



ON-BOARD CONSOLE

INSTRUCTION MANUAL : How to set up your On-Board Console for KayakPro's SpeedStroke and MultiStroke Egrometers.

KAYAKPRO

SAFETY PRECAUTIONS

SAFE OPERATION AND USE

SERIOUS INJURY CAN OCCUR IF THE FOLLOWING PRECAUTIONS ARE NOT OBSERVED.

1. Always consult your physician prior to undertaking any exercise regimen. A medical exam is advised.
2. Keep head, limbs, fingers, and hair clear of all moving parts and flywheel cage.
PLEASE NOTE: For either SpeedStroke or MultiStroke, the largest working area is:
TOTAL WIDTH: 175 cm (69")
TOTAL HEIGHT: 215 cm (84")
TOTAL LENGTH + SPACE BEHIND FOR PADDLE
SHAFT RECOVERY: 343 cm (135")
3. Inspect machine prior to use. Do not use the machine if it appears damaged or inoperable.
4. Contact manufacturer if machine is broken or jammed.
5. Use machine only as intended.
6. Do not modify the machine.
7. Children must not be allowed near this machine.
8. Teenagers must be supervised in the use of this machine.
9. By using SpeedStroke GYM or Mutlistroke Egrometers the user accepts all and full responsibility for self.

TABLE OF CONTENTS

KAYAKPRO ON-BOARD CONSOLE

ON-BOARD OVERVIEW	002
HOW TO CONNECT	003-004
SETTING AND USE	005-007
CALIBRATION	008
EXTERNAL PC CONNECTIONS	009
FOR SOFTWARE	
ASSEMBLY INSTRUCTIONS • • •	SEE SEPERATE MANUAL



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The on-board console provides real time feedback to your performance on SpeedStroke and MultiStroke. You have several options that control the information the console displays. These directions describe the different displays and the buttons that control them. In addition, we'll cover how to connect the on-board console and install batteries.

ON-BOARD CONSOLE **OVERVIEW**

PLEASE NOTE: There is a protective film over the console screen removing this will allow clearer vision of the on-board display.

INSTALLING BATTERIES IN THE ON-BOARD CONSOLE

The console takes 2 x "AA" batteries. Make sure they are positioned in the right direction! The negative end towards the tension spring.

HOW TO CONNECT THE ON-BOARD CONSOLE

The SpeedStroke and MultiStroke comes with several electronic connectors. We will leave the instructions for the external connections to your PC to one-side for the moment until after the instructions for the on-board console are completed.

The 3.5 mm "male" plug and the 3.5 mm "female" jack that originates from the front of the SpeedStroke or MultiStroke simply plug into each other.

Secure the excess wire with the cable "ties" provided. When connected, this cable allows data transfer from the flywheel to the onboard console. (See image 1 & 3.)



BACK OF THE FLYWHEEL

IMAGE 1

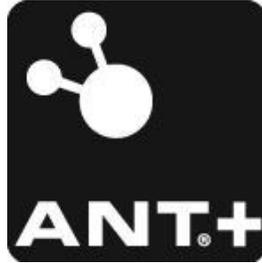
The smaller 2 mm "male" plugged cable exiting from the middle of the frame is an extension on the cable connected at the flywheel end. This 2mm jack plugs into the back of the on-board console, the jack port marked "SPD." (See image 2 & 3.)



SPD CABLE

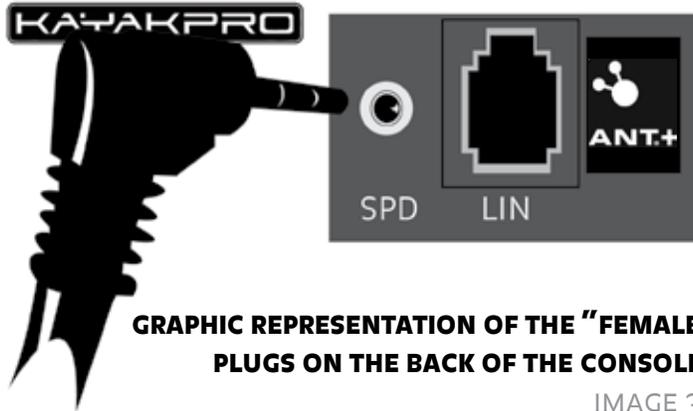
IMAGE 2

The KayakPro Version 5 console has an ANT+ wireless pick up so no physical connection is needed to allow pick up of the athlete's heart rate.



