



# Rowing with RowPro Multi

**NEW**



**Illustrated Guide**



*Illustrated guide to*

# Rowing with RowPro Multi

Version 5

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# 1. Welcome to RowPro Multi

RowPro Multi has all the functionality of the standard single-erg version, plus a range of additional capabilities that enable you to connect multiple ergs for group training or venue racing. RowPro Multi can operate in either single-erg mode or multi-erg mode.

## Single-erg mode

If you connect just one Concept2 erg, RowPro Multi automatically goes into single-erg mode, and in that mode, is effectively the same as the standard RowPro.

There are guides for the standard RowPro at [www.digitalrowing.com/documents](http://www.digitalrowing.com/documents). Please use those guides for information about using RowPro Multi in single-erg mode.



## Multi-erg mode

If you connect more than one Concept2 erg, RowPro Multi automatically goes into multi-erg mode, and in that mode, enables you to connect and use the number of ergs per your RowPro product key, up to a maximum of 8 ergs.

Please use this guide for information about using RowPro Multi in multi-erg mode.



## Welcome

I welcome you to RowPro Multi, and wish you all the best with your rowing program. If you have any questions, please contact us at [assist@digitalrowing.com](mailto:assist@digitalrowing.com).

**Pete Loeffen** - President, Digital Rowing

## 2. First steps with RowPro Multi

### Step 1: Connect your Concept2 PMs and start RowPro

RowPro connects to any mix of Concept2 PM5, PM4 or PM3 monitors via USB cables and mains-powered hubs. The connection steps are detailed in the *Connect multiple PMs* tab at [www.digitalrowing.com/connect](http://www.digitalrowing.com/connect). Please follow the steps carefully.

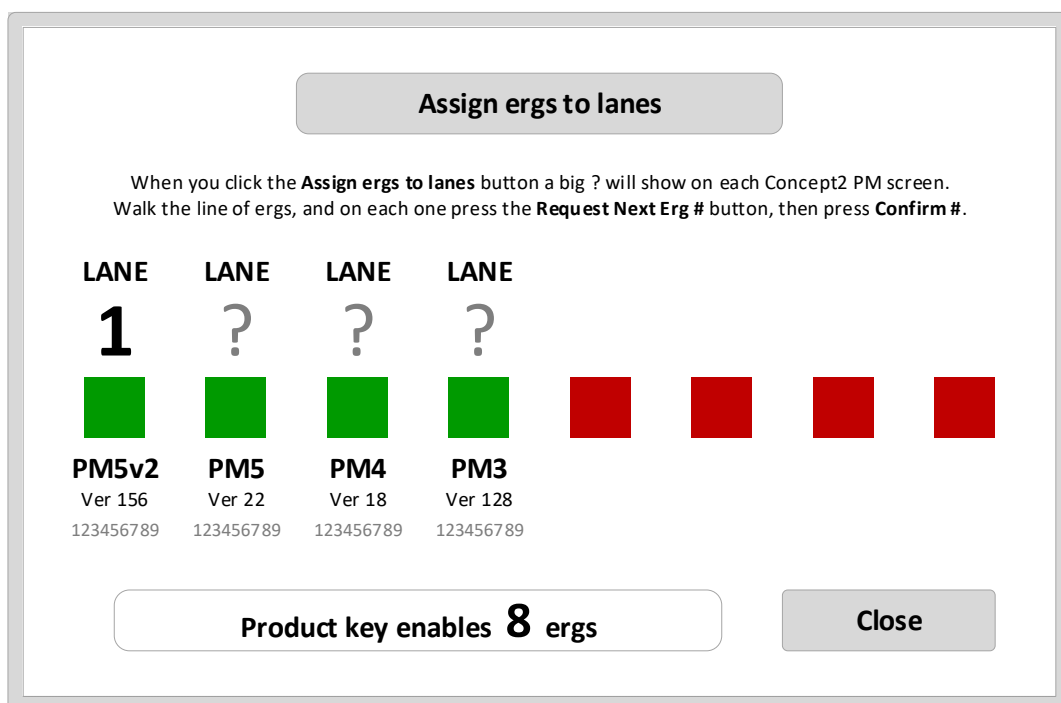
**Note:** Before starting RowPro, if your rowers are wearing heart rate belts, make sure their Concept2 PMs are connected to their heart rate belts and are showing their heart rate in the bottom right panel of their Concept2 PM. Only then start RowPro.

