eMONITORPRO2 SOFTWARE

INSTRUCTION MANUAL : How to install and use your KayakPro eMonitorPro2 software.

KAYAKPRO

eMonitorPro2 is the leading analytical, scientific and evaluation software, able to record your training data from your SpeedStroke GYM Ergometer, it is able to display in Graphic or numeric formats, isolating individual parameters to display/analyze and even overlay and compare them. eMonitorPro2 allows either real-time or recorded display in excel or data files, of paddling performance on a stroke by stroke basis.

eMonitorPro2 OVERVIEW

THE FOLLOWING PARAMETERS ARE DISPLAYED / RECORDED:

- **DISTANCE**
- **STROKE NUMBER**
- **STROKE RATE**
- **STROKE LENGTH**
- **HEART RATE**
- **SPEED**
- **WATTS**
- **AVE WATTS**
- **DRAG**
- **GRAPHIC POWER CURVES**

It is possible also to record, compare and overlay past performances of your own, of other Athletes and their previous performances- this can be critical in developing race plans and race strategies and to compare yourself with other athletes.

eMonitorPro2 is used by many of the world's top athletes, national federations, sports Science labs, and human performance testing facilities. It is essential and invaluable in evaluating and improving Athletes' performances, race plans, and to plot athletes' progress and improvement.
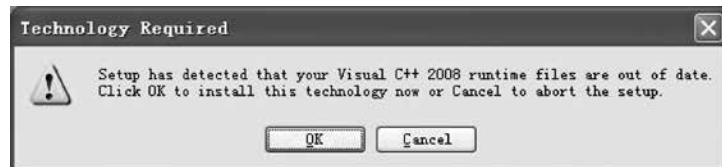
INSTALL eMonitorPro2

1. Download .exe program file from URL link
2. Run the installer of eMonitorPro2
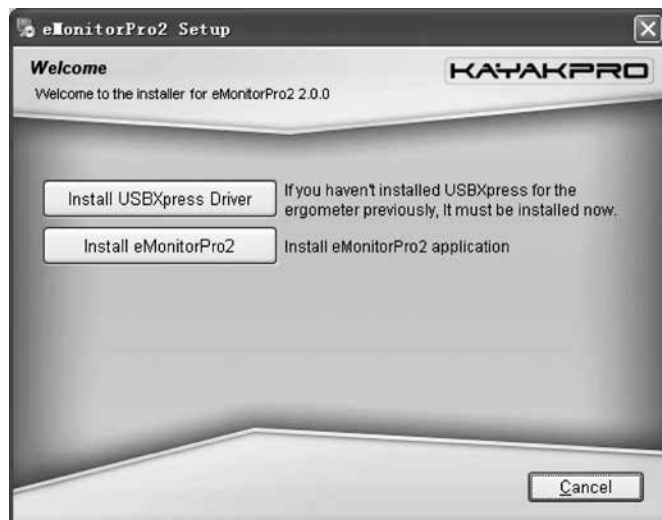
Note: If you have not installed Microsoft Visual C++ 2008 Redistributable Package on your computer, the following message will be displayed. Please Click "Yes" to install it- if you see this message.

If you haven't installed USBXpress driver for the Speed-Stroke GYM Ergometer previously, you need to install it now. Then install eMonitorPro2 following the step-by-step installation guide, until the installation is complete.

UPDATE
eMonitorPro2

eMonitorPro2 can check automatically if there is a new version/ update available through the internet. (You can turn off this feature in the options page form) If an updated version is located, a popup message will be displayed to remind you. Remember eMonitorPro2 will not update automatically.

After the new/ updated version has downloaded, you need to uninstall the old application then install the new version manually.

Don't worry! All previous training data is retained when you uninstall and re-install an updated version of eMonitorPro2.

See Image left -
for Auto Update check box (circled).

UNINSTALL eMonitorPro2

You can run the uninstaller from [Computer -Start Menu] Programs _ [All programs] _ [InfoSports] _ [Uninstall eMonitorPro2] to uninstall the application. And following the step by step guide until the un-install is completed.

NOTE: Do not worry about your training data because it is retained when you uninstall eMonitorPro2.

If you do however, want to delete all of your training data, you must delete the folder where the data is saved -manually. (The default folder is "My documents/eMonitorPro2" (If no alteration to the default option path has been made)

OPTIONS PAGE

In the option page, you can "custom" set eMonitorPro2. Any changes to the options will only take effect after the "OK" button is clicked.

