

LiNK Logbook Instructions

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**New Team
Features**

How to Sign up for NK LiNK Logbook

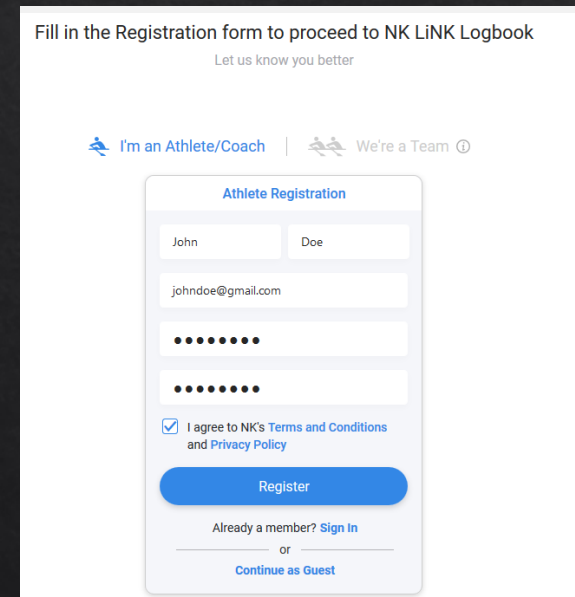
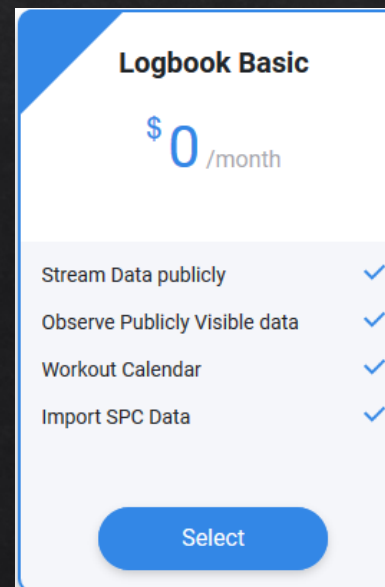
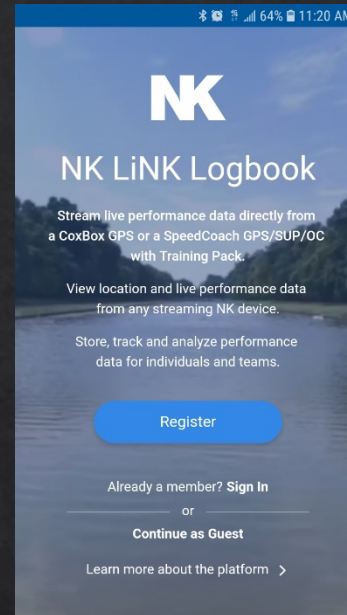
1a) Download NK LiNK Logbook from the Apple or Google Playstore.

Or

1b) Go to: <https://logbook.nksports.com/>

2) In Athlete/Coach registration, enter your name, email and create a password.

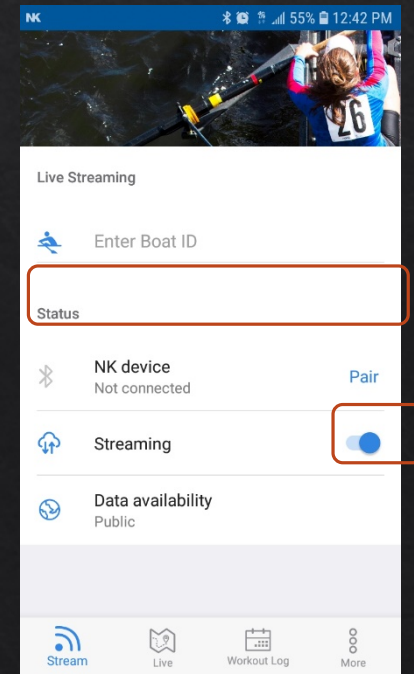
3) Select the Basic Plan (free) to get started.

The image shows the 'Athlete Registration' form. At the top, it says 'Fill in the Registration form to proceed to NK LiNK Logbook' and 'Let us know you better'. Below this, there are two tabs: 'I'm an Athlete/Coach' (selected) and 'We're a Team'. The form fields include: 'Name' (split into 'John' and 'Doe'), 'Email' (johnndoe@gmail.com), 'Password' (two rows of dots), and a checkbox for 'I agree to NK's Terms and Conditions and Privacy Policy'. At the bottom, there is a blue 'Register' button, and links for 'Already a member? Sign In' or 'Continue as Guest'.

Please note: SpeedCoach Model 2 with Training Pack or CoxBox GPS is needed.

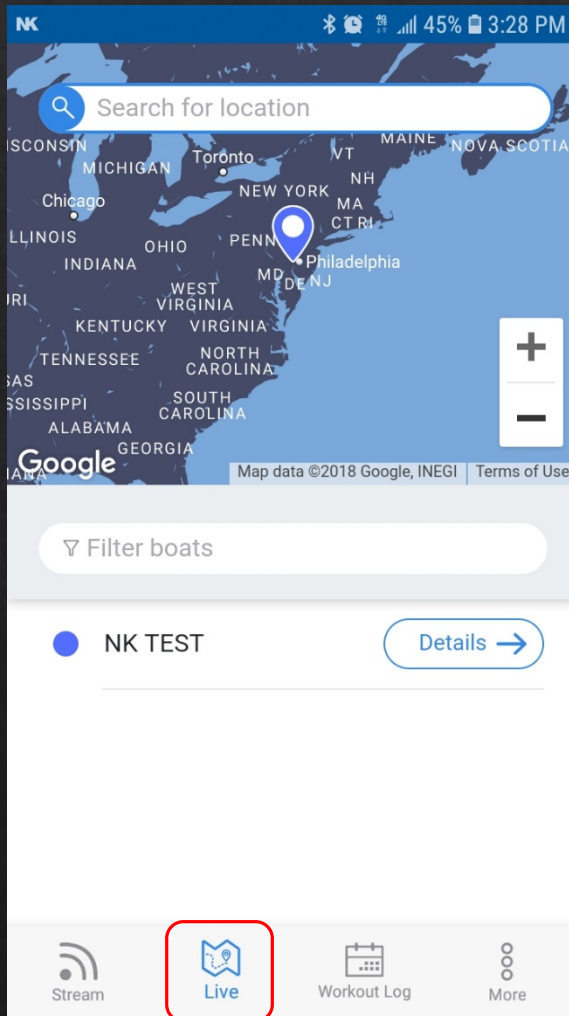
How to Live Stream SpeedCoach/CoxBox GPS Data

- 1) Update your SpeedCoach to firmware version 2.19 or higher. This will add the Live Stream feature: (See Slide 10)
- 2) Update your SpeedCoach BLE profile. It should be BLE Profile Version 0.03 (or higher). To do this, please run the firmware update a second time. You can check on the SPC by going to Main Menu->About->BLE Profile.
- 3) After updating, go to the new SPC menu item called Live Stream. Turn Live Streaming ON. Then go to Phone Pairing->Find New and press the far right button to start pairing.
- 4) Open up Link Logbook and sign in. Make sure Bluetooth is turned on. Enter a descriptive Boat ID and then press Pair.
- 5) You should get confirmation within a few seconds.
- 6) Go row with the SPC/CoxBox GPS and all the stats will be broadcast to the cloud in real-time.

