Congratulations on your new EmPower Oarlock!

The EmPower Oarlock is the result of a collaboration between NK and Valery Kleshnev, founder and director of BioRow. BioRow is a rowing biomechanics research and consultancy firm known for producing both in-depth rowing technique analysis and dozens of medals in international competitions. NK has worked with Dr. Kleshnev since 2014 to merge BioRow approaches to measuring and quantifying complex rowing biomechanics with NK’s industry-leading rugged rowing technology and user-friendly SpeedCoach GPS. NK will continue to work with Dr. Kleshnev to take full advantage of BioRow technology, knowledge, and analysis tools as the EmPower Oarlock progresses.

You now own one of the most advanced athlete performance tools in rowing. Please follow ALL of these instructions to properly Install, Pair, Configure, and Calibrate your Oarlock. Completing these steps should take under 15 minutes, and will ensure you get accurate measurements. You can find videos covering these steps at www.nkhome.com/empower-install.

**LIGHT INDICATORS**

Button on Oarlock is used to turn unit on (hold 1 sec)/off (hold 2 sec) or pair with a SpeedCoach (double tap).

<table>
<thead>
<tr>
<th>Slow blink green</th>
<th>not connected to a SpeedCoach</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fast blink green</td>
<td>in pairing mode</td>
</tr>
<tr>
<td>Solid green</td>
<td>connected to a SpeedCoach</td>
</tr>
<tr>
<td>Slow blink red</td>
<td>battery has less than 1 hour capacity</td>
</tr>
<tr>
<td>Fast blink red</td>
<td>battery is very low, oarlock is about to power down</td>
</tr>
<tr>
<td>Solid red</td>
<td>oarlock error; contact customer service</td>
</tr>
</tbody>
</table>

**CHANGING THE BATTERY**

1. Remove existing oarlock.
2. Remove 10mm of spacers from below existing oarlock, and replace with magnet bar, sticker side up.
3. Install bushings into top and bottom of EmPower Oarlock.
4. Install EmPower Oarlock directly on top of Magnet Bar.
5. NO washers between oarlock and magnet bar.
6. Replace remaining washers and hardware. Tighten hardware.
7. To adjust oarlock height, loosen magnet bar and adjust both oarlock and magnet bar together. Repeat magnet bar alignment process after adjusting.

**INSTALLATION**

1. Remove existing oarlock.
2. Remove 10mm of spacers from below existing oarlock, and replace with magnet bar, sticker side up.
3. Install bushings into top and bottom of EmPower Oarlock.
4. Install EmPower Oarlock directly on top of Magnet Bar.
5. Replace remaining washers and hardware. Tighten hardware.

**Included in bag:**
- EmPower Oarlock
- 2x Bushings
- Magnet Bar
- Lithium AA Battery
- 2.5mm Allen Wrench
- Angle Calibration tool

**Also needed:**
- SpeedCoach GPS 2 with Training Pack with firmware version 2.12 or higher (you can purchase a TP upgrade or download the free firmware update from our website).
- Standard rigging tools for your boat.
- Long straight edge or level optional but helpful.

Keep battery door shut when on the water. If water is introduced into the battery cavity, make sure it is dried out before next use.

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PAIRING

1. On the SPC GPS, go to Setup -> Accessory Setup -> Oarlock Setup -> Connection -> Pair Oarlock.
2. Double-press the button on the oarlock.
3. The oarlock ID and angle measurement will be displayed once the oarlock is paired.

Note: Once a SPC is paired to an oarlock, they will automatically reconnect whenever both are in range and powered on. The SPC only remembers the most recently connected oarlock.

CALIBRATION

Calibration ensures accurate angular measurement by compensating for magnetic variations in each individual pin.

Setting the Zero Angle accounts for any misalignment in the magnet bar.

Setting the Zero Force accounts for any residual strain due to use or change in temperature.

