

# WaterCoach

## F.I.T

Fitness Interval Trainer

Instruction Manual

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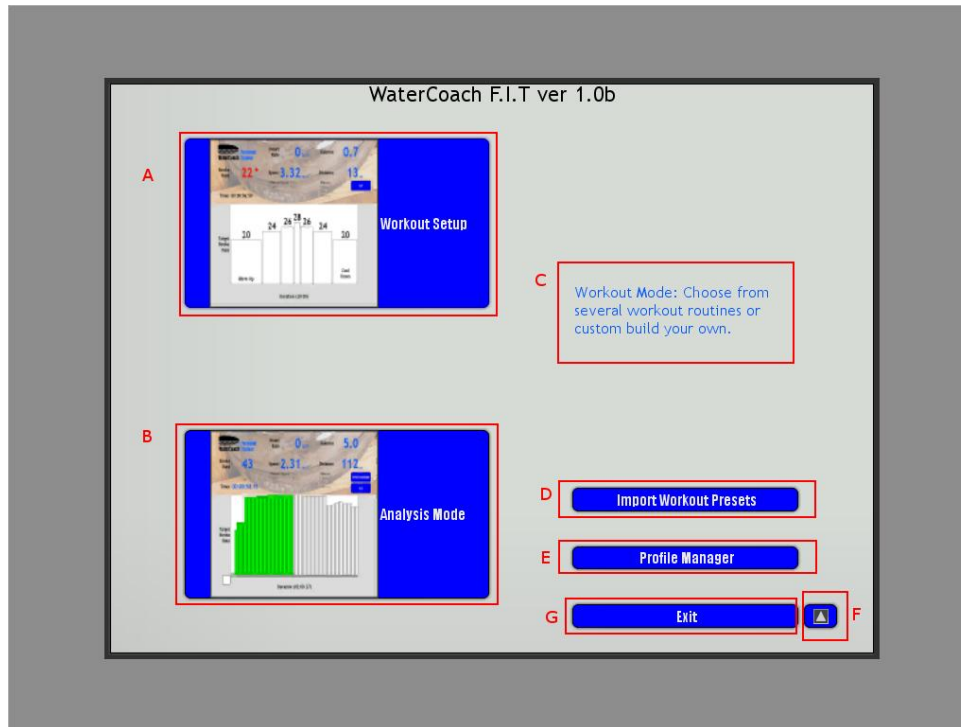
## Getting Started

To use the software, download the .zip file onto your computer, and unzip the files inside. To open the software, double click on “WaterCoach FIT.exe.”

NOTE: The folder “WaterCoach FIT\_Data” must be in the same folder as the program in order to run.

When you open the program, you will first be presented with the following menu:

## Start Menu



**A: Recording Mode:** This button takes you into the main workout mode of the software, allowing you to create custom workout routines.

**B: Analysis Mode:** This button takes you to the analysis mode, where you can replay past workout sessions.

**C: Tooltip:** This field gives you a brief description of what you’re currently hovering over.

**D: Import Workout Presets:** Import a file containing workout presets.

**E: Profile Manager:** This allows you to set up and manage local profiles for tracking lifetime statistics.

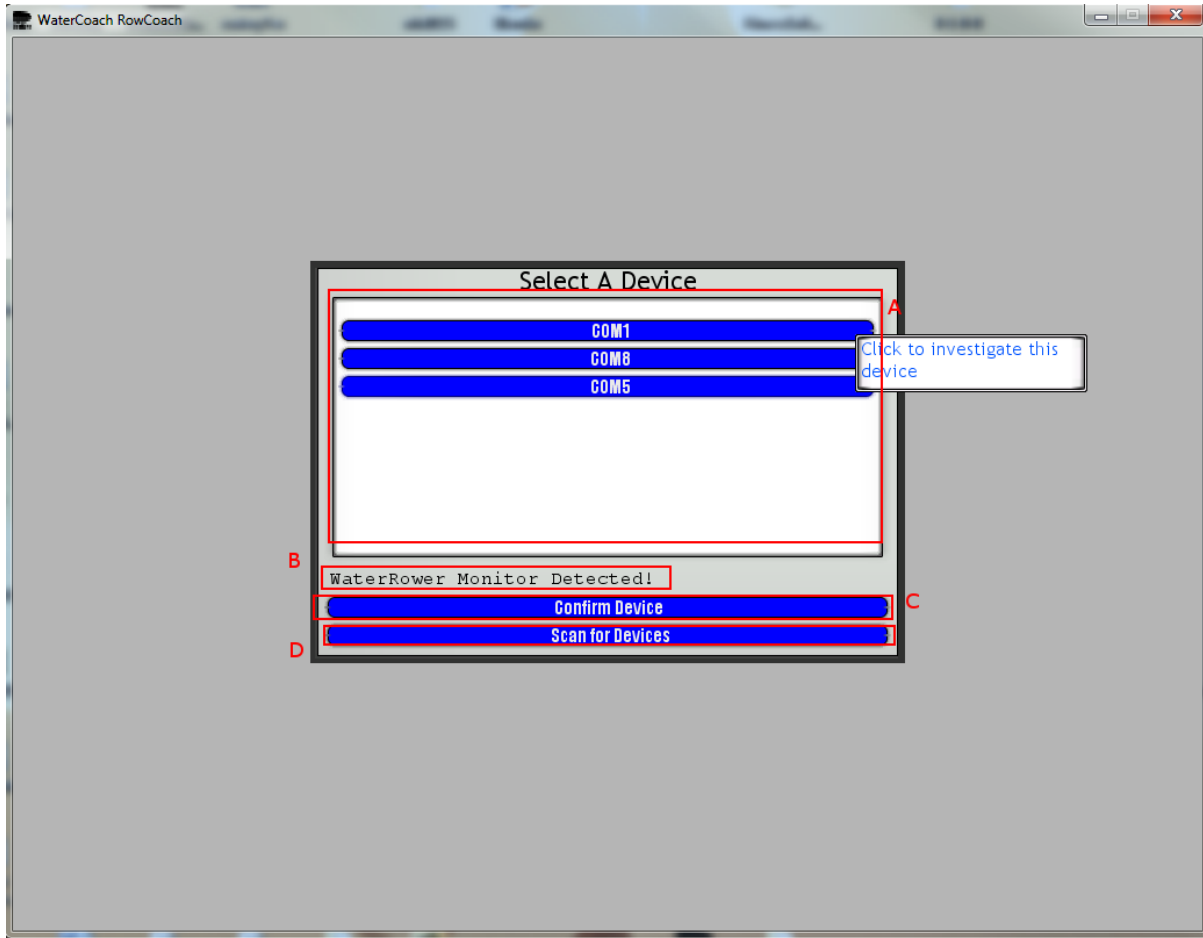
**F: Update Indicator:** This button appears if there is a new version available. Clicking it will take you to the download page on the WaterCoach website.

