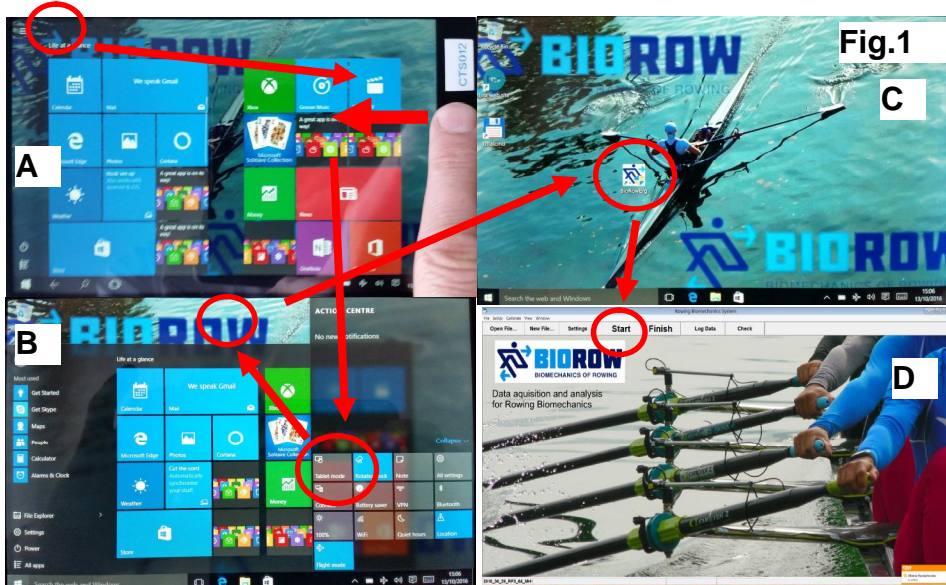


To power ON the tablet PC, press 2-3s the button on its top left edge (Fig.1, A). With Windows 10 tablet, after booting, slide finger from the right edge of the screen, touch “Tablet mode” button to switch it OFF and touch desktop outside icons. With Windows 8 tablet, it is not necessary.

Double-click “BioRowErg” button in the centre of the desktop to start the software. Click “Start” button on the toolbar and start rowing.



Settings – Feedback section (Fig.2) defines how catch variables are evaluated. Please modify only circled variables.

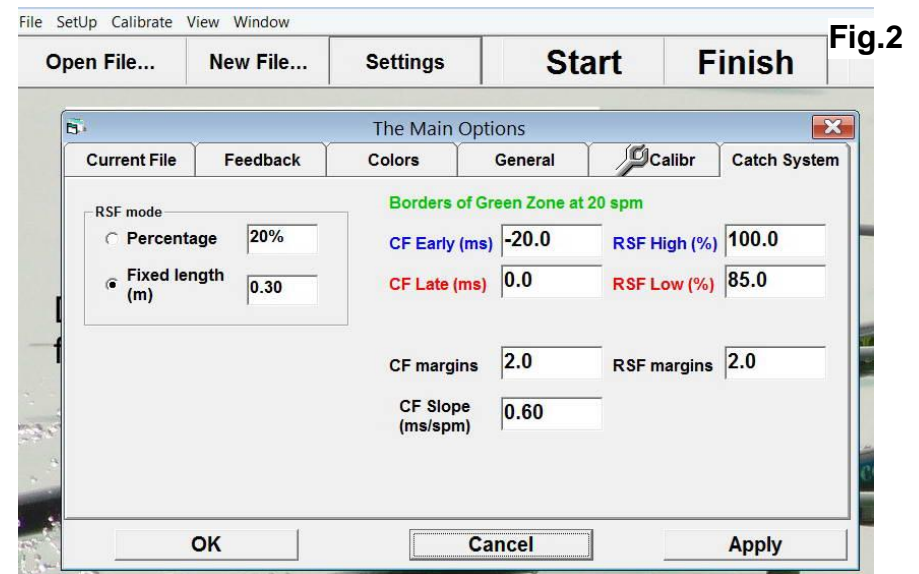
RSF mode defines where the Rowing Style Factor (ratio of the seat and handle movements) is calculated:

- At certain **Percentage** of the drive length;
- At **Fixed length** of the handle travel (recommended value 0.30m). This option is useful, if you practice drills (half slide, catch only, etc.).

