

Rowperfect for Windows (or *Rpw* for short) is the new Windows based version of the Rowperfect software. It runs on all MS Windows versions currently available, including - but not limited to - Windows 98, ME and XP and is compatible with most Serial to USB converters.



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 has, *Rpw* comes standard with an abundance of extras:

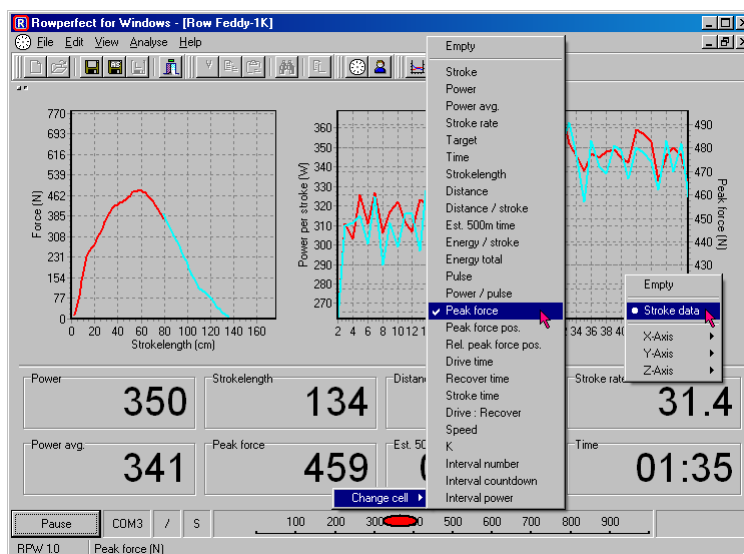
- Over 10 *extra* values are calculated for each stroke, such as Drive / Recovery ratio and Peak force position
- 2 training sessions can be opened at the same time, to compare stroke data charts
- Recording time is now only limited by available computer memory (RAM)
- All the charts have a zoom-and-pan 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 (*.INI) 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.

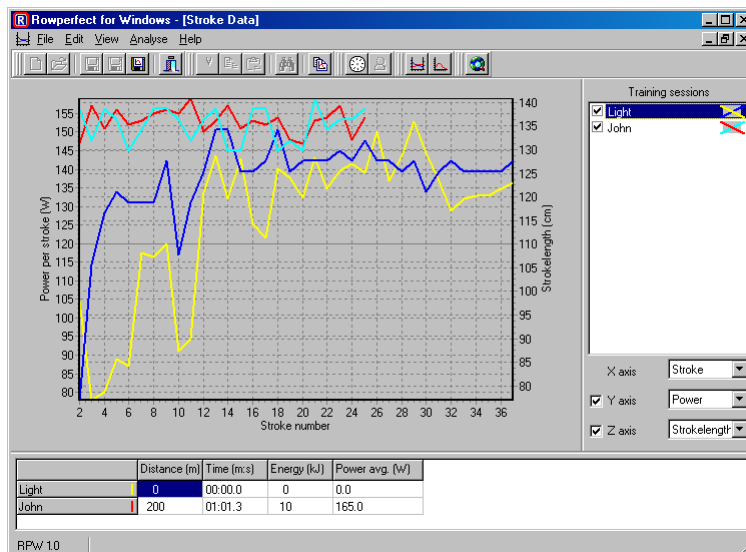


- The training window appears, showing results and giving the opportunity to add some extra information to this training session on the General tab. When finished, click the Save button () on the toolbar, to save the training session to disk.

Review a training session : Stroke data window




A training session can be reviewed by following these steps:

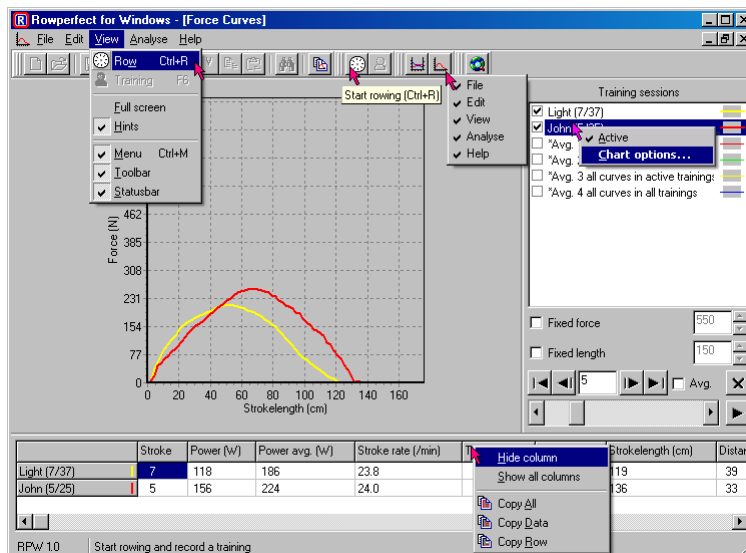
- Start Rpw and click [Cancel] in the "New row window" dialogue.
- Open a file by clicking the Open button () on the toolbar.
- Click on the Stroke data button () on the toolbar to open the Stroke data window.
- Set X (bottom), Y (left) and Z (right) axes as needed by selecting the appropriate parameter 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 in cooperation with Rowperfect Pty Ltd, Australia by Row-Ware, The Netherlands