

**HOW TO UPDATE YOUR SPEEDCOACH
GPS MODEL 2 USING NK LINK FOR MAC**

Make sure you have the latest version of NK LiNK for OS X installed on your computer

- CATEGORY
- NK Manuals and Downloads >
- CoxBox 08 and 88 / CoxBox Mini >
- CoxBox CORE / CoxBox GPS >
- SpeedCoach GPS/SUP/OC >
- Blue Ocean Megaphone >
- SpeedCoach Red/Gold >
- StrokeCoach >
- Interval 2000** >
- EmPower Oarlock >
- NK LiNK >
- LiNK Logbook >

- TAGS
- LiNK (28) data (16)
- firmware (6) CoxBox (27)

Search entire questions here...

NK LiNK

Please be aware: NK LiNK for Android or iOS is no longer supported. We recommend using NK LiNK Logbook moving forward.

- What is LiNK for Windows?
- Why after running the firmware update for 2.19, the LiNK program is asking me to update again?
- What is LiNK for OSX

We have released the LiNK software for transferring, viewing and exporting data files from the Training Pack versions of the SpeedCoach GPS Model 2, SpeedCoach OC 2, and SpeedCoach SUP 2.

 **NK LiNK For OS X** (Size: 12.1 MB)

We are asking you to download it, start using it, and most importantly, help us prioritize our ongoing development by telling us what features and capabilities you most want us to add.

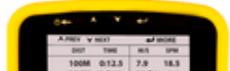
Note: This program is only compatible with Mac OS X 10.7 or higher.

 **NK LiNK Change Log** (Size: 413.4 KB)

 Join the discussion on our "Get More SpeedCoach" Facebook Group!

What can you do with LiNK for OSX?

- Wirelessly transfer "just go" and workout interval data to Mac for viewing and storage.



LINK™ Options Help

Search

How to use LiNK™

Update your SpeedCoach

Send us your feedback

Open up LiNK for OS/X.

At the top of the screen click on Help and then *Update your SpeedCoach*.

LiNK™ for OS X Version 1.32

SpeedCoaches in Range
Choose your connection device:
 SpeedCoach
 EmPower Oarlock
 CoxBox

To connect to your SpeedCoach:
1: Turn on SpeedCoach
2: Select the "Data LiNK" menu option

Searching... Refresh

	SpeedCoach Name	Date/Time	Workout Name	Total Distance
1	SpdCoach 2398162	01/24/20 03:48pm	JustGo-0M	0.0 m
2	SpdCoach 2398162	01/21/20 11:09am	JustGo-0M	0.0 m
3	SpdCoach 2398162	01/21/20 11:07am	JustGo-0.000KM	0.000 km
4	SpdCoach 2398162	01/20/20 10:22am	JustGo-0M	0.0 m
5	SpdCoach 2398162	01/20/20 10:11am	JustGo-0M	0.0 m
6	SpdCoach 2398162	01/02/20 11:37am	JustGo-0M	0.0 m
7	SpdCoach 2398162	01/02/20 11:37am	JustGo-0M	0.0 m
8	SpdCoach 2398162	01/02/20 11:34am	JustGo-26M	26.3 m
9	SpdCoach 2441110	12/12/19 05:16pm	JustGo-0M	0.0 m
10	SpdCoach 2233227	09/13/19 09:33am	JustGo-0M	0.0 m
11	SpdCoach 2233227	09/13/19 09:03am	JustGo-0M	0.0 m
12	SpdCoach 2441110	08/12/19 10:37am	JustGo-6672M	6672.5 m
13	SpdCoach 2441110	07/26/19 09:13am	JustGo-223M	223.5 m
14	SpdCoach 2441110	07/26/19 09:12am	JustGo-80M	80.3 m
15	SpdCoach 2441110	07/26/19 09:10am	JustGo-123M	123.8 m
16	SpdCoach 2441110	07/26/19 09:09am	JustGo-89M	89.8 m
17	SpdCoach 2441110	07/26/19 08:16am	JustGo-47M	47.4 m

Sync Data Manage Export to File Erase

Searching for SpeedCoaches...



