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HOME EDITION 3.0



Tryout Guide for RowPro Home Edition 3.0

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RowPro Tryout Guide

This guide is designed to help you get the best out of your 20-day free tryout of RowPro. If you need assistance, please contact us at assist@digitalrowing.com

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There's a lot to take in when you first start using RowPro. Here are some suggestions to help you fully evaluate RowPro during your 20-day free tryout. See each of the sub-topics for details:

- [Taking the Tour](#) ²
- [Trying Online Rowing](#) ⁷
- [Getting Assistance](#) ¹¹
- [Giving Feedback](#) ¹³
- [Ready to Buy RowPro?](#) ¹⁴

1 | Taking the Tour

Here's a suggested tour of RowPro that will take you through the main points. You might like to print this topic and use it to guide you through your Free Tryout.

Startup

If you haven't already done so, carry out the steps listed in the topic Starting RowPro.

Just Row

Make your first row a Just Row. To do this, follow the steps in the topic Your first row with RowPro.

Demo

Click Session Setup / Demo and click Row. Once the demo is set up on the In-Row Display, click the Play button at the top left of the black Charts frame to start the playback.

Coaching Clinic

Explore the Coaching Clinic. Click Coaching Clinic on the RowPro main menu, then:

- Click the > button on the top left of the Charts frame. The rower will start moving in slow motion. Click the >> button. The rower will row at 24 SPM. Go back to slow motion.
- Click in the 3D Display and drag the mouse. The rower will swivel to follow your mouse. Now you can see the display is true 3D. Look at the rower's action from different angles as you read the coaching tips.
- Click each of the buttons next to the coaching tips to learn about stroke technique in the different parts of the stroke.
- Check The Coaching Clinic Help Topic for more details.

Set Piece 500m

Next, row a short Set Piece, trying out some of the options to get a taste of what RowPro can do:

- Click Session Setup on the menu bar above the 3D Display. Session Setup will open with the default Set Piece 500m already highlighted.
- In the Warm up/dn panel on the right, set both the Up and Dn settings to 200m.
- In The Lanes panel on the right, click 3 - that's the lane next to you. In the Quick Pace Boat box on the pop-up panel, check the checkbox and type in say 2:15 if that's an easy pace for you to row 500m, or 2:30 if you want a slower pace.

- When you're done with these settings, click OK to close the panel, then click the big green Row button. Session Setup will disappear and you'll see the Reminders checklist. You can customize this later or make it not show.
- Click OK and you'll see the 200m warm-up appear on the PM twin and your Concept2 Performance Monitor.
- Row the 200m warm-up. As you row, notice the Progress Bar moving from left to right just under the 3D Display.
- When you finish the warm-up, click OK on the pop-up box and you'll see the 500m Set Piece appear on the PM twin and your Concept2 Performance Monitor. In the lane next to you will be a pace boat.
- Row the 500m Set Piece. As you row, match the pace and stroke rate of the pace boat. Again, notice the moving Progress Bar.
- When you finish the 500m, click OK on the pop-up box and you'll see the 200m warm-down appear on the PM twin and your Concept2 Performance Monitor. The pace boat will be gone.
- Row the 200m warm-down. When you finish, check the Save Strokes checkbox in the pop-up box, then click Session Report to see your results in table and chart form. Have a good look around the Session Report.
- Close the Session Report. RowPro will end your session and set up a new Just Row.

Race your past self

Next, try racing the 500m row you just did:

- Click Session Setup. Session Setup will open with the default Set Piece 500m already highlighted.
- In the Start Type panel on the right, click Race.
- In the Warm up/dn panel on the right, set both the Up and Dn settings to 0.
- In The Lanes panel on the right, click 3. Click the Past Rows button on the pop-up panel. You should see the 500m Set Piece listed. Select it and click OK to close the panel.
- Click the big green Row button. Session Setup will disappear and you'll see the Reminders checklist.
- Click OK and you'll see the warm-up skipped box appear on the PM twin and your PM4, PM3 or PM2+.
- Click OK and you'll see the 500m Set Piece appear on the PM twin and your Concept2 Performance Monitor. In the lane next to you will be a second boat - that's the 500m row you just completed. Both boats will be mostly hidden by a Start box. Get ready to row, and when you're ready, click Start to start the countdown. Watch your

PM screen go through the Sit Ready - Attention - Row start sequence and start rowing when it says Row! If you start too soon, you'll see a false start message and the countdown will start again automatically.

