

**SEAN : Session Analysis** (or **SEAN** for short) is the most versatile software for the **Rowperfect** rowing simulator available today. It runs on all 32bit versions of MS Windows, including Windows XP, Vista and 7 and is compatible with most Serial to USB converters. It can connect to any existing **Rowperfect** PC Interface as well as the MkIV monitor. SEAN is considered the “Pro” version of *Rpw : Rowperfect for Windows*.

Besides all the features and options the **Rowperfect** CARE/DOS software already has, **SEAN** comes standard with an abundance of extras:

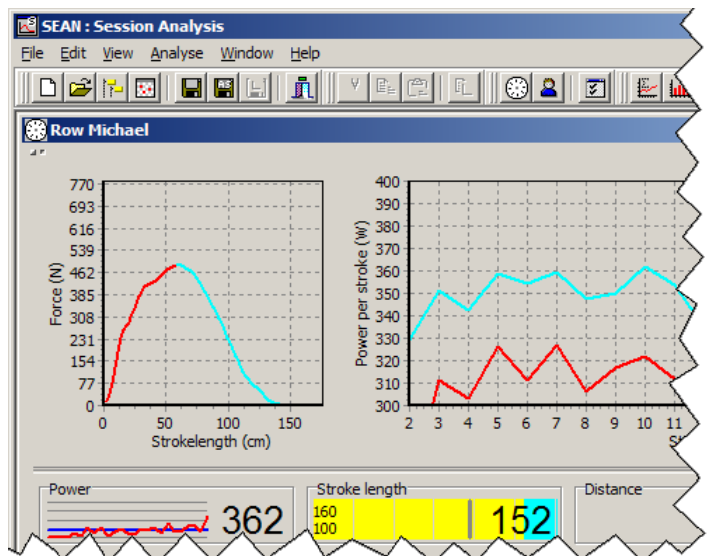
- Over 20 *extra* values are calculated for each stroke, such as Drive / Recovery ratio and Peak force position
- 3 extra analysis windows (*Summary*, *Intervals* and *Race*) are available
- An unlimited number of training sessions can be opened at the same time, to compare stroke data charts and force curves
- Recording time is now only limited by available computer memory (RAM)
- Read and write a wide variety of file formats, a.o. SES, STR, TXT and XLS.
- 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 *Row* window can be thoroughly customised
- The *Force curves* window has 4 different automatically calculated average force curves, as well as averages for interval training sessions
- The *Row* window can be enhanced with a real-time video area by connecting a video camera or web cam, to analyse force curves and body movements at the same time on one PC screen
- ... and much more!





To give you an idea of the possibilities, the next 4 paragraphs describe the most common tasks performed in **SEAN** step-by-step: recording a training session, reviewing a training session as a whole, reviewing a training session stroke-by-stroke and organising training results.

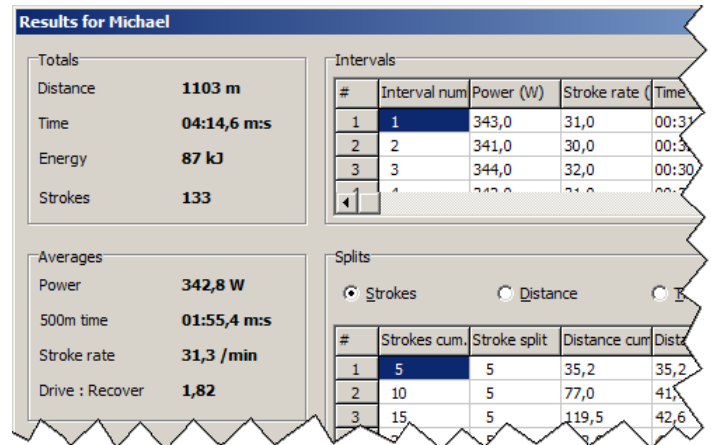
## 1. Record a training session : Row window

To record a training session, follow these steps. Make sure the Rowperfect interface is properly set-up and connected to the PC. Alternatively, use the build-in demo data.

- Start **SEAN** and click on the *Row* button (🕒) on the toolbar (or press [Ctrl] + [R], or select *Row* from the *View* menu).
- 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.
- When finished, click *OK*, and the *Row* window is displayed.
- This window contains by default 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.