**G: Exit:** Exits the program.

## Workout Setup:

### Device Selection

When you first enter recording mode, the software will prompt you to select a device from a list of known devices currently connected to your computer:



**A: Device List:** This is the list of known devices connected to your computer. To try and establish a connection to a WaterRower Series IV monitor, click one of the buttons.

**B: Status Line:** This only appears when attempting to connect to a device. If the device is a WaterRower Series IV monitor, it will display "WaterRower Monitor Detected!" If the device is not a Series IV monitor, it will display "This device is not a WaterRower monitor..."

**C: Confirm Device:** When you connect to your WaterRower Series IV monitor through this menu, this button will appear. This will confirm that this is the device you wish to use, and your monitor will emit a tone and reset (all values go to zero).

**D: Scan For Devices:** If you connect or disconnect devices while this window is open, the list of known devices may need to be updated. By pressing this button you can refresh the list of known devices to include newly connected devices.

## Workout Setup:

### Workout Setup Mode

When a WaterRower Series IV Performance Monitor has been selected from the device selection menu, you will next be prompted to enter parameters for your workout.

The screenshot shows the 'Setup Workout' interface. It includes sections for Unit Settings, Target Settings, Workout Code Entry, a table for interval settings, Total Distance, Presets, and a Begin Workout button. Red boxes and letters A through I highlight specific elements: A (Unit Settings), B (Target Settings), C (Workout Code Entry), D (Interval table), E (plus and minus buttons), F (Total Distance), G (History button), H (Preset buttons), and I (Begin Workout button).

#	Distance(m)		Target Meters/Second	
1	100	3	02:46.67/500	
2	50	4	02:05.00/500	
3	100	3	02:46.67/500	+ -

**A: Unit Settings:** Specify the units for your workout. A time-based workout will have the length of each of your intervals in terms of minutes, for example.

**B: Target Settings:** Specifies the target statistic for the workout. For example, selecting the target to be stroke rate means you would be trying to maintain a certain stroke rate.

**C: Workout Code Entry:** If you place a specialized workout code, you can enter it here. If it's valid, the data entry fields will automatically be filled out for you. You will be notified if your entry is not a valid code.

**D: Data Entry:** Each line represents an interval of your current workout. The field on the left represents the number of units this interval will last for (minutes, meters, kilometers, miles, or strokes). The field on the right represents a target attribute for this interval (stroke rate, heart rate, meters per second, or miles per hour).

**E: Add and Remove:** The “+” button adds a new interval to the workout. The “-” button will remove the last interval of the workout. All workouts must have at least one interval.

**F: Total Indicator:** This displays the total distance or time the workout will cover.

**G: History/Presets Button:** Toggles between viewing past workouts (History) and workout presets (Presets). If viewing history, field (D) will instead show a list of past workouts completed.

**H: Workout Presets:** This is a list of possible preset workouts that can be completed by the user. Selecting one of these will automatically populate the data entry fields with relevant entries.

