**Quick Start Guide**

- Press and hold the power button to turn the unit on.
- Use the arrow keys to adjust any flex fields to change measurements for current row ("GPS only").
- Press the Start/Pause/Reset button to enter Ready mode (Ready will appear in middle of screen).
- Timer and recording will start when first stroke is detected.
- Press the Start/Pause/Reset button to Stop the row (if necessary), press again to resume rowing.
- Hold the Start/Pause/Reset button until Reset appears and release to reset row and save stats in memory.
- Hold the Power button until Turn Off appears and release to turn off the unit. (Turning off will save session as well)

**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 the counter b) In Workout, the workout is completed or cancelled.

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 Link Logbook from the app store.
- On your mobile device, turn Bluetooth on. Open 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 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 split.

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 current date, will be shown on recall screen.

Diagnoses
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

Display Type
High contrast, sunlight readable monochrome LCD with 400x240 resolution

Display Size
3.85" x 2.72"

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
3.20” tall x 4.4” diameter. Retracts in current mounting cup.

Weight
NIK 6 lb 11 oz

Waterproof
Waterproof to IP67 / NEMA-6

Buoyancy
Floats

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

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, an NK dealer, or a designated recycling center for proper disposal.

Accuracy
Speed +/- 0.1 m/s, Distance +/- 2.5 m every distance

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 "OK" to ready the workout. Workout will start when first stroke is detected. Press "ESC" to pause a workout. Hold "ESC" to cancel a workout.

Single Distance: Select this option to run a single distance-based workout at the distance shown. Press "OK" followed by "A" and "D" to adjust the distance. Then press "OK" to run the workout.

Single Time: Select this option to run a single time-based workout for the time shown. Press "OK" followed by "A" and "D" to adjust the time. Then press "OK" 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 "A" and "D" to select a field. Press the "OK" button to highlight the middle column. Press "OK" again, followed by "A" and "D" to adjust the right column value. Press "OK" to return field selection. Please note: presetting the values will automatically save the exercise and exit the workout session.

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 timer will allow you to build to “race pace” before starting your 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. 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 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 background, 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 Cox Box charger, as it works retroactively with previous chargers. Place the charging plug in the semi-circle, 3 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, the unit must be fully charged. If the battery indicator does not light up, 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 charging devices.

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 113°F / 45°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 overloaded. If ignited, batteries may burn rapidly with a flash effect 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 fire 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 DiHP 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.

Please do not dispose of CoxBox in your household trash. Return to NK, an NK dealer, or a designated recycling center for proper disposal.

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