Once the Concept2 PMs are connected and any HR belts are configured so the HR is visible on each Concept2 PM, start RowPro Multi by double-clicking the desktop icon.

**Note:** It's important to connect your Concept2 PMs to your RowPro computer before you start RowPro. If you have problems connecting your Concept2 PMs, go back through the steps at [www.digitalrowing.com/connect](http://www.digitalrowing.com/connect).

### Step 2: Assign your ergs to lanes

RowPro needs to know which erg is in which lane. When RowPro discovers multiple ergs, it immediately shows the PM Assistant where you configure the ergs into lanes:



There will be a green indicator for each Concept2 PM RowPro has discovered, along with details about its model, firmware version and serial number.

Click the **Assign ergs to lanes** button at the top of the form. This will put a large '?' on the Concept2 PM screens. Walk along the line of ergs starting at Lane 1, and on each PM press **Request next lane #** and then **Accept**. The green PM indicators in the PM Assistant will shuffle sideways to be in the right order. Click **Close** when done.

## Step 2: Understand the In-Row Display

The main RowPro display screen is called the 'In-Row Display'. Before you set up a row, familiarize yourself with the main parts of the In-Row Display shown below. There are two versions of this display in RowPro Multi: Training and Racing.

### The Training Display

**Main menu detail**

- Set up a row
- Finish your row
- Row online with others
- Settings and preferences