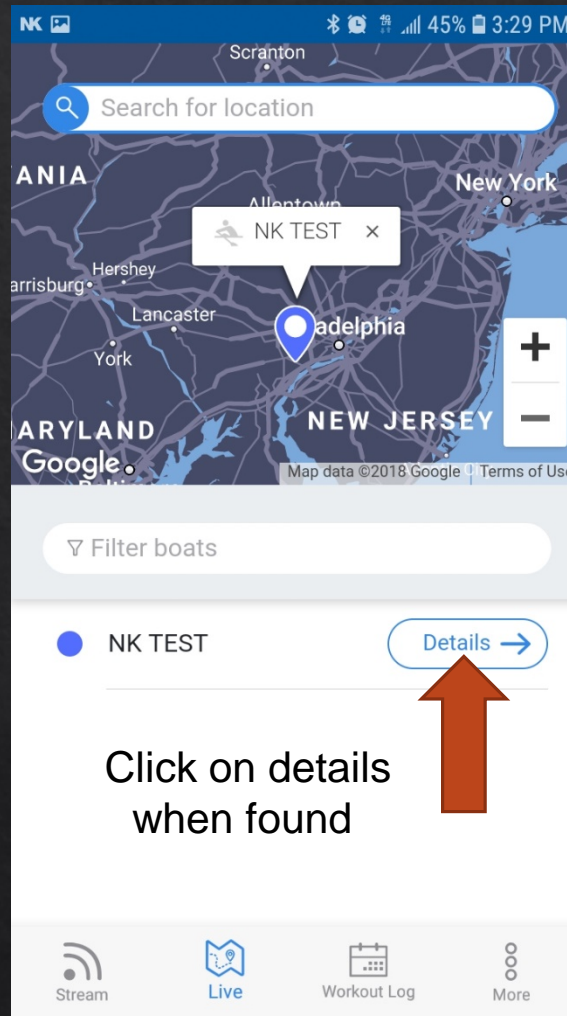


How to View Live Stream SpeedCoach/CoxBox GPS/Oarlock Data

Go to the Live tab



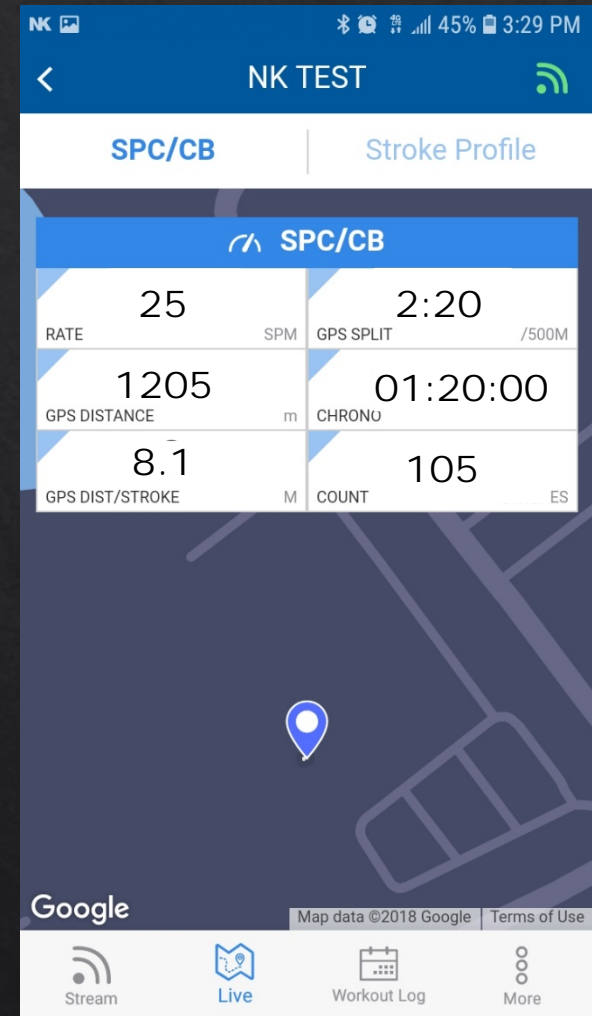
Navigate to location of boat on map.



Click on details when found



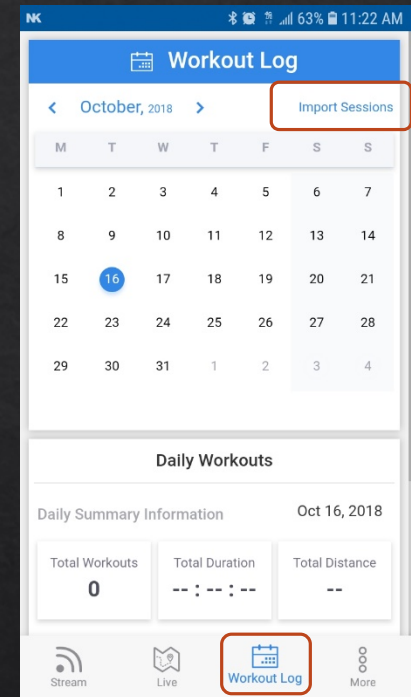
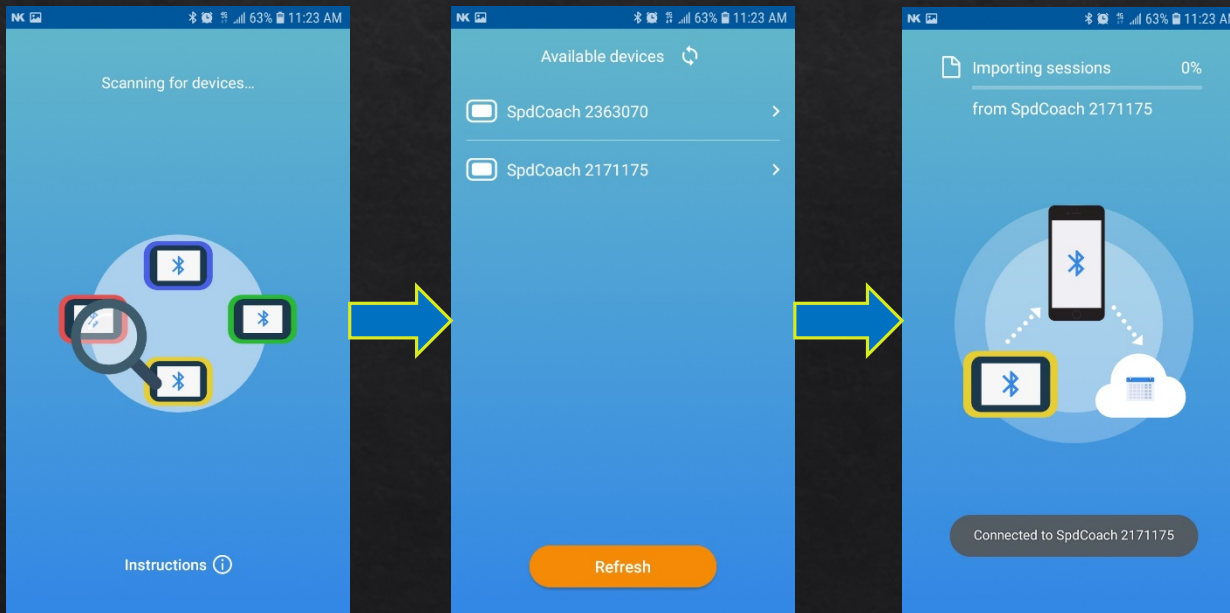
Real-time stats will be shown and are customizable. Map of row also shown.



Note: You can also view on the web at <https://logbook.nksports.com/>

How to Upload Session Data with LiNK Logbook

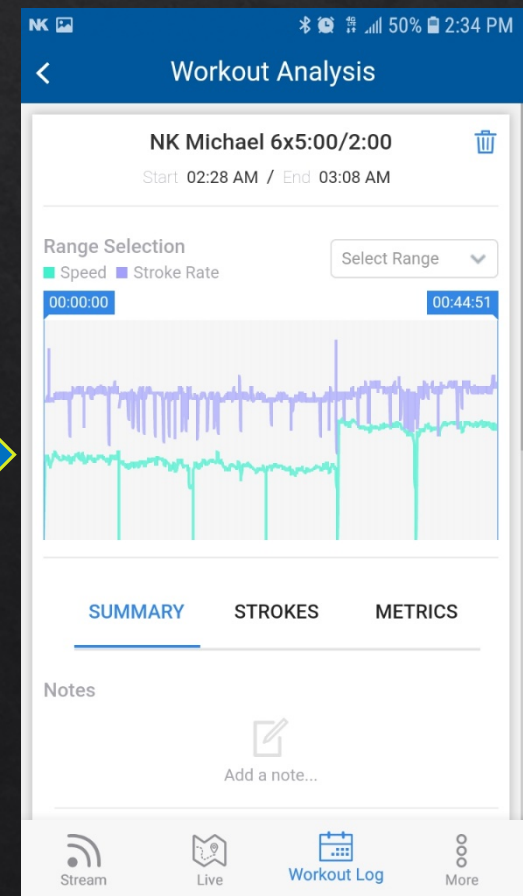
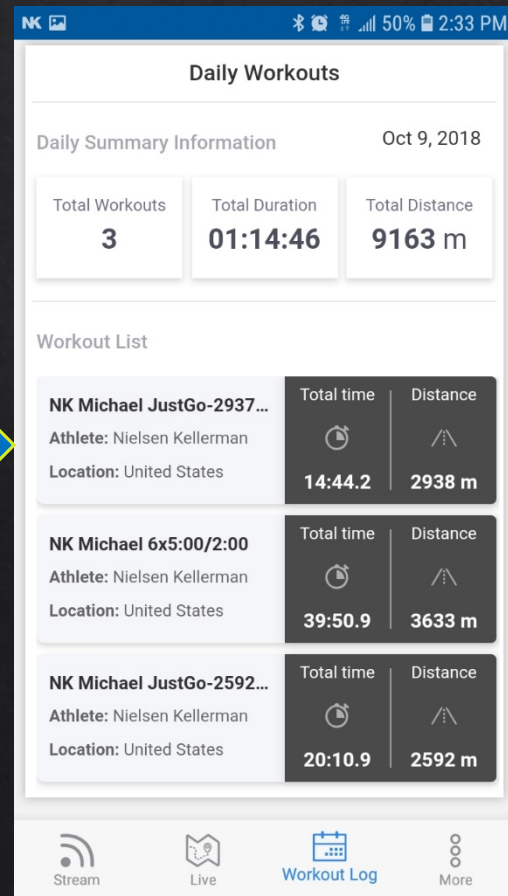
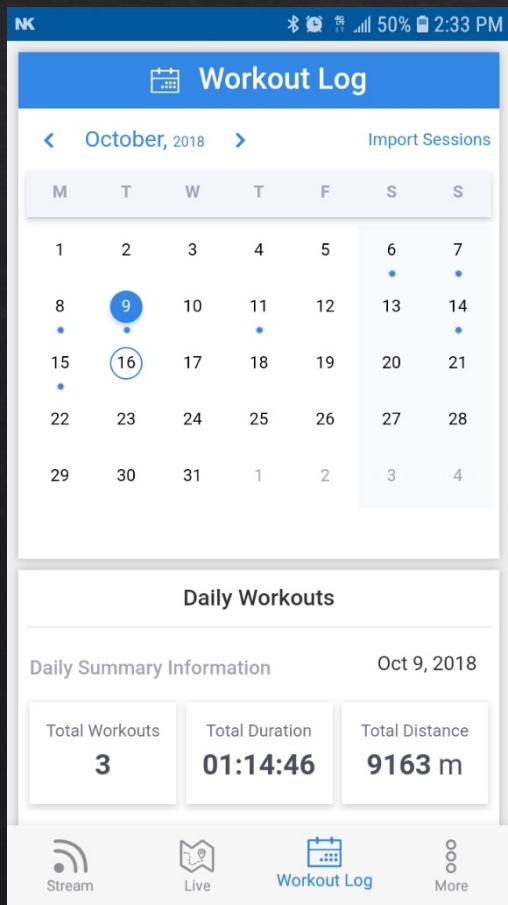
- 1) On the SpeedCoach/CoxBox GPS, go to the Data LiNK menu option and press the far right button. SPC should say it is “discoverable”.
- 2) Open up LiNK Logbook. Click on Workout Log at the bottom of the page. Then click on Import Sessions. Select Personal or Team account depending on where you want the data to be stored.
- 3) The application will start scanning for devices, when you see your unit’s SN, select it and it will start downloading the data sessions.



