

# ***SpeedCoach<sup>®</sup> Interface***

## **Upload Software Instructions**

Thank you for purchasing the SpeedCoach Interface and Upload Software. This system will upload the stored data from your SpeedCoach Gold or XL System to a computer for long-term storage, in-depth analysis or detailed charting. The Interface will also download workouts directly to the SpeedCoach Control Unit.

### **BEFORE STARTING**

#### **What's in the Bag:**

- Interface Cradle - SpeedCoach control unit snaps into the cradle for optical communication.
- A Serial or USB Cable - plugs into the interface and your computer.

#### **What You'll Need:**

- A PC with an available serial or USB port.
- Windows Operating System
- A SpeedCoach Gold or XL unit

### **INSTALLING THE SOFTWARE**

- Visit [www.nkhome.com/support/rowing-and-sports-support/manuals-and-downloads](http://www.nkhome.com/support/rowing-and-sports-support/manuals-and-downloads).
- Scroll down to Rowing and Sports Performance Monitoring, then Software.
- If USB, download USB driver first and install.
- Download SpeedCoach Interface Software and save the file to your desktop.
- Double-click the application and run the software to install.



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