**Main menu**

- Set up a row
- Logbook
- Online Rowing
- Training
- Tools
- View
- Help

**3D display**

**Lanes & boat colors**

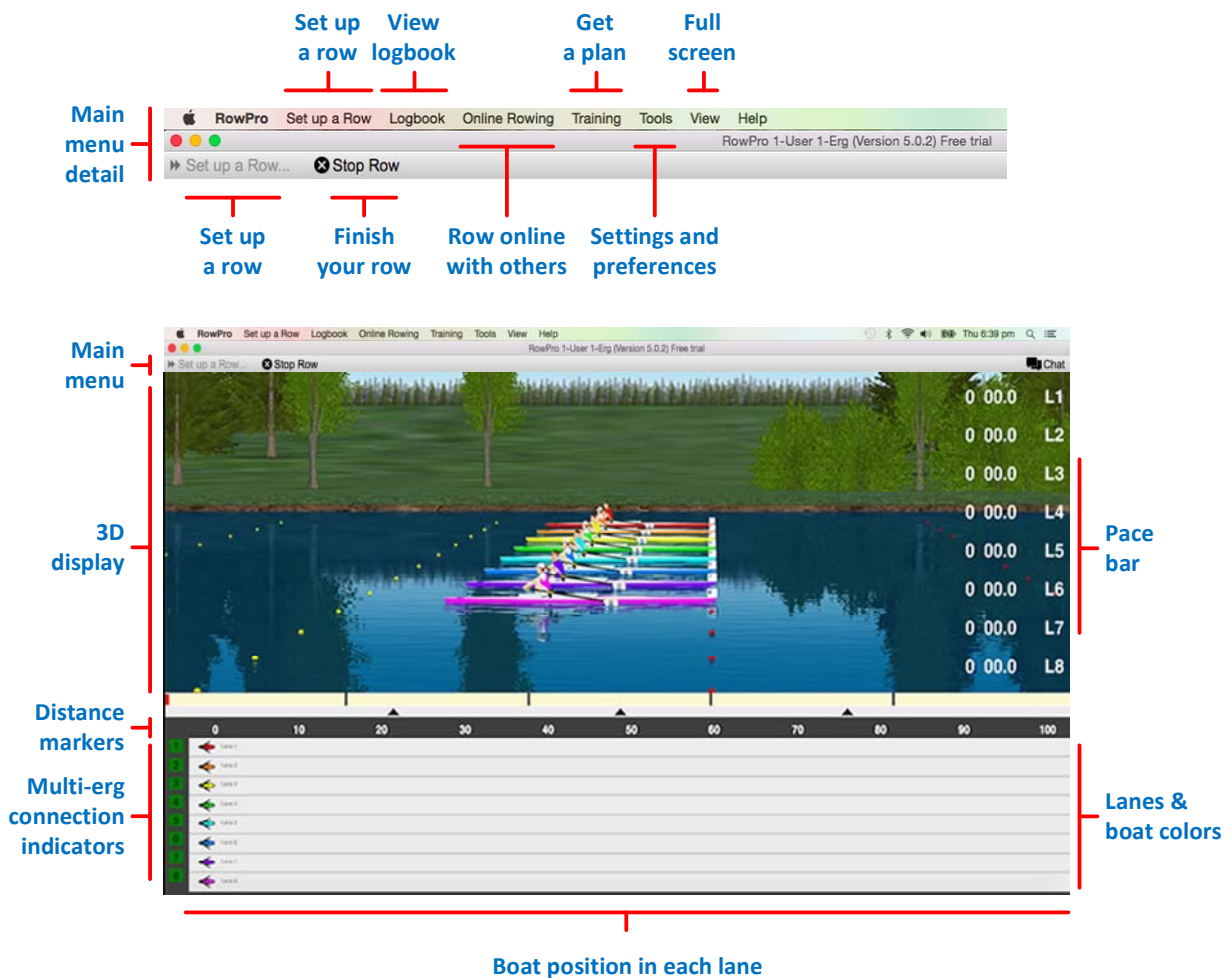
**Multi-erg connection indicators**

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Pace	:00	:00	:00	:00	:00	:00	:00	:00
Avg	:00	:00	:00	:00	:00	:00	:00	:00
SPM	0	0	0	0	0	0	0	0
HR	0	0	0	0	0	0	0	0
Dist	500	500	500	500	500	500	500	500

**Rower performance data for each lane**

The Training display is designed to show the squad coach all the key data from each connected Concept2 PM side-by-side for easy tracking, comparison and feedback to members of the training squad while they row.