Catch Factor target values are defined as following:

- **CF Early (ms)** – defines the left border of the green zone and right border of blue zone. Recommended value for RP3 erg is -20ms at stroke rate 20spm;

- **CF Late (ms)** – defines the right border of the green zone and left border of red zone. Recommended value for RP3 erg is 0ms at stroke rate 20spm;
- **CF margin** defines the scale of red and blue zones in relation to the scale of green zone. At the recommended value **2.0** and above scale of green zone $20\text{ms}=(0) - (-20)$, the right edge of red zone corresponds to $+40\text{ms}=(0) + 20 \times 2.0$, and left border of blue zone equates to $-60\text{ms}=(0) - 20 \times 2.0$
- **CF slope (ms/spm)** defines how target CF changes with the stroke rate. Recommended value 0.6 ms/spm means that CF increases by 0.6 ms at every 1spm increase of the stroke rate, or by 9 ms at 15spm higher rate. Therefore, at CF targets above set for 20spm, at the stroke rate 35spm, “CF Early” would be -11ms and “CF Late” would be +9ms.



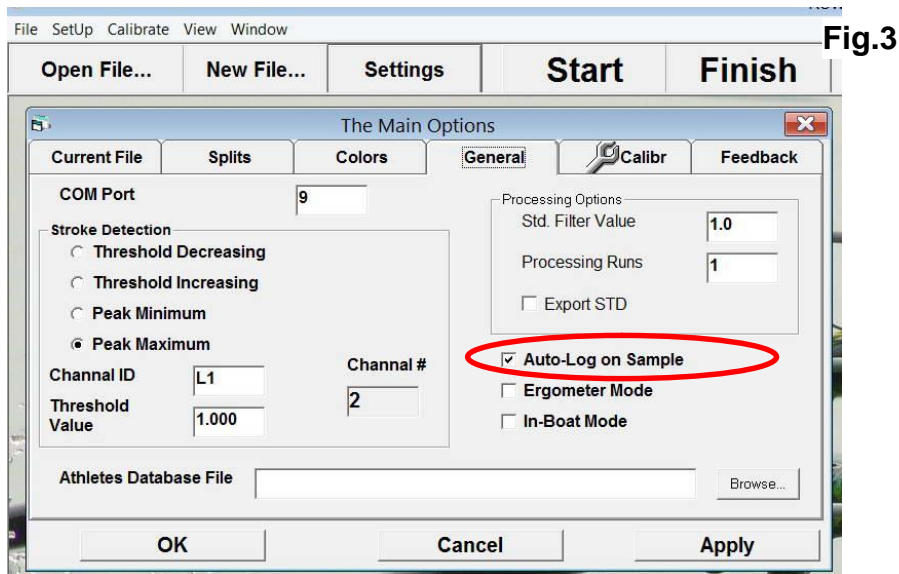
The Rowing Style variables are defined in similar way:

- **RSF Low (%)** – defines the left border of the green zone and right border of blue zone. Recommended value is 85%;
- **RSF High (%)** – defines the right border of the green zone and left border of red zone. Recommended value is 100%;
- **RSF margin** defines the scale of red and blue zones in relation to the scale of green zone. At the recommended value **2.0** and above scale of green zone $15\%=100\% - 85\%$, the right edge of red zone corresponds to

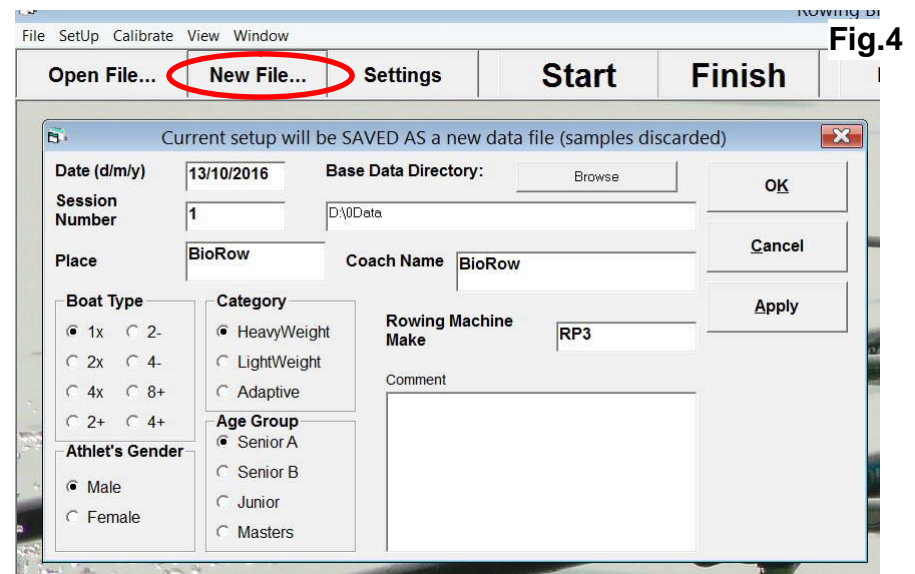
$55\% = 85\% - 15\% * 2.0$, and left border of blue zone equates to $130\% = 100\% + 15\% * 2.0$

