SpeedCoach® 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.
- 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.