



KAYAKPRO®

REGULAR ON-BOARD CONSOLE INSTRUCTION MANUAL



There is now an Upgrade Bluetooth version of the on-Board console. The Bluetooth smart console version allows connectivity to a whole range of interactive applications, for Virtual paddling, programmable training, database, performance recording via a range of 3rd Party applications like Kinomap, icTrainer, Strava, training peaks. Be sure to upgrade and explore a new world with your KayakPro smart ergometer.

HOW TO CONNECT STANDARD THE ON-BOARD CONSOLE

The KayakPro Ergometer comes with a flywheel pick up inserted into the back of the console.

The KayakPro Version 5 console has an ANT+ wireless pick up so no physical connection is needed to allow pickup of the athlete's heart rate.



STEP 1 The 2.5 mm "male" plug that originates from the front of the ergometer, simply plug into the back of the console. Ensuring a snug fit.



STEP 2 Secure the excess wire with cable "ties" if required. When connected, this cable allows data transfer from the flywheel to the on-board console.

Note: To ensure connection to the Heart rate function – you will need an ANT+ HR transmitter belt – we recommend Wahoo Trackr as it has both ANT+ and Bluetooth functionality. This will prove helpful when connecting to External Bluetooth applications.

SETTING & USE OF THE ON-BOARD CONSOLE

There are five "windows" on the on-board console display, many of which change according to the option selected.

TO TURN ON THE DISPLAY Press the red "0/1" button at the top. **TO SWITCH OFF THE CONSOLE** press the RDY button for 5 seconds.

ONCE YOU TURN ON THE DISPLAY the top upper most display window flashes. Dependent upon the setting the last time the system was used, it will either be set to "Meter" or "Time." Pressing the "MOD" (Mode) button toggles back and forth between these two settings. If you want to calibrate or measure your workout according to distance, select "Meter." If you want to calibrate or measure it according to time, select "Time."

SETTING OPTIONS FIRST WINDOW

The "meter/time" window (The 1st window) Once the red display on button red "is switched on . The top uppermost display window flashes. Dependent upon the setting the last time the system was used, it will either be set to "Meter" or "Time." Pressing the "MOD" (Mode) button toggles back and forth between these two settings. If you want to calibrate or measure your workout according to distance, select "Meter." If you want to calibrate or measure it according to time, select "Time."

Dependent upon whether you want "time" or "meters"—something in this window will be flashing. If you want to change the setting (i.e. more/less time or distance), press the "set" button. This changes the digit position on the display. To set the digit, press the "dig" button. This increases the setting by one digit per push (similar to a digital watch). Set "time" or "meter" as you wish. When your setting preferences are completed, press the "RDY" button to lock in your "time/meter" setting.

Please note: The setting for Time/Meter in this window will affect what appears in the third window from the top. If you select "Time" for the top window, "Meter" will automatically be displayed in the third window. Conversely, if you select "Meter" in the top window, "Time" will be displayed in the third once you press the "RDY" button.

The "rdy" (ready) button

After you have switched the console on— selecting "time" or "meters". If you want to change the setting (i.e. more/less time or distance), press the "set" button. This changes the digit position on the display. To set the digit, press the "dig" button. This increases the setting by one digit per push (similar to a digital watch). Set "time" or "meter" as you wish. When your setting preferences are completed, press the "RDY" button to lock in your "time/meter" setting.

Please note: The setting for Time/Meter in this window will affect what appears in the third window from the top. If you select "Time" for the top window, "Meters" will automatically be displayed in the third window. Conversely, if you select "Meter" in the top window, "Time" will be displayed in the third, once you press the "RDY" button.

SETTING OPTIONS SECOND WINDOW

The “500m pace /watts/kcals” window (the 2nd window from the top)

This window is immediately below the “Time/Meter” window. It “toggles” between three settings:

- (500 m) provides you 500m pace
- (watts) shows average of watts generated per stroke
- (kcals) indicates number of calories burned per hour at your pace.

Important note: If you wish to reset the distance or time after pressing “RDY” then press “Mod” for 5 seconds this will then allow the re-setting of the distance or time first window.

SETTING OPTIONS BOTTOM LEFT WINDOW

Your calibrated drag factor will be displayed here. Mechanism explained below.

SETTING OPTIONS BOTTOM RIGHT WINDOW

These displays can display an ID lane selection. It is not now required if you are using Bluetooth Race options. To alter the lane setting, turn the console on. Then BEFORE pressing the “RDY” button, press “DSP” three times. The lane selection will then flash. To set it, press “SET+” to go up or “DIG-” to go down. When your preferred lane number is displayed, press the “RDY” button. In order to use either the old I RaceExpress or I RaceRegatta, You can input an entry between 1 and 9.

Your heart rate will be displayed here in this window when the console has been set. In order for the heart rate to be monitored, see above – you must wear an ANT+ 2 compatible Heart Rate chest belt transmitter, and must make the signal handshake between the chest belt and console within the first 15 seconds of powering the console on.

CALIBRATION ON THE ON-BOARD CONSOLE

The KayakPro Ergometer on-board console has the capability to accept the inputted athlete’s weight (in kg) and to calibrate the KayakPro Ergometer given the individual user and specific machine properties. This auto-calculation and calibration will allow different athletes’ weight, machine setup and specific onsite condition adjusted results to be harmonized between machines.

TO CALIBRATE ATHLETE WEIGHT + DRAG RESISTANCE

STEP 1 Press “0/1” key to turn power on. The weight, drag resistance and Lane ID will all be displayed on the screen.

STEP 2 Press the “DSP” key once to allow input of athlete’s weight. The second window will be flashing.

STEP 3 To increase or reduce the Athlete’s weight displayed, use the “SET+” and “DIG-” key to input the paddler’s weight in(Kg) – Either upward or downward. Press “RDY” to lock-in your weight and start- or DSP to lock in your weight and move to Drag Calibration.

TO SET DRAG RESISTANCE

STEP 1 Press (0/1) key to turn power on.

STEP 2 Press the DSP key twice. The bottom left hand corner window will be flashing.

STEP 3 When the display in the bottom left-hand window is flashing, accelerate the fan to a speed of 700 or more. The speed can be viewed in the second window. Once the acceleration/speed is above 700, let the flywheel run freely until the fan has come to an unimpeded or un-accelerated stop. When the display has stopped flashing, the drag factor is automatically set and this figure will be displayed in the bottom left-hand window. Please re-calibrate in this way each time the position of air inlet or shaft length is changed—or when the battery, athlete (user weight) is changed. An un-calibrated Ergometer will yield inaccurate results.

STEP 3 When the drag calculation has been automatically recorded in the bottom left-hand window, press “RDY” to lock in the drag calibration coefficient.



VIDEO FOR KAYAKPRO REGULAR
V5 SET UP AND CALIBRATION

EXTERNAL BLUETOOTH CONNECTIVITY



If you have upgraded to the Upgrade Bluetooth console the set-up functionality is the same as for the Non-Bluetooth version identified above.

For further details – please subscribe to our YouTube channel and see set up here.