 Click the left icon button to enter the options page.

Training Result Directory
By default all user's training result data will be saved in the directory "My documents/ eMonitorPro2". You can change this to a folder of your choice by clicking the "**Change**" or inputting the folder path manually. When the change is effective, all data in the previous folder location will be moved to the newly created folder.

Language
You can choose your display language from the language drop down box. Presently, eMonitorPro2 supports English, Chinese Simplified, and Spanish. When the change is initiated, eMonitor Pro2 will change to the welcome page upon start-up.

Auto Update Check
To check your eMonitorPro2 version is current –check for updates via the internet each time eMonitorPro2 it starts.

TRAINING PAGE

IN THE TRAINING PAGE, YOU CAN:

1. CHECK THE STATE [CONNECTION] OF ERGOMETER, SWITCH YOUR ERGOMETER ON/OFF
2. CREATE A USER
3. SET TRAINING PARAMETERS
4. LOAD/SAVE PRESET
5. REGISTER EMONITORPRO2
6. START TRAINING

ENTER THE TRAINING PAGE

Click the left icon button to enter the training page.

CONNECT YOUR SPEEDSTROKE

Connect your SpeedStroke to a PC with the USB provided, and then check the "state" display box - to ensure if the connection is OK. Make sure the red light on the square LIN [connector] box is on.

The "device" display box is as follows:

SN ·········· Is the unique serial number of your Ergometer Console. If you want to purchase a registration file, you need to send us the console serial number of your Ergometer.

**VER** ·········· The version number of your Ergometer Console

STATE ······· The connection state of your Ergometer and PC

    DISCONNECTED ·············· Your Ergometer is disconnected from the PC

    CONNECTED OFF ··········· Your Ergometer is connected with your PC, and switched OFF.
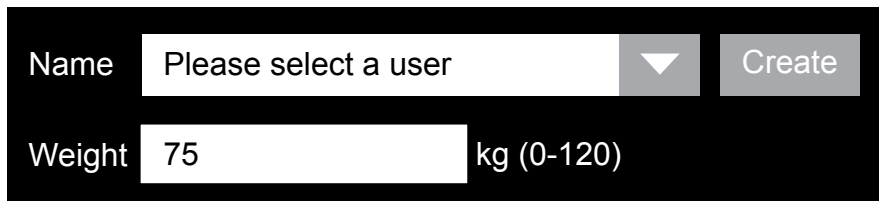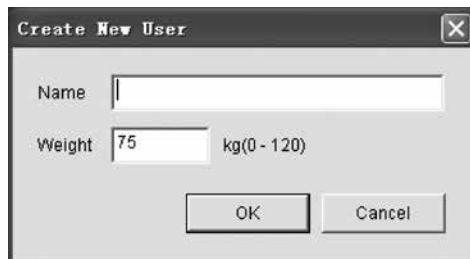
    CONNECTED ON ··········· Your Ergometer is connected with your PC, and switched ON.

Check that your connection is OK, if switch indicates OFF, please click the "**ON**" button or press the red "**0/1**" switch button on the Ergometer console. The console must be switch on to connect.

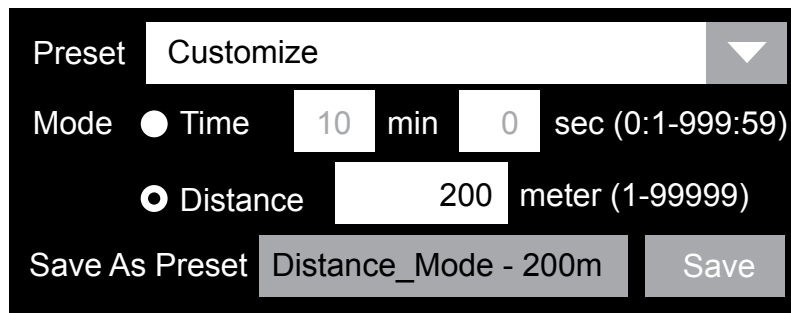| Device	
SN	K0164
Ver	04.40
State	Connected(OFF)
	ON
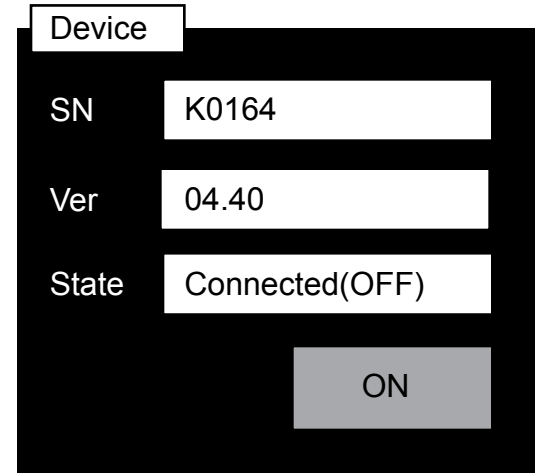
CREATE NEW USER

