



eMonitorPro2 SOFTWARE

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

KAYAKPRO

SAFETY PRECAUTIONS

SAFE OPERATION AND USE

SERIOUS INJURY CAN OCCUR IF THE FOLLOWING PRECAUTIONS ARE NOT OBSERVED.

1. Always consult your physician prior to undertaking any exercise regimen. A medical exam is advised.
2. Keep head, limbs, fingers, and hair clear of all moving parts and flywheel cage.
PLEASE NOTE: For either SpeedStroke or MultiStroke, the largest working area is:
TOTAL WIDTH: 175 cm (69")
TOTAL HEIGHT: 215 cm (84")
TOTAL LENGTH + SPACE BEHIND FOR PADDLE
SHAFT RECOVERY: 343 cm (135")
3. Inspect machine prior to use. Do not use the machine if it appears damaged or inoperable.
4. Contact manufacturer if machine is broken or jammed.
5. Use machine only as intended.
6. Do not modify the machine.
7. Children must not be allowed near this machine.
8. Teenagers must be supervised in the use of this machine.
9. By using SpeedStroke GYM or Mutlistroke Egrometers the user accepts all and full responsibility for self.

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OFFICIAL SUPPLIER OF KAYAK
ERGOMETERS TO THE 2004
ATHENS AND 2008 BEIJING
OLYMPIC GAMES

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**

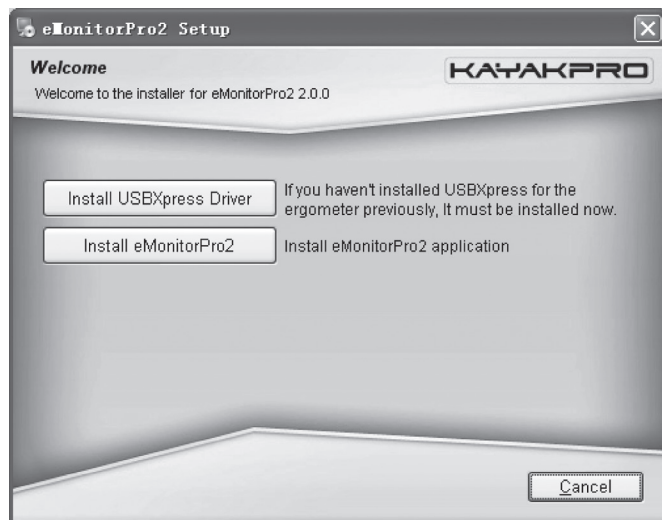
It is possible also to record, compare and overlay past performances of your own, of other Athletes and their previous performances- this can be critical in developing race plans and race strategies and to compare yourself with other athletes.

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.

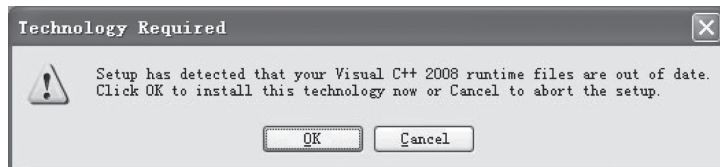
INSTALL, UPDATE & UNINSTALL

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.



ENTER THE OPTIONS PAGE



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, eMonitorPro2 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.

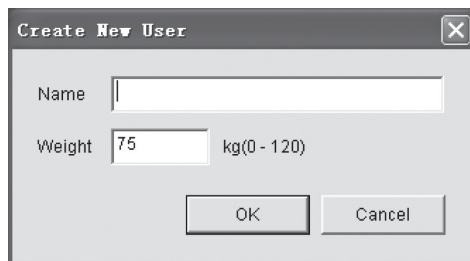
CONNECTED ON Your Ergometer is connected with your PC, and switched ON.

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)
<input type="button" value="ON"/>	

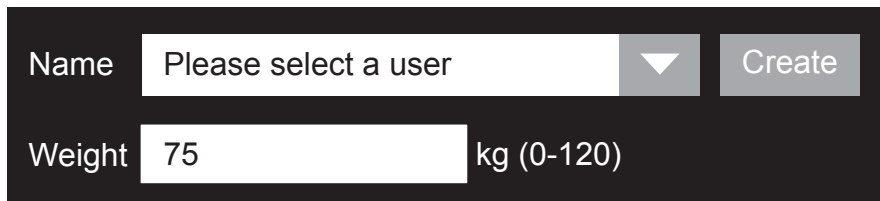
CREATE NEW USER

- 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"**



A dialog box titled "Create New User" with a close button (X) in the top right corner. It contains two input fields: "Name" and "Weight". The "Weight" field has the value "75" and a unit label "kg(0 - 120)". At the bottom, there are two buttons: "OK" and "Cancel".

