

HOW TO UPDATE YOUR SPEEDCOACH GPS MODEL 2 USING NK LINK FOR MAC

LINK™ Options Help

Search

How to use LiNK™

Update your SpeedCoach

Send us your feedback

Open up LiNK for OS/X.

At the top of the screen click on Help and then *Update your SpeedCoach*.

LiNK™ for OS X Version 1.32

SpeedCoaches in Range

Choose your connection device:

☒ SpeedCoach

☐ EmPower Oarlock

☐ CoxBox

To connect to your SpeedCoach:

1: Turn on SpeedCoach

2: Select the "Data LiNK" menu option

Searching... Refresh

Sync Data Manage Export to File Erase

Searching for SpeedCoaches...

Saved Session Data

	SpeedCoach Name	Date/Time	Workout Name	Total Distance
1	SpdCoach 2398162	01/24/20 03:48pm	JustGo-0M	0.0 m
2	SpdCoach 2398162	01/21/20 11:09am	JustGo-0M	0.0 m
3	SpdCoach 2398162	01/21/20 11:07am	JustGo-0.000KM	0.000 km
4	SpdCoach 2398162	01/20/20 10:22am	JustGo-0M	0.0 m
5	SpdCoach 2398162	01/20/20 10:11am	JustGo-0M	0.0 m
6	SpdCoach 2398162	01/02/20 11:37am	JustGo-0M	0.0 m
7	SpdCoach 2398162	01/02/20 11:37am	JustGo-0M	0.0 m
8	SpdCoach 2398162	01/02/20 11:34am	JustGo-26M	26.3 m
9	SpdCoach 2441110	12/12/19 05:16pm	JustGo-0M	0.0 m
10	SpdCoach 2233227	09/13/19 09:33am	JustGo-0M	0.0 m
11	SpdCoach 2233227	09/13/19 09:03am	JustGo-0M	0.0 m
12	SpdCoach 2441110	08/12/19 10:37am	JustGo-6672M	6672.5 m
13	SpdCoach 2441110	07/26/19 09:13am	JustGo-223M	223.5 m
14	SpdCoach 2441110	07/26/19 09:12am	JustGo-80M	80.3 m
15	SpdCoach 2441110	07/26/19 09:10am	JustGo-123M	123.8 m
16	SpdCoach 2441110	07/26/19 09:09am	JustGo-89M	89.8 m
17	SpdCoach 2441110	07/26/19 08:16am	JustGo-47M	47.4 m



HDD



Exported Workouts



Kestrel How-To



Kestrel_LiNK_Version_1.04.04



link_for_mac_firmware_1



LiNK_Version_132



nklinkdatabase.sqlite



Relocated Items



1:59 PM

Click on the link in Step 1 to download the files to your computer.

LINK™ for OS X Version 1.32

SpeedCoaches in Range
Choose your connection device:
☒ SpeedCoach
☐ EmPower Oarlock
☐ CoxBox

To connect to your SpeedCoach:
1: Turn on SpeedCoach
2: Select t

Searching...

1. To download the SpeedCoach® GPS firmware update to your computer, click here and run firmware installer:
http://www.nkhome.com/zip-files/LINK_Firmware.pkg.zip
2. When the firmware installer window opens, click OK to unpack the firmware update to your computer.
3. On the LINK™ app, click "Manage" and then "Firmware Update" to install the firmware update to your GPS unit.
Note: You will have to re-pair your heart rate belt after the firmware is completed.

More help is available online at:
www.nkhome.com/support/rowing-and-sports-support/manuals-and-downloads/

OK

Searching for SpeedCoaches...

Saved Session Data				
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4	SpdCoach 2398162	01/20/20 10:22am	JustGo-0M	0.0 m
				0.0 m
				0.0 m
				0.0 m
				26.3 m
				0.0 m
				0.0 m
				0.0 m
				672.5 m
				123.5 m
14	SpdCoach 2441110	07/26/19 09:12am	JustGo-80M	80.3 m
15	SpdCoach 2441110	07/26/19 09:10am	JustGo-123M	123.8 m
16	SpdCoach 2441110	07/26/19 09:09am	JustGo-89M	89.8 m
17	SpdCoach 2441110	07/26/19 08:16am	JustGo-47M	47.4 m

Sync Data Manage Export to File Erase



LiNK™ for OS X Version 1.32

SpeedCoaches in Range

Choose your connection device:

- ☒ SpeedCoach
- ☐ EmPower Oarlock
- ☐ CoxBox

To connect to your SpeedCoach:

- 1: Turn on SpeedCoach
- 2: Select the "Data LiNK" menu option

Searching...

