START/PAUSE/RESET
LIVE STREAM
» Go to the Logbook app or http://logbook.nksports.com/ to view
» You should show as connected fairly quickly. Use CoxBox
» Enter a Boat ID and make sure Streaming is toggled to On.
» Make sure Bluetooth is enabled on mobile device and has cellular
» Download NK LiNK Logbook application to your mobile device.
» Keep the phone in a waterproof bag.
» We recommend keeping the phone in a waterproof bag.
» Press and hold the power button 
» Use the arrow keys to adjust any flex fields to change measurements for current row (*GPS only).
» Use + to toggle volume higher and – to toggle volume lower. These buttons will
» Certain sensors are no longer needed. You can remove the R harness and mounting cup. Since a rate sensor
» Attach a microphone to the Microphone connector port to complete installation.
» CoxBox Core and GPS are both backwards compatible with current NK wiring, speaker, chargers
» Make sure Bluetooth is enabled on mobile device and has cellular
» On the CoxBox GPS, go to the Main Menu and select Data LiNK mode.
» In the Logbook go to the Workout Log Screen. Press the arrow/cloud icon in the top right of the screen.
» CoxBox Core and GPS are both backwards compatible with current NK wiring, speaker, chargers
» The overview provides the overall distance, time, avg split, and avg
» On your mobile device, download LiNK Logbook from the app store
» CoxBox Core GPS™
» Attach an A (or A+) harness to your CoxBox Audio connector port.
» If you are using more than 1 speaker, attach an M harness to the end of the A (or A+) harness.
» Attach a speaker to the M harness. For every additional speaker, you will need to use an
» CoxBox Core
» CoxBox Core and GPS are both backwards compatible with current NK wiring, speaker, chargers
"*DENOTES GPS VERSION ONLY"

### INSTALLATION INSTRUCTIONS

» CoxBox Core and GPS are both backwards compatible with current NK wiring, speaker, chargers
» If you are using more than 1 speaker, attach an M harness to the end of the A (or A+) harness.
» For every additional speaker, you will need to use an
» CoxBox Core

### QUICK START GUIDE

» Press and hold the power button 
» Use the arrow keys to adjust any flex fields to change measurements for current row (*GPS only).
» Use + to toggle volume higher and – to toggle volume lower. These buttons will

### BUTTON FUNCTIONALITY

When on the main rowing screen, use left and right arrows to enter flex fields. Use up and
down arrows to toggle the flex field to different measurements.
When in the menu screen, use up and down arrows to toggle between menu items.
Use right arrow to enter menu item and use left arrow to exit menu item.
Press to enter Ready mode (for use right before starting rowing). Press again to Stop
session. Hold and release when Reset is on the screen to reset values and save rowing
session.
Press on any screen to immediately return back to the main rowing screen.
Press to go into Seat Display Settings. (Supported on a future release)
Press to enter Main Menu. Hold down to power on or power off (while on main rowing
screen only).
Press to enter Seat Display Measurements. (Supported on a future release)
Press to go into Seat Display Settings. (Supported on a future release)
Press to enter Main Menu. Hold down to power on or power off (while on main rowing
screen only).

### ROWING SCREEN ICONS

- **GPS Mode / Satellite coverage**: hollow icon means no satellite connection, filled-in
- **Impeller Mode**: Denotes connected to an impeller. Speed and distance will be
- **Battery Life**: Each bar represents about 20% of a full charge.
- **Connected to mobile device for Live Streaming**: 
- **CoxBox is connected to mobile device, but mobile device has no cell service**: 
- **Connected to mobile device for Live Streaming**: 
- **CoxBox is connected to mobile device, but mobile device has no cell service**: 
- **Connected to mobile device for Live Streaming**: 

### LIVE STREAM

Select Live Stream to broadcast your Coxbox measurements to the
cloud for remote viewing. You will need to pair the Coxbox to a mobile
phone and have the phone in range of Coxbox to broadcast your data
live. We recommend keeping the phone in a waterproof bag.
- Download NK LiNK Logbook application to your mobile device.
- Make sure Bluetooth is enabled on mobile device and has cellular
- Open the NK LiNK Logbook application. Go to the Stream page
- Enter a Boat ID and make sure Streaming is toggled to On.
- Select Live Streaming option on the Coxbox. Then go to Phone
- Pairing > Find New.
- You should show as connected fairly quickly. Use Coxbox
- normally to broadcast live.
- Go to the Logbook app or http://logbook.nksports.com/ to view
- live results.