## The Racing Display

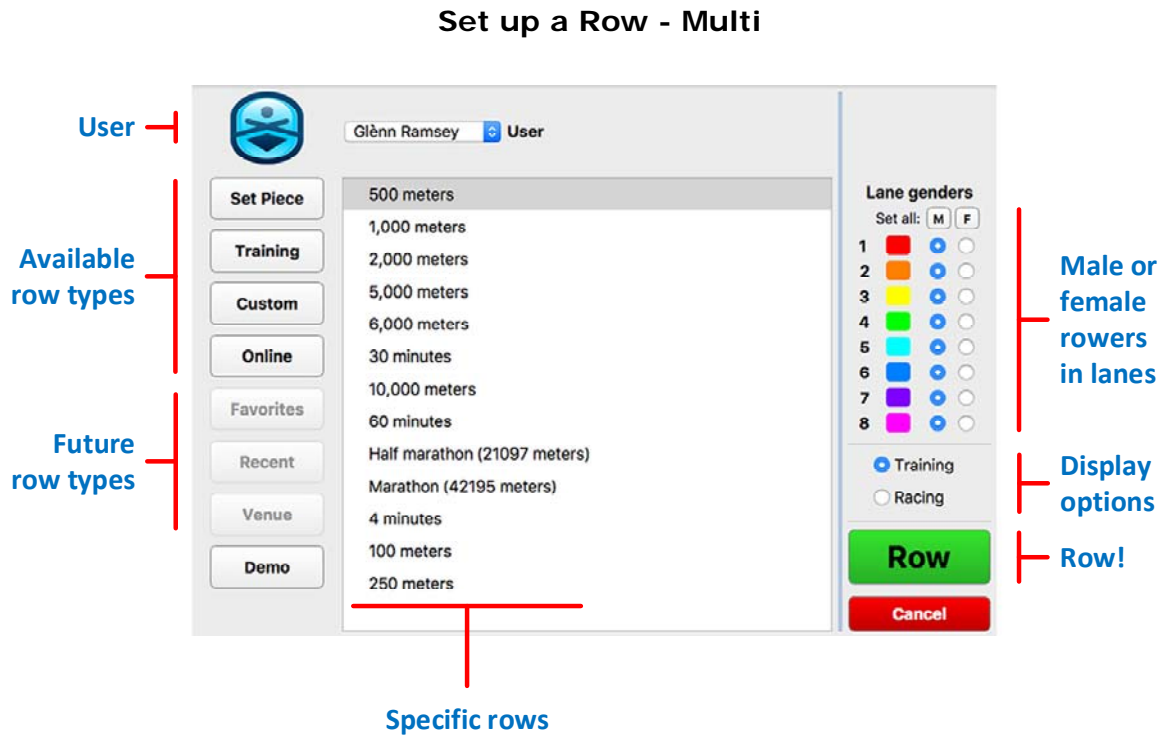


The Racing display is designed to be projected onto a large screen so the race starter, any audience members, and optionally the competitors themselves, can see the relative boat positions and stroke rates of all competitors at a glance.

**Note:** Competitors don't need to see the Racing display to know where they are in the race, because they can see personalized ahead/behind data on the lower half of their own Concept2 PM screen. In serious regatta competitions, the Racing display is normally positioned such that the competitors themselves can't see it.

## Step 3: Set up and row your first multi-erg row

Let's make your first multi-erg row simple – a 500m Set Piece. This is one of the standard Concept2 Set Piece rows. To set up the 500m Set Piece row, click **Set up a Row** on the RowPro main menu. The main parts of Set up a Row are shown below:



The basic sequence for using Set up a Row is:

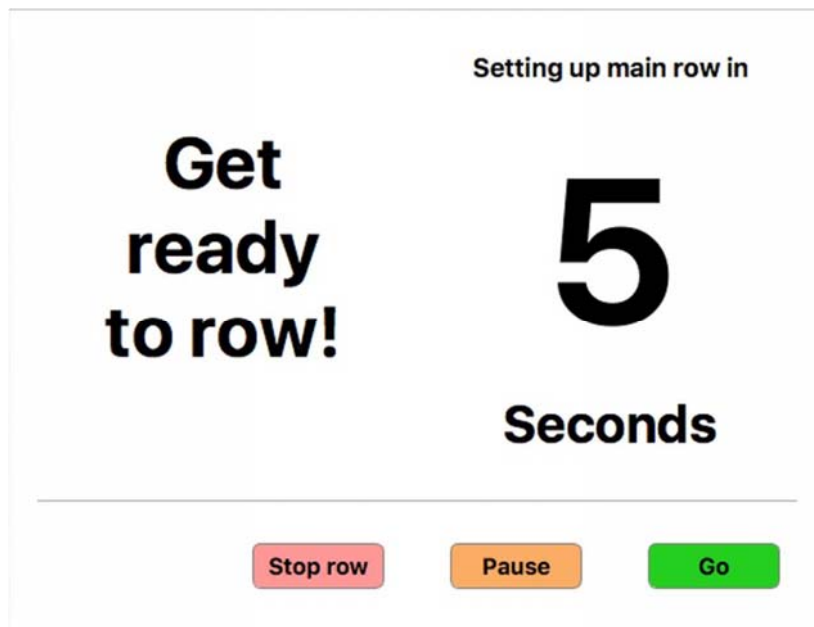
1. Confirm you are set as the **User** at the top (so results go into your logbook).
2. Select the type of multi-erg row you want to row. This could be a Set Piece, Training Workout, or Custom Row. By default, **Set Piece** is selected.
3. Select the specific row you want from the list. For this first row, just leave the default **500 meters** row selected.
4. On the right side, notice the default settings – Lane genders are set to show all Male rowers in the 3D display, and the lower part of the display is set to show the Training display. You can change these settings, but for now let's keep this first row simple by sticking with the defaults.
5. Before you click the big green Row button, confirm all rowers are seated on their ergs, with feet strapped in, and ready to pull the handle to start rowing.
6. Now click the green **Row** button.

RowPro will respond by moving to the Start panel. From that point on, the start is fully automated unless you press one of the buttons on the Start panel.



The Start panel for Multi rows is shown below:

### Start panel - Multi



The operation of the Start panel is obvious – If you don't press one of the 3 buttons, the countdown will continue to 0, and then the row will be set up on all configured ergs. If you press:

- **Stop row** – the row will be stopped.
- **Pause** – the countdown will pause, and the Pause button will show Continue, then when you click Continue the countdown will continue.
- **Go** – the rest of the countdown will be skipped.

