

Rowperfect for Windows (or *Rpw* for short) is the Windows based version of the original Rowperfect software. It runs on any MS Windows version since Windows '95, including - but not limited to - Windows XP, Vista and 7 and is compatible with several USB Serial Adapters. *Rpw* is available as an upgrade for existing *CARE/DOS* users and included when purchasing a new Rowperfect PC Interface.



Rowperfect for windows®



Rowing software for superior rowing training and on water performance.

In addition to all the features and options the Rowperfect *CARE/DOS* software already had, *Rpw* comes standard with an abundance of extras:

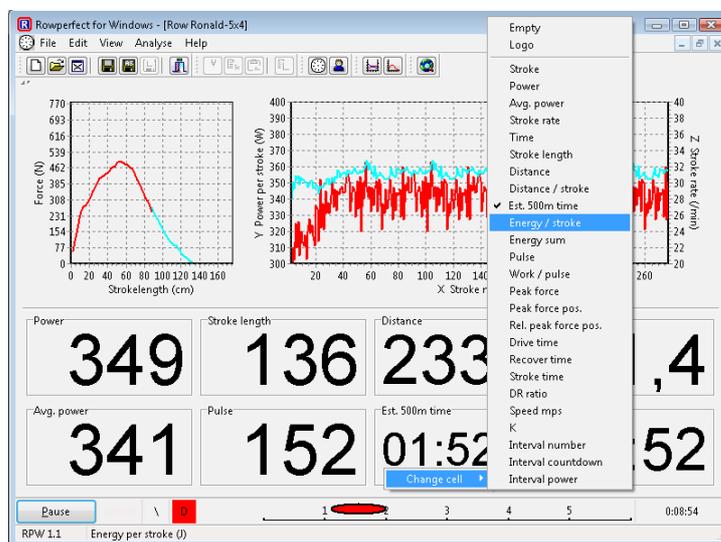
- Over 10 *extra* values are calculated for each stroke, such as Drive / Recovery ratio and Peak force position
- 2 training sessions can be opened at the same time, to compare stroke data charts
- Recording time is now only limited by available computer memory (RAM)
- All the charts have a zoom-and-pan possibility
- Training sessions can be extended with extra information, such as Type, Event and a Note
- The Force curves window has 4 different automatically calculated average force curves
- The programme has a Windows like, intuitive user interface

To give you an idea of the possibilities, the next 3 paragraphs describe the most common tasks performed in *Rpw* step-by-step : recording a training session, reviewing a training session as a whole and reviewing a training session stroke-by-stroke.

1. Record a training session : Row window

To record a training session, follow these steps.

- Start *Rpw*. A dialogue "New row window" appears, asking for information about the rower. Here either enter the data needed, or open a previously saved User File (*.INI or *.STG) file.
- When finished, click [OK], and the Row window is displayed.
- This window contains two charts (left: Force curve of current stroke; right: Stroke history of all strokes) and 8 parameter cells at the bottom. All these items (charts and cells) can be adjusted by right-clicking on them.
- By default, a training session is set to 2Km countdown. To modify this, click the Training button (👤) on the toolbar. When the workout has been modified, click the Row button (🕒) on the toolbar to switch back to the Row window.
- In the lower left-hand corner, click [Connect] (or press [Space]) to make a connection to the Rowperfect PC interface or MkIV monitor.
- A dialogue "Connect" appears, asking for details about the interface. Select the appropriate Com port (or [Search] to let *Rpw* look for one) or chose "DEMO" and click [OK].
- Start rowing or watch the demo.
- To cancel or to interrupt a training session, click on the [Disconnect] button (or press [Space]).

