

# Installation of BioRowTech system on a rowing machine

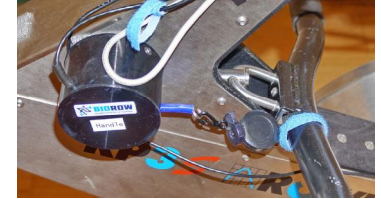
## Concept2 installation

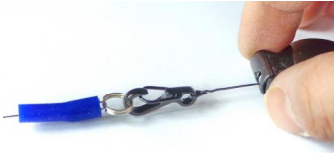


## Action

1. Mounts the handle position sensor on the frame of the erg using 3M Double Lock tape, and connect the wire with the handle with Velcro strip through the String Adjuster. During the drive, the wire should be approximately parallel to the chain.
2. Mount the seat position sensor between foot-plates of the stretcher using the supplied 3M Double Lock tape. Similarly, attach the String Adjuster at the bottom of the seat, so that the wire should be parallel to the travel of the seat.
3. Mount the trunk position sensor on the monitor arm of the erg using the supplied mounting tape. Connect the wire of the sensor with athlete's clothes at the level of the shoulders.
4. Mount the Data Collector A to the frame and make the sensor cables tidy using some sticky tape. Mount the tablet PC, turn it ON, connect the cable to micro-USB socket B, which will power the Data Collector (blue LED will start flashing).

## RP3 installation





In all sensors, use automatic string adjusters to prevent string damage: it releases the string if load exceeds 0.5kg. In the trunk sensor, it helps to adjust the range of the shoulders movement to the range of the sensor, so the string in the adjusted should be extended for 20-40 cm. To wind the string back into the adjusted, remove the tension and push the button on it. The internal coil spring will pull the string inside.



To see the desktop on the tablet with Windows 10, you may need to switch OFF "tablet mode" (gesture from the right edge, switch off the button "tablet mode"). To start the program, double click on BioRowTech icon.

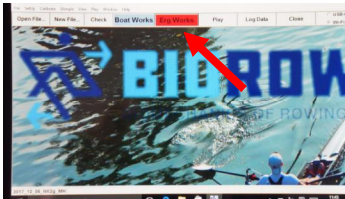
Click red "Erg Works" button at the top toolbar and start rowing watching immediate feedback on the screen.

Click "Check" button to see is the data signal is going, then restart the program.

Click "Log Data" to record you rowing, which could be played back with "Play" button.

Click "New File" to create new session file/folder and make it easier to manage log files.

See the "BioRowTech Software Guide" and on [www.biorow.com](http://www.biorow.com) for more details



### Caution!

1. In all position sensors, make sure the string is going out at perpendicular direction (at square angle) to the plate with hole. Otherwise, excessive friction will damage the string and require its replacement.
2. Handle the string carefully, always keep it connected. Do not release the string under the tension, which may cause its breakage. Contact BioRow in case the string is broken.

