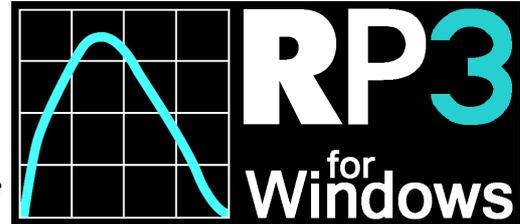




1 Introduction

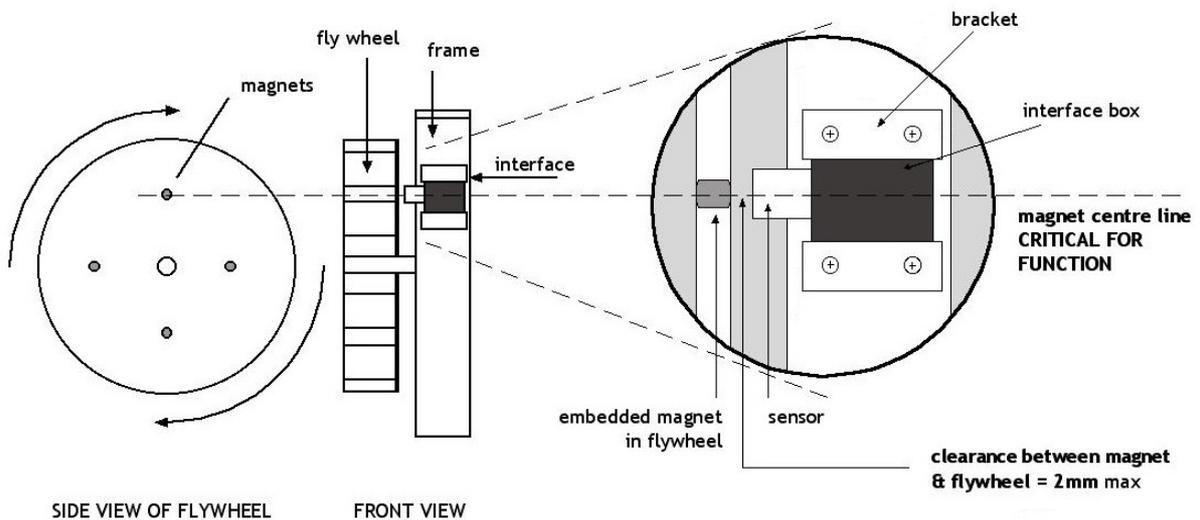
The new **ROWPERFECT3 Rowing Simulator** is equipped with the, also new, **RP3 USB Interface**. Using this interface and the accompanying software **RP3W : ROWPERFECT3 for Windows**, one can record training sessions and store over 25 parameters for each and every stroke. Data thus stored can be used for analysis in the new *Session* window. Recording and analysing are briefly described in the next paragraphs in this Quick Start Guide.



2 Mounting the RP3 USB interface

The RP3 USB interface is pre-assembled on the ROWPERFECT3 Rowing Simulator by default, in which case this section can be skipped. The interface can, however, also be mounted on the Rowperfect Classic, following these instructions:

The RP3 USB interface is a small black plastic box (62x43x25 mm) with a small cylinder protruding from it (the sensor). The sensor is sensitive towards magnetic fields. Its active spot is very small, and is situated in the centre of the extremity of the sensor. For proper functioning of the interface it is essential that the active spot of the sensor is positioned on exactly the same circle as the magnets in the flywheel that activate the sensor. The distance between sensor and flywheel should be between 1 and 2 mm. The interface comes with two mounting brackets. To correctly place the sensor and interface into the right position proceed as follows (if you are aligning the sensor for the first time it may help to lay the rowing simulator gently on its flywheel side, which makes it easier to see the magnets in the flywheel) :



Unscrew the screws in both brackets until flush with the inside of the bracket. Hook the two brackets with their bent rims pointing towards each other, under the lower rims of the main frame. Take the interface, put it with the sensor side pointing towards the flywheel and to the main shaft, and insert the interface between the two brackets. Pushing both brackets firmly around the interface, slide the interface into position such that the magnets pass directly under the centre of the sensor. Make sure the distance between the top of the sensor and the flywheel surface is between 1 and 2 mm, and the interface body is parallel to the flywheel. Then tighten gently the four screws to fix the brackets, and





thus the interface, in the proper position.