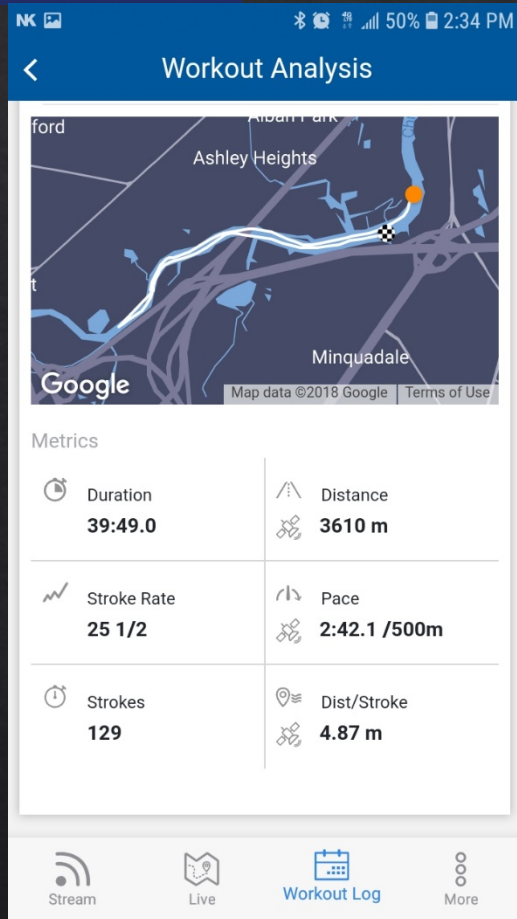
See slide 18 for any issues with pairing.

How to Review Sessions with LiNK Logbook

- 1) Your calendar will become populated with dots on days in which you have uploaded sessions. Note: As a coach with a Team account, once your athlete uploads a workout to the team account, it will populate in the calendar.
- 2) Click on a date to review data. List of sessions for that day show up at the bottom. Click on one to review the data.

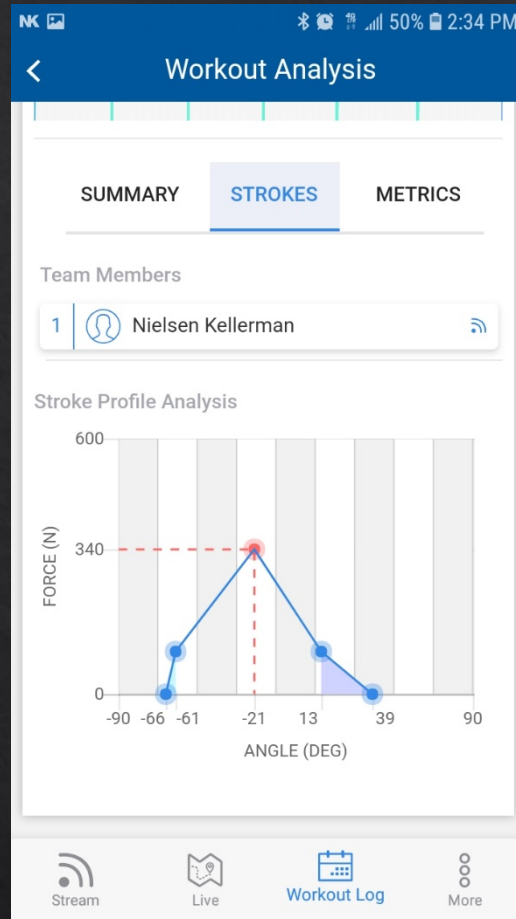


How to Review Sessions with LiNK Logbook



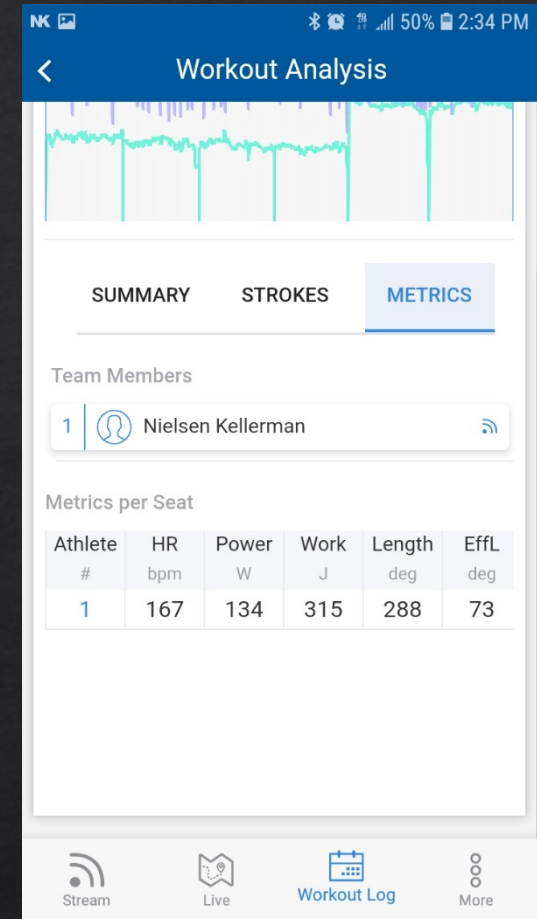
Summary Tab:

- Shows map of row
- Any of SPC metrics (except oarlock and heart rate)



Strokes Tab:

- Shows Empower Oarlock data in the form of a Stroke Profile.