### DATA LINK™

Select this option to connect the Coxbox to a mobile device to upload session data
(*GPS only).:
- On your mobile device, download LiNK Logbook from the app store
- 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.

### MEMORY

The total memory that the unit can store is approximately 3.5 hours.
Every stroke is stored in memory and the memory can be reviewed
by every 100 meter increment. The speed input (GPS or Impeller) and
system of units used will be stored as was cewed.

### Memory Storage

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 Row sessions will have the JustGo prefixes whereas a
Workout session will just show the piece run.
Please note: a session is not complete until: a) In Just Row, you reset

### Delete All Session Data

This selection will delete ALL memory if chosen. Sessions cannot be
deleted individually.

### Viewing Sessions

Selecting a session will bring up the Session Overview (Figure 1). The overview provides the overall distance, time, avg split, and avg
stroke rate during that session. Selecting the Session Overview
will bring up the Session Details (Figure 2). This page will show the
session breakdown by specified period (time or distance). Select
MORE to view additional measurement values not currently shown
on the screen.
**ADVANCED SETUP MENU**

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

### GPS Smoothing, Strokes
The Speed Smoothing feature will average the last number of strokes selected. If “2” is selected, for example, the Speed/Smooth display 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 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.

#### 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: time shows current, date will be shown on recall screen.

### 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 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>3.87” x 2.72”</td>
</tr>
<tr>
<td>Battery Life</td>
<td>10 hours, 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. Espresso Charging – 3.5 hours.</td>
</tr>
<tr>
<td>Dimensions</td>
<td>3.20” tall x 4.4” diameter. Retrofits in current mounting cup.</td>
</tr>
<tr>
<td>Weight</td>
<td>11b 6 oz</td>
</tr>
<tr>
<td>Waterproof</td>
<td>Waterproof to IPx6, NEMA-6</td>
</tr>
<tr>
<td>Buoyancy</td>
<td>Floats</td>
</tr>
<tr>
<td>Measurements</td>
<td>Audios, Wireless Stroke Rate, Elapsed Time, Speed, Memory, SplitS, Date, Distance per Stroke, Instantaneous SplitSpeed</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 CosxBox in your household trash. Return to NK or a 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>

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**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 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 to follow the by (1) and to adjust the distance. Then press to run the workout.

**NOTE:** This option to run a single time-based workout for the time shown. Then press to run the workout.

#### Single Time
Select this option to run a single time-based workout for the time shown. Then press 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 8 custom workouts can be programmed. The SPG 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 (1) and (2) to select a field. Press (3) followed by (1) and (2) to modify the middle number. Press (4) to complete. Followed by (1) and (2) to adjust the right column value. Press (4) to return to field selection. Please note: pressing the button 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 time and distance.

#### Work
Defines the first work interval of the workout. Work can be time or distance based. If more than one interval is being performed, a number will be added to this entry (i.e. Work, 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 a workout with a work and rest interval setting, this will run the workout and rest interval workout twice.

#### Rest Between Sets
Only applies if Number of Sets is greater than 1. Defines the rest period between a repeated group of intervals.

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**BATTERY USE AND CHARGING**

A fully charged battery will provide approximately 10+ hours of operation, depending on backlit, 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 CosxBox charger as it works retroactively with previous chargers. Place the charging plug in the semi-circle, 5 grove connector. The CosxBox will always charge in the OHI 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, leave the unit plugged in for at least 12 hours.

There is also an option for using the Espresso™ charger. The Espresso charger connects through the rounded rectangular connector. This charger will charge the CosxBox 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 this Expresso charger.

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

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

Your CosxBox is equipped with a safety feature that will shut down charging if the battery is too hot or too cold. Do not charge below 33°F / 1°C or above 115°F / 46°C. It contains a lithium-ion poly battery.

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 than 1. Defines the rest period between a repeated group of intervals.

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 than 1. Defines the rest period between a repeated group of intervals.

### Nota
- Do not over subject to fire or temperatures above 140°F / 60°C. NOTE: A car in hot sunlight may exceed these temperatures!
- Do not charge, use, transport or store above 115°F / 46°C.
- Do not charge below 32°F / 0°C.
- Do not puncture or open the unit.
- If the unit's internal battery pack is damaged, avoid contact with battery electrolyte, which 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.

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**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 DnPh, which are known to the State of California to cause birth defects or other reproductive harm. For more information, go to www.P65Warning.ca.gov and www.NKSports.com/prop65.