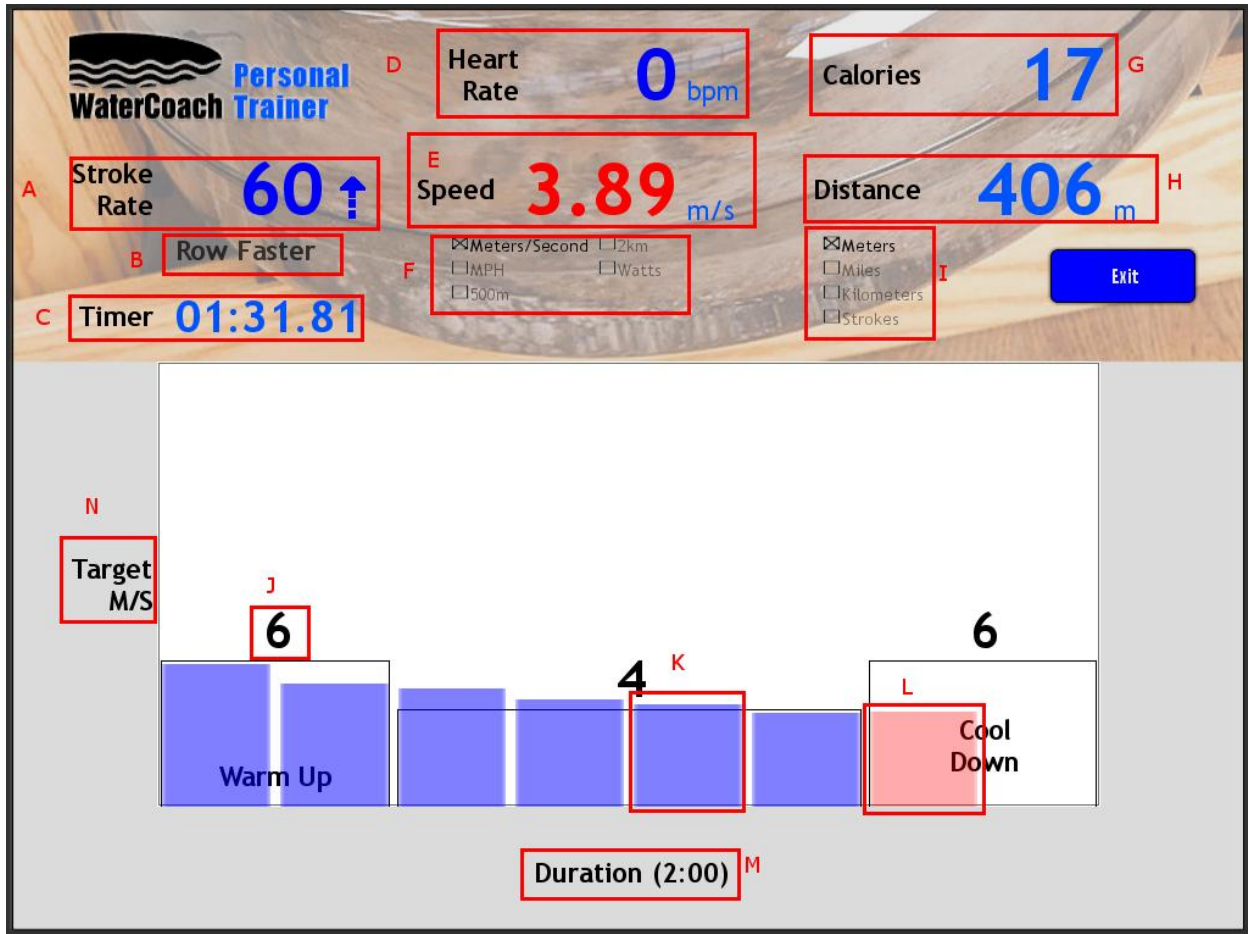
**I: Begin Workout:** Begins the workout specified above and brings the user to the next screen.

## Workout Setup:

### Workout Screen

After a workout is defined and the “Create” button is clicked, you are brought to a screen to view your current statistics and perform your workout.

Most numbers at the top of the screen will be colored blue. However, your chosen target statistic will be colored red if you are not meeting the requirement for the interval, and green if you are meeting your target requirement.



**A: Stroke Rate:** The current stroke rate you are rowing at.

**B: Target Indicator:** This will flash “Row Faster” if you are below your target statistic, and “Row Slower” if you are currently above it. This does not display if you are meeting your current target.

**C: Timer:** The current time you have spent rowing this session.

**D: Heart Rate:** Displays your current heart rate (only if using equipment compatible with the WaterRower Series IV monitor).

**E: Intensity Display:** Displays the current intensity. The default is speed in meters per second. If your workout has a target speed in meters per second, this number will be red if you are outside your target, and green if within 1.5 meters per second of the target. Similarly, if your target is in miles per hour, setting the intensity display to show Miles Per Hour will have the number colored similarly.

**F: Intensity Settings:** Allows you to change what is displayed in the intensity display. This can be:

- Speed in Meters Per Second (Meters/Second)
- Speed in Miles Per Hour (MPH)
- 500 meter pace (500m)
- 2 kilometer pace (2km)
- Watts per second (Watts)

**G: Calories:** Displays the current calories burned during this session.

**H: Distance Display:** Displays the current distance traveled. The default is in meters.

**I: Distance Settings:** Allows you to change the distance display. Options include:

- Meters
- Miles
- Kilometers
- Strokes

**J: Target Statistic:** Displays the target statistic for the interval below it.

**K: Past Progress:** Displays bars representing past progress of your workout. If in the past interval you were within your target statistic, the bar will be blue. Otherwise the bar will be red.

**L: Current Progress:** This bar represents the performance of your current interval. This bar will be blue if within your target, and red otherwise.

**M: Workout Units:** Displays the total length of your workout. For time-based workouts this will display the total minutes for the workout. For distance workouts this will display the total distance, and for stroke-based workouts this will display the total strokes in the workout.