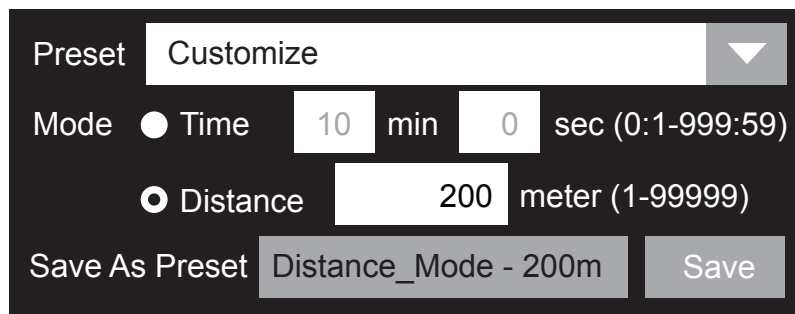
- If you already have users or are a user, please select from the drop-down box menu. Make sure the weight is correct. If your weight has changed recently, you can modify it in the weight input box.



A dark-themed interface for selecting a user. It features a "Name" label followed by a text box containing "Please select a user" and a downward arrow icon. To the right is a "Create" button. Below this, there is a "Weight" label followed by a text box containing "75" and a unit label "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.



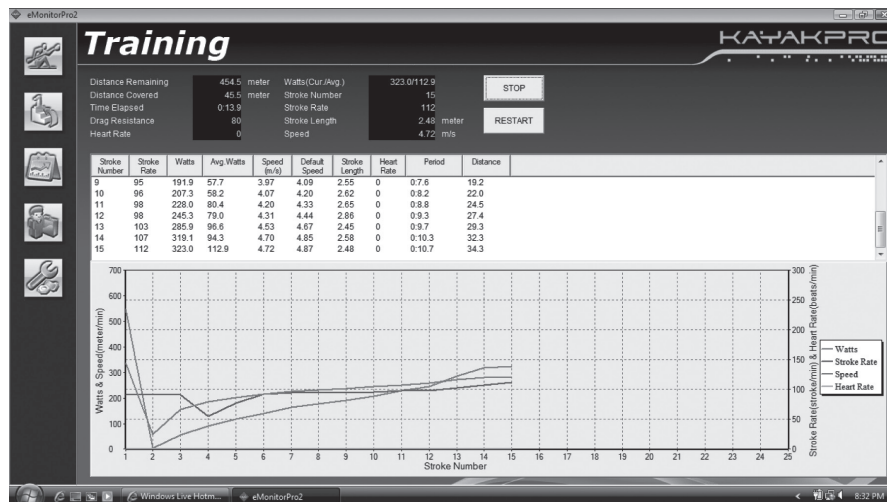
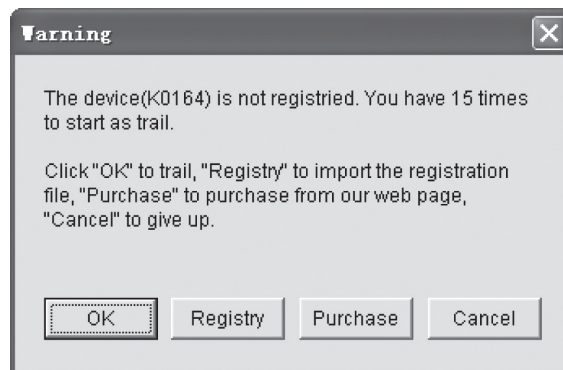
A dark-themed interface for setting training parameters. It features a "Preset" label followed by a dropdown menu showing "Customize". Below this, there are two options for "Mode": "Time" and "Distance". The "Time" option is selected with a radio button and shows "10 min" and "0 sec (0:1-999:59)". The "Distance" option is also shown with a radio button and shows "200 meter (1-99999)". At the bottom, there is a "Save As Preset" label followed by a text box containing "Distance_Mode - 200m" and a "Save" button.