PLEASE NOTE: In order for the Heart Rate feature to function, you must wear a ANT+ compatible Heart Rate chest belt transmitter.

KayakPro is a member of the ANT+ alliance.



GRAPHIC REPRESENTATION OF THE "FEMALE" PLUGS ON THE BACK OF THE CONSOLE

IMAGE 3

SETTING & USE OF THE ON-BOARD CONSOLE DISPLAY

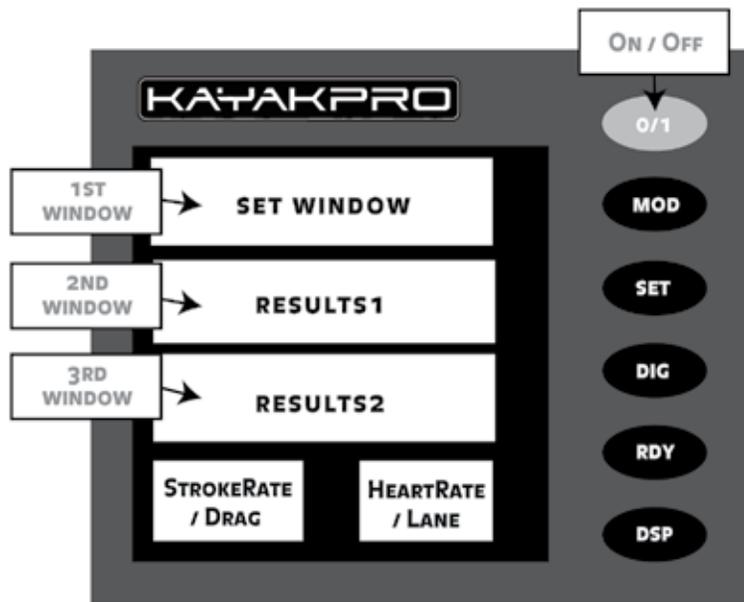
There are five “windows” on the on-board console display, many of which change according to the option selected.

TO TURN ON THE DISPLAY

Press the red “0/1” button at the top. To switch off the console press the RDY button for 5 seconds.

ONCE YOU TURN ON THE DISPLAY

The top uppermost display window flashes. Dependent upon the setting the last time the system was used, it will either be set to “Meter” or “Time.” Pressing the “MOD” (Mode) button toggles back and forth between these two settings. If you want to calibrate or measure your workout according to distance, select “Meter.” If you want to calibrate or measure it according to time, select “Time.”



GRAPHIC REPRESENTATION OF THE CONSOLE FACE/FRONT

SETTING OPTIONS 1ST WINDOW

SETTING THE “METER/TIME” WINDOW (THE 1ST WINDOW)

After you have switched the console on -Dependant upon whether you want “Time” or “Meters,” something in this window will be flashing. -If you want to change the setting (i.e., either more or less time or distance), press the “SET” button. This changes the digit position on the display. To set the digit, press the “Dig” button. This increases the setting by one digit per push (similar to a digital watch). Set “Time” or “Meter” as you wish. When your setting preferences are completed, press the “RDY” button to lock in your “Time/Meter” setting.

PLEASE NOTE: Your setting for Time/Meter in this window will affect what appears in the third window from the top. If you select “Time” for the top window, “Meter” will automatically be displayed in the third window. Conversely, if you select “Meter” in the top window, “Time” will be displayed in the third, once you press the “RDY” button.

THE “RDY” (READY) BUTTON

This prepares the on-board console for operation during your workout. When you start paddling, the console starts running automatically. If you’ve selected “Meter” in the top window, and you stop paddling, the console display will pause. However, if you have selected “Time,”

the clock continues running, even if you have stopped paddling.

After the “RDY” button has been pressed, you can still change certain console settings. These are controlled by the “DSP” (Display) button. Pressing the “DSP” button affects the second “window” from the top. (See image: Console Face/Front.)

Pressing the RDY button after completion of one race will reset ready for the next race.

SETTING OPTIONS 2ND WINDOW

THE “500M/WATTS/KCALs” WINDOW (THE 2ND WINDOW FROM THE TOP)

This window is immediately below the “Time/Meter” window. It “toggles” between three settings:

- (500m.) Provides you 500m pace
- (Watts) Shows average of watts generated per stroke.
- (Kcals) indicates the number of calories burned per hour at your pace.

