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. 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 Pairing >> Find New.
» You should see as connected fairly quickly. Use CoxBox normally to broadcast live.
» Go to the Logbook app or http://logbook.niksports.com to view live results.

Data Recall

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.

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.

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.

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Viewing Sessions

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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 https://nkports.com/link-logbook
» 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 arrows/cloud icon in the top right of the screen.
» On the CoxBox GPS, go to the Main Menu and select Data Link mode.

*Please check your mobile device and CoxBox compatibility before connecting.
**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
Governes 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
Governes 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 from 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 recal 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**
Used to change the Calibration value or run the calibration routine.

**Battery Life**
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.

**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 Cox Box 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, leave the unit plugged in for 4 hours. 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 preceding interval workout to run. For example if you have 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.

**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>3.5&quot;x2.7&quot;x1.2&quot;</td>
</tr>
<tr>
<td>Battery Life</td>
<td>10+ hours, fully charged</td>
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<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>
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<tr>
<td>Dimensions</td>
<td>3.20&quot; tall x 4.4&quot; diameter. Retrifs in current mounting cup</td>
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<tr>
<td>Weight</td>
<td>1lb 6 oz</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*, Splits*, Date*, Distance per Stroke*, Instantaneous Split*</td>
</tr>
<tr>
<td>Warranty</td>
<td>3 Years</td>
</tr>
<tr>
<td>Environmental</td>
<td>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.</td>
</tr>
<tr>
<td>Accuracy</td>
<td>Speed +/- 0.1 m/s, Distance +/- 2.5 m every distance</td>
</tr>
</tbody>
</table>

**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 flare effect and may produce irritating, corrosive and/or toxic gases, including toxic hydrogen, carbon monoxide, and/or carbon dioxide, which may cause dizziness or suffocation. Contact with battery electrolyte may be irritating to skin, eyes, and mucous membranes. Lithium-ion batteries can cause fire or explosion.

- Do not expose 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 33°F / 1°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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**WORKOUTS**

**Specs 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 the "Ready" button to run the workout. Workout will start when first stroke is detected. Press and hold 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 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 and to select a field. Press the followed by and to modify the middle column. Press again, followed by 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 toggled OFF, the countdown will start immediately when the first stroke is detected.

**Note**: The timer will continue to run while you are not rowing, turning Auto Pause "OFF" will impact the calculation of your cumulative average speed.