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)

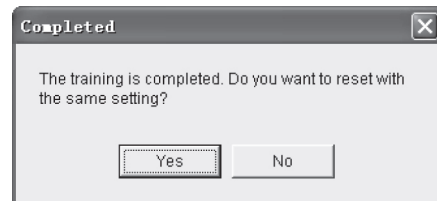
STOP TRAINING

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

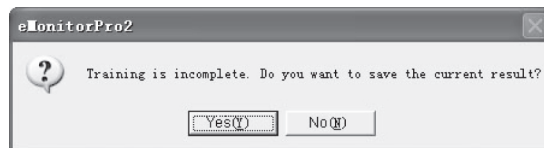
The training summary will finish when you reach the target. (The race distance is completed). The training data will then be automatically saved and a message box will be displayed to ask you whether you wish to reset.



Click **"Yes"** to reset with the same settings, Click **"No"** to quit the training record screen. (REMEMBER: 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

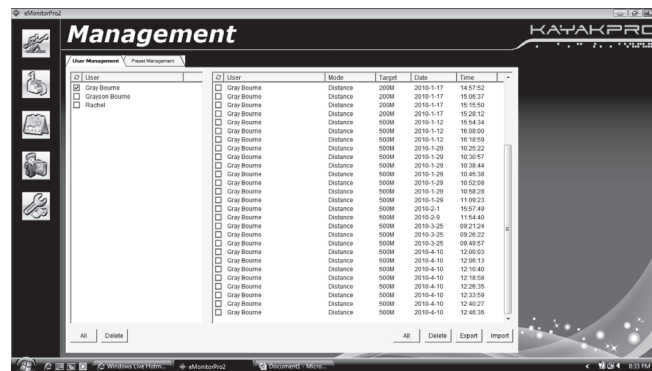
IN THE MANAGEMENT PAGE, YOU CAN:

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

ENTER THE MANAGEMENT PAGE



Click the left icon button to enter the management page.



DELETE USER

1. Click the "**USER MANAGEMENT**" tab .
2. Check users from the user list, all of their training data will be listed in the left training data list too.
 - Click the "**ALL**" button below the user list to view all of users.
 - Click the "**DELETE**" button below the user list to delete the users who are checked.
 - Click refresh to check/uncheck your selection.

MANAGE TRAINING TABLE

1. Click the "**USER MANAGEMENT**" .
2. Check users from the user list, all of their training data will be listed in the left hand training data list.
3. Check selected training data from the training data list.
 - Click the "**ALL**" button below the training data list to check all the training data.
 - Click the "**DELETE**" button below the training data list to delete the data selected and checked.
 - Click refresh to check/uncheck your selection.
 - Click the "**EXPORT**" button below the training data list to export the data that is checked. eMonitorPro2 will only allow the training data of one user to be exported in every export file (extension is ".etd") Note-Only the checked data will be transferred.
 - Click the "**IMPORT**" button below the training data list to import the export file (extension is ".etd") from another eMonitorPro2 user. (You are also do the same thing in the analysis form)

DELETE PRESET

1. Click the "**PRESET MANAGEMENT**" tab.
2. Check existing from the preset list.
 - Click the "**ALL**" button below the preset list to check all of presets.
 - Click the "**DELETE**" button below the preset list to delete the checked presets.
 - Click refresh to check/uncheck your selection.

ANALYSIS PAGE

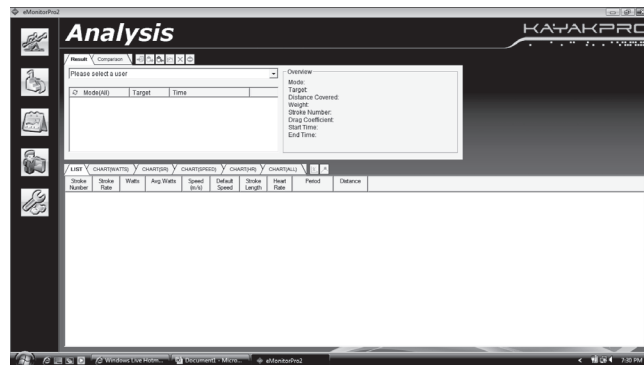
IN THE ANALYSIS PAGE, YOU CAN:

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.