Refresh

Sync Data

Manage

Export to File

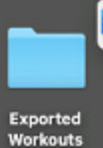
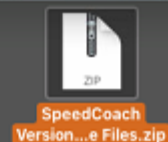
Erase

Searching for SpeedCoaches...

Saved Session Data

	SpeedCoach Name	Date/Time	Workout Name	Total Distance
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17	SpdCoach 2441110	07/26/19 08:16am	JustGo-47M	47.4 m

This zip file will appear on your Desktop (or wherever you selected to save the file)



Kestrel_LiNK_Versi on_1.04.04



link_for_mac_firmw are_1



LiNK_Version_132



nklinkdatabase.sql ite



Relocated Items



LiNK™ for OS X Version 1.32

SpeedCoaches in Range

Choose your connection device:

- ☒ SpeedCoach
- ☐ EmPower Oarlock
- ☐ CoxBox

To connect to your SpeedCoach:

1: Turn on SpeedCoach

2: Select the "Data LiNK" menu option

Searching... Refresh

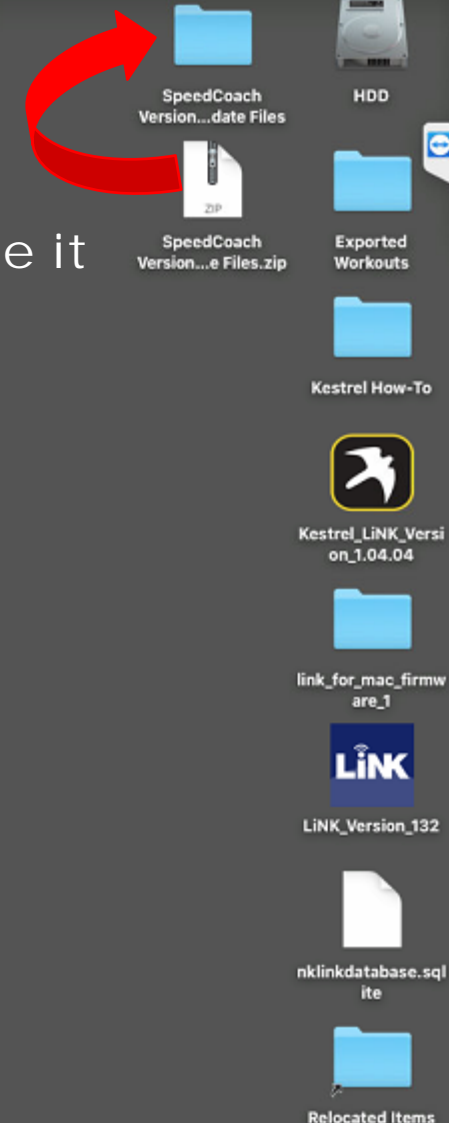
Sync Data Manage Export to File Erase

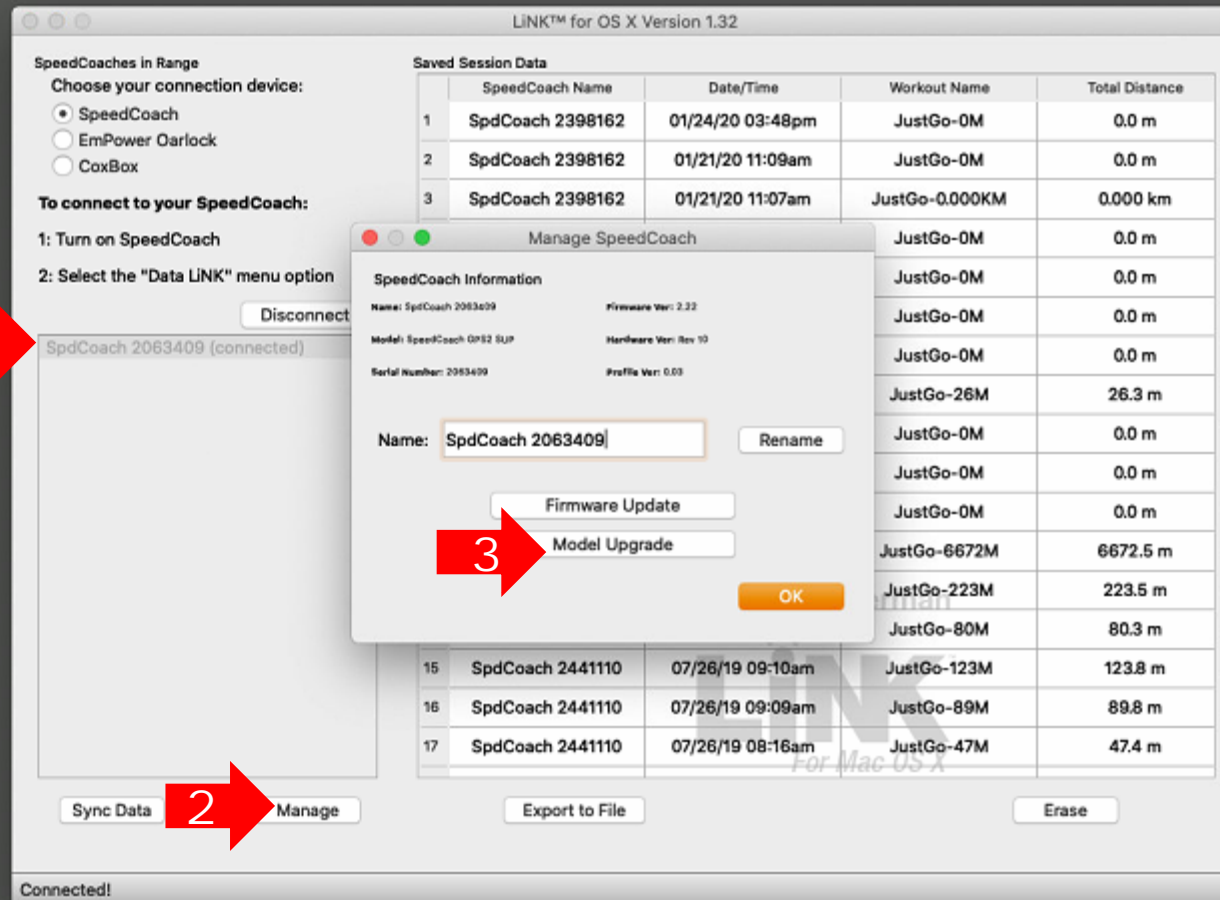
Searching for SpeedCoaches...

Saved Session Data

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If you double click on the file it will unzip to a folder.





Next connect your SpeedCoach to the LiNK for OS/X program. Click on the Manage Tab.