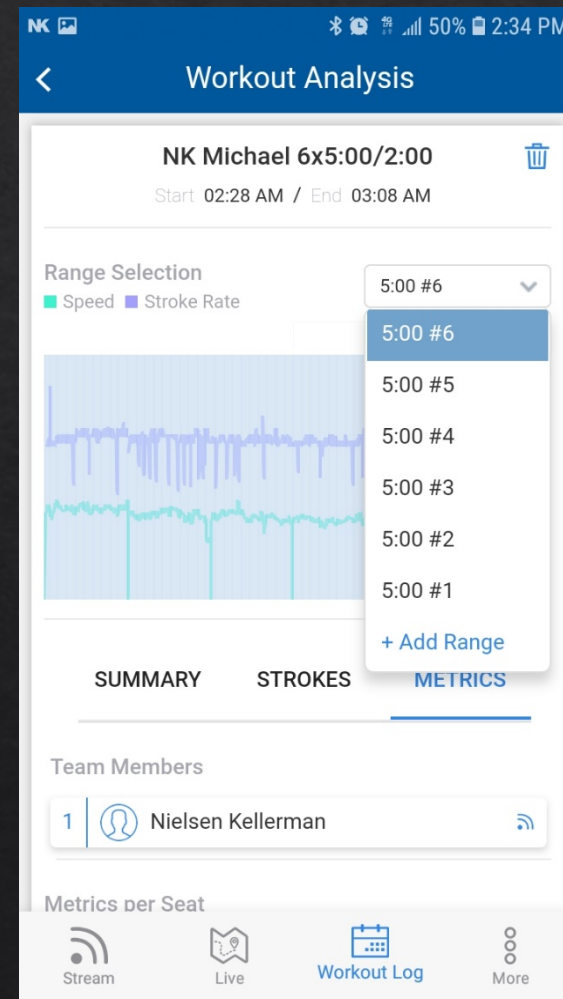
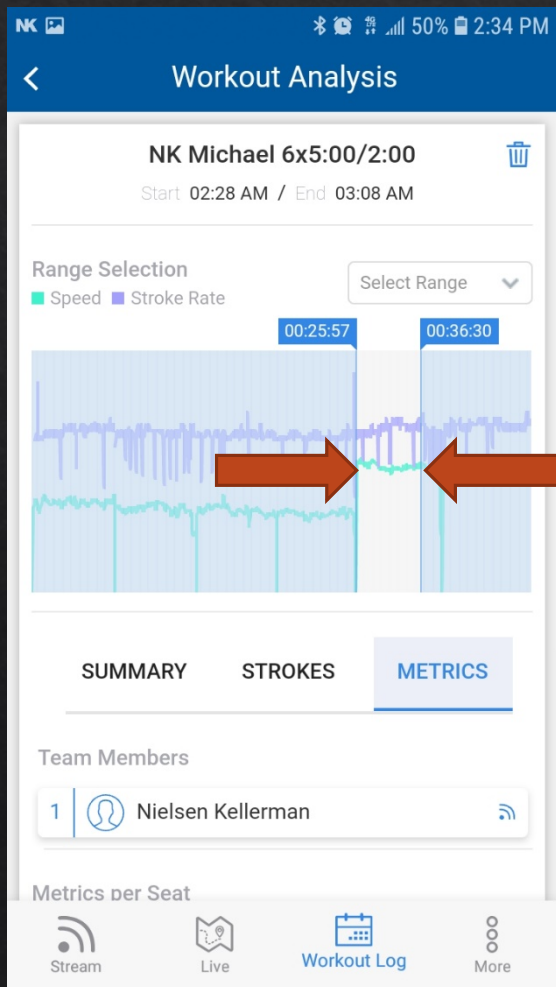
Metrics Tab:

- Shows Empower Oarlock data in tabular form.
- Shows heart rate.

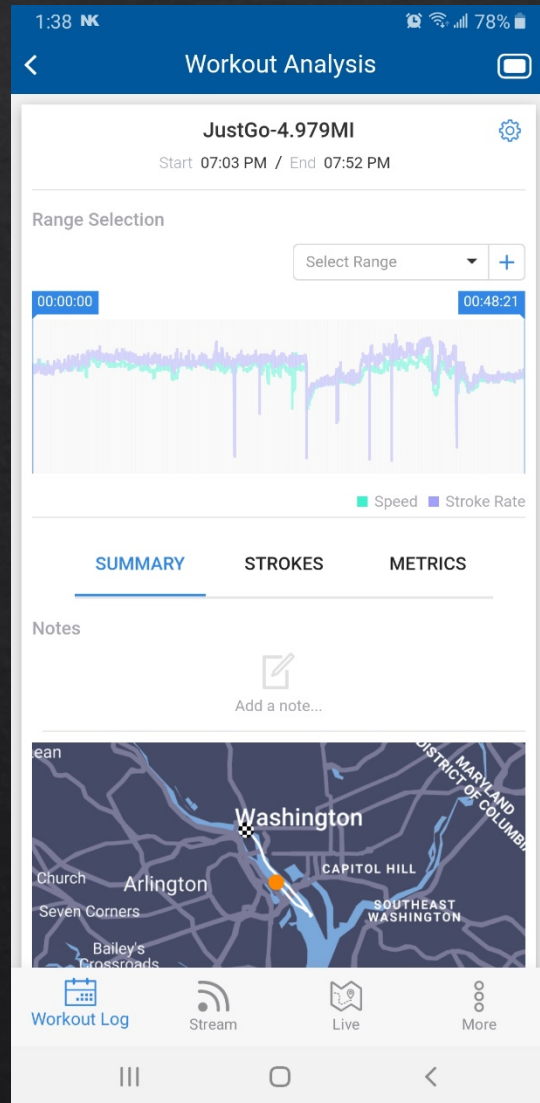
How to Review Sessions with LiNK Logbook

If you do not want the entire session summary, you can easily move the markers to a set stop and end point.

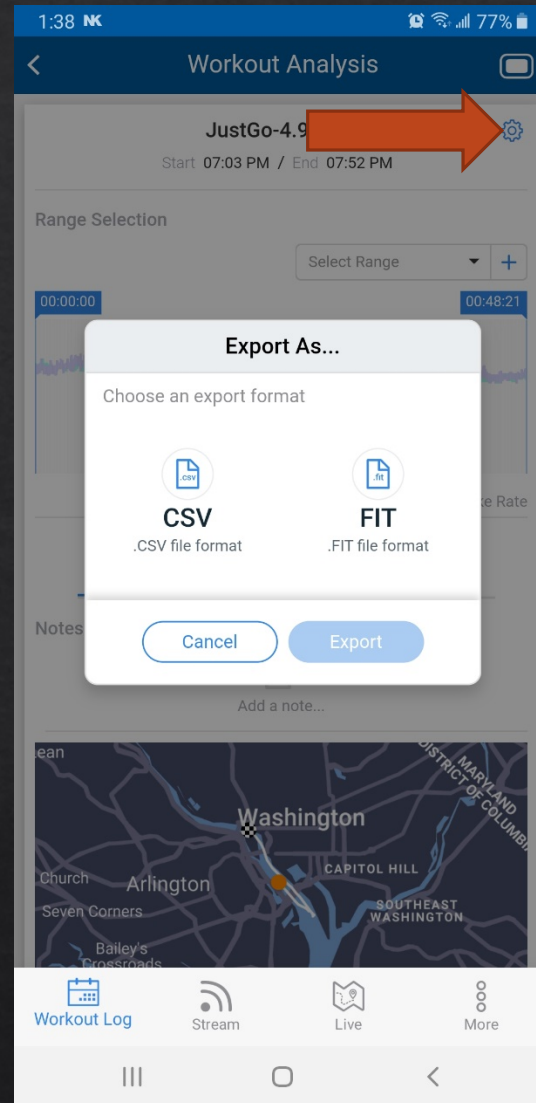
You can save these segments for quick recall at a later date. Stats will now only show within this segment.



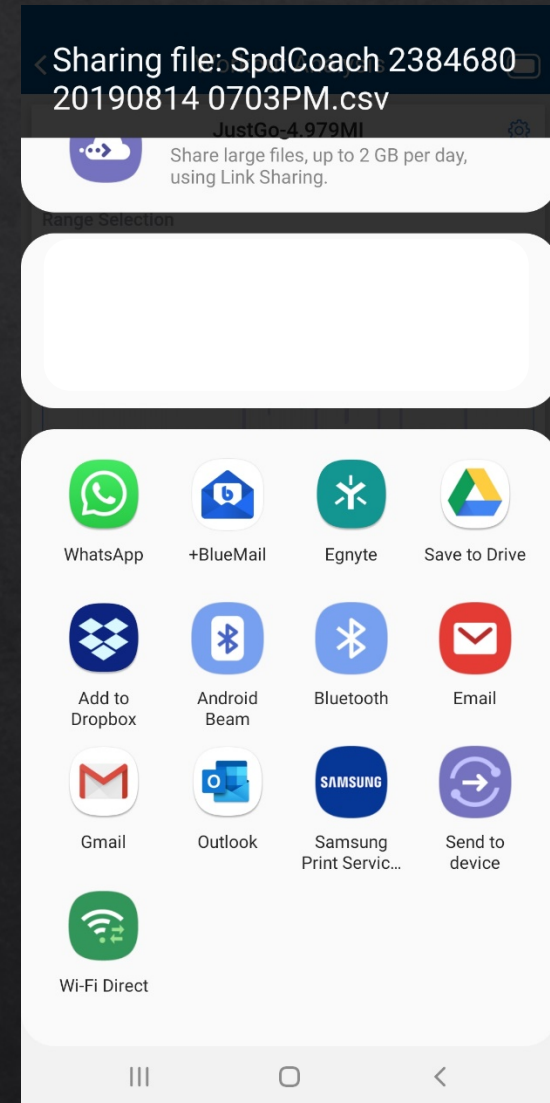
How to Export Data with LiNK Logbook



Enter the session that you wish to export.