- You need to create a new user for yourself when you begin to use eMonitorPro2. Click the "**Create**" button, and input your name and weight in the create-new-user dialog, then Click "**OK**"

Create New User	☒
Name	
Weight	75	kg(0 - 120)
	OK	Cancel

- If you already have users or are a user, please select from the drop-down box menu. Make sure the weight is correct. If your weight has changed recently, you can modify it in the weight input box.

Name	Please select a user	▼	Create
Weight	75		kg (0-120)

SET TRAINING PARAMETERS

- You can select your training parameters from the preset drop-down menu box if you saved it as a preset before.

- If you have no presets, please select the training mode you want (Time or Distance), the target (specific distance or time you require). Then click the "**Save**" button to save this parameter as a preset distance / time, so that you can select it from the preset drop-down menu box in future.

Preset	Customize	▼
Mode	● Time	10 min 0 sec (0:1-999:59)
	○ Distance	200 meter (1-99999)
Save As Preset	Distance_Mode - 200m	Save

START TRAINING

Now you can start training by clicking the "READY" button.

NOTE: The trial version of eMonitorPro2 will display a warning message dialog. When the number of free trials remaining is 0, you will not be able to continue to train with eMonitorPro2 until you purchase the registration file.

The training record screen is composed of three parts. Real-time data, history data and the graphics curve. See chart to the right and on next page (page 011.)
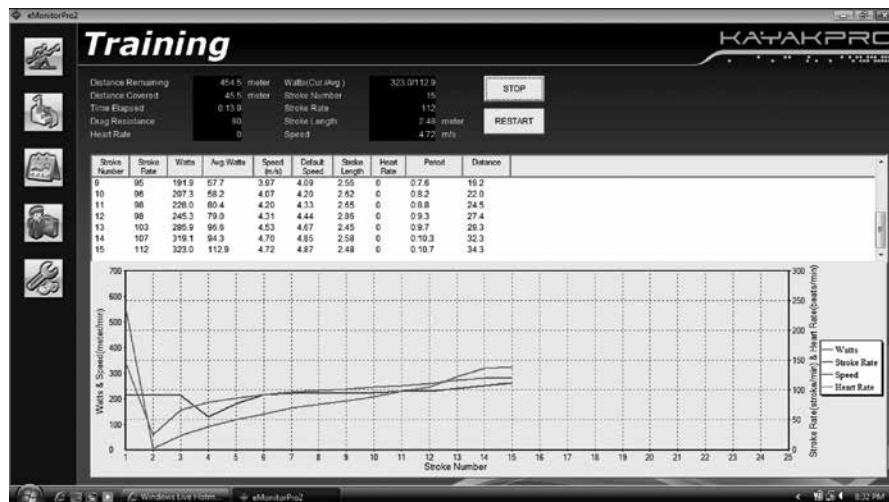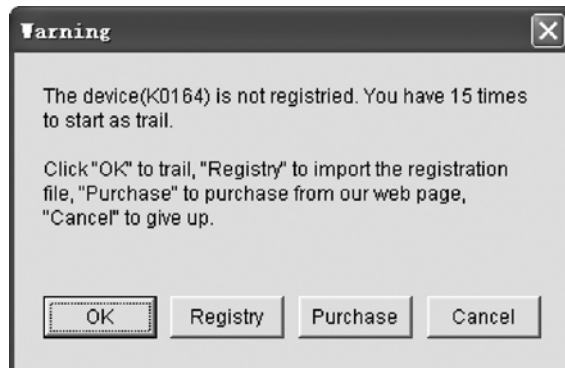
Real-time Data (Table 1)		
	Distance/Time Remaining	Current remaining distance/time to the target
	Distance Covered	Current distance covered
	Time Elapsed	Elapsed time
	Drag Resistance	Current drag resistance
	Heart Rate	Current heart rate
	Watts(Cur./Avg.)	Current watts and average watts
	Stroke Number	Current stroke number
	Stroke Rate	Current stroke rate
	Stroke Length	Current stroke length
	Speed	Current speed