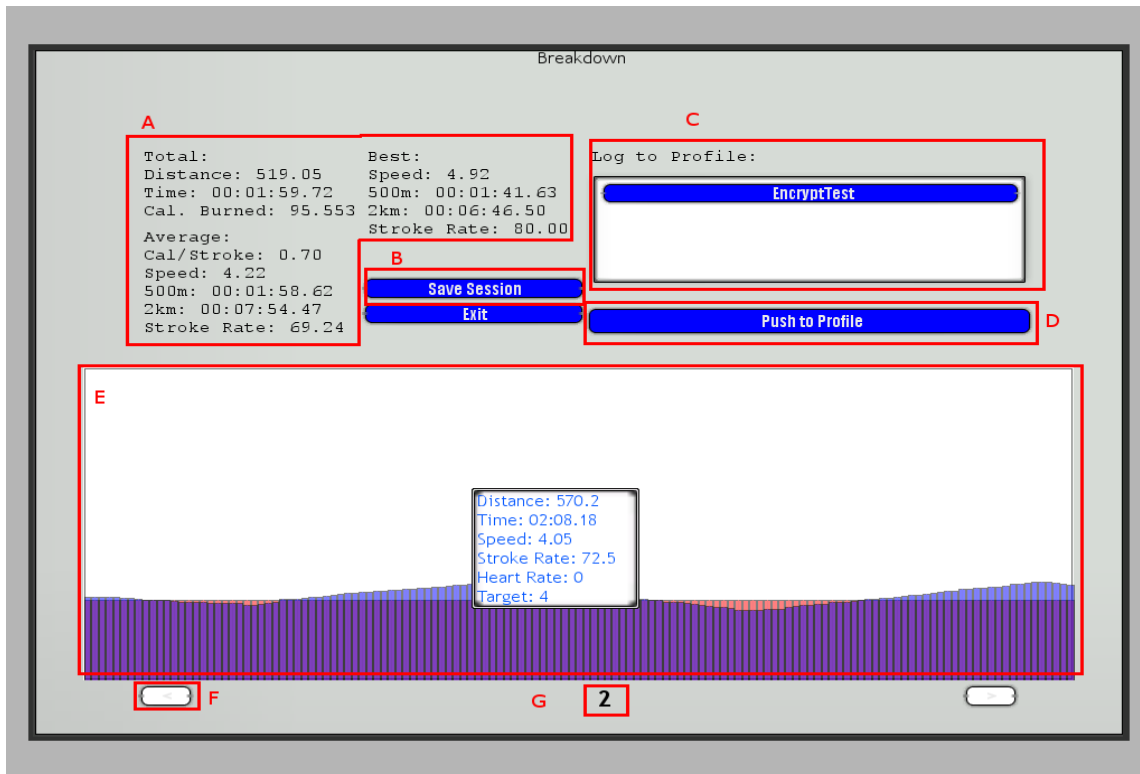
**N: Target Units:** Displays the name of your target statistic.

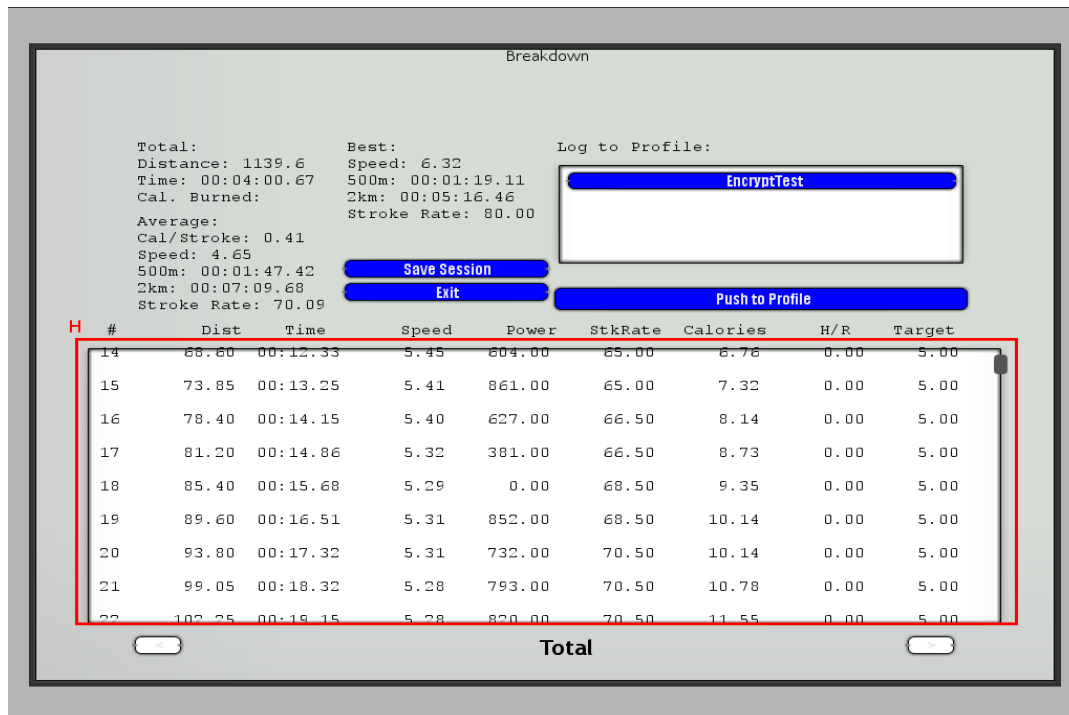


## Workout Setup:

### Session Summary

When you finish your workout, either by finishing all of your intervals or by clicking the “Exit” button, you be presented with a detailed list of your statistics during the session. Upon entering this screen, the workout settings for your session (interval lengths, intensity targets) will be saved into your workout history.





**A: Summaries:** Displays the totals, averages and best values for the page of the workout currently being viewed.

**B: Save Session to File:** Clicking this will open a dialog window to save the stroke data from your workout to a file. The default file name will be "DayOfTheWeek\_MMDDYYYY" but can be changed in this dialog window.

**C: Profile List:** Lists all local profiles on this machine. You can publish important statistics from your current workout to one of these profiles.

**D: Push to Profile:** Displays only when a profile is selected. If this button is pressed then statistics from the current workout session will be written to the selected local profile. You can only write a session's statistics to one profile.