TO VIEW THE TRAINING RECORD LIST

Click "**RESULT**" tab, then select a user name from the drop-down box. All of these users' training records will be listed in a distance/date ordered training record list.

Each Training record list column contains the following:

MODE	TRAINING MODE- TIME OR DISTANCE
TARGET	TIME OR DISTANCE. INDICATED IN METERS OR MINUTES & SECONDS.
TIME	DATE AND TIME WHEN THE EFFORT/ TEST WAS INITIATED.

Click "**MODE (ALL)**" to sort records in the training record list.

MODE(ALL)	LIST ALL TRAINING RECORDS
MODE(T)	ALL TRAINING RECORDS IN TIME MODE
MODE(D)	ALL TRAINING RECORD RECORDS IN DISTANCE MODE

Click "**TARGET**" to sort the targets by ascending or descending value.
Click "**TIME**" to sort the time by ascending or descending value.

VIEW OVERVIEW

Click a training record in the training record list, the quick summary/overview will be displayed in the right hand "Overview" box.

OVERVIEW

Mode: distance
Target: 500 meters
Time Elapsed: 1:46.0
Weight: 82 kg
Stroke Number: 197
Drag Coefficient: 60
Start Time: 2011-1-12 16:18:59
End Time: 2011-1-12 16:20:45

OVERVIEW DESCRIPTION AS FOLLOWS:

MODE	Time or Distance
TARGET	The target time/distance of this training record effort. If there is an "(Uncompleted)" label the training target time or distance record is incomplete.
TIME ELAPSED	Available in distance mode. Indicates elapsed time when the training was completed. In min/:sec/1/10 sec.
DISTANCE COVERED	Available in time mode. The distance covered when the training time was completed.
WEIGHT	User weight (in Kg)
STROKE NUMBER	Total number of strokes.
DRAG COEFFICIENT	Drag coefficient
START TIME	Date and time when the training started.
END TIME	Date and time when the training was completed.
IN COMPARISON	This training record has already be submitted to the comparison list.

ACCESS TO THE TOOLBAR BUTTONS IS NOW POSSIBLE.



Save the selected training
(record as a CSV file) (or Excel)



Export a selected training record or all
training records of the selected user
(.etd File)



Import another eMonitorPro2 user's
exported file (Must be in an .etd file)



Add the selected training record to the
"comparison" list to compare/ overlay
other records



Remove the selected comparison from
the comparison list



Remove all comparison from the
comparison list

VIEW DETAILS

Double click a training record in the training record list. You will see the data in detail and the graphics data curves in data lists and charts.

LIST	DETAILED NUMERICAL DATA.
	STROKE-BY-STROKE BASIS
CHART _ WATTS _	GRAPHIC DISPLAY. Y-AXIS = WATTS
CHART _ SR _	GRAPHIC DISPLAY Y-AXIS = STROKE RATE
CHART _ SPEED _	GRAPHIC DISPLAY. Y-AXIS = SPEED
CHART _ HR _	GRAPHIC DISPLAY-Y-AXIS = HEART RATE
CHART _ ALL _	GRAPHIC DISPLAY COMBINED: WATTS/ STROKE NUMBER/SPEED/HEART RATE

The toolbar   becomes functional only when a chart is displayed



Change X-Axis to stroke number/time/distance




Show individual strokes points in chart or not

COMPARISON OF MULTIPLE TRAINING PERFORMANCE DATA RECORDS

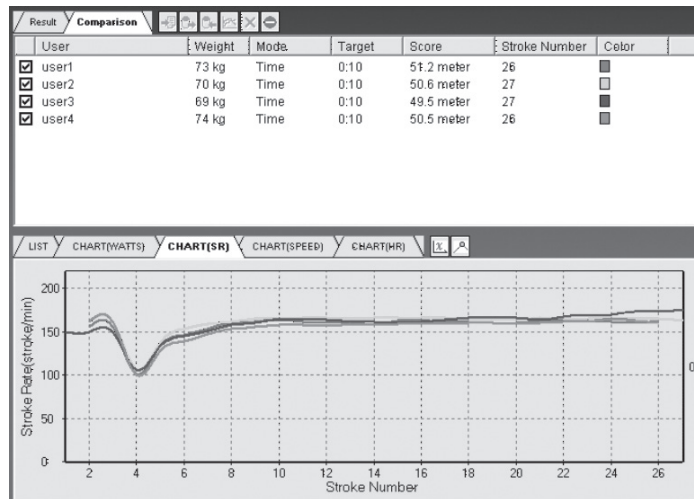
In the analysis form, a maximum of 4 training records can be compared at any one time. These are colour coded for differentiation.

