

BioRow™ Catch Training System

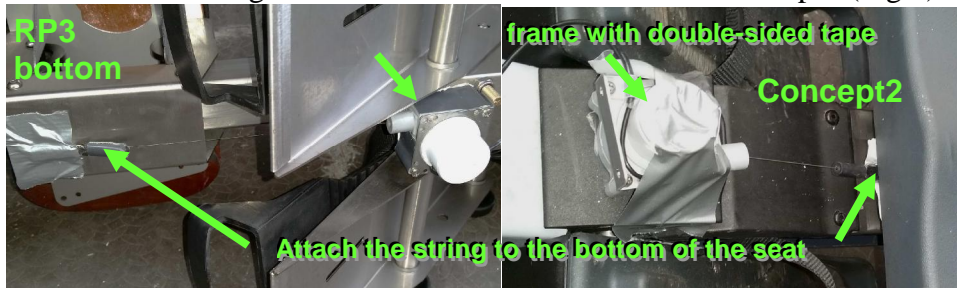
Quick Installation guide for RP3 or C2 rowing machine

Firstly, install the encoder on the shaft of the flywheel of a rowing machine. Undo a screw near the shaft (Fig.1), attach the encoder hub on the nut of the shaft, insert the screw back onto its place through mounts of the encoder and electronic unit, and tighten the screw.



To adjust the position of the hub, release two grab screws and slide the hub of the encoder shaft to make full contact with the nut on the erg. You can tighten two grab screws to fix the hub on the nut, but it may work better, with less oscillations, without fixing it.

Using double-sided sticky tape, install the seat sensor on the frame and attach the string to the seat with double-sided and cloth tapes (Fig.2).



Connect cables to the electronics unit as it is indicated on its top.

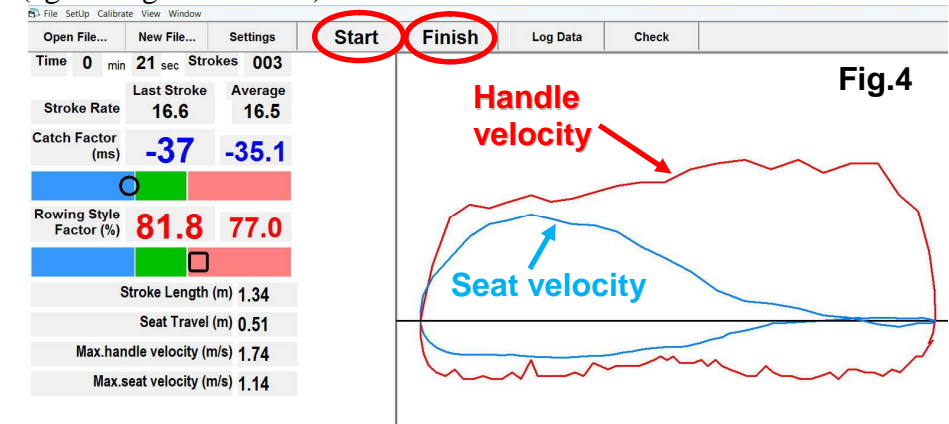
Install the tablet PC into the cradle and connect the micro-USB adapter. You can install together with another tablet for running RP3 software (Fig.3). Turn ON the Tablet PC and, after booting, connect the cable to it through micro-USB port. The electronics unit is powered at this time and its LEDs are turned on.

If you have a number of systems, always use match the cable number with the tablet PC.

Run BioRowErg software double-clicking the icon at the centre of the screen. Click “Start” button (Fig.3, 4) and start rowing. Click “Finish” to close the data window and reset all averages, then click “Start” again to begin a new piece of rowing. See the software manual for more details.



When rowing, you see the screen similar to the shown on Fig.4. Try to keep indicators of the Catch Factor and Rowing Style Factor in green zones. Blue zone indicates too early change direction of the seat at catch (CF) or too fast (RSF) seat movement after the catch (“slide shooting”). Red zone means too late (CF) or too slow (RSF) seat movement (“grabbing the handle”).



Enjoy using BioRow™ Catch Training System.