**E: Session Graph:** Displays a bar graph that represents every stroke taken over the given interval. The blue bar represents your actual stroke relative to the target statistic for that stroke, which is represented as a red bar. Ideally, the blue and red bars should overlap perfectly when meeting your target statistic, with no blue or red showing.

Putting your cursor over a given bar will give you some statistics about that stroke.

**F: Page Left and Right:** Pressing these buttons cycles through statistics on each of the intervals of your

workout..

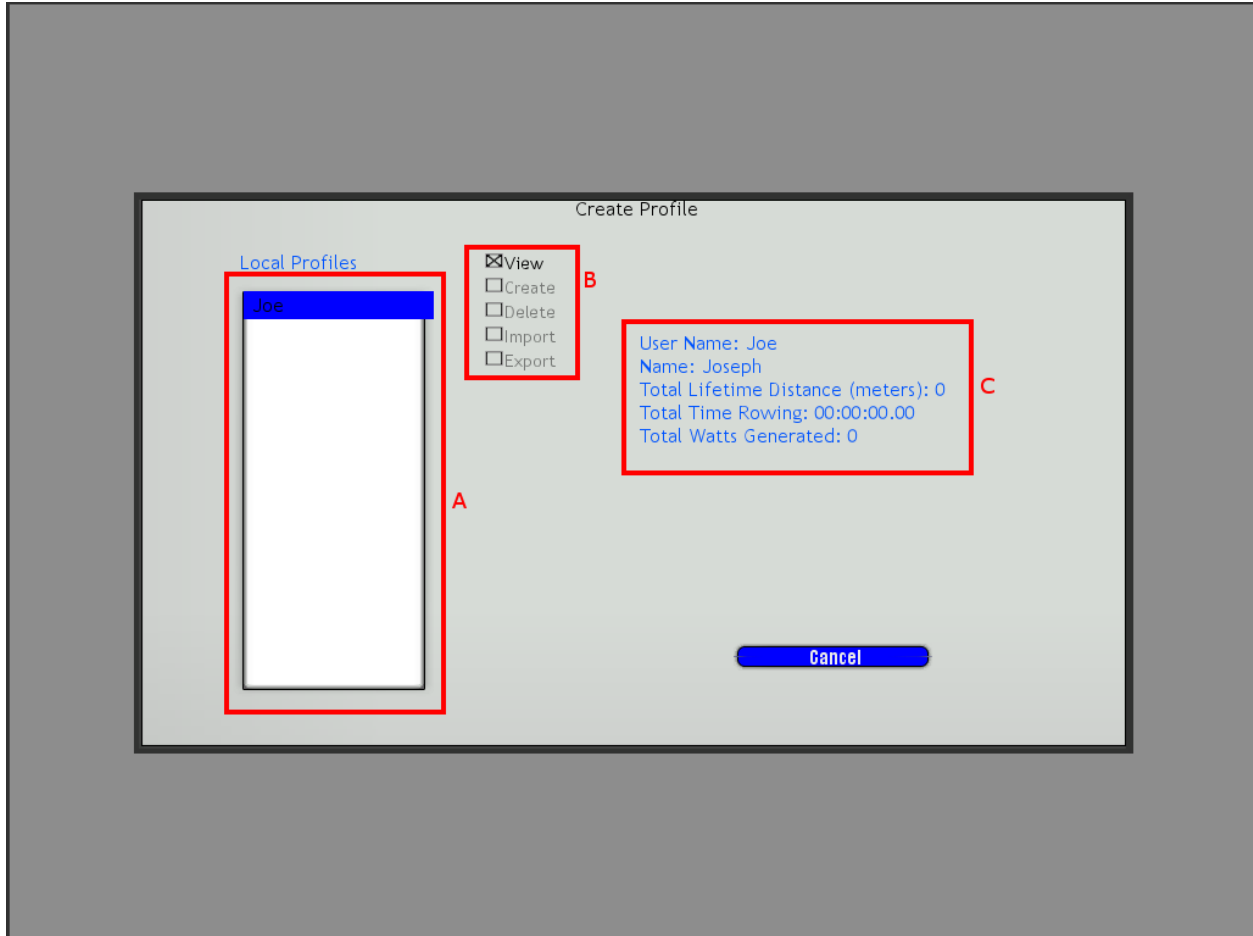
**G: Interval Name:** This is the interval number you are currently viewing. The page for the entire workout is called "Total." Clicking on this interval name will display a tabular breakdown of the interval.

**H: Table:** This shows a stroke-by-stroke breakdown of your workout.

## Profile Manager

### View Mode

The profile manager allows you to set up local profiles to store lifetime statistics. When you first open the profile manager, the default screen is to be able to view profile information.