You may want to record the data of your rowing. To do this, turn ON the option “Auto-Log on Sample” on Settings-General tab (Fig.3). With this option ON, every time you hit the “Start” button, a new data log file is created and all your strokes are recorded. The data file is closed after you hit “Finish” button, or close the program. The “Sample number” is indicated on the top bar of the screen.

Please DO NOT change other options of the program.



Later, you may replay the recorded samples using the menu function View – Play data file, then selecting the sample file from the list. Then, you will see the same screen, with what you saw during rowing.



All recorded samples are stored in the current folder of the program, which name is displayed at the bottom status bar of the program. If you are logging data, after a while, you may need to create a new folder, which could be done with “New File...” command on the toolbar (Fig.4). A new data folder and file in it will be created in “0Data” main folder on D: drive, samples counter will be reset and all samples will be stored in this new folder. The format of a new current folder and file is “YYY_MM_DD_Session Number_Gender Weight Boat”

If you want to go back to a previous folder to recover data, you can use “Open File...” button and select the required folder and file.

For more detailed analysis, you may open a data log file in graphic mode and process average patterns for rowing samples. It is recommended to do it with a mouse and keyboard connected to the tablet PC, or on a desktop PC after transferring files from the tablet PC.

With View-Scan Data file function, you choose a file from the current folder, then the file is scanned to stroke cycles, and all found strokes are displayed at the bottom pane as points according to their stroke rate (Fig.5).

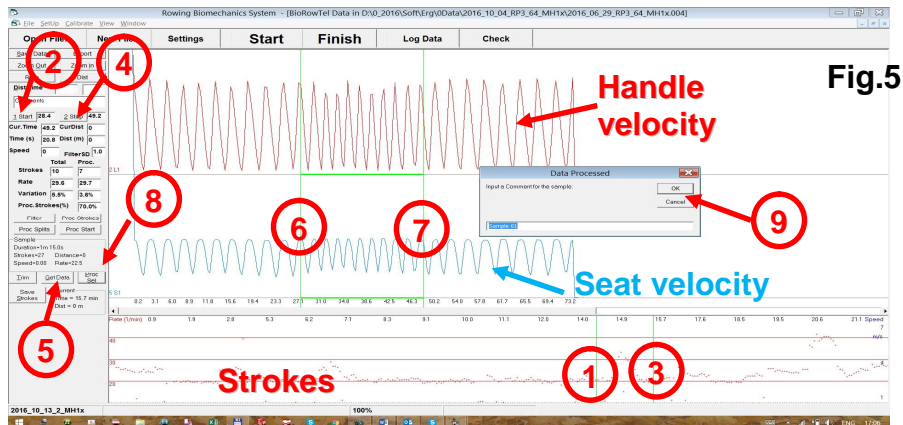


Fig.5

To select a sample, click at its start (1) on the bottom pane and click “Start” (2) button or “Alt-1”, then click at the end of the sample (3) and use button “Stop” (4) or “Alt-2”. Click “Get Data” (5) and you will see the selected sample data in the top pane. You may select it more accurately, clicking at the start (6) and “Alt-1” then at the end (7) and “Alt-2”. Finally, click “Proc.Sel.” (8), input a comment for the sample in appeared text box (by default, they will be commented as “Sample 01”, ...02, etc.) and click OK (9). All averaged data samples are stored in the current data file, which could be used for further analysis. See “BioRow Reports” manual for further information.