- Row the 500m Set Piece. As you row, notice the other boat rows stroke by stroke the 500m Set Piece you rowed earlier.
- When you finish the 500m, click OK on the pop-up box and you'll see the warm-down skipped box appear on the PM twin and your Concept2 Performance Monitor.
- Check the Save Strokes checkbox in the pop-up box, then click OK to end your session and set up a new Just Row.

Your rowing log

Next, have a look at your RowPro rowing log:

- Click Control Center on the menu bar above the 3D Display. The Control Center will open on the default User Profile page.
- Click the Rowing Log button at the top of the Control Center. This will show your rowing log. You should see the Just Row and the two 500m Set Piece rows listed, plus any other rows you've already done.
- Try the various functions you see there. Make sure you right-mouse on one of the entries and look at the additional functions available there.
- If you have a Concept2 Online Logbook, you can export results to it direct from your RowPro rowing log. To do this, right-mouse the result you want to upload, click Export to C2, and follow the instructions there.
- Select one of the 500m Set Piece rows you just rowed, hold down the Ctrl button on our PC keyboard, and then select the other 500m Set Piece you just rowed. Now right-mouse and click Analyze. A report will appear comparing your performance in the two 500m Set Piece rows.

Training plan

Next, create a RowPro Training Plan for yourself:

- In the Control Center, click Training Plans.
- Click the big pink button Use Wizard to Create Training Plan. The Training Plan Wizard will open.
- Follow the steps in the Training Plan Wizard.
- On the last page of the Wizard, make the start date two weeks ago, so 'today' is a little way into the plan.
- When you're done, you'll see the training plan listed in the Control

Center with a triangle pointer on the left to show it's the Active plan. This means the sessions from this plan will be listed in Session Setup.

- Right-mouse on the new plan and click Print to print the plan. Choose a color printer if you have one. When the plan prints, study it to get the idea. See the Understanding your training plans Help Topic for details.
- Close the Control Center and open Session Setup. Click Training. You should see listed there the training session scheduled for today, plus the training sessions scheduled for 3 days before and after today. You can confirm this by checking your printout.
- All you need to do now is select one of the training plan sessions and click Row. Warm up/dn and targets for heartrate and stroke rate are set automatically. Just follow the steps. Note though that even the shortest training sessions are at least 2000m, so you might not want to proceed with rowing the training session right now. To exit without rowing, click the Stop Row button above the 3D display and click OK in the pop-up box. RowPro will reset and set up a new Just Row.

Custom row

Next, create a Custom Row with intervals:

- Open Session Setup and click Custom. The list should be empty.
- Click the Custom Row Studio button at the bottom of Session Setup.
- Click New / Fixed Intervals. Set Reps 2, Active Part 100, Rest Part Easy 150m.
- Check the Pace, HR and SPM checkboxes, and set the pace to an easy pace, say 2:15, or 2:30 if you want a slower pace.
- In the Save As box at the bottom of the Custom Row Studio, type Intervals Test 500m and click Save and Close. You should now see Intervals Test 500m listed in Session Setup.
- Select Intervals Test 500m, set Warm up/dn both to 0, and click Row.
- Click OK on the Reminder List and OK again to confirm you skipped the warm-up. Your Custom Row will now be set up. Notice the Progress Bar under the 3D Display has four colored segments. These represent 100m Active, 150m Easy, 100m Active, 150m Easy. The PM twin and your PM4, PM3 or PM2+ show 100m, the first Active part. You'll also notice the Pace chart has a blue target band, the HR chart has a pink band, and the SPM Indicator has blue-green-orange zones to show it's active.
- Start rowing. See if you can keep the Pace, HR and SPM in the target bands. When you first try this over a short distance like 100m it's tricky, however over time and in longer sessions it's relatively

easy to do. Normally you wouldn't row with all the targets set, for example in RowPro training sessions you have targets for HR and SPM, not for Pace.