IMPORTANT NOTE: If you wish to re-set the distance or time after pressing “RDY” then press “Mod” for 5 seconds this will then allow the re-setting of the distance or time first window.

SETTING OPTIONS **BOTTOM LEFT WINDOW**

Your Calibrated Drag factor will be displayed here.

SETTING OPTIONS **BOTTOM RIGHT WINDOW**

This displays your unique ID lane selection (required when using the iRaceRegatta or iRaceExpress software). To alter the lane setting, turn the console on. Then BEFORE pressing the "RDY" button, press "DSP" three times. The lane selection will then flash. To set it, press "SET+" to go up or "DIG-" to go down. When your preferred lane number is displayed, press the "RDY" button. In order to use either iRaceExpress or iRaceRegatta, you will be required to input an entry between 1 and 9.

Your heart rate will be displayed here when the console has been set. In order for the heart rate to be monitored, you must wear a ANT+ compatible Heart Rate chest belt transmitter, and must make the signal handshake between the chest belt and console within the first 30 seconds of powering the console on.

CALIBRATION ON THE ON-BOARD CONSOLE

The SpeedStroke GYM and MultiStroke on-board console has the capability to accept the inputted athlete's weight (in kg) and to calibrate the SpeedStroke GYM or MultiStroke Ergometer given the individual user and specific machine properties. This auto-calculation and calibration will allow different Athletes' weight specific, Machine set-up and specific on site condition-adjusted results to be harmonized between machines.

TO CALIBRATE ATHLETE WEIGHT + DRAG RESISTANCE

STEP 1: Press (0/1) key to turn power on. The weight, drag resistance and Lane ID will all be displayed on the screen.

STEP 2: Press the (DSP) key once to allow input of athlete's weight. The second window will be flashing.

STEP 3: To increase or reduce the Athlete's weight displayed, use the (SET+) and (DIG-) key to input the paddler's weight in (Kg)- Either upward or downward. Press "RDY" to lock-in your weight and start- or DSP to lock in your weight and move to Drag Calibration- see further details following.

TO SET DRAG RESISTANCE

STEP 1: Press the Red "On / Off" button.

STEP 2: Press the DSP button twice. The bottom left hand corner window will be flashing.

STEP 3: When the display in the bottom left hand window is flashing; accelerate the fan to a speed of 700 or over the speed can be viewed in the second window. Once the acceleration / speed is above 700, let the flywheel run freely until the fan has come to an unimpeded or un-accelerated stop.

When the display has stopped flashing, the Drag Factor is automatically set and this figure will be displayed in the bottom left hand window.

Please recalibrate in this way each time the position of air inlet or shaft length is changed or altered, or when either the battery, athlete (User Weight) is changed. An un-calibrated Ergometer will yield inaccurate results.

STEP 4: When the Drag Calculation has been automatically recorded in the bottom left hand window - press "RDY" to lock in the drag calibration coefficient.

NOW YOU ARE PRIMED AND READY TO PADDLE.

EXTERNAL PC CONNECTIONS FOR SOFTWARE

The “Phone Jack” (or LIN Plug) so named because it resembles the plug that is used in telephone connections.

There are two ends to the LIN cable on your SpeedStroke or MultiStroke, one toward the middle of the SpeedStroke frame (near the footrest) and the other at the front-(Flywheel end). This LIN cable provides both output and input to a PC computer.

Insert the LIN plug connector into the back of the LIN jack port in the rear of the console.

Use this LIN cable in order to connect the on-board console to your PC computer (required only if you are running software- iRaceExpress, iRaceRegatta, eMonitorPro or Virtua-Race), connect the LIN Cable plug end (LIN Cable) to the small square “black box”(LIN Box). (See page 004, Image 4.)



LIN CABLE

The other side of the LIN box connects to the blue USB cable that in turn then connects to the USB port of your computer.

Once the LIN cable, LIN box and USB cable are connected to your PC a red light on the LIN box illuminates. This indicates a good connection between the SpeedStroke console and your PC.

If extra length for the LIN/Computer connection is required- attach the 4 Way LIN box to the Ergometer LIN cable- and then use an extra LIN cable to connect to the 4-Way LIN box to the 2- way LIN box.

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For a full list of international dealers go to:
www.kayakpro.com/speedstrokegym/dealers.php
www.kayakpro.com/multistroke/dealers

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