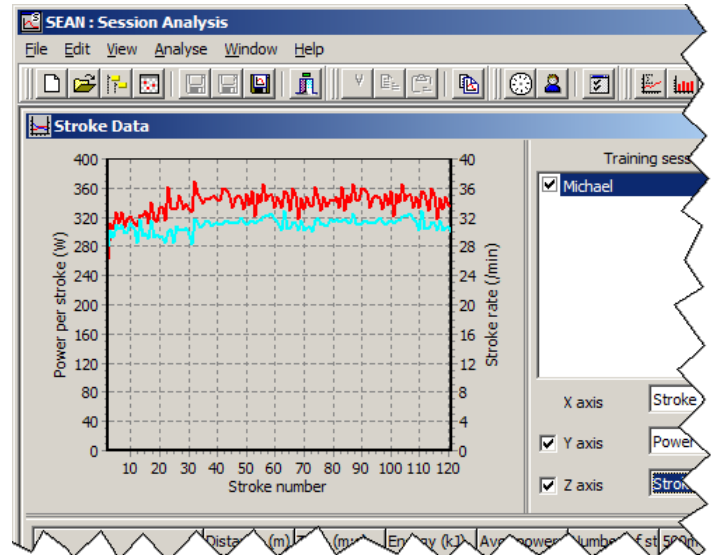
- Also by default, a training session is set to 2km countdown. To modify this, click the *Training* button (  ) on the toolbar (or press [Ctrl] + [T], or select *Training* from the *View* menu). When the workout has been modified, click the *Row* button (  ) on the toolbar (or select *Row* from the *View* menu, or press [Ctrl] + [R]) again 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.
- The *Connect* dialogue appears, asking for details about the interface. Select the appropriate Com port or choose "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, the *Results* window appears, displaying a session summary, the *Splits* table and - in case of an interval session - the *Intervals* overview.
- When done reviewing the results, switch to the *Training* window by clicking on the *Training* button (  ) on the toolbar (or press [Ctrl] + [T], or select *Training* from the *View* menu).
- 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 (or press [Ctrl] + [S], or select *Save* from the *File* menu), to save the training session to disk.



## 2. Review a saved training session : Stroke data window

A training session can be reviewed by following these steps:

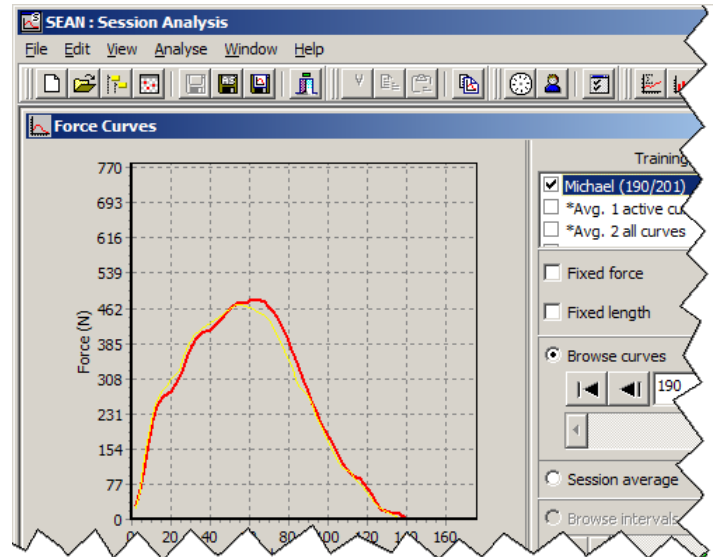
- Start *SEAN* and open a file by clicking the *Open* button (  ) on the toolbar (or press [Ctrl] + [O], or select *Open...* from the *File* menu).
- Click on the *Stroke data* button (  ) on the toolbar, or select *Stroke data* from the *Analyse* menu, to open the *Stroke data* window.
- Set X (bottom), 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 one or more other files.
- 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 session stroke-by-stroke : Force curves window

To analyse force curves, take these steps:

- Start *SEAN* and open a file by clicking the *Open* button (📂) on the toolbar (or press [Ctrl] + [O], or select *Open...* from the *File* menu).
- Click on the *Force curves* button (📊) on the toolbar, or select *Force curves* from the *Analyse* menu, to open the *Force curves* window.
- Click the training session in the list on the right, and use the “VCR” buttons (⏪ ⏩) to view the next or previous stroke. The *Play* button shows the force curves as an animation. The data area at the bottom of the screen is updated for every stroke. Optionally, select the *Session average* or *Browse intervals* to see the average force curve for the entire training session or one specific interval.
- To compare this training session with another, just open another file.
- Changing the colour of a chart can be done by double clicking a training session in the list.
- Scale the force curves by force (vertical) or length (horizontal), for better comparison.