In order to compare records:

1. Select the user and the training record that you wish to compare.
2. Click  in the toolbar to add this training record to the comparison list
3. Repeat 1 and 2 until all records (Max 4 records) are added to the comparison list
4. Click the "Comparison" tab to display the comparison list.

Then you can see the comparison graphics curve in the below charts.

Double click one record in the comparison list to display the detailed data in the "LIST" tab. Check the checkbox in the training record of the comparison list to show its curve.



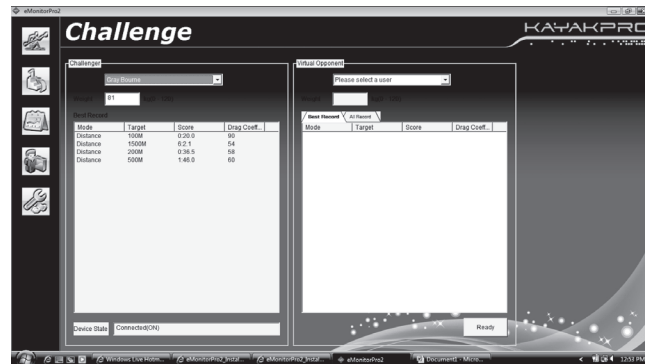
CHALLENGE PAGE

THE CHALLENGE FUNCTION ALLOWS YOU TO VIEW AND COMPETE AGAINST OTHER "VIRTUAL PERFORMANCE PROFILES" WORLD ALL-STARS OR YOUR OWN PREVIOUS PERFORMANCE PROFILES VIEWABLE IN BOTH VISUAL GRAPHIC (KAYAK AVATARS) RACE FORMAT AND ALSO IN A DATA [GRAPHIC] ANALYSIS FORMAT/FUNCTION.

ENTER THE CHALLENGE PAGE



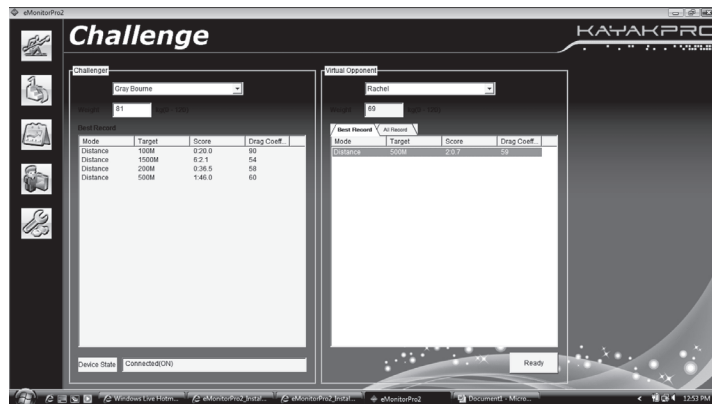
Click the left icon button to enter the challenge page.



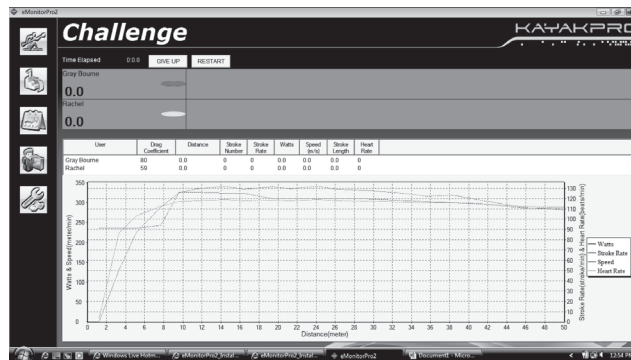
Then select the “Challenger” from the drop down box: Challengers will be you, or other users on the data base on your version of eMonitorPro2.

Previous best times of the selected challenger over different distances will be visible here in this data log.

Then choose or select your Virtual Opponent -either your own previous performances and times or imported performance files and data form other users. Choose the paddler you want to compete against – their results and times will appear in the data box on the right-hand side. Highlight the particular race profile you wish to compete against – see image below.