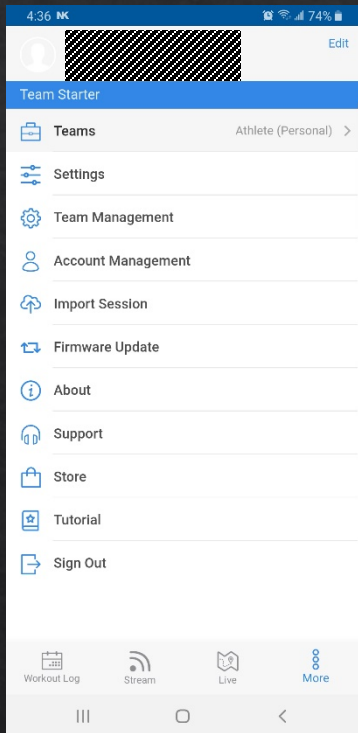


Click on the Gear button and select format to be exported as (FIT or CSV).

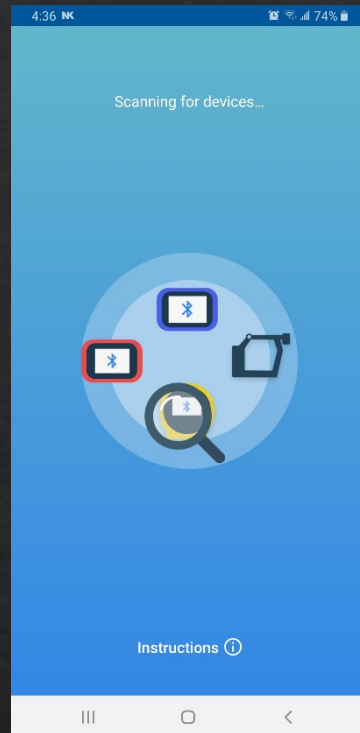


Select the method in which you want to export the file.

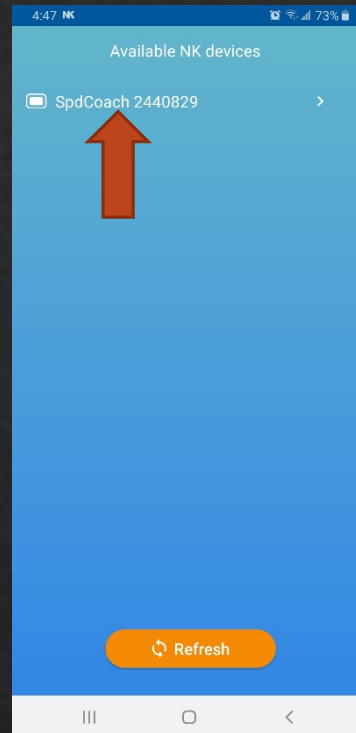
How to Update your Firmware with LiNK Logbook



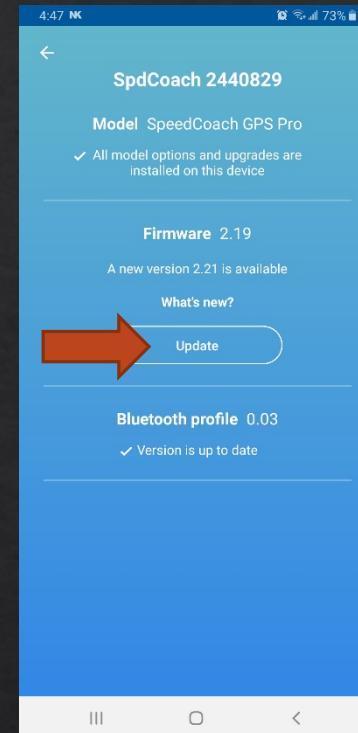
Click on the More option at bottom of the screen.



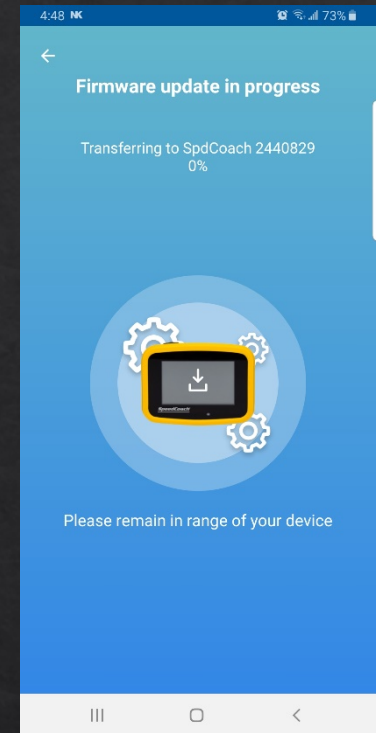
Make sure you have the SPC/CB in Data LiNK Mode.



Once found, select your device from the ones listed.



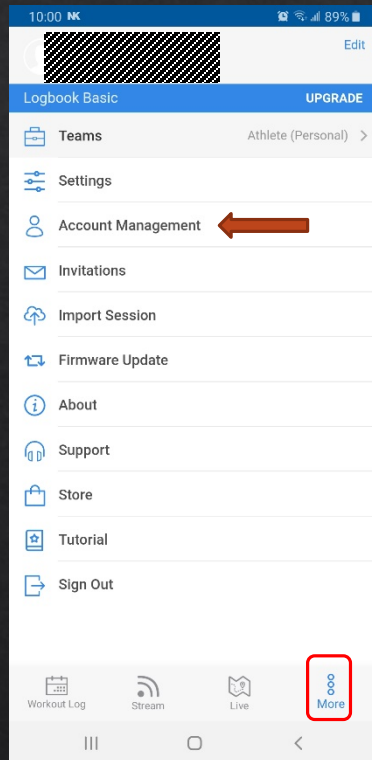
If new firmware is available the Update button will show. Click it to begin update.



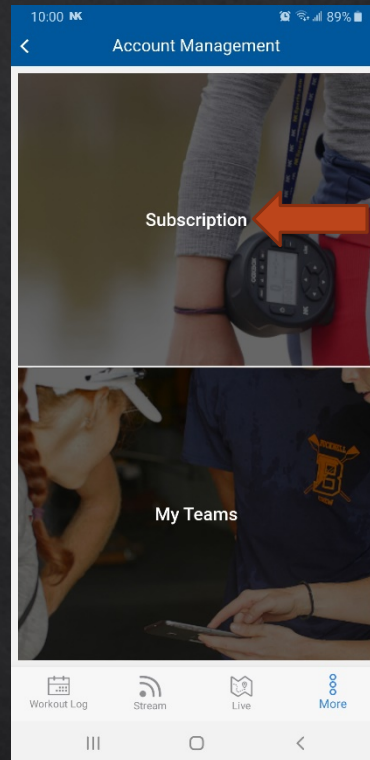
Please wait for the process to finish. Unit will turn off and back on once completed.

Please Note: Your session data will be erased during this process. The entire process can take up to 30 minutes so please be patient.

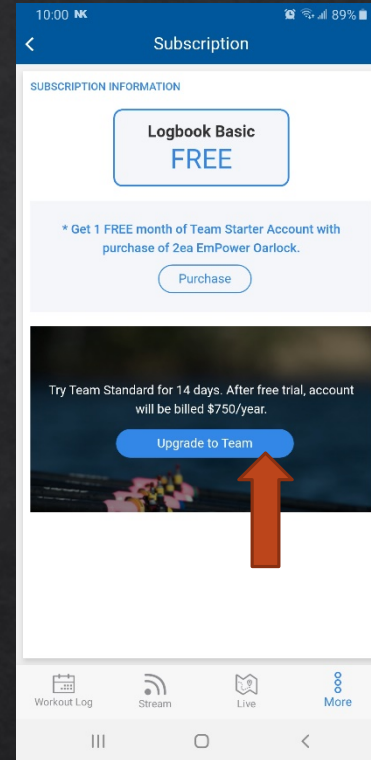
How to Sign up for a Team Account



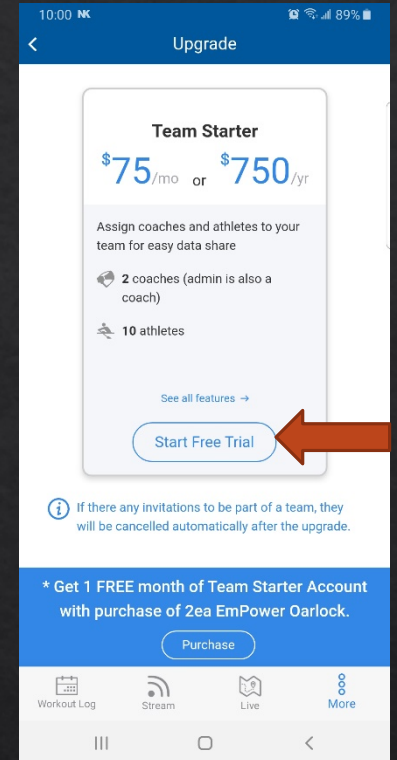
Click on the More option at bottom of the screen. Then Click Account Management.