Once the countdown ends, the 500m Set Piece will be set up on all configured Concept2 Performance Monitors, and the rowers will be able to see that happen.

After a moment, RowPro will then begin the **Sit Ready – Attention – Row** automated start sequence. This will be shown on the Training display, and on the lower half of every Concept2 PM where the rowers can see it.

Once the automated start sequence gets to **Row**, the word 'Row' will be audible, provided the computer's sound is not muted.

**Note:** If one or more of the rowers pull their handle before **Row**, a false start will be declared both on the RowPro display and on every Concept2 PM. You will need to instruct all the rowers to stop rowing and prepare to restart. RowPro will wait until all flywheels are stopped, then it will re-run the automated start sequence.

Once the row is underway, watch how the RowPro In-row Display responds to the rowing – the upper panel shows the boats moving in 3D; the lower panel is in Training mode, so it shows the erg data from each of the configured Concept2 PMs.

In the RowPro 3D In-row Display, the on-screen boats move along the course, with the bow (front) of each boat matching the distance on the corresponding Concept2 PM, and the on-screen rowers matching the stroke timing of each rower in the session.

**Note:** RowPro learns about each stroke once it is finished. If a rower changes their stroke rate, their Oarsman takes a stroke or two to re-synchronize.

When the 500 meters set piece is finished, you'll see the finish form below:


### Finish panel - Multi

## Results

### 500 meters

Lane	Pace	Time	Place
1	2:37	2:37.3	1
2	2:52	2:52.4	4
3	2:40	2:39.7	2
4	2:51	2:50.8	3

## All done!



Close

**Note:** If it had been a race and not a training row, the Finish panel would list the results in Place order, whereas in a training row it lists the results in Lane order.

When you're ready, click **Close** on the finish form. RowPro then automatically uploads all results to your online logbook, and resets to the default 'Just Row' screen, ready for you to set up your next row.

**Note:** At present, the results in your online logbook for each lane are identified as Lane 1, Lane 2, etc. At some point we plan to enable you to rename them, and also move them into separate logbooks for your individual squad members.

## Step 4: Check your online logbook

On the RowPro main menu click **Logbook | Online Logbook**. You'll notice on the menu that RowPro also has a Local Logbook – that's for situations where your RowPro computer isn't connected to the Internet.

In your online logbook you'll see the 500-meter Set Piece listed for each lane. Every lane's result from every multi-erg row done with RowPro will automatically be added as another line entry in your online logbook.

**Note:** There are many functions available in your online logbook, for example viewing the details of a row in both chart and table format, comparing and analyzing similar rows, viewing your rowing history and statistics, exporting results to your Concept2 online logbook, and much more. For more info about the In-Row Display, see RowPro Help Online [www.digitalrowing.com/help](http://www.digitalrowing.com/help).

## Step 5: View the details of each row

Double-click a 500m Set Piece row for one of the lanes to bring up its Details page. There you'll see a chart with a blue trace showing pace for every stroke, and below the chart you'll see a table with 5 splits of 100m each, and totals for the entire row.

**Note:** If the rower was wearing a HRM while rowing, and their HR was visible on the Concept2 PM display, you'll also see a red trace for their HR on the chart.

## Step 6: Export the row to your Concept2 online logbook

Concept2 provides free online logbooks where you can record all your rows.

You can select rows in your RowPro online logbook and export them direct to your Concept2 online logbook. This is a great time-saver that eliminates all the manual double-entry work you'd otherwise have to do.

To export a row, click the Send button next to that row in your online logbook. The first time you will be asked to enter your Concept2 logbook info, and from then on you can just export rows.

**Note:** You can set your RowPro online logbook to automatically export new rows to your Concept2 online logbook. You can get your Concept2 logbook info from your Profile at the Concept2 website [www.concept2.com](http://www.concept2.com), and of course you will need to have a Concept2 online logbook.