**A: Profile List:** The list of all currently known profiles.

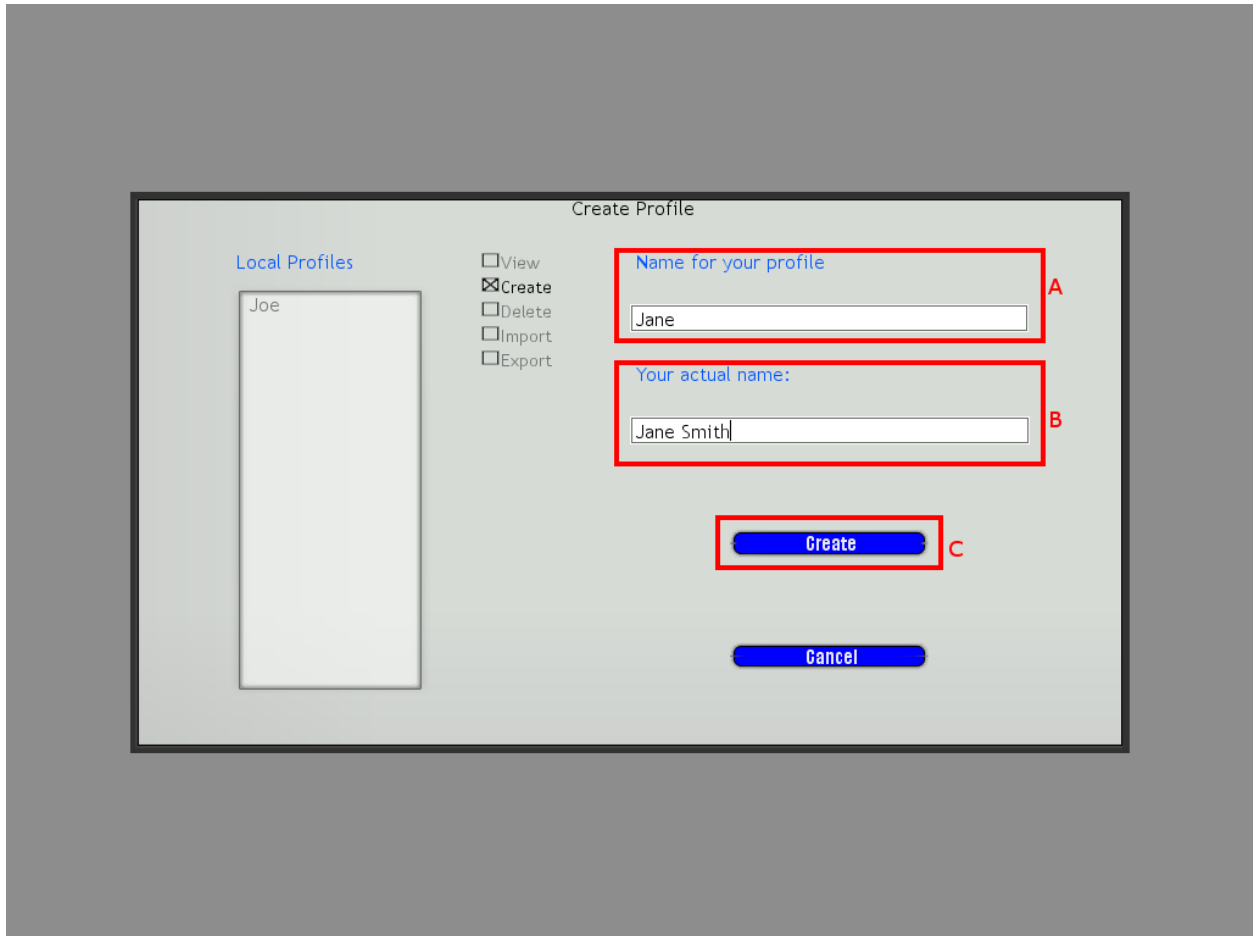
**B: Mode Selection:** Select between Viewing mode, Creation mode, Delete mode, Import and Export. The figure above is currently in view mode.

**C: Profile Statistics:** The statistics of the currently selected profile.

## Profile Manager

### Profile Creation Mode

Selecting “Create” in the mode select allows you to create a new profile.



**A: Profile Name:** The name of your profile. This is the name of the file your statistics are stored in.

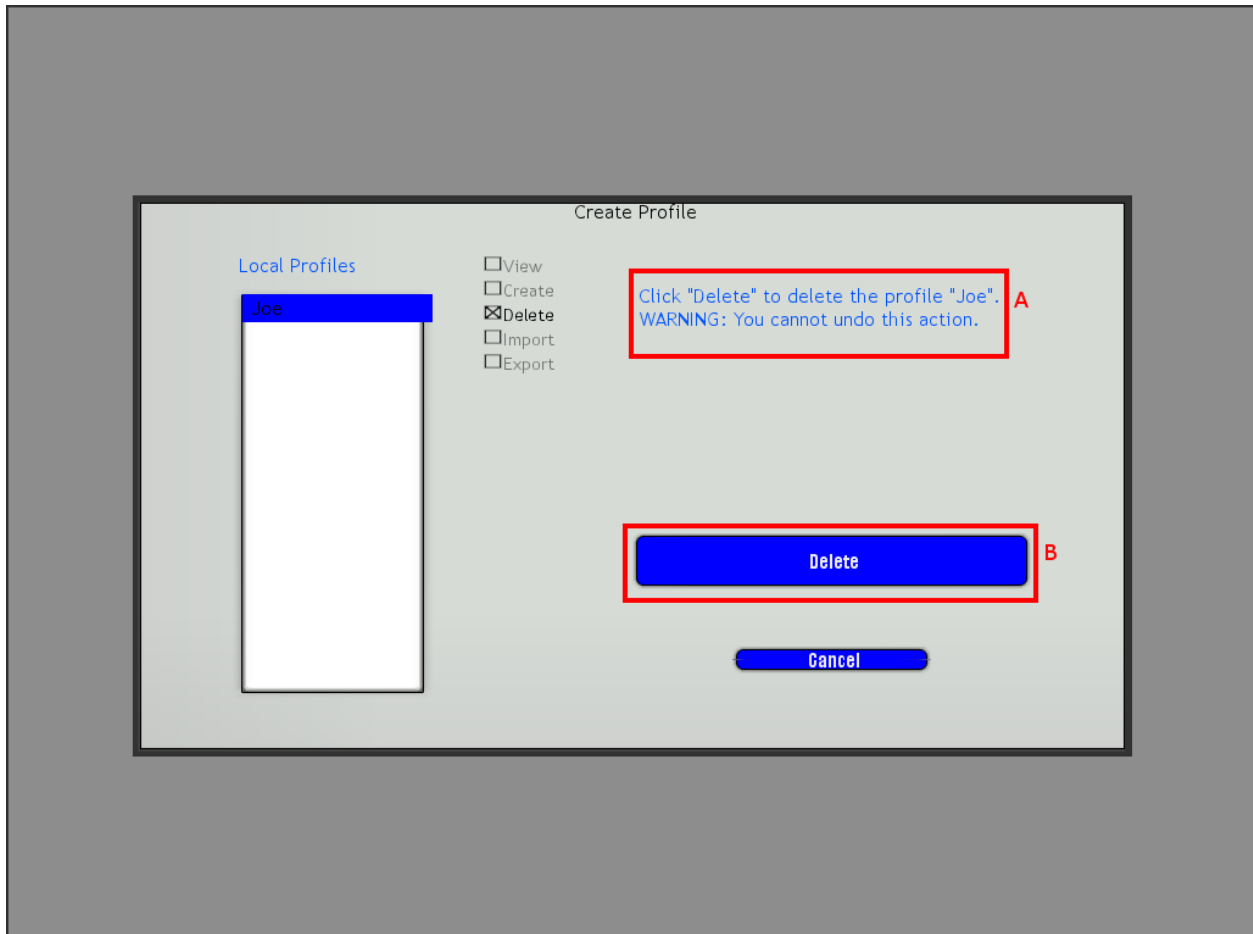
**B: Actual Name:** The actual name of the person using the profile.