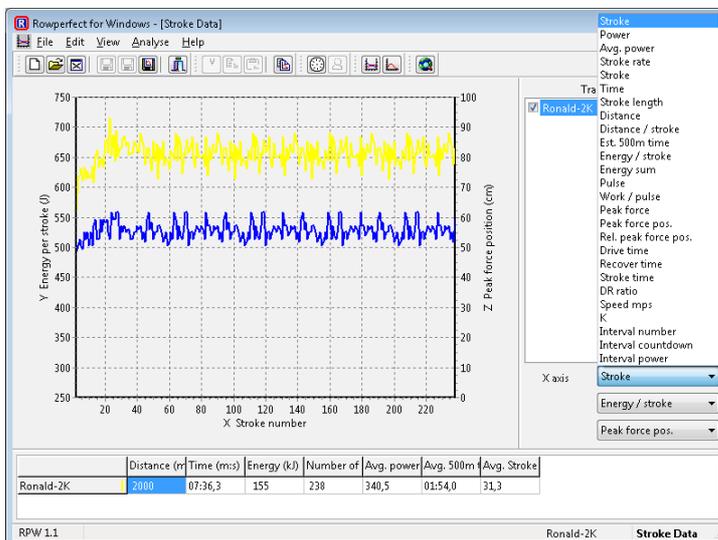


- When you have completed your training session, switch to the training window by clicking on the Training button (🏊) on the toolbar.
- The training window appears, showing results and giving the opportunity to add some extra information to this training session on the General tab. When finished, click the Save button (💾) on the toolbar, to save the training session to disk.

Review a training session : Stroke data window

A training session can be reviewed by following these steps:

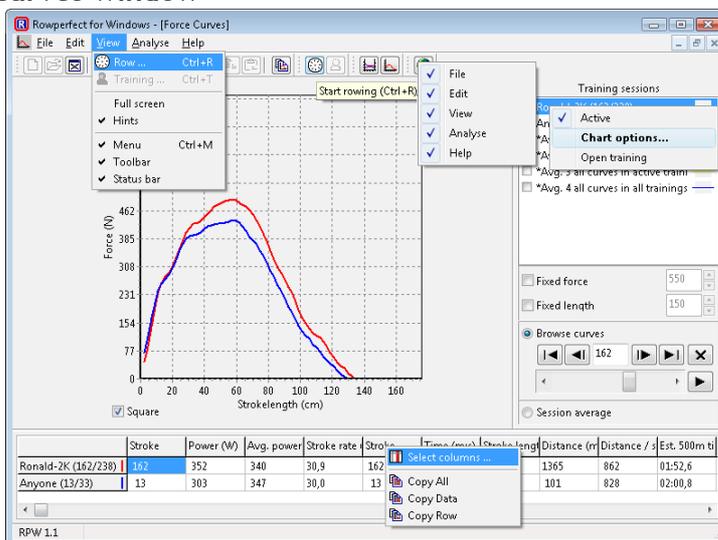
- Start Rpw and click [Cancel] in the "New row window" dialogue.
- Open a file by clicking the Open button (📂) on the toolbar.
- Click on the Stroke data button (📊) on the toolbar to open the Stroke data window.
- Set X (bottom), Y (left) and Z (right) axes as needed by selecting the appropriate parameter on the right-hand side of the window.
- To compare this training session with another, just open another file.
- Zoom in on the chart, by selecting a rectangle. To do so, click on the chart with the left mouse button, drag the mouse to the bottom and right, and let go of the mouse button.
- Move the chart, by right-clicking it and moving the mouse. When finished, let go of the mouse button.
- Reset a chart by selecting a rectangle from bottom-right to top-left.



3. Review a training stroke-by-stroke : Force curves window

To analyse force curves, take these steps:

- Start Rpw and click [Cancel] in the "New row window" dialogue.
- Open a file by clicking the Open button (📂) on the toolbar.
- Click on the Force curves button (📊) on the toolbar to open the Force curves window.
- Click the training session in the list on the right, and use the VCR like buttons (⏪ ⏩) to view the next or previous stroke. The "Play" button shows the force curves as an animation. The data area is updated for every stroke.
- To compare this training session with another, just open another file.
- Scale the force curves by force (vertical) or length (horizontal), for better comparison.



For more information on *Rowperfect for Windows*, contact your local Rowperfect agent for details.

Rowperfect for Windows has been developed by Row-Ware, The Netherlands