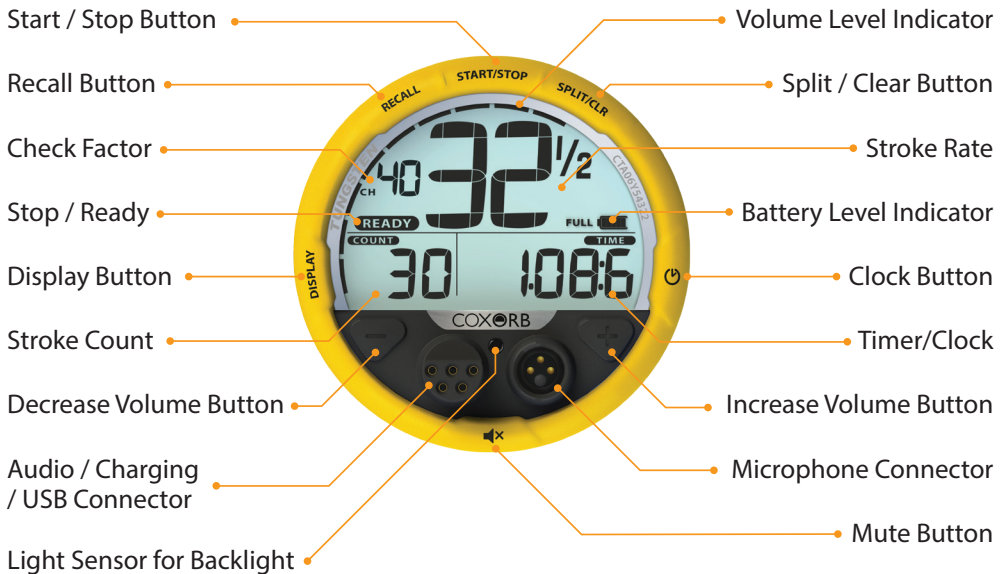













Congratulations on purchasing your new CoxOrb. It has been designed to be as easy as possible to use but the following information will help you get the most from it. If you do have any questions please email us at queries@active-tools.com or contact your local distributor.








Basic Operation	
Turn On	 <p>Press & hold START/STOP for 3 seconds.</p> <p>The unit will turn on in 'STOP' mode and Rate and Check Factor will be displayed.</p>
Turn Off	 <p>Press & hold START/STOP for 3 seconds.</p> <p>Note that unit must not be in 'RECALL' mode.</p>
Volume Control	 <p>Press INCREASE / DECREASE VOLUME buttons.</p> <p>Volume level is displayed on the 'Volume Level Indicator' and the level is saved when the unit is turned off.</p> <p><i>If you get feedback when you are on full volume, check that the speaker nearest you hasn't been mounted wrongly on top of the deck. If it has it must be moved.</i></p>

Mute		Press & hold MUTE button. The unit will be muted and the 'Volume Level Indicator' bars will disappear .
Clock		Press & hold CLOCK button. The Time of Day Clock will be displayed.


Recording a Work Piece

Go To Ready		Press START/STOP. Unit will go to 'READY' mode (all data fields ready to record).
Start		First boat movement or press START/STOP. When in 'READY' mode the unit will automatically start recording on the first movement of the boat. Alternatively you can press START/STOP again. During a timed work piece Stroke Rate, Stroke Count, Elapsed Time, Voice Data and Check Factor will automatically be recorded. <i>Work Pieces under 10 seconds long will not be recorded.</i>
Recording a Split		Press SPLIT/CLR. The timer display will freeze and flash for 3 strokes to indicate that a split has been recorded (the timer will continue to run internally).
Stop Timing		Press START/STOP. Work Pieces can be stopped at any time. The unit will return to 'STOP' mode and display the last recorded figures until the piece is resumed or cleared. Alternatively, if you stop rowing or paddle very lightly, elapsed time will flash. If you then press START/STOP while it is flashing, the time you stopped rowing hard will be used as the end of the work piece.
Resume Timing		Press START/STOP. Work Piece will resume as a continuation of the original piece.
To Clear and Reset the Timer		Press SPLIT/CLR. Unit must be in 'STOP' mode.




Recall

Enter Recall		Press RECALL. When in 'RECALL' mode 'MEM' is displayed on screen.
Selecting Work Piece to View		Press INCREASE / DECREASE VOLUME buttons. Work Pieces are labelled with the Time of Day they were recorded. The highlighted work piece will flash and if you leave it highlighted for more than 3 second it will be selected. The unit will store 20 work pieces and after that it will automatically delete the oldest one when a new one is recorded.
Reviewing Work Piece		Press INCREASE / DECREASE VOLUME buttons. The stored information can be reviewed in single, five and thirty stroke increments depending on the length of button press. SPLIT/CLR cycles through recorded splits, including the start and end of each Work Piece. The 'Volume Level Indicator' shows the approximate location within each Work Piece.
Erasing Work Piece		Press & hold SPLIT/CLR for 5 seconds when on the work piece you wish to remove. The screen will flash ERASE when preparing to erase and ERASED when complete.
Exiting Recall		Press RECALL. Unit will return to home screen and be in 'STOP' mode.

