

# StrokeCoach

## Operating Manual

# NK

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Please register your product at [www.nkhome.com/register/](http://www.nkhome.com/register/)  
to ensure your full 2-year warranty.

**Thank you for purchasing this StrokeCoach Rowing System.** We have designed the StrokeCoach to provide you with all the basic information you need to train effectively – elapsed time, stroke rate and stroke count as well as 25 minutes of stroke rate memory so you can review your rates after a race or piece.

### NK Rowing Electronics Warranty & Service

NK does not believe in "disposable electronics." We know our products don't lead a pampered life, and we design them for years of performance in tough conditions. We guarantee every NK product to be free of defects in materials and workmanship for a period of TWO YEARS from your date of purchase. We will repair or replace any defective product or part when notified within the warranty period, and will return the product via domestic ground shipping at no charge. The following issues do not result from a manufacturing defect and are not covered under this warranty: damage due to improper use or neglect, including corrosion; impact damage; modifications or attempted repairs by someone other than an authorized NK repair agent; normal wear and tear; failed batteries.

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NK wants you to be an NK customer for life, so we take care of you even beyond the terms of the normal product warranty with our Customer Care Program. Trade-in any NK display unit, no matter the age or condition, and receive a generous discount on the replacement product.

**Need Help?** Our Knowledge Center has answers to many common questions, along with tips and tricks for using NK products. It's available 24-7 at: [www.nkhome.com/knowledgecenter/](http://www.nkhome.com/knowledgecenter/)

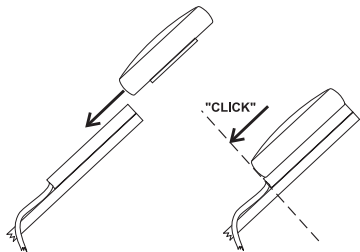
For email assistance with the installation or operation of your NK product, write: [techsupport@nkhome.com](mailto:techsupport@nkhome.com). For help with an apparent malfunction, or to arrange or inquire about a repair, write: [repairs@nkhome.com](mailto:repairs@nkhome.com).

Or call 800.784.4221 (610.447.1555 outside the USA), Monday through Friday, 9 - 5 EST.

## OPERATION

### Mounting:

Slide the unit into the bracket from the top. Press down until you feel the unit "click" into place.



### On:

Press and release the button once to turn the unit on.



### Off:

The Control unit will turn itself off after 17 minutes of no button presses or rowing. You cannot turn it off manually.



### Reset/Ready:

Hold the button for two seconds to zero the displays and set the unit to "READY".

### Start:



Start Rowing! The timer, rate meter

and stroke counter all start automatically. Make sure the display shows both "READY" and "STOP" before you start. If not, reset the unit before rowing.

### Stop:



Press the button once to stop the timer and stroke counter when

you stop rowing. The rate meter and stroke counter will continue to work. *NOTE: Once you have "stopped" the clock, you cannot set it to "READY" or restart until you have cleared/reset.*

### Memory:

The StrokeCoach automatically stores your stroke rate in memory every 10 seconds for the first minute, then every 20 seconds up to 25 minutes and 49 seconds.

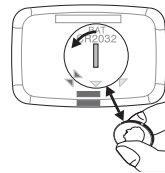
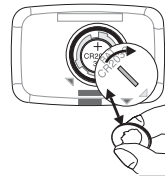
After stopping the unit, press the bottom button repeatedly to step through the memory. The timer will show the elapsed time for the displayed stroke rate. The stroke counter will continue to show the total strokes taken.

## Changing the Battery:



If the display appears faint, you need to replace the battery.

Flip the unit over and open the battery compartment with a nickel or similar coin. Tap the unit on your hand to remove the battery. Insert a new 3-Volt CR2032 lithium watch battery, "+" pole up, and replace the battery door.



Make sure the black o-ring seal is in place before replacing the door.

## Resetting after Changing the Battery:



The display will occasionally appear scrambled after a battery change. Reset the unit by holding the button for two seconds and the display should return to normal.

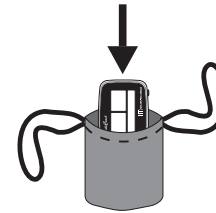


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## MAINTENANCE

### Storage:

Always store your unit in the provided pouch when not in use to prevent scratches to the front window.

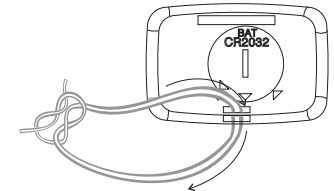


### Cleaning:

Rinse the window thoroughly with water to remove grit before wiping or polishing.

### Carry Strap:

Install the carry strap provided by threading it through the slot on the bottom of the unit and tying.



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## TROUBLESHOOTING

### PROBLEM:

### POSSIBLE SOLUTION:

#### NO STROKE RATE

The display unit may not be in contact with the mounting bracket. Push the display unit firmly onto the mounting bracket until a loud 'click' is heard.

The seat magnet may not be passing close enough to the stroke rate sensor. Make sure that the magnet is passing directly over the black sensor and within 3/4".

The magnet and stroke rate sensor may not be correctly aligned. Make sure that the magnet and black sensor are both across (perpendicular to) the long axis of the boat.

If possible, swap your control unit with a control unit you know works. If the stroke rate begins working, your problem lies with your control unit. If the stroke rate still does not work, your problem lies with your mounting bracket, stroke rate sensor or magnet.

#### TIMER WILL NOT START

The unit is in STOP or MEMORY mode. Hold the button for two seconds to reset the unit and clear "STOP".

The unit may not be receiving a "start" signal from the stroke rate sensor. Review "no stroke rate" solutions above.

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## TROUBLESHOOTING, CONT.

### PROBLEM:

### POSSIBLE SOLUTION:

#### DISPLAY APPEARS FAINT, DISPLAY SUDDENLY GOES BLANK, AND/OR UNIT WILL NOT TURN ON

Replace your battery (CR2032 Lithium watch battery), following the instructions on page 10. In rare cases, an electrostatic discharge (static electricity "shock") may cause your display's unit to go blank. In dry weather, a charge can build up while the unit is being carried in the storage pouch or a pocket and be discharged when the unit is touched or placed on the mounting bracket. If this happens, you can perform a complete reset of your unit as follows:

Open the battery door and remove the battery. Leave the battery out for at least 10 seconds *while pressing and holding the button*. Release the button and reinstall the battery. The unit should turn on and function normally when you push the button.

If this procedure does not solve the problem, and your unit is more than 2 years old, try replacing the battery.

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