- Notice the Progress Bar slider moves along the intervals and the PM twin counts down. When the first Active part is finished, keep rowing your Easy part. Your targets may have changed to reflect the Easy part, if so adjust your rowing accordingly. Finish the entire Custom Row.
- On the pop-up box, click Session Report to see your results. You will see the two Active parts listed, plus a single aggregate entry for the sum total of all your Easy parts.
- Close the Session Report and RowPro will reset and set up a new Just Row.

Other functions

There are many more functions you might like to explore. One major thing to look at is Online Rowing - see the topic [Trying Online Rowing](#)⁷⁾ for a step-by-step tour.

2 | Trying Online Rowing

Online Rowing is fun, addictive, and a great way to keep yourself rowing over the long term. Here's a suggested tour of RowPro Online Rowing that will take you through the main points. You might like to print this topic.

Connect RowPro to the Oarbits server

Open the Control Center and click Oarbits. RowPro will connect to the Oarbits server at Digital Rowing on TCP Port 80. This is the same port your web browser uses to connect to the Internet. In most cases RowPro will just connect to the Oarbits server without any issues. However if your PC connects to the Internet through a firewall that's outside your PC, you may need to set the firewall to allow RowPro to access the Internet on TCP Port 80. Also, if your PC connects to the Internet through a Proxy Server, you will need to set RowPro accordingly. See the Troubleshooting Internet Connection Help Topic for details.

Register for Online Rowing

The first time you connect to Oarbits, you will see a registration page. Enter the same email and password you used when you purchased RowPro, registered a RowPro License you got from Concept2, or got a 20-day free tryout key. For the Computer Name just make one up. Note you only need to register the first time you go into Oarbits.

Look around Oarbits

After you register in Oarbits, you will see the Session List. This shows all Scheduled Rows and Quick Rows currently available. Later you will join or create these sessions in Oarbits. For now, just click Session Results to see the results of recent completed Online Rowing sessions. Have a look around the rest of Oarbits to familiarize yourself with it. Then close the Control Center and open Session Setup.

Connect RowPro to the Online Rowing server

In Session Setup, click Online. RowPro will connect to the Online Rowing Server at Digital Rowing on UDP Port 9300. This is a special port reserved by Digital Rowing for the actual rowing in Online Rowing. In most cases RowPro will just connect to the Online Rowing Server without any issues. However if your PC connects to the Internet through a firewall that's outside your PC, you may need to set the firewall to allow RowPro to access the Internet on UDP Port 9300. See the Troubleshooting Internet Connection Help Topic for details.

GMT

After RowPro connects to the Online Rowing Server, the session list will show any Quick Rows you can join - note there may not be any at the time, so the list is likely to be empty. Notice there is a GMT clock showing the current GMT time. All RowPro Online Rowing sessions are scheduled in GMT, so you'll need to get used to working in GMT. See the Working with GMT Help

Topic for details.

Chat

At the bottom of Session Setup, click Chat to open the Chat window. Look in the panel on the right to see if there are any names listed there. Any people listed there are currently connected to the Online Rowing Server. If you'd like to try Online Rowing with one of them, type something like "Hi. I'm new to Online Rowing. Anyone want to help me do my first ever online row?" If anyone replies, they can help you from there. Otherwise you can set up a solo Quick Row yourself just to try it out.

Set up a solo Quick Row

Close Chat to get it out of the way. Click the Create Quick Row button at the bottom of Session Setup. Type in a session name like My First Online Row, set the Duration to say 100m and click the big green Row button. This will take you to the Check-in and Start screen. You will see yourself listed there, together with anyone else who has joined the session.

Prepare to start

You'll see the icon next to your name shows flashing red lights, meaning you're not ready. Click Ready and the red lights will disappear to show you're now ready. Strap yourself in, get ready to row, and click Prepare to Start. You'll see the 100m session is now showing on your Concept2 Performance Monitor screen, and the Prepare to Start button is replaced by a Start button.

Row

Pick up the handle and click Start. Watch your Concept2 Performance Monitor screen. You'll see over a few seconds it goes through a sequence Sit Ready - Attention - Row! Start rowing when it says Row! While you row, notice your boat moving and your pace showing on the Pace Bar at the right of the display. When there are others rowing online you will see their boats and Pace Bar entries as well.

