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 your natural stroke path. 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 label 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 (Fig 5).

**SpeedCoach Heart Rate Monitor**
The heart rate monitor belt connects to your unit via Bluetooth SMART 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.
- **Stop** - Press once.
- **Reset Timers** - Hold for 2 seconds until the RESET bar appears on screen. 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.
- **Change Flex Field Measurement** - Press up 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.
- **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.
- **Heart Rate Monitor** - It is recommended to turn on 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).
- **BATTERY CONTACTS**
- **WATERPROOF**
- **SPM**
- **GPS**
- **SATELLITE LOCK**
- **BATTERY LIFE**
- **BATTERY COVER**
- **PROTECTIVE RUBBER BUMPER**
- **BATTERY COVER**
- **DOCK FEET**
- **RECALL MENU**
- **DATA RECALL**
- **MORE**
- **BATTERY CONTACTS**
- **WATERPROOF**
- **SPM**
- **GPS**
- **SATELLITE LOCK**
- **BATTERY LIFE**
- **BATTERY COVER**
- **PROTECTIVE RUBBER BUMPER**
- **DOCK FEET**
- **Menu Navigation and Setting Button Use**

- **Access Menu/Select**: Press once to access the Main Menu. From there, you can set up 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. (This 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.

- **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 flow sessions will have the JustGoPro feature whereas a Workout session will just show the pieces run.

**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 flow sessions will have the JustGoPro feature whereas a Workout session will just show the pieces run.

**Please note**: a session is not complete until a) Just Flow, 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.boblace.com/support/using-and-support manuals and-downloads/ to download the LINK application and follow instructions.

**Please note**: Bluetooth® Smart dongle required.

**SPECIFICATIONS**

- **Weight**: 3.62 oz./105 gm with bumper
- **Size**: Measures 3.65x2.6x1.2 in (92x67x31mm) with bumper
- **BLOWOUT**: Does not float. Use NK foam float.
- **WATERPROOF**: Waterproof (IP-67)
- **Memory**: 25 hours of memory. Stores every stroke.
- **Battery Capacity**: One rechargeable lithium polymer battery provides up to 8 hours of battery life.
- **Battery Life Expectancy**: After 200 full charge and discharge cycles, expected capacity is 80% of original.
- **Environmental**: The SpeedCoach SUP 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 your unit or battery in your household trash. Return to NK, an NK dealer or a designated recycling center for proper recycling and disposal.
ADVANCED SETUP MENU

**GPS Spd 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 three strokes, updated every stroke.

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

**Timer Start Acceleration**
Manages 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**
Manages the degree to which the accelerometer will register changes in acceleration as a stroke. The default value is 8. 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 aligned with the stroke path. If you select 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 March and OFF in the winter.

**Diagonistics**
The Diagnistics 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 mishandled. The GPS receiver’s performance is dependent upon having an unobstructed view of the sky. After passing under a low or wide bridge, you may notice an error in detection speed 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 BATTERY USE AND CHARGING

**WARNING! LITHIUM-ION POLY BATTERY HAZARDS**

- Never leave your unit charging unattended. Do not place it within reach of children.
- Do not disassemble, puncture, crush or incinerate your unit.
- Do not allow the charging system to come in contact with water, oil, or other corrosive agents.
- Do not use a damaged power cord or power outlet.
- Do not operate your unit in a volatile environment.
- Do not use or store your unit in a temperature above 115°F | 45°C.
- 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 temperatures 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.

**GPS FUNCTION AND ACCURACY**

Your SpeedCoach® XL 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 may notice an error in detection speed 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’s BATTERY USE AND CHARGING

**WARNING! LITHIUM-ION POLY BATTERY HAZARDS**

- Do not subject your unit to temperatures above 140°F | 60°C. A unit in hot sunlight may exceed these temperature limits.
- 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 electrolytes, 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.

**RUNNING A WORKOUT**

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

**Single Distance**: Select this option to run a single distance-based workout at the distance shown. Press [A] 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 [A] to adjust the time. Then press [2x] to run the workout.

**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 you 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. Select a value from 1 to 6. 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.

**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 is the rest value per the unit chosen. 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 preceding interval workout to run. For example if you have a workout with a work and rest interval set to 2, this will run the work and rest intervals 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® XL 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 still flashing after 90% charge is achieved, and the display will turn off when the unit is fully charged. The SpeedCoach® XL can only be charged with the supplied charging dock. The SpeedCoach® XL is compatible with any USB charging source, including your computer an automobile USB or a cell phone standby power source. A SpeedCoach® XL charger will not charge a SpeedCoach® SUP.

Your SpeedCoach® XL 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. 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 service. Further attempts to charge may result in fire or permanent damage.

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- Do not disassemble, puncture, crush or incinerate your unit.
- Do not allow the charging system to come in contact with water, oil, or other corrosive agents.
- Do not use a damaged power cord or power outlet.
- Do not operate your unit in a volatile environment.
- Do not use or store your unit in a temperature 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 electrolytes, 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.

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