You should show as connected fairly quickly. Use CoxBox
Select Live Streaming option on the CoxBox. Then go to Phone
Enter a Boat ID and make sure Streaming is toggled to On.
Open the NK LiNK Logbook application. Go to the Stream page
Make sure Bluetooth is enabled on mobile device and has cellular
In the app go to the Workout Log Screen. Press the arrow/cloud icon in the top right of the screen.
On your mobile device, turn Bluetooth on. Open NK LiNK Logbook and login to your account.
- In the app go to the Workout Log Screen. Press the arrow/cloud icon in the top right of the screen.
- On the CoxBox GPS, go to the Main Menu and select Data Link mode.
- In the Logbook app, your CoxBox should appear; select it to begin uploading data.
- After data has uploaded, select the calendar date and session you want to review.
### ADVANCED SETUP MENU

**Impeller Calibration**
To change your Calibration value or run the calibration routine.

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

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

**Timer Start Acceleration**
Governed 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.

**Noise Filtering**
Governed the degree to which the accelerometer will register changes in acceleration as a stroke. The default value is 2. 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.

**Axis**
Allows you to select Front-Back (2) or Any (3). Front-Back (2) is generally recommended for rowing assuming that the unit will be mounted perpendicular to the long axis of the boat. If mounting at a non-perpendicular axis, the recommendation is to toggle to Any (3).

**Time and Date**
Used to change the format of the date and time displayed. Please note: only time shows current, date will be shown on recall screen.

**Diagnistics**
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 troubleshooting your unit in case it is not functioning correctly.

**Factory Restore**
This will reset the firmware back to the default settings. This will also erase all data sessions but will not reset odometer values.

### SPECIFICATIONS

<table>
<thead>
<tr>
<th>Display Type</th>
<th>High contrast, sunlight readable monochrome LCD with 400x240 resolution</th>
</tr>
</thead>
<tbody>
<tr>
<td>Display Size</td>
<td>3.85”x2.7”x1.1”</td>
</tr>
<tr>
<td>Battery Life</td>
<td>10 hrs, fully charged</td>
</tr>
<tr>
<td>Battery Life Expectancy</td>
<td>2 - 5 years, factory replaceable</td>
</tr>
<tr>
<td>Charging Time</td>
<td>Standard Charging – 8.5 hours. Express™ Charging – 3.5 hours.</td>
</tr>
<tr>
<td>Dimensions</td>
<td>3.20” tall x 4.4” diameter. Retracts in current mounting cup</td>
</tr>
<tr>
<td>Weight</td>
<td>11b ± 6</td>
</tr>
<tr>
<td>Waterproof</td>
<td>Waterproof to IP67, NEMA-6</td>
</tr>
<tr>
<td>Buoyancy</td>
<td>Floats</td>
</tr>
<tr>
<td>Measurements</td>
<td>Audio, Wireless Stroke Rate, Elapsed Time, Speed®, Memory®, Strokes®, Date®, Distance per Stroke®, Instantaneous Speed®</td>
</tr>
<tr>
<td>Warranty</td>
<td>2 years</td>
</tr>
<tr>
<td>Environmental</td>
<td>RoHS compliant and marked in accordance with the WEEE directive. Please, do not dispose of Cosin Box in your household trash. Return to an NK dealer, or a designated recycling center for proper disposal.</td>
</tr>
<tr>
<td>Accuracy</td>
<td>Speed +/- 0.1 m/s, Distance +/- 2.5m over any distance</td>
</tr>
</tbody>
</table>

### WORKOUTS

**GPS version only**

**Run Last Workout:**
Run the last workout. This is a quick way to repeat single distance or single time workouts without setting up intervals. **NOTE:** Please press ‘OFF’ to ready the workout. Workout will start when first stroke is detected. Press to pause a workout. Hold to cancel a workout.

**Single Distance:**
Select this option to run a single distance-based workout at the distance shown. Press followed by and to adjust the distance. Then press 2x to run the workout.

**Single Time:**
Select this option to run a single time-based workout for the time shown. Press followed by and to adjust the time. Then press 2x to run the workout.

**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 to create your own. Up to 6 custom workouts can be programmed. The SPC is loaded with 6 default workouts, 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 and to select a field. Press followed by and to modify the middle column. Press , , or pressing for and to adjust the right column value. Press to return to field selection. 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 begin. Tip: The countdown allows the user to build to “race pace” before starting their workout. If countdown is toggled OFF, the workout will start immediately when the first stroke is detected.

**Intervals:**
Determines 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 (i.e., Work1, Work2, Work3, etc).

**Rest:**
Defines the amount of rest in between work intervals. Rest can be time based or distance based. 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 proceeding interval workout to run. For example if you have selected a work and rest interval setting, this will 2x run this work and rest interval workout twice.

**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 10+ hours of operation, depending on backlight, Bluetooth and accessory usage. Each bar on the battery indicator represents 20% of battery life, or approximately 2 to 2.5 hours.

To charge your unit, you can use any Cosin Box charger, as it works retroactively with previous chargers. Place the charging plug in the semi-circle, 5 prong connector. The Cosin Box will always charge in the ON state, meaning you cannot turn it off while it is charging. The battery indicator will flash to show that it is charging. When the battery indicator stops flashing, the unit is fully charged. To fully charge the battery, allow it to charge in the ON state and take up to 12 hours.

There is also an option for using the Express™ charger. The Express charger connects through the rounded rectangular connector. This charger will charge the Cosin Box in 1/3 of the time of the standard charger. To fully charge the battery when dead, it will take up to 4 hours. If you need an hour of usage with a dead battery, charge for 15 minutes with the Express charger.

The Cosin Box can only be charged with NK supplied chargers. Please do no attempt to charge Cosin Box with any unapproved or 3rd party charging devices.

### WARNING!

**LITHIUM-ION POLY BATTERY HAZARDS**

Your Cosin Box 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 / 46°C. It contains a lithium-ion poly battery that is flammable and can explode if subjected to high temperatures or when damaged or overcharged. If ignited, batteries may burn rapidly and produce dark smoke, can cause death or serious injury. Do not cut, puncture, or put it in water. Do not crush or deform. Do not put into a microwave or oven, or paint over. Do not dispose of in a fire or with regular household trash. Do not expose to high temperatures. Do not charge below 32°F / 0°C.

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.

**WARNING:** This product and/or its included or branded accessories can expose you to chemicals, including lead, lead compounds and phthalate DEHP, which are known to the State of California to cause cancer and lead and lead compounds, bisphenol A (BPA), and phthalate DnHP, which are known to the State of California to cause birth defects or other reproductive harm. For more information, go to www.P65Warnings.ca.gov and www.NKSports.com/prop65.