History Data (Table 2)		
	Stroke Number	Stroke number. Accumulative basis
	Stroke Rate	Stroke rate. Av. Accumulative basis
	Watts	Watts. Accumulated basis
	Avg Watts	Average Watts. Accumulated basis
	Speed (m/s)	Speed base. Av. Accumulated basis
	Default Speed (m/s)	Default speed base. Av. Accumulated basis (Default speed is the speed with default weight 75 kg)
	Stroke Length	Stroke length. Av. Accumulated basis
	Heart Rate	Heart rate base. Av. Accumulated basis
	Period	Elapsed time
	Distance	Distance Covered

| **Graphics Curve** (Table 3)		
	X Axis	Stroke Number
	Left Y Axis	Watts and Speed (meter/min)
	Right Y Axis	Stroke Rate (stroke/min) and Heart Rate (beats/min)

STOP TRAINING

You have two ways to stop the training program after it has begun:

1. Paddle to target completion (race distance end)

2. To stop.

PADDLE TO COMPLETION
The training summary will finish when you reach the target. (The race distance is completed). The training data will then be automatically saved and a message box will be displayed to ask you whether you wish to reset.
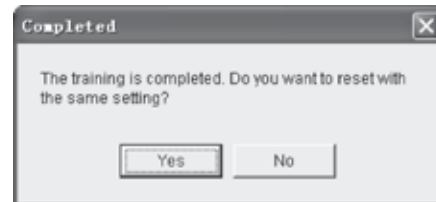
Click "Yᴇs" to reset with the same settings, Click "No" to quit the

training record screen. (Rᴇᴍᴇᴍʙᴇʀ: The training file will be automatically saved.)

UNCOMPLETED EFFORT
Click "STOP" or "RESTART" button to exit the current session. "STOP" will quit the training record screen. When the training session is uncompleted, a message box will be displayed to ask you if you want to save the interrupted training data.
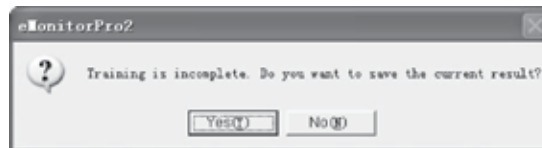
If recorded, interrupted training data will be displayed with a label "(Uncompleted)" in the overview of the analysis form, and a label "(U)" in the target column of the comparison list.
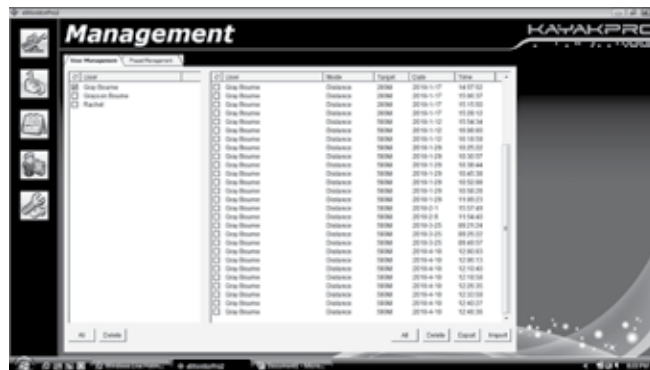
MANAGEMENT PAGE

ENTER THE MANAGEMENT PAGE

 Click the left icon button to enter the management page.

IN THE MANAGEMENT PAGE, YOU CAN:

1. DELETE USER
2. DELETE TRAINING DATA
3. EXPORT/IMPORT TRAINING DATA
4. DELETE PRESET

ANALYSIS PAGE

IN THE ANALYSIS PAGE, YOU CAN:

1. VIEW ALL TRAINING RECORDS OF ALL USERS WITH DATA LISTS AND GRAPHIC CHARTS.
2. SAVE A TRAINING RECORD AS AN EXCEL FILE.
3. EXPORT/IMPORT TRAINING RECORDS.
4. COMPARE MULTIPLE TRAINING RECORDS.

ENTER THE ANALYSIS PAGE

Click the left icon button to enter the analysis page.