6X1.2 in (92x67x31mm) with bumper.
BOUYANCY	Does not float.
WATER RESISTANT	Waterproof (IP-67)
MEMORY	25 hours of memory. Stores every stroke.
BATTERY CAPACITY	One rechargeable lithium-poly battery provides up to 8 hours of battery life.
BATTERY LIFE EXPECTANCY	After 300 full charge and discharge cycles, expected capacity is 80% of original.
COMPLIANCE	The SpeedCoach GPS conforms with Council Directive 2004/108/EC (December 15, 2004) on electromagnetic compatibility and is CE-marked accordingly.
ENVIRONMENTAL	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 to NK, an NK dealer or a designated recycling center for proper recycling and disposal.
ACCURACY	Speed: +/- 0.1 m/s; Distance: +/- 2.5 m over any distance.

WORKOUTS

Run Last Workout: Runs the last workout. This is a quick way to repeat single distance or single time workouts without setting up intervals.

NOTE: Press  to ready the workout. Workout will start when first stroke is detected. Press  to pause a workout. Hold  to cancel a workout.

Single Distance: Select this option to run a single distance-based workout at the distance shown.

Press , followed by  and  to adjust the distance. Then press  2x to run the workout.

Single Time: Select this option to run a single time-based workout for the time shown. Press , followed by  and  to adjust the time. Then press  2x to run the workout.

Intervals...

Select this option to create a multi-interval based workout (e.g. time, distance, and/or rest periods). You can select from the pre-loaded workouts or customize to create your own. Up to 6 custom workouts can be programmed. The SPC is loaded with 6 default workouts, which are editable. Please note: Interval workout names are automatically generated based on the type of intervals performed.

Creating an Interval Workout

First select a pre-existing workout to edit. Use  and  to select a field. Press the , followed by the  and  to modify the middle column. Press  again, followed by  and  to adjust the right column value. Press  return to field selection. Please note: pressing the  will automatically SAVE and exit the workout when finished.

Countdown: When toggled ON, a countdown timer will start when the first stroke is detected. When the countdown reaches zero, the workout will begin. Tip: The countdown allows the user to build to "race pace" before starting their workout. If countdown is toggled OFF, the workout will start immediately when the first stroke is detected.

Intervals: Determines the number of intervals in the workout. If you select Equal, all work intervals will be equal in type and value and all rest intervals will be equal in type and value. If you select Variable, you can create a multi-faceted workout of work and rest intervals that can each vary by type and duration.

Work: Defines the first work interval of the workout. Work can be time based or distance based. If more than one interval is being performed, a number will be added to this entry (i.e., Work1, Work2, Work3, etc).

Rest: Defines the amount of rest in between work intervals. Rest can be time based or distance based. The number shown to the right is the rest value per the unit shown. Similarly if more than one rest period is entered in a variable workout, it will be followed by a number.

Number of Sets: Select the number of sets of the proceeding interval workout to run. For example if you have a workout with a work and rest interval, setting this to 2 will run this work and rest interval workout twice.

Rest Between Sets: Only appears if Number of Sets is greater than 1. Defines the rest period between a repeated group of intervals.

WORKOUTS		← SELECT
Run Last Workout		
Single Distance	2000M	
Single Time	00:30:00	
Intervals...		
		⏏ ← EXIT

INTERVAL WORKOUT		← SELECT
1x2000M		
2(8x1:00/1:00)		
5x1000M/4:00		
8x500M/2:30		
4:00,3:00,2:00,1:00,2:00,3:00,4:00		
1000M/1:30,750M/1:00,250M		
		⏏ ← EXIT

NEW INTERVAL WORKOUT			← SELECT
Run Workout?			
Countdown	OFF	105	
Intervals	Equal	1	
Work	Dist	100M	
Rest	Time	00:02:00	
Number of Sets?		1	↓
			⏏ ← EXIT

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 SUP 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 90% charge is achieved, and the display will turn off when the unit is fully charged. The SpeedCoach SUP can only be charged with the supplied charging dock. The SpeedCoach SUP is compatible with any USB charging source, including your computer an automotive USB or a cell-phone standby power source. A SpeedCoach® XL charger will not charge a SpeedCoach SUP.



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 32°F | 0°C or above 115°F | 45°C. If you receive a battery warning on the screen while the unit is within these temperature limits, immediately remove the unit from the charging dock and contact NK for service. Further attempts to charge may result in fire or permanent damage.

WARNING! LITHIUM-ION POLY BATTERY HAZARDS



Your SpeedCoach SUP contains a lithium-ion poly 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 flare effect and may produce irritating, corrosive and/or toxic gases, including toxic hydrogen fluoride gas, which may cause dizziness or suffocation. Contact with battery electrolyte may be irritating to skin, eyes and mucous membranes.

- Do not ever subject to fire or temperatures above 140°F | 60°C. NOTE: A car in hot sunlight may exceed these temperatures!
- Do not charge, use, transport or store above 115°F | 45°C.
- Do not charge below 32°F | 0°C.
- Do not charge in direct contact with flammable items.
- Do not puncture or open the unit.
- If the unit's internal battery pack is damaged, avoid contact with battery electrolyte, which may be irritating to skin, eyes and mucous membranes.
- In case of battery fire, evacuate the area to avoid inhalation of fumes. If possible, cover the battery with sand to extinguish the fire or use a dry ABC- type extinguisher.
- Allow good air circulation around top and sides of unit while charging.

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