The photo shows a properly mounted RP3 USB interface on a Rowperfect Classic, connected to both a USB cable (white) and a Polar receiver cable (black).

3 Installing the RP3 USB driver

To use the RP3 USB interface, one needs to install the drivers for this hardware found on <http://www.row-ware.com/rp3usb/>. When the USB cable is plugged-in on both the interface and PC for the first time, Windows will try to detect this new hardware and locate the corresponding drivers. As Windows will not always recognise the RP3 USB interface correctly by itself, make sure to install the latest drivers prior to connecting the interface for the first time.

4 Installing RP3W

To install *RP3W*, obtain the latest version of the software by visiting the download section on <http://www.row-ware.com/rp3w/>. *RP3W* is distributed as an installation programme with the name “rp3wNNNN.exe” where “NNNN” denotes the version number. Download the file, and run it. The Installation Wizard will guide you through the set-up process. Using default settings, it will place a short-cut to *RP3W* on your desktop. After the installation has completed, the installation programme can be removed from your computer.



5 Running RP3W

To run *RP3W*, double-click the icon that the installation programme created on your Desktop or select it in the Start menu. After the splash screen has disappeared, the *New row window* dialogue will appear automatically. To record a training session, continue to the next paragraph. To analyse a training session, click the *Cancel* button and skip to paragraph 7



6 Recording a training session

In the *New row window* dialogue, enter the correct values for *Title*, *Name*, *Weight* etc. accept the defaults by clicking *OK* or pressing [Enter] alternatively. To open a previously stored *User File*, click the *Open...* button, locate the correct file and open it.

The *Row* window appears, consisting of 3 major areas:

- the Force curve chart in top left-hand corner,
- the Stroke data chart in the top right-hand corner,
- the Data area at the bottom of the window, containing 8 cells, each containing either a parameter value or the RP3 logo.

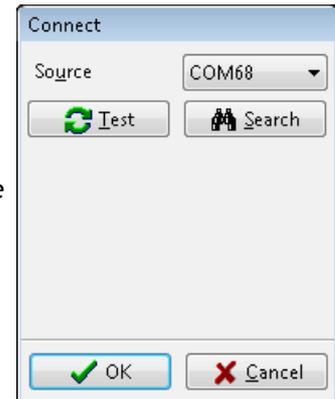


All these areas can be configured by right-clicking on them. An example of this is shown in the image below, where the 2nd parameter cell on the 2nd row is set to display *Drive : Recover ratio*.

