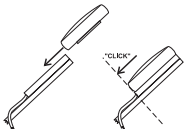


INSTALLATION

Dock Mounting

Slide the unit into the bracket from the top. Press down until you feel the unit “click” into place.



Lanyard/Strap Mounting

If your boat does not have a mounting bracket, use the enclosed strap to attach the unit to a rigger, foot stretcher or any other convenient location on your boat.



Alternate Mounting

Please see the NK website or speak with an NK rep about alternate mounting options.

NKhome.com

OPERATION

Turn on.

Press and release the button once.



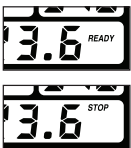
Turn off.

Hold bottom button until the “OFF” screen appears. The unit will turn itself off after 8 minutes of no button presses and no movement.



Ready/Stop

Press button to toggle between “READY” and “STOP.” In “STOP” mode a rating will be displayed but the timer and stroke count will not start.



Row or Paddle

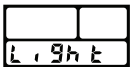
Begin rowing or paddling to start the timer and counter.



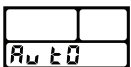
BACKLIGHT

Set Backlight

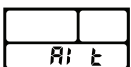
Press and hold button until “LIGHT” screen appears then release.



Press button to toggle between “AUTO” and “ALT” screens.



AUTO: backlight is on with every stroke in low-light conditions. ALT: backlight is on with every other stroke in low-light conditions. (Saves battery life.)



Press and hold button to exit setting mode.

MEMORY

The StrokeCoach automatically stores your stroke rate and count every 10 seconds for up to 1 hour.

Recall Memory

Hold button until “RECL” screen appears then release.

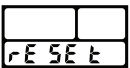


Press button to scroll through memory.

Hold button to exit memory.

Reset Timers and Memory

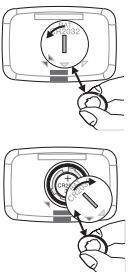
Press and hold button until “RESET” screen appears then release.



BATTERY REPLACEMENT

Replacing the Battery

The StrokeCoach uses two batteries - the battery closest to the circuit board (bottom battery) operates the display, and the battery closest to the battery door (top battery) operates the backlight. If the backlight on the StrokeCoach dims or stops illuminating, only the backlight battery needs to be replaced. If the display dims, only the display battery needs to be replaced.



To replace the battery or batteries, open the battery door with a flat head screwdriver or a coin. Remove the battery or batteries and replace them with new 3V Lithium CR2032 batteries. Replace the door, making sure that the O-ring is still in place.

MAINTENANCE

Storage

Always store your unit in the provided pouch when not in use to prevent scratches to the front window.



Lanyard

Install the lanyard provided by threading it through the slot on the bottom of the unit and tying.



Cleaning

Rinse the window thoroughly with water to remove grit before wiping or polishing

CAUTION

CR2032 batteries contain lithium, a toxic substance. Ingestion may cause serious injury or death. Keep battery out of the reach of children. If swallowed, immediately seek medical help. Have doctor phone 24-hour hotline at (202) 625-3333, call collect if necessary. Dispose of batteries properly and according to local regulations. Do not puncture or burn batteries. If the battery compartment does not close securely, stop using the product and keep it away from children.



Nielsen-Kellerman

US Toll-Free 800-784-4221 | Int'l Phone +1 610-447-1555 | Email support@nkhome.com

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