HDD



Exported Workouts



Kestrel How-To



Kestrel_LiNK_Versi on_1.04.04



link_for_mac_firmw are_1



LiNK_Version_132



nklinkdatabase.sql ite



Relocated Items



Click on the link in Step 1 to download the files to your computer.

LINK™ for OS X Version 1.32

SpeedCoaches in Range

Choose your connection device:

SpeedCoach
 EmPower Oarlock
 CoxBox

To connect to your SpeedCoach:

1: Turn on SpeedCoach
2: Select t

Searching...

Saved Session Data				
	SpeedCoach Name	Date/Time	Workout Name	Total Distance
1	SpdCoach 2398162	01/24/20 03:48pm	JustGo-0M	0.0 m
2	SpdCoach 2398162	01/21/20 11:09am	JustGo-0M	0.0 m
3	SpdCoach 2398162	01/21/20 11:07am	JustGo-0.000KM	0.000 km
4	SpdCoach 2398162	01/20/20 10:22am	JustGo-0M	0.0 m
				26.3 m
				0.0 m
				0.0 m
				0.0 m
				672.5 m
				123.5 m
14	SpdCoach 2441110	07/26/19 09:12am	JustGo-80M	80.3 m
15	SpdCoach 2441110	07/26/19 09:10am	JustGo-123M	123.8 m
16	SpdCoach 2441110	07/26/19 09:09am	JustGo-89M	89.8 m
17	SpdCoach 2441110	07/26/19 08:16am	JustGo-47M	47.4 m

1. To download the SpeedCoach® GPS firmware update to your computer, click here and run firmware installer:
http://www.nkhome.com/zip-files/LINK_Firmware.pkg.zip

2. When the firmware installer window opens, click OK to unpack the firmware update to your computer.
3. On the LINK™ app, click "Manage" and then "Firmware Update" to install the firmware update to your GPS unit.
Note: You will have to re-pair your heart rate belt after the firmware is completed.

More help is available online at:
www.nkhome.com/support/rowing-and-sports-support/manuals-and-downloads/

OK

Sync Data Manage Export to File Erase

Searching for SpeedCoaches...



HDD



Exported Workouts



Kestrel How-To



Kestrel_LiNK_Versi on 1.04.04



link_for_mac_firmware_1



LINK_Version_132



nklinkdatabase.sqlite



Relocated Items



LiNK™ for OS X Version 1.32

SpeedCoaches in Range
Choose your connection device:
 SpeedCoach
 EmPower Oarlock
 CoxBox

To connect to your SpeedCoach:
1: Turn on SpeedCoach
2: Select the "Data LiNK" menu option

Searching... Refresh

	SpeedCoach Name	Date/Time	Workout Name	Total Distance
1	SpdCoach 2398162	01/24/20 03:48pm	JustGo-0M	0.0 m
2	SpdCoach 2398162	01/21/20 11:09am	JustGo-0M	0.0 m
3	SpdCoach 2398162	01/21/20 11:07am	JustGo-0.000KM	0.000 km
4	SpdCoach 2398162	01/20/20 10:22am	JustGo-0M	0.0 m
5	SpdCoach 2398162	01/20/20 10:11am	JustGo-0M	0.0 m
6	SpdCoach 2398162	01/02/20 11:37am	JustGo-0M	0.0 m
7	SpdCoach 2398162	01/02/20 11:37am	JustGo-0M	0.0 m
8	SpdCoach 2398162	01/02/20 11:34am	JustGo-26M	26.3 m
9	SpdCoach 2441110	12/12/19 05:16pm	JustGo-0M	0.0 m
10	SpdCoach 2233227	09/13/19 09:33am	JustGo-0M	0.0 m
11	SpdCoach 2233227	09/13/19 09:03am	JustGo-0M	0.0 m
12	SpdCoach 2441110	08/12/19 10:37am	JustGo-6672M	6672.5 m
13	SpdCoach 2441110	07/26/19 09:13am	JustGo-223M	223.5 m
14	SpdCoach 2441110	07/26/19 09:12am	JustGo-80M	80.3 m
15	SpdCoach 2441110	07/26/19 09:10am	JustGo-123M	123.8 m
16	SpdCoach 2441110	07/26/19 09:09am	JustGo-89M	89.8 m
17	SpdCoach 2441110	07/26/19 08:16am	JustGo-47M	47.4 m

Sync Data Manage Export to File Erase

Searching for SpeedCoaches...