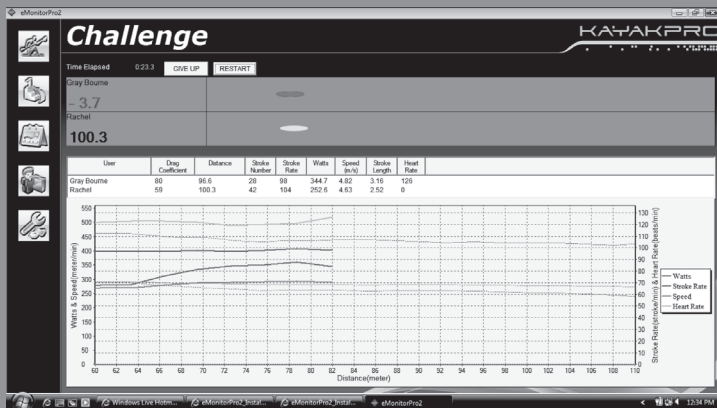
Once this has been done Press “**READY**” This will initiate the Challenge Race-Ready page: The User / Challenger is the Top Kayak Icon in Red- the Virtual opponent is Yellow below.



The faint lines shown, before you start the competition or effort are the Virtual Opponents’ target data.

WHEN YOU START PADDLING THE PROGRAM WILL START AUTOMATICALLY.

The Red numerals indicated in the image below (3.7) – is the distance behind, the virtual opponent the challenger is- (in meters) then when this changes to Green the number of meters ahead of the virtual opponent will be shown. The Black distance figure (100.3) for the Virtual opponent is the distance the virtual opponent has covered.

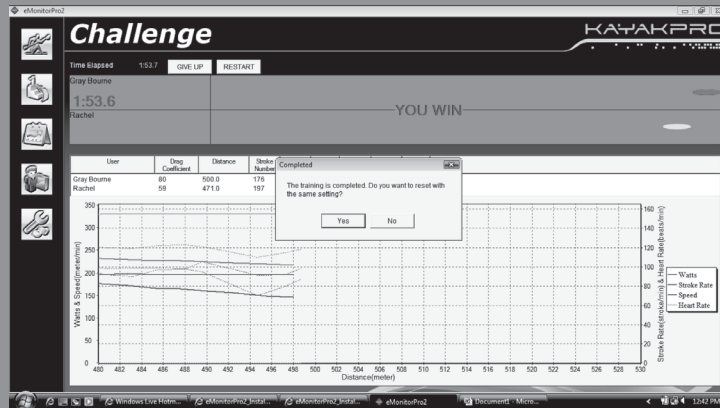


The active darker Coloured data lines shown are the real-time, stroke-by-stroke performance data of the User or Challenger- these can be matched, compared and / or \ analyzed against the feint coloured data lines of the virtual opponents' performance data.

PLEASE NOTE: The distance scale on the base (X- Axis) of the data screen is the distance in Meters and a "partial" distance segment of the complete target [race] distance. This partial distance segment will slide / re-set – as the distance progressed down the target course is traveled.

The colour key code is on the right of the screen.

Once the target [Race] is finished – your win or loss is confirmed- Together with the Users / Challengers time.



You then have the option to Re-race using the same data and same Virtual opponent or to re-set. The user's performance is recorded automatically in the software data-base. Our objective is to collect a data base of world class virtual athletes' to be able to race many virtual opponents.

PLEASE NOTE AS A REMINDER: In order for the results, reporting and data on eMonitorPro2 to be accurate, **ATHLETES' WEIGHT INPUT SHOULD BE ACCURATE AND ALL ERGOMETERS SHOULD BE CALIBRATED PRIOR TO USE.**

USER SUPPORT

Thank you for using eMonitorPro2. We welcome your feedback and suggestions.

If you have any ideas for improvement or for additional features Please do hesitate to email us.

SALES@KAYAKPRO.COM

PURCHASE eMONITORPro2 ONLINE NOW!

KAYAKPRO.COM/SPEEDSTROKEGYM/EMONITORPRO.PHP

KayakPro USA LLC
6538 Collins Ave Suite 306
Miami Beach, FL 33141

For a full list of international dealers go to:
www.kayakpro.com/speedstrokegym/dealers.php
www.kayakpro.com/multistroke/dealers

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SPEEDSTROKE GYM