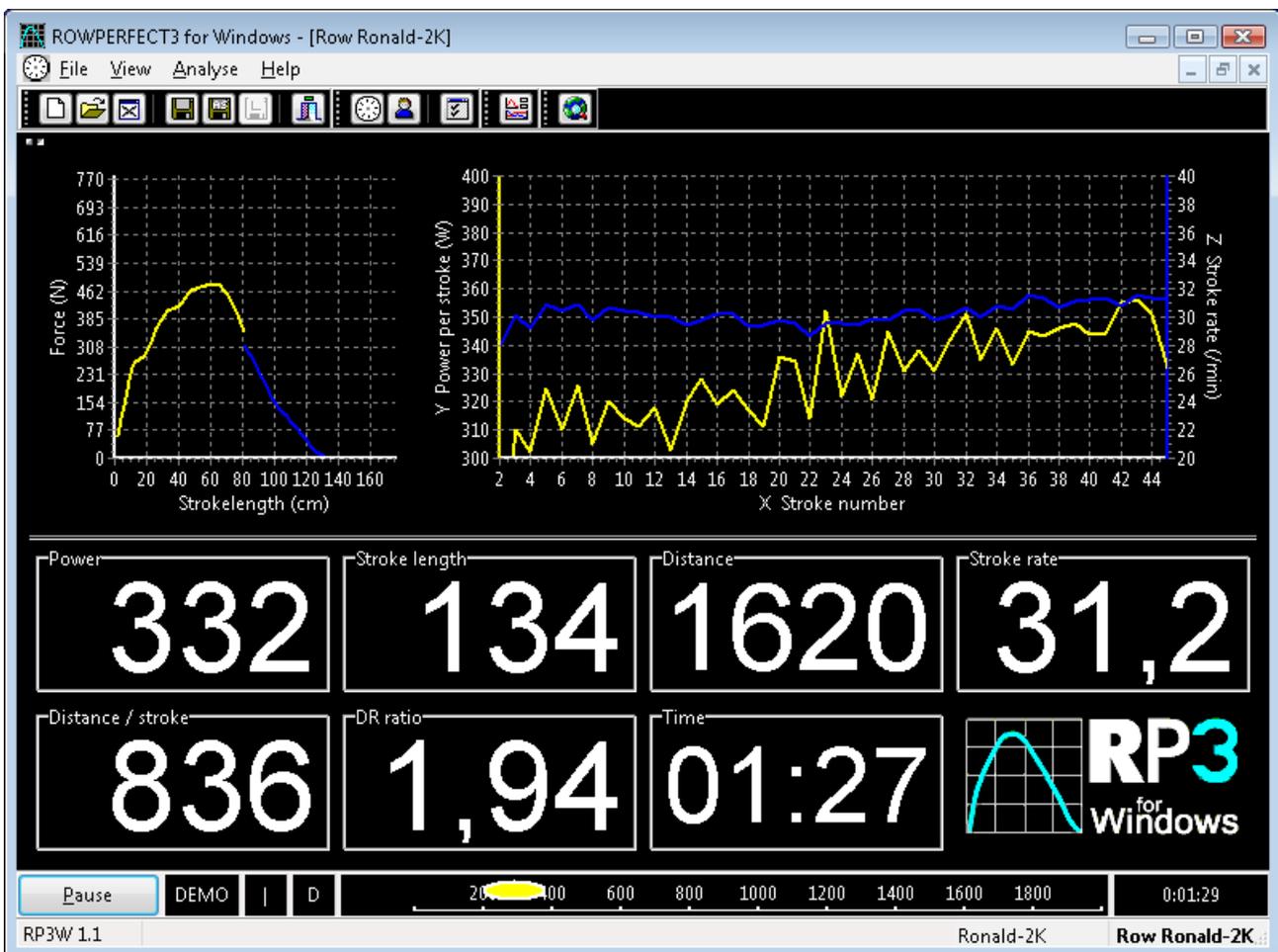


By default, a training session is defined as a “unlimited” session defined by “distance”. This means it will count up in “meters” starting from “0”. To change the type of workout, select the *Training* option from the *View* menu, press [Ctrl] + [T] or click on the *Training* button on the tool bar alternatively. On the *Workout* page of the *Training* window, the *Session limit* can be changed. When done, select the *Row* option from the *View* menu to switch back to the *Row* window. You can also press [Ctrl] + [R] or click the *Row* button on the tool bar.

Before you start rowing, *RP3W* first needs to be connected to the interface. Plug the USB cable in the computer as well as the RP3 USB interface, and click the *Connect* button in the lower left-hand corner of the *Row* window, or press [Space] alternatively. This will display the *Connect* dialogue, where the interface can be selected from the *Source* pop-up. If no interface is detected, you can still use *RP3W* for testing with the *DEMO* option. Click *OK* to accept the dialogue and start rowing.



During the workout, all 3 areas are updated with each stroke, as shown below.