This zip file will appear on your Desktop (or wherever you selected to save the file)



LINK™ for OS X Version 1.32

SpeedCoaches in Range
Choose your connection device:
 SpeedCoach
 EmPower Oarlock
 CoxBox

To connect to your SpeedCoach:
1: Turn on SpeedCoach
2: Select the "Data LINK" menu option

Searching... Refresh

	SpeedCoach Name	Date/Time	Workout Name	Total Distance
1	SpdCoach 2398162	01/24/20 03:48pm	JustGo-0M	0.0 m
2	SpdCoach 2398162	01/21/20 11:09am	JustGo-0M	0.0 m
3	SpdCoach 2398162	01/21/20 11:07am	JustGo-0.000KM	0.000 km
4	SpdCoach 2398162	01/20/20 10:22am	JustGo-0M	0.0 m
5	SpdCoach 2398162	01/20/20 10:11am	JustGo-0M	0.0 m
6	SpdCoach 2398162	01/02/20 11:37am	JustGo-0M	0.0 m
7	SpdCoach 2398162	01/02/20 11:37am	JustGo-0M	0.0 m
8	SpdCoach 2398162	01/02/20 11:34am	JustGo-26M	26.3 m
9	SpdCoach 2441110	12/12/19 05:16pm	JustGo-0M	0.0 m
10	SpdCoach 2233227	09/13/19 09:33am	JustGo-0M	0.0 m
11	SpdCoach 2233227	09/13/19 09:03am	JustGo-0M	0.0 m
12	SpdCoach 2441110	08/12/19 10:37am	JustGo-6672M	6672.5 m
13	SpdCoach 2441110	07/26/19 09:13am	JustGo-223M	223.5 m
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15	SpdCoach 2441110	07/26/19 09:10am	JustGo-123M	123.8 m
16	SpdCoach 2441110	07/26/19 09:09am	JustGo-89M	89.8 m
17	SpdCoach 2441110	07/26/19 08:16am	JustGo-47M	47.4 m

Sync Data Manage Export to File Erase

Searching for SpeedCoaches...

If you double click on the file it will unzip to a folder.

SpeedCoach Version...date Files

HDD

Exported Workouts

Kestrel How-To

SpeedCoach Version...e Files.zip

Kestrel_LiNK_Versi on_1.04.04

link_for_mac_firmw are_1

LiNK

LiNK_Version_132

nklinkdatabase.sql ite

Relocated Items

LINK™ for OS X Version 1.32

SpeedCoaches in Range
Choose your connection device:
 SpeedCoach
 EmPower Oarlock
 CoxBox

To connect to your SpeedCoach:
1: Turn on SpeedCoach
2: Select the "Data LINK" menu option

Disconnect

SpdCoach 2063409 (connected)

Sync Data **2** Manage Export to File Erase

Connected!

