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 away from the paddle blade. After choosing a mounting location, clean this location with the provided alcohol swabs to remove oil, 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. The Unit Odometer shows the lifetime distance of the unit and cannot be reset by the user.

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. After 15 seconds of not sensing accelerometer movement, the display will show OFF. If you desire, press up to advance to the next page. If no more pages exist, the display will show OFF.

Stop - Press once.

Reset Timers - Hold for 2 seconds until the RESET bar appears on the screen then release. Press up to advance to the previous page. If no more pages exist, the display will show OFF.

Start/Stop - Press to start/stopped, turn on or turn off.

Duration - Accurately displayed to the nearest second.

Distance - Distance traveled over the elapsed time.

Count - Total 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).

BPM - Beats per minute.

ELAPSED TIME - Amount of time since start of paddle.

Odometer - Displays total stroke count, distance traveled and paddle blade speed in mph.

Serial Number - Displays the serial number for the SpeedCoach unit.

Button Functions:

- **Start/Stop**
  - Press once to start the timer.
  - Press once to stop the timer.

- **Odometer**
  - Displays total stroke count, distance traveled and paddle blade speed in mph.

- **Pause**
  - Press to pause the timer.
  - Press again to resume the timer.

- **Clear Memory**
  - Press to clear all memory from the SpeedCoach.

- **Exit**
  - Press to exit any screen or menu to the previous screen.

- **Fan**
  - Press to exit from any screen or menu to the previous screen.

- **Settings**
  - Press to enter the submenu or enter adjustment mode.

- **Stop/Stop**
  - Press to stop the timer and exit to the previous screen.

- **Menu/Adjust**
  - Use the up and down buttons to navigate within a menu or to adjust a selected value.

Menu Navigation and Setting Button Use

Access Menu/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. A square 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 Setup option. The Unit Odometer shows the lifetime distance of the unit and cannot be reset by the user.

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 profile whereas a Workout session will just show the rows run.

Please note: a session is not complete until: a) 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/downloads- and-downloads/ to download the Link application and follow instructions.

Training Pack Features

- Bluegiga 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 Live Link application.
5. Turn Live Streaming to ON on the SpeedCoach.
7. Your data will now be broadcast live. Go to the app or link.nksports.com to view live results.

Model 2
Includes Training Pack Upgrade

SpeedCoach SUP
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 (in/mm or in/cm) then set your height, weight and age for an accurate calorie burn information.

Display 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 the 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 place some moisture on the rubber contacts of the belt before attaching it 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 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 allow you to change the units shown for speed and distance (options are: M, MI, /500 M; KM, KMH, /500M, or M, MPH, /M).

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 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.

Timer Setup Acceleration
Options are Timer Start Acceleration, Noise Filtering and Axis.

Timer Start Acceleration
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 4. 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 in doubt, select Any (3). If you select a non-orthogonal 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.

Diagnose
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-H 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 unit is not a competitive timing device and should not be used for such purposes.

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

SPECIFICATIONS

| WEIGHT | Control unit and bumper: 5.2oz (150 gm) |
| SIZING | Measures 5.62x3.1x2 in (143x79x51mm) with bumper |
| BOUNCINESS | Does not bounce |
| WATER RESISTANT | Waterproof (IP-67) |
| MEMORY | 20 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 100 full charge and discharge cycles, expected capacity is 80% of original. |
| ENVIRONMENTAL | The lithium-ion battery pack 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 FAR dealer or a designated recycling center for proper disposal. |
| ACCURACY | Speed: +/- 0.1 m/s, Distance: +/- 2.5m 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 to adjust the distance. Then press 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 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 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 followed by to modify the middle column. Press again, followed by and to adjust the right column value. Press to return to field selection. Please note: pressing the will annihilically 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 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 (e.g., 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 the preceding interval workout to run. For example if you have a workout with a rest and rest interval, setting this to 2 will run this workout and rest interval twice.

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

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.” To recharge your battery, plug in your charger. To remove the unit from the charger, press and hold the button until the unit is fully charged.

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 flame effect and may produce irritating, corrosive and/or toxic gases, including toxic hydrogen fluoride gas, which may cause distinct irritation or corrosion. Contact with battery electrolyte may be irritating to skin, eyes and mucous membranes.

Do not expose to fire or temperatures above 140°F /60°C. NOTE: a car in hot parking lot may exceed these temperatures.

Do not charge below 32°F /0°C.

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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.

Always allow good air circulation around top and sides of unit while charging.

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