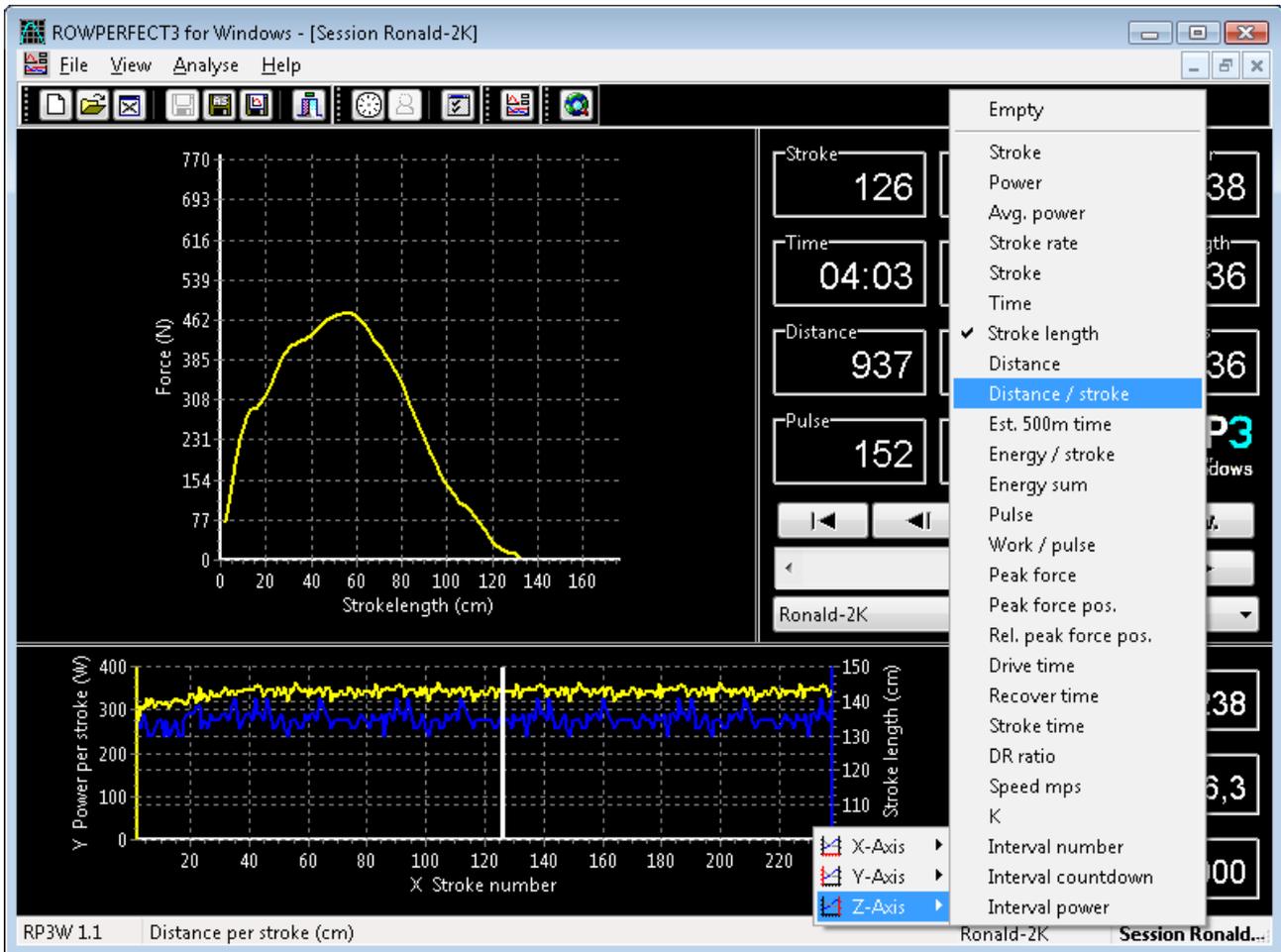
When workout is done, the *Results* dialogue is displayed, where overall session results are summarised. Click *OK* to close the dialogue.