Click on Subscription.



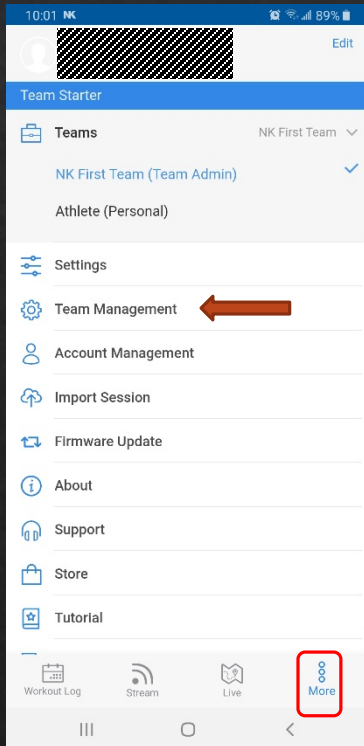
Click on Upgrade to Team. You will get 2 weeks free before payment is needed.



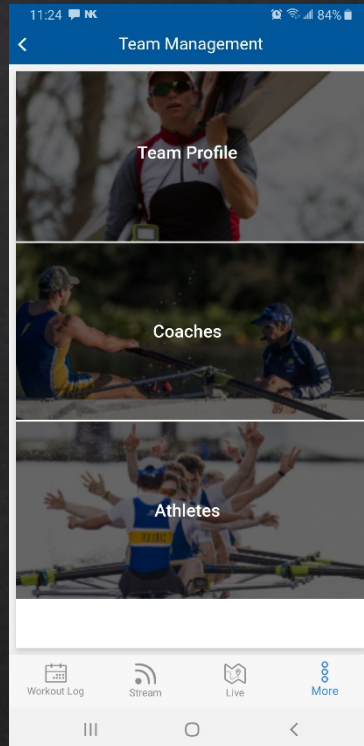
Click on Start Free Trial and fill in the information required.

Please Note: You can include an admin, 2 coaches and 10 athletes with the team account option. You should use a school / club associated email for the admin role.

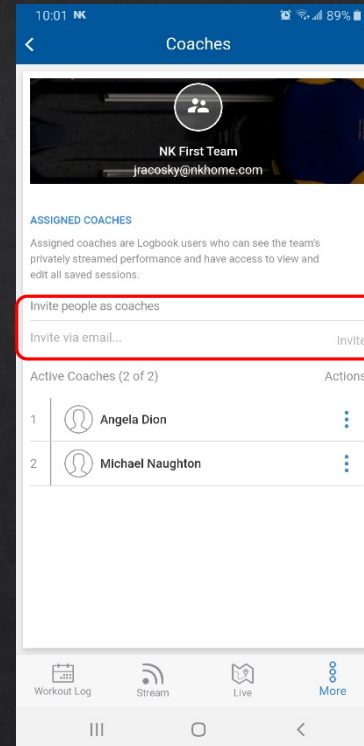
How to Invite Coaches and Athletes to a Team Account



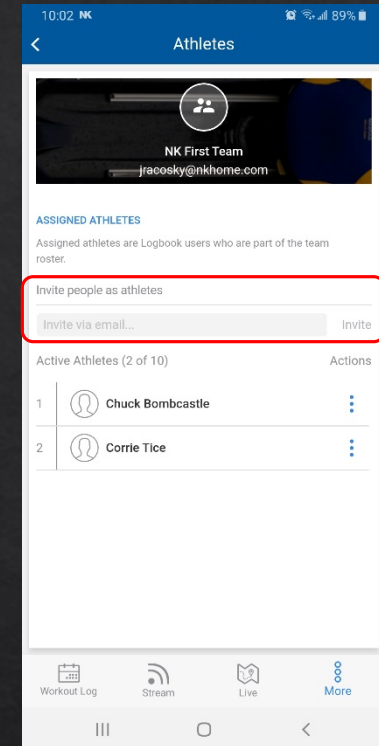
Click on the More option at bottom of the screen. Then Click Team Management.



Click on Coaches or Athletes from Team Management page.

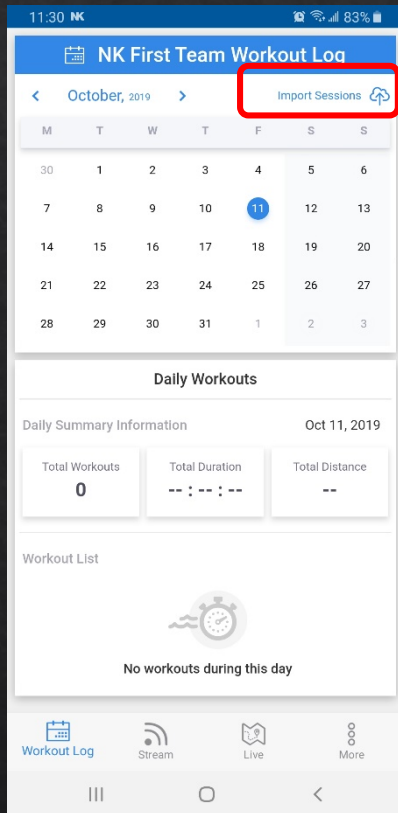


Enter the email of the coach you want to invite and select Invite.

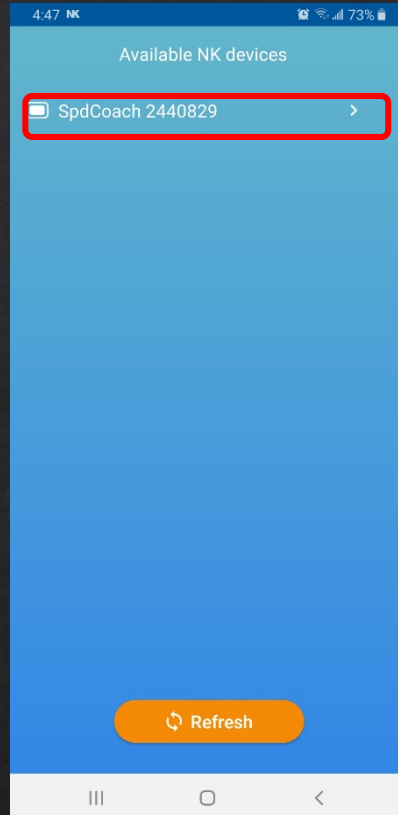


Enter the email of the athlete you want to invite and select Invite.

How to Upload Sessions to a Team Account



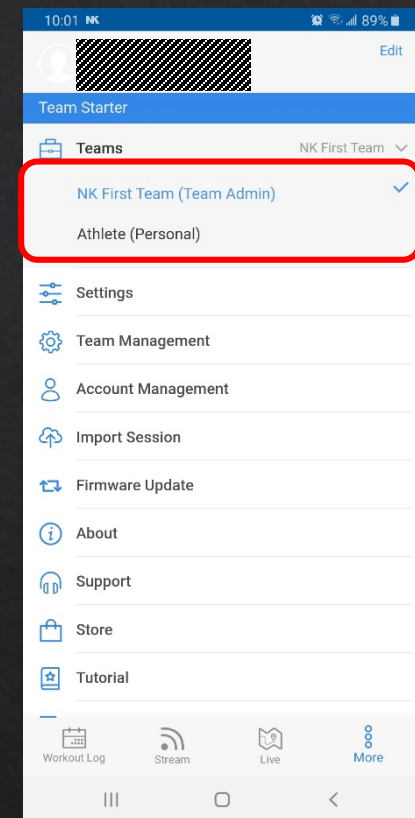
Click on the Workout Log Tab. Click Import Sessions.



Make sure device is in Data LiNK mode. Select it when appears on the screen.

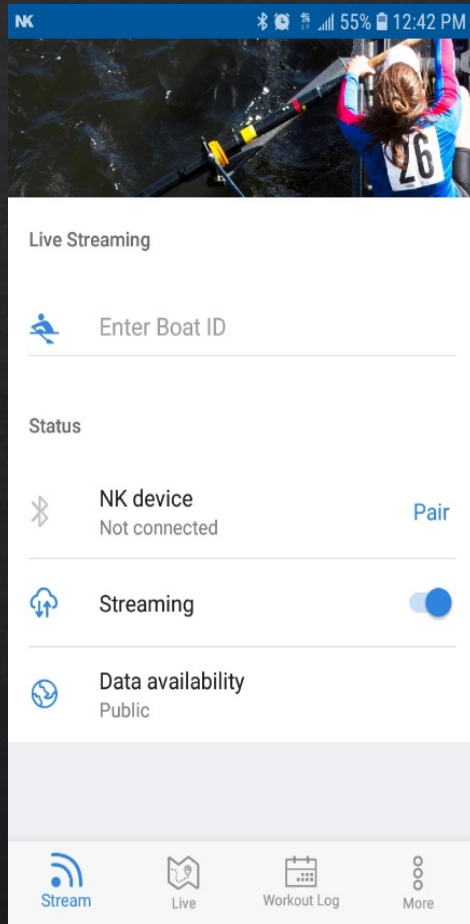


You have the choice to upload to your team or personal account.