BATTERIES

We recommend rechargeable NiMH batteries such as Panasonic Eneloop and Eneloop Pro or Maha Powerex. Rechargeable AA’s can be expected to provide 8-20 hours of operation depending on capacity, and multi-packs make it easy to have fresh batteries standing ready.

Eneloop and Eneloop Pro or Maha Powerex. Rechargeable AA’s can be expected to provide 8-20 hours of operation depending on capacity, and multi-packs make it easy to have fresh batteries standing ready.

WARNING! BATTERY HAZARDS

Lithium is a toxic substance and ingestion may cause serious injury or death. Keep lithium batteries out of the reach of children. If swallowed, immediately seek medical help. Have doctor phone 24-hour hotline at (202) 625-3333, call collect if necessary. Dispose of batteries properly and according to local regulations. Do not puncture or burn batteries. If the battery compartment does not close securely, stop using the product and keep it away from children.

SPECIFICATIONS

Rowing style | Sweep | Sculling
--- | --- | ---
Pin | 1.3mm (blue) / 1.22" (black) / 9/16" (black) | 1.3mm (blue) / 1/2" (black) / 7/16" (white)
Diameters | 0.63lbs (288g) including magnet bar (std oarlock is 0.22lbs/100g) | 0.55lbs (251g) including magnet bar (std oarlock is 0.17lbs/80g)
Weight | 6.5’x4”x1.75” (16.51cmx10.16cmx4.44cm) | 6’x3.5”x1.75” (15.24cmx8.9cmx4.44cm)
Dimensions | | 

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We recommend rechargeable NiMH batteries such as Panasonic Eneloop and Eneloop Pro or Maha Powerex. Rechargeable AA’s can be expected to provide 8-20 hours of operation depending on capacity, and multi-packs make it easy to have fresh batteries standing ready. For disposable batteries, we recommend Energizer Ultimate Lithium batteries, which will provide roughly double the run time of rechargeable batteries. We do NOT recommend the use of standard alkaline batteries. Particularly if they become damp when stored or level can help with visual alignment. Hold the straight edge Fig a perpendicular to the boat. A long straight edge Fig b helps identify which oarlock is paired with the Seat Number Configuration of and Oar Length Configuration of Side and Oar Length. Make sure to press tool snug against back face of oarlock and adjust its angle until it is perpendicular to the boat.

Please enter button to zero any angular offset.

Set Zero Angle

1. On the SPC GPS, go to Setup -> Accessory Setup -> Oarlock Setup -> Set Zero Angle
2. Align oarlock parallel with the boat Fig c. A long straight edge or level can help with visual alignment. Hold the straight edge flush against back face of oarlock and adjust its angle until it is perpendicular to the boat.
3. Press enter button to zero any angular offset.

Set Zero Force

1. On the SPC GPS, go to Setup -> Accessory Setup -> Oarlock Setup -> Set Zero Force
2. With no oar in the oarlock or other pressure applied, press enter to zero any force offset.

These menu items will only be available if SPC GPS has an active connection with an oarlock!

DO NOT THROW AWAY THE ANGLE CALIBRATION TOOL.

This tool will be needed each time you move the oarlock to a new rigger or boat, or wish to check your angle calibration. Replacement tools can be purchased on our website.

Every 1-2 weeks

Any possible shift in magnet position

When to perform

Set Zero Angle

New installation

Change in oarlock height

After de-rig/re-rig

Any possible shift in magnet position

Set Zero Force

New installation

Every 1-2 weeks

Change of +/- 20° F / °C

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NK

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Configuration of Boat ID and Seat Number helps identify which oarlock is paired with the SpeedCoach. Upon reconnection, the SPC will display this information.

Configuration of Oar Length, Inboard, and Side are required for accurate measurement of Force, Work, and Power.

Configuration of Force, Work, and Power by 2 determines whether set to YES for sculling with one oarlock to allow the force, work, and power values to be doubled. This allows the effective athlete output to be shown.

Configuration of Battery Type allows the oarlock to accurately determine low battery conditions.

These menu items will only be available if SPC GPS has an active connection with an oarlock!