And then Model Upgrade.

SpeedCoaches in Range

Choose your connection device:

☒ SpeedCoach

☐ EmPower Oarlock

☐ CoxBox

To connect to your SpeedCoach:

1: Turn on SpeedCoach

2: Select the "Data LINK" menu option

Disconnect

SpdCoach 2063409 (connected)

Sync Data

Manage

Connected!

Saved Session Data

	SpeedCoach Name	Date/Time	Workout Name	Total Distance
1	SpdCoach 2398162	01/24/20 03:48pm	JustGo-0M	0.0 m
2	SpdCoach 2398162	01/21/20 11:09am	JustGo-0M	0.0 m
3	SpdCoach 2398162	01/21/20 11:07am	JustGo-0.000KM	0.000 km

Manage SpeedCoach

	JustGo-0M	0.0 m
	JustGo-0M	0.0 m

SpeedCoach Version 2-2...

Exported Workouts

Kestrel How-To

Kestrel_LINK_Version_1.04.04

link_for_mac_firmware_1

LINK_Version_132

nklinkdatabase.sqlite

Relocated Items

SpeedCoach...e Update Files

SpeedCoach...pdate Files.zip

SpeedCoach GPS 2 (Non-Training Pack)

SpeedCoach GPS 2 (Training Pack)

SpeedCoach OC 2 (Non-Training Pack)

SpeedCoach OC 2 (Training Pack)

SpeedCoach SUP 2 (Non-Training Pack)

SpeedCoach SUP 2 (Training Pack)

New Folder

Cancel

Open

A file folder window will appear. Navigate to the folder where the files were saved. Now you need to select the file appropriate for your model.

