**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 downward and after your paddling limb.

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 bracket into the mounting plate or attaching the SpeedCoach to the board. Allow a minimum of 5 minutes for the alcohol to dry.

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. The options for using the leash mount are: the leash mount can be installed. Use alcohol as above to clean it to the leash mount. Mark on one side a point where the leash mount will be located. You will want to choose a spot where the mounting plate is flush to the deck.

**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.

**BASEC OPERATION**

- **Turn On** - Hold for 2 seconds.
- **Start** - Press once. A checked READY bar will appear on the screen. After “Go” disappears 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 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 2.1.2 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.

**SATellite LOCK IndicaTOR**

It is recommended to turn on the unit 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).

**BATTERY LIFE INDICATOR**

The battery life monitor indicates when your battery is fully charged or needs an immediate recharge.

**SATELLITE LOCK INDICATOR**

**BATTERY CONTACTS**

**PROTECTIVE RUBBER BUMPER**

**LANYARD ATTACHMENT**

**FLEX WINDOW:** SHOWS EITHER DISTANCE, DISTANCE PER STROKE, AVERAGE SPEED/PACE, STROKE COUNT, HEART RATE, ELAPSED TIME, CALORIE COUNT OR AVERAGE CALORIES.

**STROKE RATE**

**SPEED/PACE**

**READ LINE INDICATOR**

**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 by having 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 app 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.

**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 intervals. 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 piece 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.nk.com/support/rowing-and-sports-support/ for more information and downloads/ to download the LINK application and follow instructions.

Please note: Bluenote Bluetooth smart dongle required

**MENU NAVIGATION AND SETTING BUTTON USE**

- **Access Menu/Select**
- **Move/Adjust**
- **Go Back/Exit**
- **Select**
- **Data Recall**
- **Exit**

**BUTTOnS:**

ON/OFF/BACK UP

UP  DOWN  SELECT

**BUTTONS:**

ON/OFF/BACK UP

UP  DOWN  SELECT

**ON/OFF/BACK UP**

**UP  DOWN  SELECT**

**MOUNTING DOCK FEET**

**SERIAL NUMBER**

**BATTERY CONTACTS**

**PROTECTIVE RUBBER BUMPER**

**FLEX WINDOW:** SHOWS EITHER DISTANCE, DISTANCE PER STROKE, AVERAGE SPEED/PACE, STROKE COUNT, HEART RATE, ELAPSED TIME, CALORIE COUNT OR AVERAGE CALORIES.

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**FREEBACK PACK Features**

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**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 (km/h or mph) 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.

**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 please try putting 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).

**GPS Setup**
Options are Speed or Mode set. 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, MI, FT, M/SEC, KM, MPH, KM/HR, or M, MPH, M/SEC).

**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 on 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 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 Smoothing, Strokes**
The Speed Smoothing feature will average the last number of strokes selected. If "3" is selected, for example, the Speed/Spd displayed will be an average of the last two strokes, updated every stroke.

**Speed 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 1. 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 you are not using 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 times 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.

**Diagnoses**
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 returned to NK, an NK dealer or a designated recycling center for proper recycling and disposal.

**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 1.2 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.”**.”** 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® SUP 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/46°C. If you receive a battery warning on the screen while use the unit will be within its 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 over charge to temperatures above 50°F/10°C. NOTE: A car in hot summer heat may exceed these temperatures! Do not charge, use, transport or store above 115°F/46°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 fire extinguisher.
- Allow good air circulation around top and sides of unit while charging.

**SPECIFICATIONS**

<table>
<thead>
<tr>
<th>WEIGHT</th>
<th>Control unit and bumper: 5.2lbs (2.35 kg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>SIZE</td>
<td>Measure 5.82x6.21x2 in (148x157x51mm) with bumper</td>
</tr>
<tr>
<td>BOUNCINESS</td>
<td>Does not fold.</td>
</tr>
<tr>
<td>WATER RESISTANT</td>
<td>Water proof IP-67</td>
</tr>
<tr>
<td>MEMORY</td>
<td>250 hours of memory. Stores every stroke.</td>
</tr>
<tr>
<td>BATTERY CAPACITY</td>
<td>One rechargeable lithium-poly battery provides up to 8 hours of battery life.</td>
</tr>
<tr>
<td>BATTERY LIFE EXPECTANCY</td>
<td>After 30 full charge and discharge cycles, expected capacity is 80% of original.</td>
</tr>
<tr>
<td>ENVIRONMENTAL</td>
<td>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 FAQ dealer or a designated recycling center for proper disposal.</td>
</tr>
<tr>
<td>PRECISSION</td>
<td>Speed +/-0.1 m/s; Distance +/-2.5 m over any distance.</td>
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