Check your result

When the session is over, click OK to close the pop-up box and RowPro will reset and set up a new Just Row. Open the Control Center / Rowing Log page and you will see your Online Rowing session result in your rowing log. Click Oarbits, then click Session Results and you will see your result listed there. If you click the result you will see the result details for each participant - if you rowed alone then it will show only you.

Oarbits forum

There is a dedicated Online Rowers Forum at www.digitalrowing.com. Feel free to post there and to see what others are up to in the world of Online Rowing.

On the forum you'll find other RowPro users of 'all makes and models' who are keen to exchange ideas, help each other, and just chat as friends. If you've

never posted on a forum before, just look around till you get the idea, then try it yourself, either by replying to a post by someone else, or by starting your own for example saying "Hi. I just got RowPro and thought I'd try the forum. I'm".

You'll soon see it's really easy, and you'll be welcomed by your fellow RowPro users, many of whom will cheerfully and enthusiastically help you get going. So give it a go - we put it there for you to use.

3 | Getting Help

The Help button opens the built-in RowPro Help system, where you'll find extensive information to help you operate and troubleshoot RowPro, and get the best out of your training plans.

RowPro Help

This HTML Help system contains Contents, an Index and a Search function. RowPro Help is also available online at www.digitalrowing.com/support.

If you need more information:

- Check the user forums at www.digitalrowing.com on the Forum page and post a question, or
- Ask assist@digitalrowing.com for free assistance.
- Phone our Help Desk 24x7 - the contact numbers are at www.digitalrowing.com on the Contact page.

About RowPro

The Help / About RowPro button gives version information about RowPro and shows your RowPro License. The information is similar to what you find in the Help About box in most applications. Use this to check which version of RowPro you have, and to check the status of your RowPro License.

4 | Getting Assistance

To ensure your 20-day free tryout is successful, we offer free assistance. Please don't hesitate to contact us if you have any questions or need a helping hand with anything.

It's well known in the software industry that if there's going to be a problem, it will most likely occur right at the start when you're trying to get the software installed and working the first time. That's because the software runs in your PC, and there's an almost unlimited number of different PC configurations out there, including different hardware, operating systems, firewalls, Internet connections, and so on.

Whatever problems you might have, chances are we've seen it all before and there's a simple answer that will get you going quickly.

Here's how to get your 20-day free tryout up and running fast:

1. Quick check: Do you have the latest version of RowPro? If you installed RowPro from CD, you may not have the latest version. To check and download the latest version of RowPro visit www.digitalrowing.com/download.
2. You may need to adjust your PC configuration to enable RowPro to run smoothly, for example updating your display driver or installing the latest Windows Service Pack. If so, you'll find answers to most common problems in the Troubleshooting guide.
3. If you need assistance, just ask, and we'll do our bit to get you working, even if it means helping you with firewall settings or whatever. You can contact us anytime at assist@digitalrowing.com. Our target is to give you a response from an informed assistant within 24 hours of every request for assistance. And if we can answer you immediately, we will.

Other contact information is available on our website www.digitalrowing.com on the Contact page.

5 | Common questions

For answers to common questions, please visit www.digitalrowing.com/support.

6 | Giving Feedback

Since the first release of RowPro in February 2003, Digital Rowing has continued to develop and improve its features, reliability, performance and usability through an active development program.

A critical part of this ongoing improvement program is feedback from customers, whether that be by phone, email, forum postings or responses to surveys.

Because your feedback is critical to improving RowPro, each time you exit RowPro during your 20-day free tryout you are invited to email your comments to Digital Rowing.

We would particularly like to hear about any issues you experienced so we can a) help you and b) fix any issues to make RowPro more effective for you and the indoor rowing community.

If you want to email us with feedback, please contact assist@digitalrowing.com, and thank you very much for doing so.



7 | Ready to Buy RowPro?

When you have completed your 20-day free tryout, if you decide to buy RowPro, please visit our secure Online Store at www.digitalrowing.com/store.

You can use your Visa, MasterCard or American Express card to buy RowPro. Your purchase will be processed immediately.

Note: When you buy RowPro, what you buy is a RowPro License. When you insert this license into a 20-day free tryout of RowPro it activates the full product.