

# RP3 ROWING

## DYNAMIC INDOOR ROWER

### Usage Instructions for RP3 Rowing Software

This document covers a general guide for using the RP3 Rowing App which is the software available to all RP3 owners to enable them to view their rowing parameters and create and complete workouts. For further guidance please see our video guides or contact us.

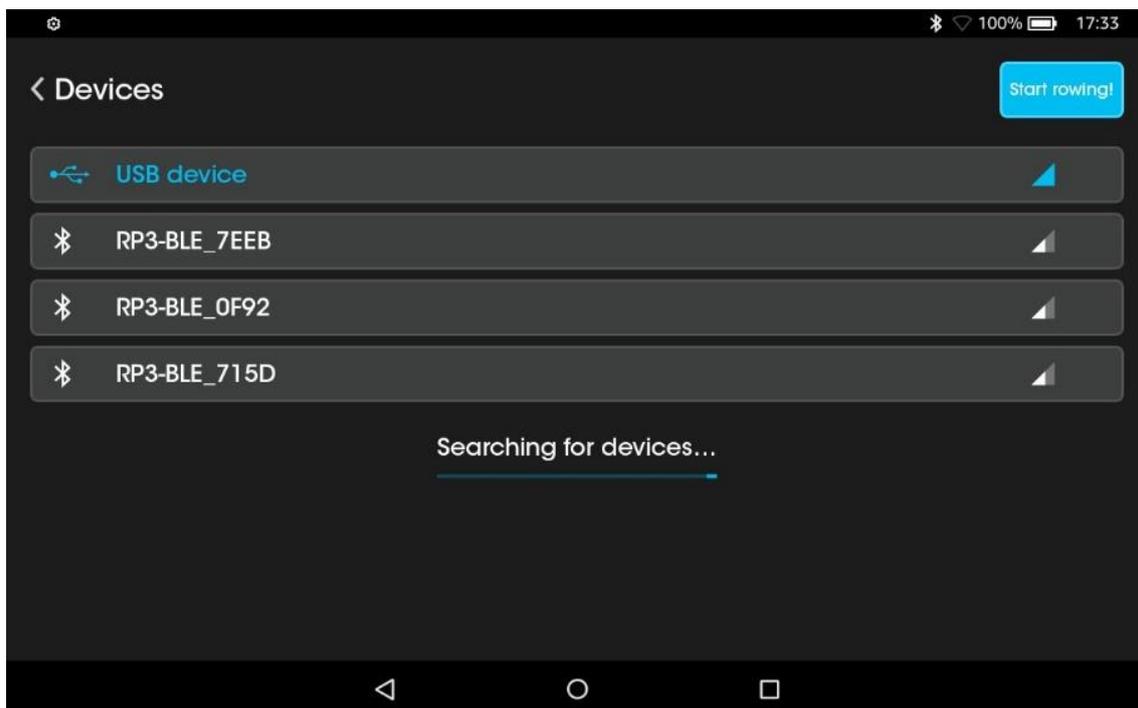
Firstly, ensure the tablet you are using has the RP3 Rowing app installed. The full version of the app is available in the google play store with a 'lite' version currently available for iOS devices. The 'lite' version currently does not enable the setup of workouts. If you would like to purchase a tablet with the app preinstalled, please contact us.

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## 1. [Connecting to the machine](#)