SpeedCoach Version...date Files

HDD

SpeedCoach Version...e Files.zip

Exported Workouts

Kestrel How-To

Kestrel_LiNK_Versi on_1.04.04

link_for_mac_firmw are_1

LiNK

LiNK_Version_132

nklinkdatabase.sql ite

Relocated Items

Finder

Spotlight

Launchpad

Safari

Mail

Calendar

Notes

Reminders

Photos

Messages

App Store

Music

TV

Books

App Store

System Preferences

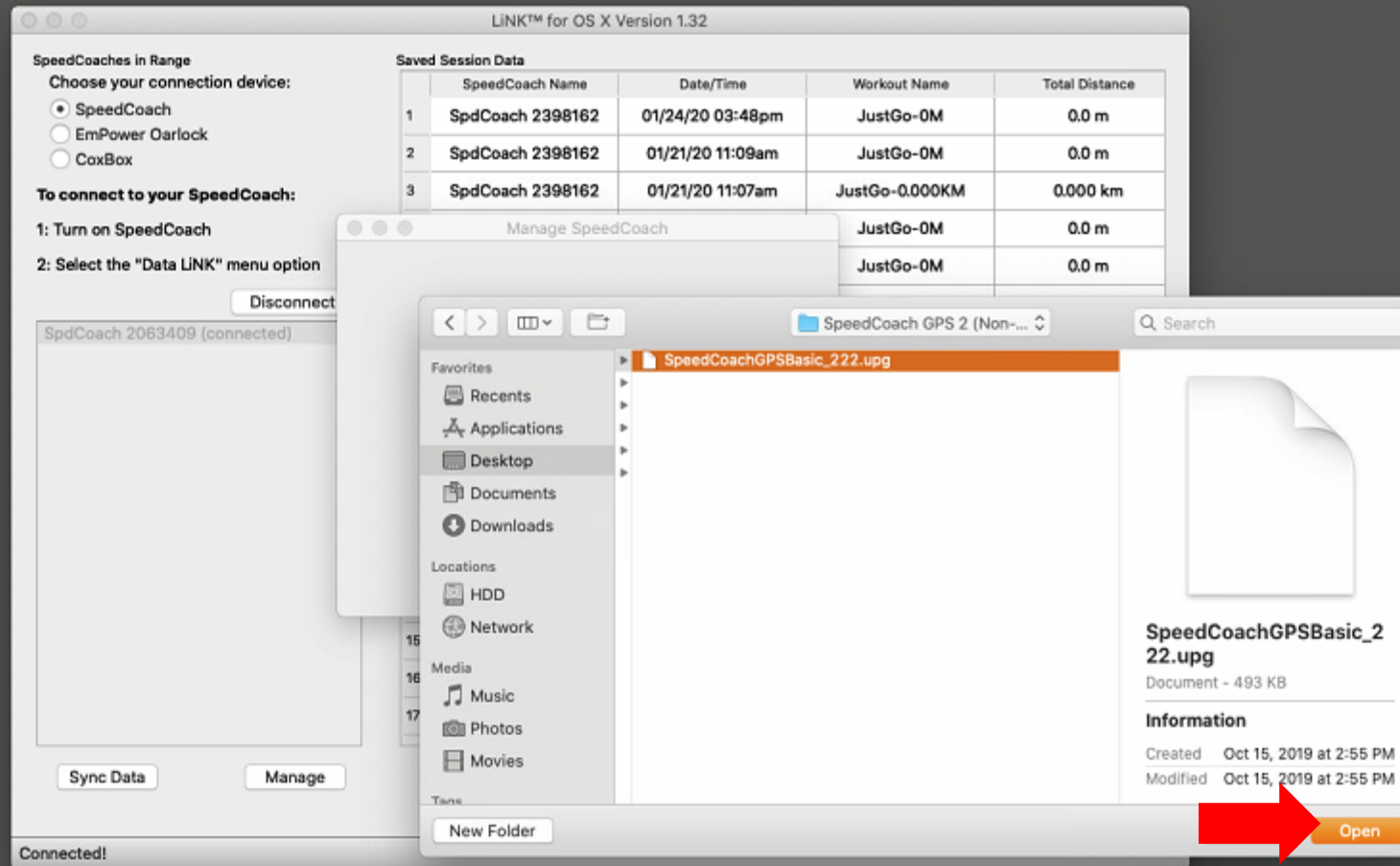
Terminal

LINK

System Preferences

Trash

2:27 PM



In this example, I'm upgrading a SpeedCoach GPS Model 2 without Training Pack. Once the file is selected, press Open. Then select Yes when the firmware update screen appears.

Wait for the SpeedCoach to finish. It will turn off and then back on and the process is complete.



IF YOU NEED ADDITIONAL HELP, PLEASE
CONTACT US AT
TECHSUPPORT@NKHOME.COM