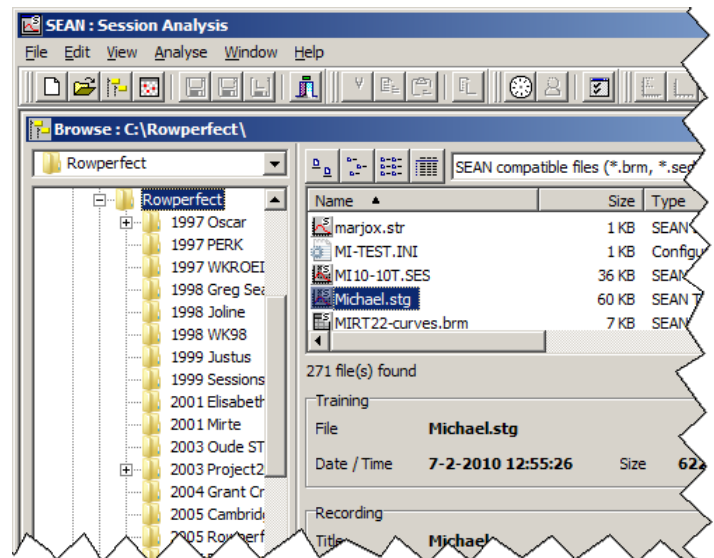


### 4. Organise training results

Training results are saved in files. These can be organised through the Windows Explorer, where the Windows Explorer Enhancements *SeanInfo* and *SeanProp* can come in handy, but this can be done far more easily with *SEAN* by using the *Browse* and *Calendar* windows.

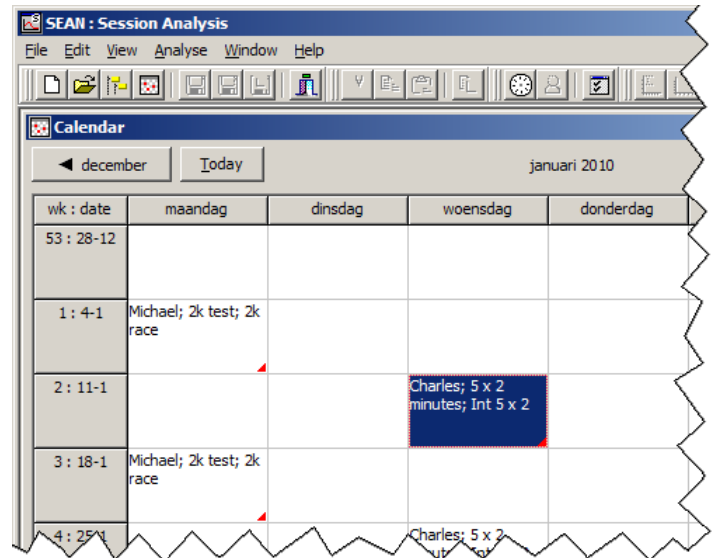
#### *Browse window*

- Start *SEAN* and open the *Browse* window by clicking on the *Browse* button (📂) on the toolbar, or press [Ctrl] + [B]. Alternatively, choose *Browse* from the *File* menu.
- Here, navigate through the drives and folders of your PC as in the Windows Explorer: Double click to open a folder or file, sort data by clicking on the column titles, right-click for a pop-up menu and so on. By default, only *SEAN* compatible files are listed.
- Click on the black arrow button (➡) to show the file info panel. When a file is selected, information such as date, time and title are listed here.
- When screen size allows (at least 1024 x 768 is needed), a preview chart can be switched on next to the file info panel, to give some more insight in the contents of the selected file, without having to open it.



### Calendar window

- Start *SEAN* and open the *Calendar* window by clicking on the *Calendar* button (📅) on the toolbar or choose *Calendar* from the *File* menu.
- *SEAN* will scan all files in the data folder and below, and present a calendar like view showing all training sessions over a six weeks period.
- Navigate through time by clicking the buttons with the names of the previous and next month on them.
- Open a training session for a specific day, by double clicking that date. If more than one file is present for a date, a list will be shown from which to choose.
- To start a new training session for a specific date, right-click the date and choose the *New training session* option in the pop-up menu.



*SEAN* is a product of Row-Ware, The Netherlands. For more information, please visit our website <http://www.row-ware.com/> or contact us by e-mail at [sean@row-ware.com](mailto:sean@row-ware.com)