Configuring the Display

Display Check Factor		Press DISPLAY. Check Factor will turn on and off.
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Battery & Charging

Battery Life		Battery Level Indicator. Each bar represents approximately 20% of battery life and a full battery gives around 6 hours of normal use.
Charging		Connect the charger to the Audio/Charging/USB connector. The battery takes approximately 3 hours to fully charge from empty. <i>During the last 5-10mins of charging your unit will occasionally complete a memory clean up and during this process it is not usable. When memory clean up is in progress the unit will display 'MEM'.</i>
Full Charge	FULL	When the unit is fully charged the backlight will turn off and 'Full' will appear.
Changing the Battery		Locate and press the dimple on the battery pack, twist anti-clockwise and gently pull the pack off. Reverse these steps to replace the pack.

Mounting Your CoxOrb

CoxOrbs can be supplied with a mounting cup and will also fit existing mounting cups and moulded-in holders. The spherical back allows the unit to be angled to suit the user.

Setting the Clock

To set the Time and Date start with the CoxOrb turned on in 'STOP' mode and hold the 'CLOCK' button for 8 seconds. '12hr' will flash and you can press the Volume control buttons to switch between 12 and 24-hour mode. After 3 seconds of inactivity the unit will select your chosen format and switch to flashing the next data set. Hours, minutes and the date can be set in the same way. Note that in 12 hour mode A & P are displayed to distinguish between AM and PM.

Adjusting the Microphone

The microphone arm can be bent to bring the microphone closer to your mouth. However this must be done gently and you must be careful not to make a sharp bend in the tube.

Please note that the warranty on the microphone only covers manufacturing faults. The CoxOrb must never be picked up and carried using the microphone cable. Also the microphone arm must only be gently reset to suit the user, bending it repeatedly will break it!

Check Factor

When this function is selected the unit will display a factor that reflects how much you are slowing the boat each stroke. This is derived from the averaged boat decelerations measured over each stroke.

Checks vary considerably depending on boat types and crew weights but they are a useful way of evaluating technical changes, for comparing crews, and for seeing how consistent a crew's technique is throughout a race. However, because of this inherent variation, it isn't realistic to suggest what figures you should be aiming to achieve with a particular crew.

Note that the unit must be square to the boat, when looking from above, in order to give accurate check readings.

Top Tip: Record average checks for set workouts and compare them over time.

Data and Audio Download

The information from stored work pieces can be transferred onto a Mac or PC using the USB cable.

1. Ensure your CoxOrb is turned off and then press 'RECALL' so that 'USB' is displayed
2. Connect the USB cable supplied to the USB port on your computer and to the connector on your CoxOrb. Your CoxOrb will appear as a removable drive in My Computer on Windows computers and as mounted volumes on Mac computers.
3. Copy files to your computer in the normal way
4. Delete any files off the CoxOrb that you don't want left on it.

Opening downloaded data in Excel

To open your uploaded graphs you must have Excel installed on your Mac or PC and have downloaded the Excel template file from <http://tinyurl.com/CoxOrbTungsten-A> (please note that this is still under development).

1. Open the Excel template file (note Excel may ask you if it is safe to enable macros on this document).
2. When opening the template file you will be prompted to import a Graph File. Locate the folder that contains your CoxOrb CSV Graph Files and select the one you wish to view.
3. Once you have selected a file your graphs will be automatically generated and displayed in separate workbooks. There is also a workbook that contains the raw data.
4. Save your file, making sure to change the file name so as not to overwrite the template file and repeat steps 1-3 for any other graph files you wish to view.

Frequently Asked Questions

Why does my unit sometimes take a few seconds to display rate?

The CoxOrb accelerometer can take up to 40 seconds to recalibrate if the angle of the CoxOrb is changed.

Is my CoxOrb compatible with the NK and Coxmate wiring looms we have in other boats?

Yes CoxOrbs are fully compatible with both NK and Coxmate wiring looms.

I was charging my CoxOrb when it started flashing 'MEM', I unplugged the charger but the unit continued to flash 'MEM' for another 5mins and then returned to normal?

During the last 5-10 mins of charging your unit will occasionally complete a memory clean up and during this process the unit is not usable. When memory clean up is in progress the unit will display 'MEM'.

The Audio/Charging/USB connector is starting to wear out on my CoxOrb can I replace it?

Yes, the CoxOrb incorporates a user replaceable connector block.

How long will a battery pack last, before it needs to be replaced?

You can expect approximately 3 years life out of your battery pack.



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