LANYARD ATTACHMENT

TRAINING PACK FEATURES

Training Pack Features

Place (Fig. 3) wrap the lanyard loop around the SpeedCoach unit to hold it in place. Pull lanyard through the leash mount opening and this spot on the board. Press down and hold the leash mount making sure you leave enough slack on the lanyard to attach Wrap the excess lanyard around the base of the mount, the SpeedCoach unit.

Plate in the chosen mounting location for at least 30 seconds. Mounting plate tape. Press down and hold the mounting plate in the selected 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 around the SpeedCoach unit to hold it in place (Fig. 9).

SpeedCoach Heart Rate Monitor*

The heart rate monitor belt connects to your unit via Bluetooth® Low Energy 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. Turn on your strap to your unit, please see Setup Menu option.

DATA RECALL

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 JustGo prefix whereas a Workout session will just show the piece number.

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. Select a specific interval, the Detailed Interval Review screen (Figure 3) will be shown. This screen shows the interval breakdown by a specified period or time duration. 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.nkshome.com/support/rowing-and-sports-support/manuals-and-downloads/ to download the LINK application and follow instructions.

Please note: Bluegiga Bluetooth Low Energy 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 nkshome.com to view live results.

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

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BATTERY CONTACTS

SERIAL NUMBER

FLEX WINDOW

BATTERY LIFE INDICATOR

LANYARD ATTACHMENT

MOUNTING DOCK FEET

LEASH MOUNT ATTACHMENT

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**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 (lbs/in or kg/cm) then set your height, weight and age for accurate calorie burn information.

**Display Setup**
Allows you to set the two top windows to display any of the measurements available.

**Accessory Setup**
Select this option to pair your Heart Rate belt (HRM) with the unit. If more than one belt is found, you may need to change locations to isolate the HRM. The HRM will automatically fail if it has not been paired to your body. If HRM is not being worn or if HRM is not getting a reading, place some moisture on the rubber contacts of the belt before attaching to your body. One belt has been paired with the unit, you will need to pair in the future (unless you select Forget HRM or change belts).

**Speed/Distance Setup**
Options are Speed or Split. Speed mode will display your speed in the top left window. Split mode will display a split pace per distance. Change your calibration value. If you are changing your calibration value, the newly calculated Calibration Value will be displayed. Press to exit the routine, or press to run the time shown.

**Setup Menu**
Select this option to run a single-time based workout or a multi-time based workout. The SpeedCoach will display your pace and distance as you row. Press to exit the routine, or press to accept the new value. To select, then to the right column value, then to accept the new value.

**ADVANCED SETUP MENU**

**Impeller Calibration**
To change your Calibration value or run the calibration routine (see below).

**GPS Spd Smoothing, Strokes**
The Speed Smoothing feature will average the last number of strokes selected. If “2” is selected, for example, the SpeedSpit displayed will be an average of the last two strokes, updated every stroke.

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

**Timer Start Acceleration**
Governs 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.

**Exit**
Allows you to select Front-Back (2) or Any (3). Front-Back (2) is generally recommended for rowing the selected distance in two directions. Your distance options are 500 to 1000M.

**Axis**
Governs the degree to which the accelerometer will register changes in acceleration as a stroke. The default value is 1. 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.

**Time and Date**
Used to change the format of time and date displayed. Please note: only time displays on the show data recall screen. Please note in most U.S. locations daylight savings time is ON in the summer and OFF in the winter.

**Diagnostics**
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.

**IMPELLER CALIBRATION**
Calibration is only relevant if you are using your SpeedCoach OC with a wiring harness and speed impeller.

The Calibration Value is an adjustment factor that compensates for any difference between your impeller's distance measurement and the "standard base" upon which the SpeedCoach's calculations are based. Calibration applies only when in Impeller mode for speed and distance can average out any impact of current or tide to improve the accuracy of the calibration results.

**Entering Impeller Calibration**
Select “Impeller Calibration” from the Advanced Setup Menu.

**Entering a Calibration Value Manually**
If you know your boat's Impeller Calibration Value from previous calibration (it is the same for your SpeedCoach), you may enter it manually. From the Calibration Menu, press to select the Calibration Value, then press to adjust the value, and to accept the value.

**Running the Calibration Routine**
The SpeedCoach OC does not need a measured course to be calibrated. Because the SpeedCoach OC knows both the GPS and Impeller distance measured, it can self-calibrate. Calibration simply involves rowing the selected distance in two directions. Your distance options are 500 to 1000M. Although a longer distance will somewhat improve the accuracy of your calibration, it is important to choose a calibration distance where your stroke rate is relatively straight line in both directions ideally. You will also have relatively consistent current throughout. The Calibration Routine requires that you row your course in both directions so the unit can average out any impact of current and tide to improve the accuracy of the calibration routine resulting in more data.

**If you wish to change your calibration distance from 500M, press to move the distance line, to select, then, to and to accept.**

**TO RAN THE CALIBRATION ROUTINE, press to highlight run on the Calibration Menu, then to select.** From the calibration screen, press to start each calibration leg and follow the screen prompts. On each leg, the land distance and the distance will count up until the selected distance is reached in the land distance window (bottom left). Note that there will be a three- or four-stroke delay at the start of each leg while the GPS and impeller readings are synchronized. At the end of the routine, the newly calculated Calibration Value will be displayed. Press to accept the new value and exit the routine, or press to exit the routine without changing your Calibration Value. At any time while running the calibration routine, you can press to exit the routine without changing your calibration value.

**WORKOUTS**

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

**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 accept the distance. Press followed by and to adjust the column value. Press to return to field selection. Please note: pressing the will automatically save and exit the workout when finished.

**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 your own. Up to 6 custom workouts can be programmed. The unit is loaded with default values, 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 or to select a field. Press followed by to change the right column value. Please note: pressing the will automatically 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 end and stop. The countdown timer allows you to build to “race pace” before starting your workout. If countdown is toggled OFF, the workout will start immediately when the first stroke is detected.

**Intervals:**
Determine 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 each 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.

**Total:**
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 sets of the preceding interval workout to run. For example if you have a workout with a rest and rest setting, this sets 2 without this rest interval with 2x rest interval with total rest.

**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 of use. To charge your unit, press it firmly into the charging dock of your SpeedCoach OC charger until it clicks and you see “Charging.” The battery indicator will flash and the bar will indicate the percentage of charge 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 OC can only be charged with the supplied charging dock. The SpeedCoach OC is compatible with any USB charging source, including your computer an automotive USB or a cell phone standby power source.

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 between these temperature 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.

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

Your SpeedCoach OC 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 flash effect and may produce intractable, corrosive and/or toxic gases, including toxic hydrogen fluoride gas, which may cause dizziness or suffocation. Contact with battery electrolyte 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.

- Allow good air circulation around top and sides of unit while charging.

**SPECIFICATIONS**

- WEIGHT: Control unit and bumper: 5.2oz (150g) Measures 6.9x2.1x0.71 in (226x54x18mm) with bumper.  
- BATTERY: Does not charge in the rain. 
- WATER RESISTANT: Waterproof (IP67) 
- 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 OC 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. Return to NK, an NK dealer or a designated recycling center for proper recycling and disposal.