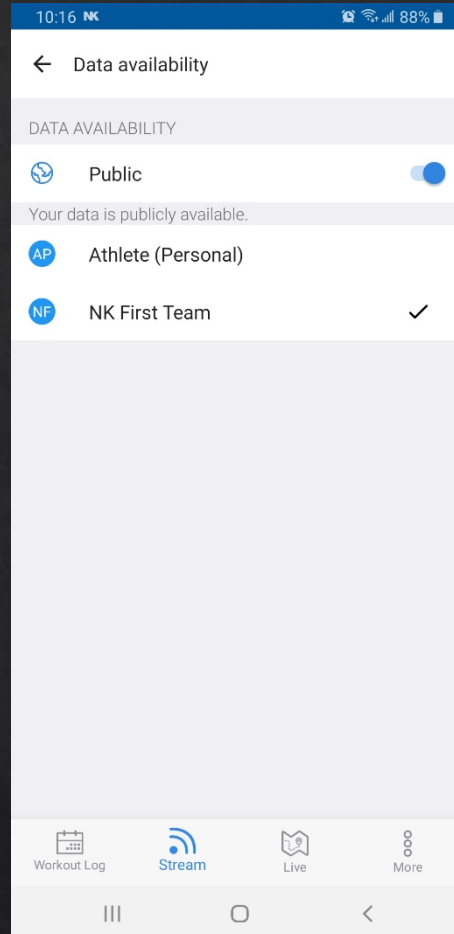


When reviewing the data, make sure you select Team or Personal on the profile page.

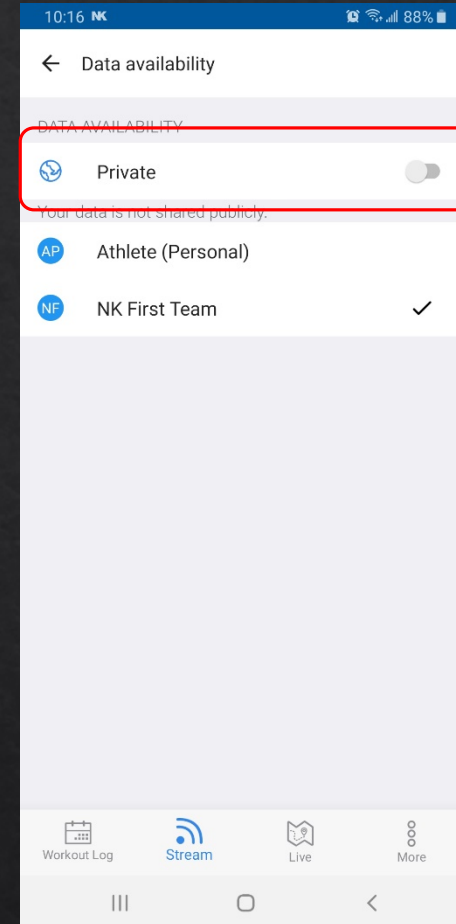
How to Private Stream Live Data with Team



Go to the Live Streaming page. Enter a Boat ID. Make sure device is in Live Streaming mode.



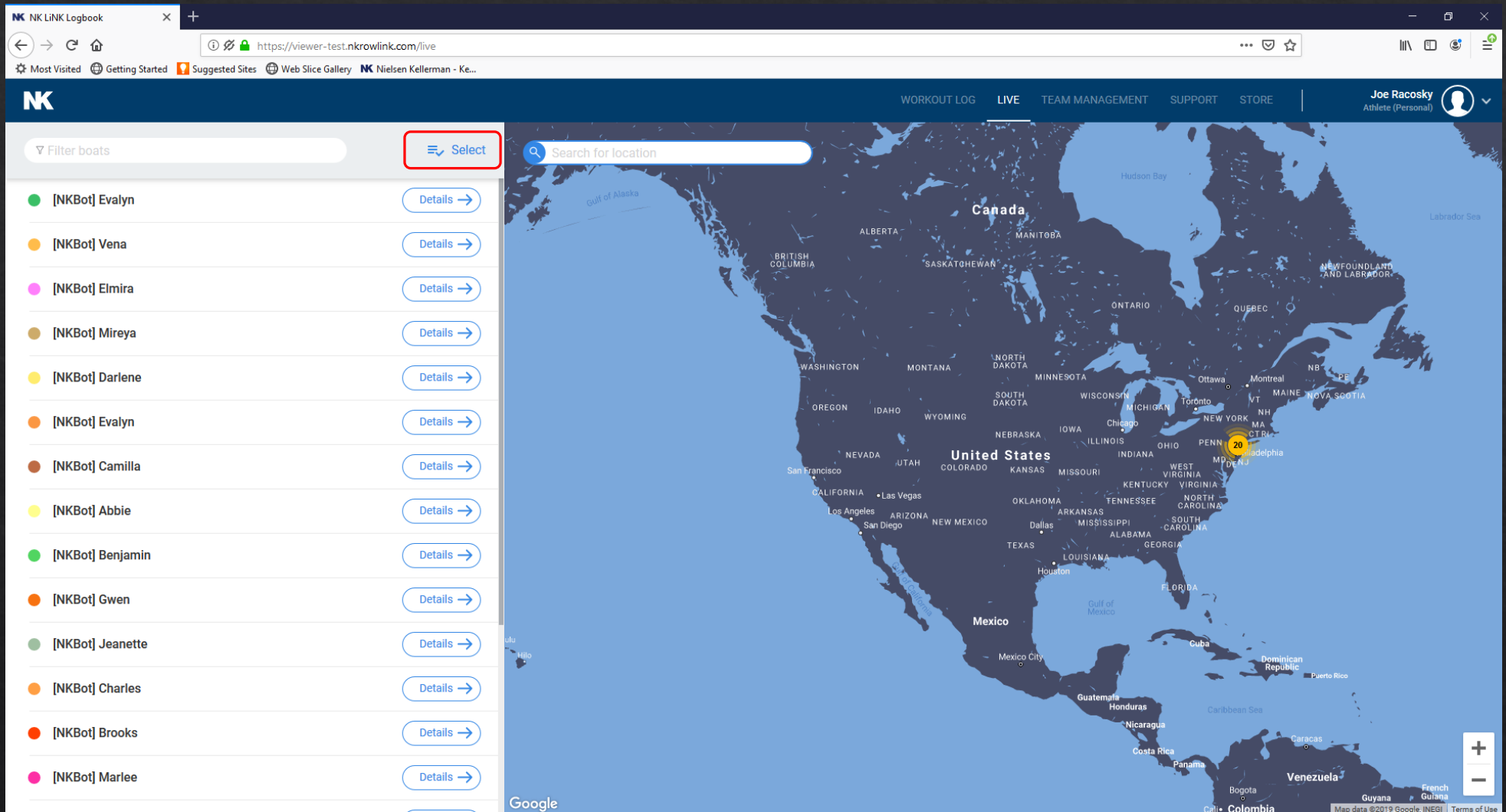
After pairing SPC/CoxBox to mobile device, click on Data Availability.



Switch from Public to Private. Now only coaches on your team will be able to view you live progress.

