

Online Rowing Quick-Start Guide

Important! Before you start RowPro, prepare your Concept2 PM:

1. **Make sure your Concept2 PM firmware is current** - <https://www.concept2.com/service/software/concept2-utility>.
2. **Disconnect other devices** - make sure your Concept2 PM does not have a USB drive or LogCard inserted.
3. **Disconnect other apps** - make sure your Concept2 PM is not connected to any other apps via Bluetooth.
4. **Connect your Concept2 PM to your computer via USB** - <https://www.digitalrowing.com/Rowing/connect.html>.
5. **Set up your heartrate monitor** - it's important not to push the Menu button on the Concept2 PM after starting RowPro.
6. **Start RowPro** - check that your Concept2 PM is connected, i.e. light is green at the bottom left of the RowPro PM twin.

STEP 1: Connect

Connect your computer to the Internet, then on the RowPro main menu, click Set up a Row | Online. RowPro will then connect to Oarbits and to the Online Rowing server. Right away you'll see the list of upcoming online rows. Have a look at them to familiarize yourself with the layout and info provided.

STEP 2: Set up a Quick Row

Now click the Create Quick Row button at the bottom of Set up a Row. Make up a name, for example 'Pam's first online row', choose a suitable short distance, say 500 meters, and click the big green Check in button to go through to the Check-in form.

STEP 3: Prepare to row

In Check-in you'll see your name and an icon flashing red. Click the Ready button and the icon will stop flashing to show you're ready and will show a green S icon to indicate you're the starter. If others were joining you in this session, you could now Chat with them. If you want to warm up, now's the time to do that.

STEP 4: Start the row

When you're ready to start, click the big orange Prepare to Start button. If your computer sound is on, you'll hear a voice say 'Prepare to Start'. **Wait 10 seconds** to give it time to set up the row on your Concept2 PM.

You'll notice the 500m row will be set up on your Concept2 PM, and the Prepare to Start button will become a green Start button. Strap in, pick up the handle, click Start and **watch your Concept2 PM. Wait until you see Row** on your Concept2 PM display, then start rowing. Note if you start rowing before that, you will cause a False Start and the whole row will reset.

You'll notice the row itself proceeds just like any other RowPro row, except that the bottom half of your Concept2 PM display shows your position information relative to others. Since there are no others in this row, it will only show you.

STEP 5: Finish the row

When you've completed the 500m row, the Finish form will appear, showing you in first place (of course!) and you're done.

Note: If others had been in this row with you, you could now Chat with the other people that had finished their 500m.

Click the Finish button to wrap up the row. You'll see that RowPro closes the Finish form and automatically opens the Set up a Row and Chat forms. You can now chat to other people who are online, or set up or join another row, or close and finish.