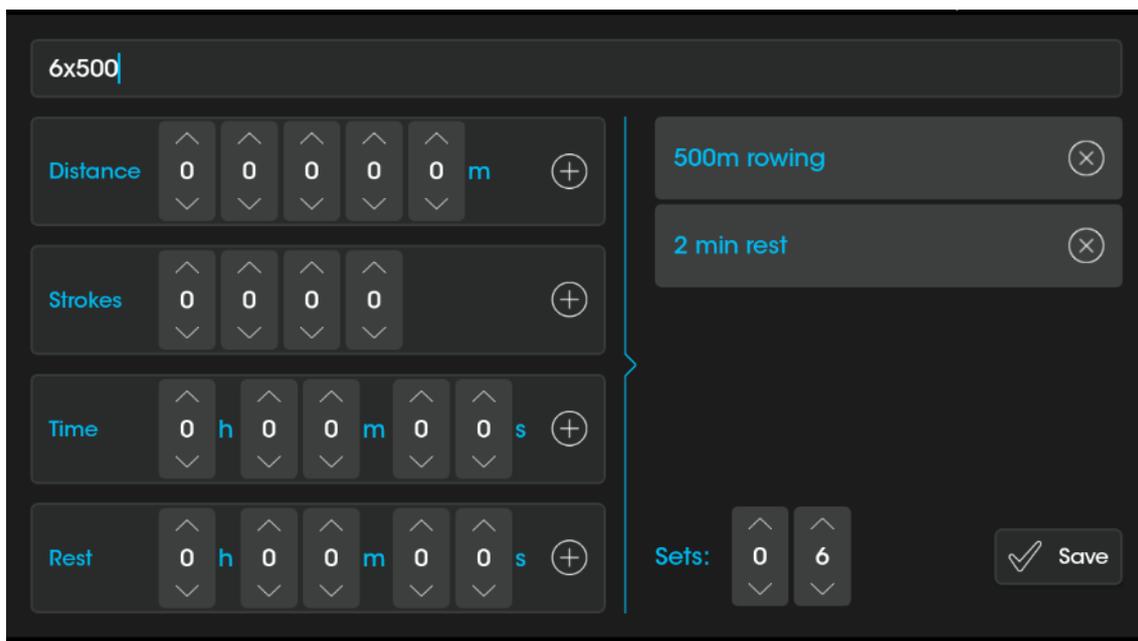
After installing the app, open it and connect the tablet to your rowing machine. Do this by taking a stroke to wake the machine and either plug in the USB cable to the port on the tablet or connect via Bluetooth. This is achieved by clicking on “Devices” in the top left corner of the screen and selecting either “USB Device” if connecting via cable, or by selecting the RP3 number that matches the number on the machine from the list of Bluetooth devices.



## 2. Setting Up Workouts

To set up a workout, select “training” on the app home screen. The screen that now displays shows you previously programmed workouts and previously completed workouts. To start a workout that has already been programmed into the tablet, simply select it from the list titled “available plans”.

To create a new workout, select “+ Plan” in the top right corner. From the screen that shows after this, you can add distance, a number of strokes, time and rest time to a workout and input the number of sets you want to do. For example, to set up to do 6x500m with 2 minutes rest between each piece you would set the distance box on the left of the screen to 500 and click the plus button to add it to your workout, then repeat this with “2 minutes” in the rest box. You would then change the number of sets to 6 and give the workout a name and click save. The picture below shows how this workout would look when programmed.



### 3. Use of the App While Rowing

This section describes how you can make the most of the RP3 software while training on the machine.

The following image shows the default layout that the app comes with as standard:

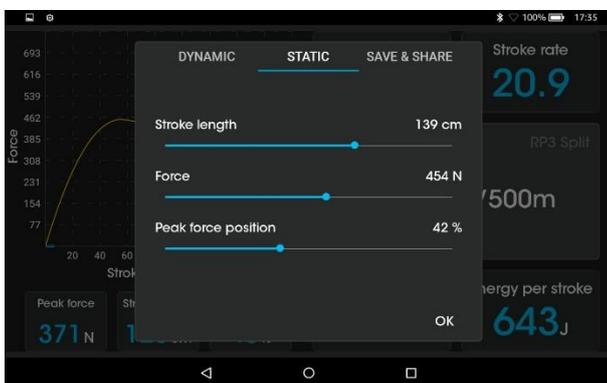


This can be personalised to show you the parameters that are useful to you while you row. To change the parameters, you are seeing while you row, simply click on the one you want to change, and choose from the list that comes up. The parameters available include the following:

- Split per 500m – this can be edited to simulate an estimated boat speed of any given boat and average crew rate.
- Stroke count
- Power
- Average Power
- Stroke Rate
- Average Stroke Rate
- Time
- Stroke Length
- Distance
- Distance per stroke
- Energy per stroke
- Energy Sum
- Calories Sum
- Average energy per stroke
- Heartrate
- Work per pulse

- Peak force, position, and relative position
- Drive time
- Recovery time
- Drive/Recovery Ratio
- Speed
- K – “drag factor” equivalent

You can also set up a “static” curve on the power curve graph which helps in giving a target for desired power application which can help to synchronise crews and improve your technique. To do this, click on the graph and select “STATIC” from the top of the dialog box. Then input your desired values for stroke length, peak power and relative peak position to draw the curve shape that you want to aim for.



#### 4. Workout Analysis

The RP3 app also allows you analyse your previous workouts. Summaries of each workout are shown within the app itself and are accessed by simply clicking on the workout under the “History” heading in the “Training” section of the app. This shows averages across each set of the workout for each of the rowing parameters. You can send this report to yourself via Bluetooth or email to view away from the tablet. From the emailed report, you can also download stroke by stroke data for your workout to view in excel. This is useful to show how your performance in each rowing parameter varied across the workout.