## 3. Using RowPro for specific tasks

Need to motivate your squad? Wanting to track your squad's progress better? Looking for ways to improve your squad's stroke technique? Want to run an online or venue Regatta? RowPro has all the tools you need and more:

### Improve your squad's stroke technique

Good stroke technique makes rowers look and feel like a pro when they row and gives them a sense of mastery that stimulates their rowing. Good technique also feels a lot better – more relaxed, less strenuous, and decreased risk of muscle injury.

If they row 3 x 20 minutes per week, that adds up to around 75,000 strokes per year, which means good technique is the key to staying injury-free long-term.

Good stroke technique is also more efficient. As their stroke technique improves, their speed, strength and endurance go up, and their effort and heart rate come down. That all adds up to improved performance.

Rowing technique videos can show them good technique, but translating that into their own good technique is another story entirely. RowPro is specifically designed to overcome this challenge so they really do develop good technique in their rowing.

Check out the new [Good stroke technique](#) mini-guide to learn how to improve stroke technique with RowPro.

### Use RowPro for motivation

There's no doubt that sticking with your rowing program over the long term is the key to success. And that means maintaining your squad's motivation over the long term is vital to getting the training outcomes you want. The trick is finding effective ways to do that.

Research into the success factors driving long-term rowing programs clearly shows that motivation is the most important, enduring and effective contributor to keeping rowing over the long term. Bottom line - it's essential.

Most rowers are busy people, so each row faces a daily contest with work, family and other activities. As a result, people's rowing tends to fall away over time - research shows that without RowPro, on average it's already down 15% after just 1 year.

RowPro overcomes this challenge by being a constant rowing companion and lifelong motivator, providing a mix of mental and physical boosters to stimulate rowing during the weeks, months and years of active rowing.

Check out the new [Using RowPro for motivation](#) mini-guide to learn how to use RowPro to stimulate rowing.

**Tip:** All the guides and mini-guides mentioned in this section are available for download at [www.digitalrowing.com/rowing/howtos.html](http://www.digitalrowing.com/rowing/howtos.html).

## School and college rowing

Concept2 Indoor Rowers give schools an excellent opportunity to increase student participation in school PE and sports activities. We asked schools running successful rowing programs: "What are the key factors in your success?" Here's what they said:

1. **Attracting students to participate** – Using technology to make indoor rowing visual and cool, to make it feel like a computer game that they can have fun playing while they exercise.
2. **Overcoming the practical challenges** – Providing rowing coaches with tools to quickly create training programs, teach rowing technique, and record and analyze results, so they can handle larger groups of students.
3. **Keeping students motivated** – Enabling students to compete with themselves via intra-school or inter-school team competitions to transform the PE activity into a competitive sport with longer-term development opportunities.

Schools say getting students to want to take part is the most critical success factor - the challenge is to attract students not involved in mainstream PE and sports.

Check out the new [School & college rowing](#) guide to learn how to use RowPro to run your own indoor rowing program.

## Online regattas

Online regattas are small collections of RowPro online rows arranged into a regatta format by an organization for the benefit of its members.

**Online** because the participants are not usually in the same location – they are participating over the Internet using the RowPro online rowing system. Participants might be at home, or in schools, colleges, gyms, clubs or institutions – anywhere there's a Concept2 Indoor Rower, RowPro computer, and an Internet connection.

**Mini** because the methods used to run these regattas work well for up to 50 boats. For bigger regattas, a full online regatta is needed.

**Regattas** because these are organized events rather than just people rowing online together. The organizer decides what the regatta format and timing will be, and controls the regatta.

Check out the new [RowPro online regattas](#) guide to learn how to use RowPro to run your own online regatta.



## 4. Help, assistance & troubleshooting

### RowPro help

Your first port of call is RowPro Help Online at [www.digitalrowing.com/help](http://www.digitalrowing.com/help). This covers all the common problems you may encounter and how to resolve them.

### RowPro support

Next stop is RowPro Support at [www.digitalrowing.com/support](http://www.digitalrowing.com/support) where you'll find all the RowPro documentation, guides and mini-guides, plus FAQs on all common topics.

### Information and assistance

If all else fails, for free and friendly personal assistance by the people who know RowPro inside out, just email [assist@digitalrowing.com](mailto:assist@digitalrowing.com).