**C: Create:** Creates the profile and adds it to the list of local profiles.

## Profile Manager

### Delete Profile Mode

This mode allows you to delete a local profile.



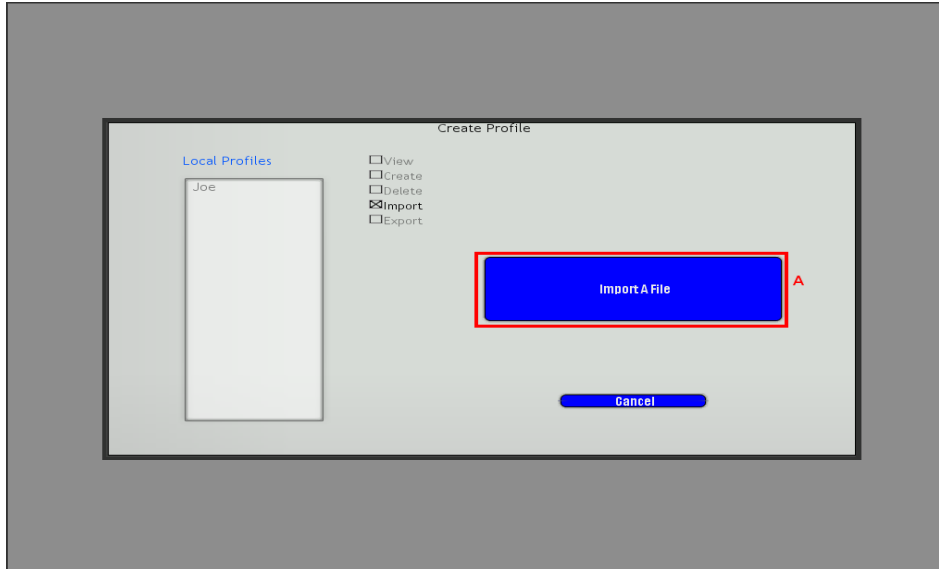
**A:** Deletion Warning: Displays the name of the profile selected.

**B:** Delete Button: Deletes the selected profile. This action cannot be undone.

## Profile Manager

### Profile Import Mode

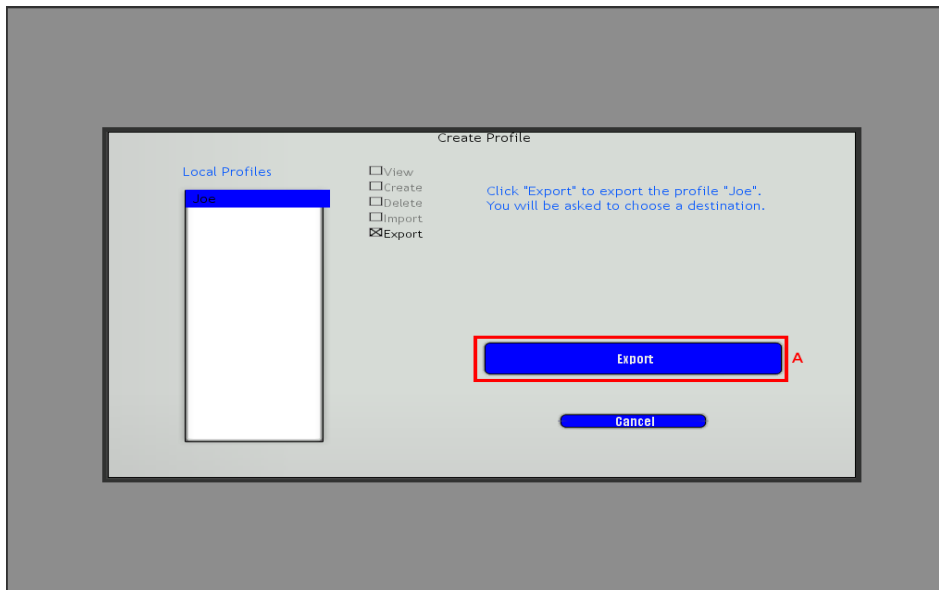
This allows you to import a profile from another directory, such as from a flash drive.



