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 coverage.
» Open the NK Link Logbook application. Go to the Stream page in the app.
» Enter a Boat ID and make sure Streaming is toggled to On.
» Select Live Streaming option on the CoxBox. Then go to Phone Paring -> Find New.
» You should see as connected fairly quickly. Use CoxBox normally to broadcast live.
» Go to the Logbook app or http://logbook.nksports.com/ to view live results.

MEMORY
The total memory that the unit can store is approximately 25 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 rowed.

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

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.

DATA LINK™
Select this option to connect the CoxBox to a mobile device to upload session data (*GPS only).
» On your mobile device, download NK Link Logbook from the app store https://nksports.com/link-logbook
» 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 app go to the Workout Log Screen. Press the arrow/cloud icon in the top right of the screen.

*DEORET GPS VERSION ONLY
**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/Split 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**

Governs 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**

Governs 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 currently, date will be shown on an recall screen.

**Diagnositcs**

The Diagnositcs 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**

**Display Type**

High contrast, sunlight readable monochromatic LCD with 400x240 resolution

**Display Size**

3.5”x3.5”x1.2”

**Battery Life**

10 hours, fully charged

**Battery Life Expectancy**

2 – 5 years, factory replaceable

**Charging Time**

Standard Charging – 8.5 hours. Express+ Charging – 3.5 hours.

**Dimensions**

3.2” tall x 4.4” diameter. Retrofits in current mounting cup.

**Weight**

11b 6 oz

**Waterproof**

Waterproof to IP67, NEMA-6

**Buoyancy**

Floats

**Measurements**

Audios, Wireless Stroke Rate, Elapsed Time, Speed®, Memory®, Split®, Date®, Distance per Stroke®, Instantaneous Split®

**Warranty**

2 Years

**Environmental**

RoHS compliant and marked in accordance with the WEEE directive. Please do not dispose of CoxBox in your household trash. Return to NK, or an NK dealer, or a designated recycling center for proper disposal.

**Accuracy**

Speed +/- 0.1 m/s, Distance +/- 2.5 m over any distance

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

Your CoxBox 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 with a flash fire and may produce irritating, corrosive and/or toxic gases, including toxic hydrogen fluoride gas, which may cause dizziness or suffocation. Contact with battery electrolyte may be irritating to skin, eyes and mucous membranes.

- Do not ever 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 / 45°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.

**WORKOUTS**

**GPS version only**

**Run Last Workout:** Runs the last workout. This is a quick way to repeat single distance or single time workouts without setting up intervals.

NOTE: Press “Exit” to ready the workout. Workout will start when first stroke is detected. Press to pause a workout. Hold “Exit” to cancel a workout.

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

**Single Time:** Select this option to run a single time-based workout for the time shown. The CoxBox will start when toggled ON, the countdown timer will start when the first stroke is detected. When the countdown reaches zero, the workout will begin. Tip: The countdown timer 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 either time based or distance based. If more than one interval is being performed, a number will be added to this entry (i.e., Work 1, Work 2, Work 3, etc).

**Rest:**

 Defines the amount of rest in between work intervals. It 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 this work 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.

**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 CoxBox charger, as it works retroactively with previous chargers. Place the charging plug in the semi-circle, 5 prong connector. The CoxBox 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, it will 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 CoxBox 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 CoxBox can only be charged with NK supplied chargers. Please do not attempt to charge CoxBox with any unapproved or 3rd party chargers.