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. 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 arm to start.

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. Option: The Unit Odometer shows the lifetime duration of the unit and cannot be reset by the user.

SpeedCoach Heart Rate Monitor*

The heart rate monitor belt connects to your unit via Bluetooth® SMART LEI 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. Ready 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 the TURN OFF bar appears (after STOP and RESET), then release. Your SpeedCoach GPS will turn off automatically after 8 minutes of not sensing an 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 2.12 or higher). Please see the Setup section on how to change these fields.

DISTANCE - Accurately 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.

Live LINK indicator - Indicates no mobile device is connected or is not streaming.

Live LINK indicator - Indicates no mobile device is connected or is not streaming.

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. Move/Adjust to step up and down buttons to navigate within a menu or OR to adjust a selected value.

Go Back/Exit

Press to exit from any screen or menu to the previous screen.

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 JustGoGraph 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. Selecting a specific interval, the Detailed Interval Review screen (Figure 2) will be shown. This screen shows the interval breakdowns 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.nksports.com/support/rowing-and-sports-support/ to download the Link application and follow instructions.

Please note: Bluenote Bluetooth Sport 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.
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.

*Training Pack Features
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 red 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’s built-in 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 | 46°C. If you receive a battery warning on the screen while the unit is still within these temperature levels, 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 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 immitating, corrosive and/or toxic gases, including toxic hydrogen fluoride gas, which may cause distress 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 | 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

| WEIGHT | Control unit and bumper: 5.2 oz (145 g) |
| SIZE | Measures 5.66x2.13 in (320x53mm) with bumper |
| BLOWOUT | Does not blow out |
| 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. |
| 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 disposal. |
| ACCURACY | Speed +/- 0.5 m/s, Distance +/- 2% m over any distance |

GFS ENERGY 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 the initial error and the return to valid readings. Note that your GPS receiver is 5-Hz, which means it receives GPS data 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 the initial error and the return to valid readings. Your GPS receiver provides speed accuracy of +/- 0.1 m/s, which translates to +/- 3 seconds at a 2:00 split. The GPS receiver provides speed accuracy of +/- 0.1 m/s, which translates to +/- 3 seconds at a 2:00 split. The GPS receiver provides speed accuracy of +/- 0.1 m/s, which translates to +/- 3 seconds at a 2:00 split.