How to Compare Boats / Rowers with Team

Note: Webview shown here

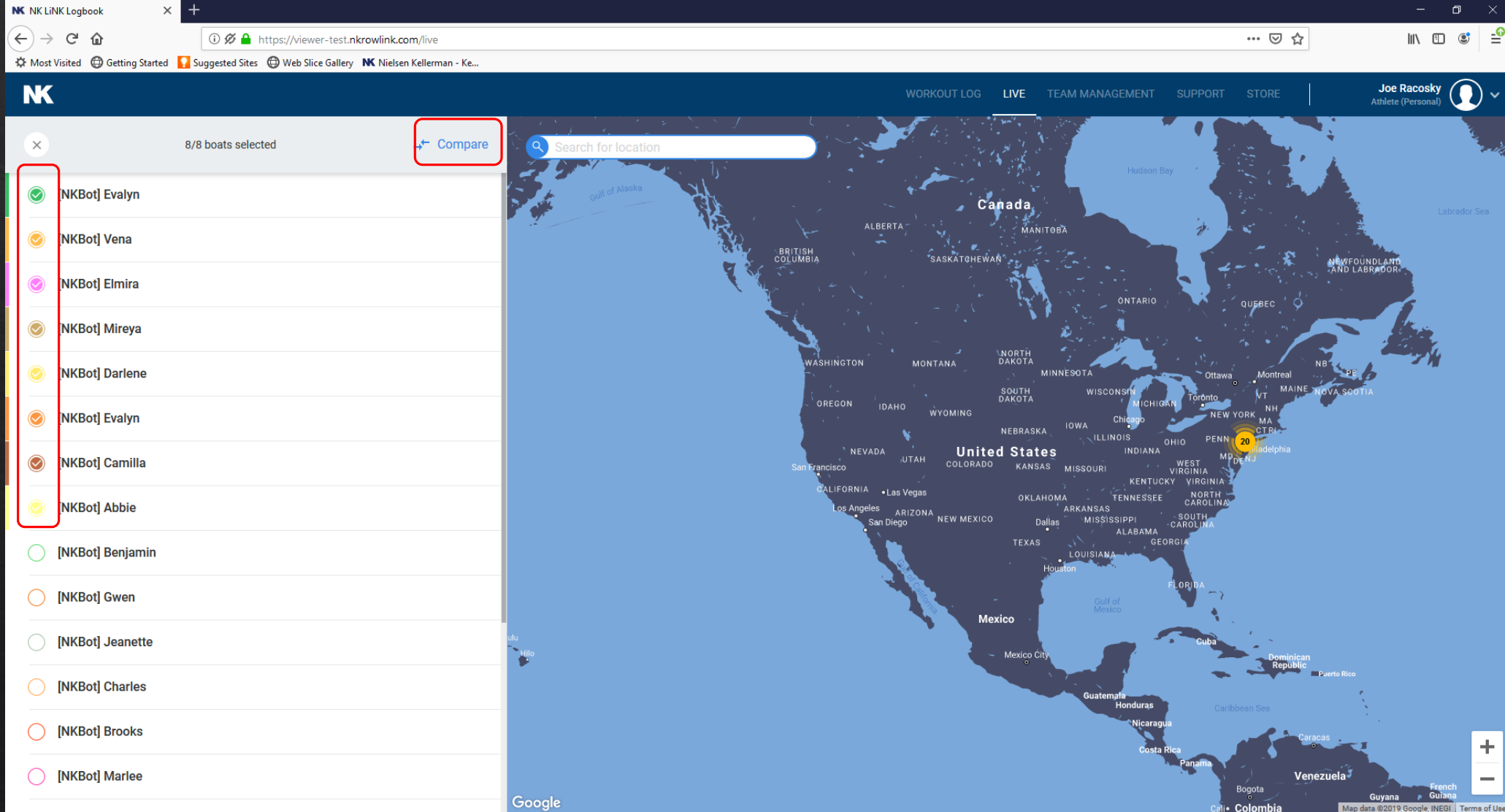


The screenshot shows the NK LINK Logbook web interface. On the left, there is a list of boats with their names and a 'Details' button next to each. A red box highlights the 'Select' button at the top of this list. On the right, there is a map of North America with a search bar at the top. The map shows the United States, Canada, and Mexico, with various states and provinces labeled. A yellow circle highlights the number '20' on the map, indicating a specific location or data point.

- Go to the Live Page in the app or login to the website (<https://logbook.nksports.com/>)
- Zoom out until you can see all the boats you wish to compare.
- Press the Select button to enable the radio buttons to appear.
- For Team accounts, you can turn privacy on where only the team coaches can see boats.

How to Compare Boats / Rowers with Team

Note: Webview shown here

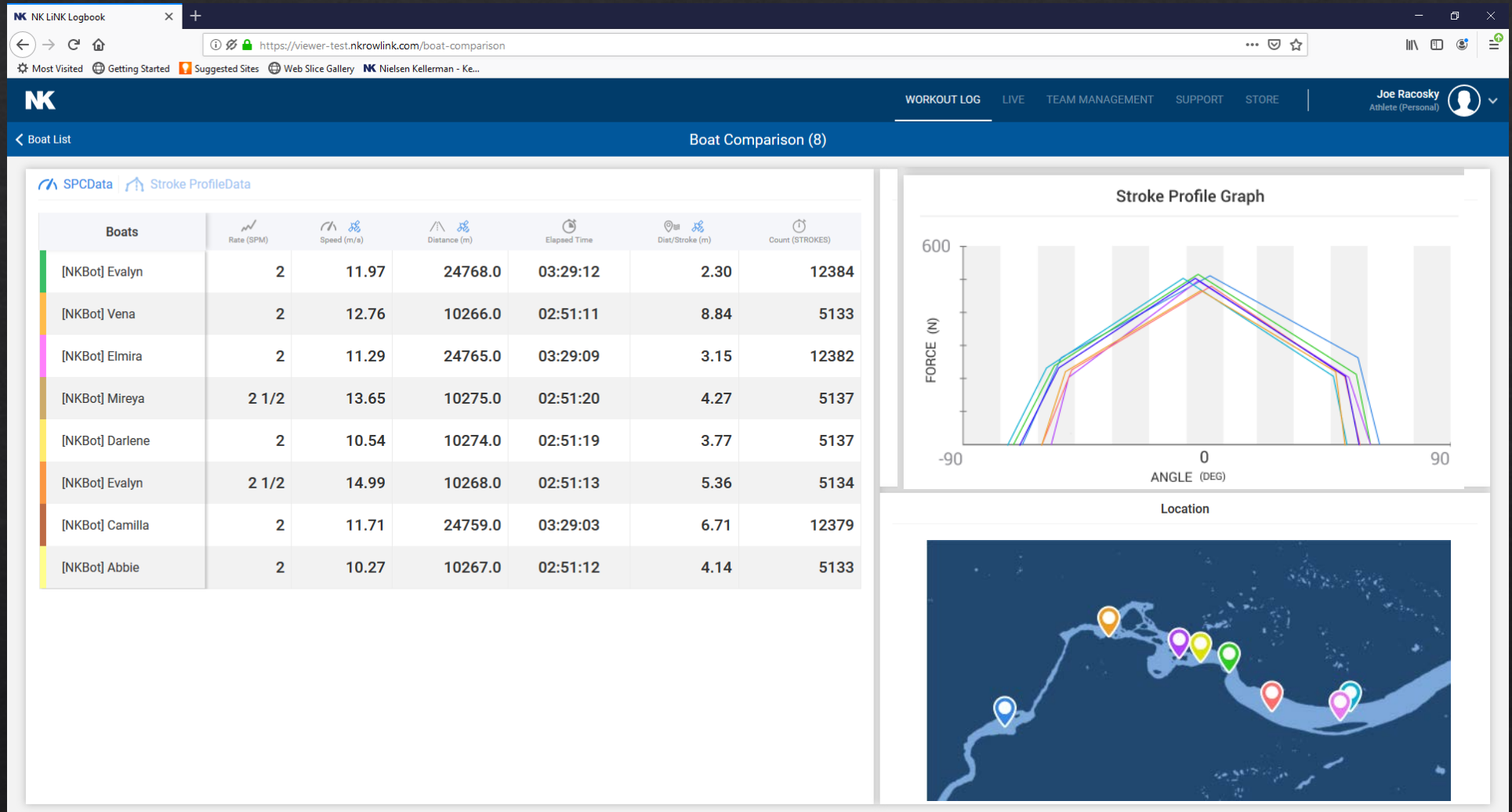


The screenshot shows the NK LINK Logbook web interface. On the left, a list of boats is displayed with radio buttons for selection. The first six boats are highlighted with a red box: [NKBot] Evalyn, [NKBot] Vena, [NKBot] Elmira, [NKBot] Mireya, [NKBot] Darlene, and [NKBot] Evalyn. A red box also highlights the 'Compare' button at the top right of the list. The main area shows a map of North America with a search bar and a location pin in New York City. The top navigation bar includes links for WORKOUT LOG, LIVE, TEAM MANAGEMENT, SUPPORT, and STORE. The user profile 'Joe Racosky' is visible in the top right corner.

- Click the radio buttons for the boats (or rowers) that you would like to compare.
- Then press the Compare button at the top

How to Compare Boats / Rowers with Team

Note: Webview shown here



- You will now get live updates for each boat / rower. This includes a stroke profile overlay if using Empower Oarlocks and a map of the rowers on the water.

Troubleshooting / FAQs

- 1) If you are having issues pairing your SpeedCoach to your Android phone in order to Live Stream the data, please update your firmware to version 2.22. If you are still having issues, please try clearing the Bluetooth cache from your phone and restarting. To do so, go to your phone's settings. Then go to Apps or Application Manager. At the top, there is a pull down menu to Show System Apps, select this. Find the app called Bluetooth and select it. Then go into Storage and select Clear Cache. Restart your phone and it should now pair with Logbook
- 2) The cell phone that is paired with the SpeedCoach must remain in the boat in order to live stream (waterproof bag protection is highly recommended). Viewing the boat data can be done from anywhere however.
- 3) For more help you can call us at 800-784-4221 or email us at techsupport@nkhome.com. Or check out our support at <https://nksports.com/support/nk-link-logbook/>