A: Import Profile: Opens up a file window for you to find the profile you wish to import.

### Profile Export Mode

This mode allows you to export a local profile to another location, such as a flash drive.

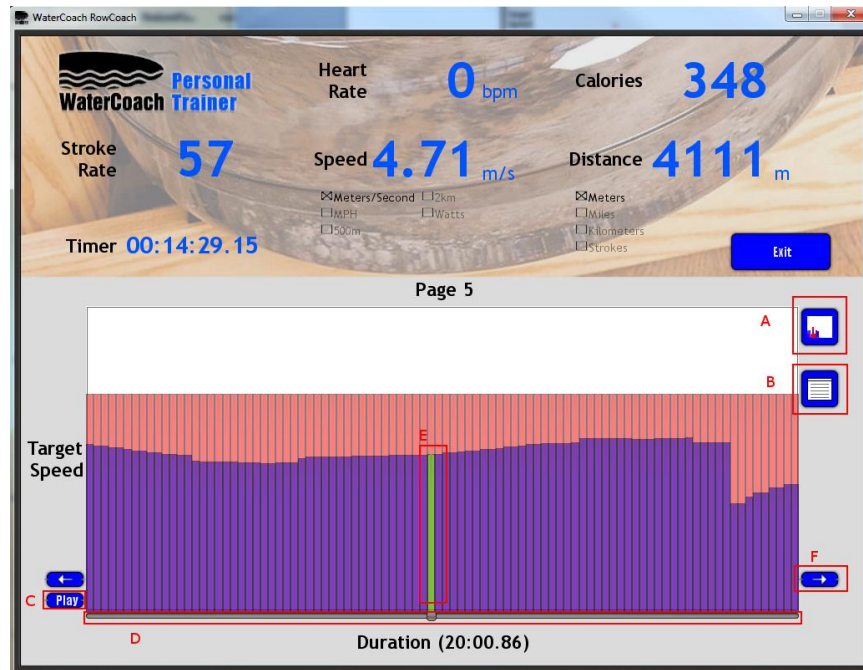


A: Export Profile: Opens up a file window for you to choose the location to export the selected profile.

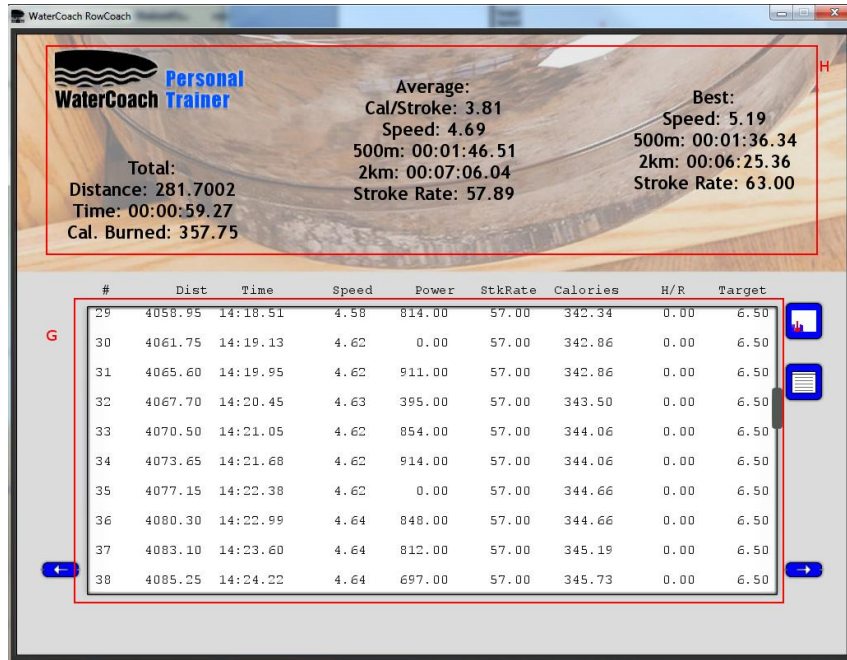
## Analysis View

### Main Screen

When entering analysis view, you'll first be prompted to open the session file that you wish to review. After selecting a valid file, you will be presented with the following screen, which resembles the recording mode screen and the session summary screen:







**A: View Table Button:** Toggles between showing a table of each stroke in the session, or a bar graph view.

**B: Stats Button:** Toggles between displaying individual stroke statistics at the top, or summaries for a given interval.

**C: Play Button:** Starts playback of the session. The software will cycle through each stroke in the currently viewed interval and display it, changing once every second.

**D: Timeline Slider:** The timeline slider allows you to “scrub” through all strokes in a given session and view the current stroke’s statistics at the top of the screen. Pressing the blue “Play” button next to the slider will cycle through the strokes of a session at a rate of one stroke per second.

**E: Current Stroke:** The bar graph view will show the currently viewed stroke as a green bar.

**F: Left and Right Page Buttons:** Cycles left or right through the intervals of this workout.

**G: Table View:** Displays the statistics of each stroke in the current interval in a table.

**H: Summary Statistics:** Displays the totals, averages, and best values of the given split for a number of statistics.