Next, select the *Save* option from the *File* menu (or press [Ctrl] + [S] or click the *Save* button on the tool bar) to store the training session data to disk. Doing so allows for analysis some other time, as described in the next chapter.



7 Analysing a training session

To analyse a training session, select the *Open...* option from the *File* menu, press [Ctrl] + [O] or click the *Open* button on the toolbar. The *Training* window appears, showing the workout settings and the session summary. Next, select the *Session* option from the *Analyse* menu, or click the *Session* button on the toolbar, to display the *Session* window.



The *Session* window consists of 4 major areas:

- the *Force curve* chart in the top left-hand corner,
- the *Stroke data area* in the top right-hand corner, consisting 12 parameter cells, each containing either a parameter value or the RP3 logo,
- the *Stroke data chart* at the bottom left of the window,
- the *Session summary area* in the lower right-hand corner, containing 3 cells with overall session results.

As in the *Row* window, these areas (except for the Force curve chart) can be configured by right-clicking on them.

To zoom-in on any of the charts, “draw” a rectangle by pressing and holding down the left mouse button, and moving the mouse to the right as well as the bottom. Let go of the mouse button to see the selected part of the chart in more detail. To restore to the original zoom factor, do the same in the opposite direction (bottom-right to top-left).

In both the *Row* window as well as the *Session* window, the horizontal line splitting the window can be moved by dragging it up or down. Charts and parameter cells are automatically scaled.

Below the Data area, 5 VCR style buttons and a scroll-bar can be found. These buttons are used to



navigate through the strokes in the training session file, updating the upper half of the window continuously. Also available is a button labelled *Av.* . Clicking this, will display the average force curve of the training session.

8 Advanced features

When recording a training session, the current and previous force curve are shown for each stroke made. To assist in understanding and/or improving the use of the force curve, a reference curve can be drawn too during the training session. This reference curve can be one provided by the coach, taken from a website or one recorded (by yourself) in a previous session.

Setting a reference curve

To set a reference curve in the *Row* window, follow the steps below:

- Start *RP3W* and click *Cancel* in the *New row window* dialogue.
- Select *Open...* from the *File* menu, click the *Open* button on the tool bar or press [Ctrl]+[O] alternatively to open a "Stroke file (*.str)" .
- Optionally, change the colour of this reference curve on the *General* page using the *Options...* button.
- Start a new row session by selecting the *Row...* item in the *View* menu, by clicking on the *Row* button on the tool bar or pressing [Ctrl]+[R] alternatively.

From here on, follow the same steps as when doing a normal workout (e.g. open a User file or enter session data manually), as described in paragraph 6.

Creating a Stroke file

To create a stroke file from a previously recorded session, follow the steps below:

- Start *RP3W* and click *Cancel* in the *New row window* dialogue.
- Select *Open...* from the *File* menu, click the *Open* button on the tool bar or press [Ctrl]+[O] alternatively to open a "Training file (*.stg)" .
- Open the *Session* window by selecting the *Session* item in *Analyse* menu (or by clicking the *Session* button on the tool bar).
- Browse through the strokes/force curves of the session or click the *Av.* button for the session average. When a suitable force curve is found, select the *Save as...* item from the *File* menu (or click the *Save as* button on the tool bar) to save the force curve currently being displayed as a Stroke file, later to be used as a reference curve.

More on the ROWPERFECT3 Rowing Simulator can be found on the ROWPERFECT3 website

<http://www.row-perfect.nl/>

More on RP3W can be found on the Row-Ware website

<http://www.row-ware.com/rp3w/>

For a more detailed description of all the features *RP3W* has to offer, please refer to the full manual.

RP3W : ROWPERFECT3 for Windows was developed
in cooperation with CARE RP3 BV by Row-Ware, The Netherlands