Saved Session Data

	SpeedCoach Name	Date/Time	Workout Name	Total Distance
1	SpdCoach 2398162	01/24/20 03:48pm	JustGo-0M	0.0 m
2	SpdCoach 2398162	01/21/20 11:09am	JustGo-0M	0.0 m
3	SpdCoach 2398162	01/21/20 11:07am	JustGo-0.000KM	0.000 km
			JustGo-0M	0.0 m
			JustGo-0M	0.0 m
			JustGo-0M	0.0 m
			JustGo-0M	0.0 m
			JustGo-26M	26.3 m
			JustGo-0M	0.0 m
			JustGo-0M	0.0 m
			JustGo-0M	0.0 m
			JustGo-0M	0.0 m
			JustGo-0M	0.0 m
			JustGo-6672M	6672.5 m
			JustGo-223M	223.5 m
			JustGo-80M	80.3 m
15	SpdCoach 2441110	07/26/19 09:10am	JustGo-123M	123.8 m
16	SpdCoach 2441110	07/26/19 09:09am	JustGo-89M	89.8 m
17	SpdCoach 2441110	07/26/19 08:16am	JustGo-47M	47.4 m

Manage SpeedCoach

SpeedCoach Information

Name: SpdCoach 2063409 Firmware Ver: 2.22
Model: SpeedCoach 0912 SUP Hardware Ver: Rev 10
Serial Number: 2063409 Profile Ver: 0.03

Name: Rename

Firmware Update
Model Upgrade

OK

1 **3**

Next connect your SpeedCoach to the LiNK for OS/X program. Click on the Manage Tab.

And then Model Upgrade.



LINK™ for OS X Version 1.32

SpeedCoaches in Range
 Choose your connection device:
 SpeedCoach
 EmPower Oarlock
 CoxBox

To connect to your SpeedCoach:
 1: Turn on SpeedCoach
 2: Select the "Data LINK" menu option

Disconnect

SpdCoach 2063409 (connected)

Sync Data Manage

Connected!

Manage SpeedCoach

SpeedCoach Name	Date/Time	Workout Name	Total Distance
1 SpdCoach 2398162	01/24/20 03:48pm	JustGo-0M	0.0 m
2 SpdCoach 2398162	01/21/20 11:09am	JustGo-0M	0.0 m
3 SpdCoach 2398162	01/21/20 11:07am	JustGo-0.000KM	0.000 km
		JustGo-0M	0.0 m
		JustGo-0M	0.0 m

SpeedCoach Version 2-2...

Exported Workouts
 Kestrel How-To
 Kestrel_LINK_Version_1.04.04
 link_for_mac_firmware_1
 LINK_Version_132
 nklinkdatabase.sqlite
 Relocated Items
SpeedCoach...e Update Files
 SpeedCoach...pdate Files.zip

SpeedCoach GPS 2 (Non-Training Pack)
 SpeedCoach GPS 2 (Training Pack)
 SpeedCoach OC 2 (Non-Training Pack)
 SpeedCoach OC 2 (Training Pack)
 SpeedCoach SUP 2 (Non-Training Pack)
 SpeedCoach SUP 2 (Training Pack)

Cancel Open

A file folder window will appear. Navigate to the folder where the files were saved. Now you need to select the file appropriate for your model.



The screenshot shows the LINK™ for OS X Version 1.32 application. On the left, there are options for connection devices: SpeedCoach (selected), EmPower Oarlock, and CoxBox. Below these are instructions: "1: Turn on SpeedCoach" and "2: Select the 'Data LINK' menu option". A "Manage SpeedCoach" window is open, displaying a table of saved session data. A file selection window is also open, showing a file named "SpeedCoachGPSBasic_222.upg" selected. A red arrow points to the "Open" button in the file selection window.

SpeedCoach Name	Date/Time	Workout Name	Total Distance
SpdCoach 2398162	01/24/20 03:48pm	JustGo-0M	0.0 m
SpdCoach 2398162	01/21/20 11:09am	JustGo-0M	0.0 m
SpdCoach 2398162	01/21/20 11:07am	JustGo-0.000KM	0.000 km
		JustGo-0M	0.0 m
		JustGo-0M	0.0 m

In this example, I'm upgrading a SpeedCoach GPS Model 2 without Training Pack. Once the file is selected, press Open. Then select Yes when the firmware update screen appears.

Wait for the SpeedCoach to finish. It will turn off and then back on and the process is complete.



IF YOU NEED ADDITIONAL HELP, PLEASE
CONTACT US AT
TECHSUPPORT@NKHOME.COM