

## RP3 Software Quick Start Guide



<https://youtu.be/SW-RQSOd8bc> Click this to watch the video

When you open the app there are two blue buttons on the home screen - **Start Rowing** and **Training Plans**. If the top button “start rowing” is greyed out it means the interface is not connected. Check the cable is plugged in.



Click start rowing and you can begin your workout. The default setting is “erg split” displayed in the Time per 500m window on the right hand side. This is equivalent to a Concept2 ergo split.

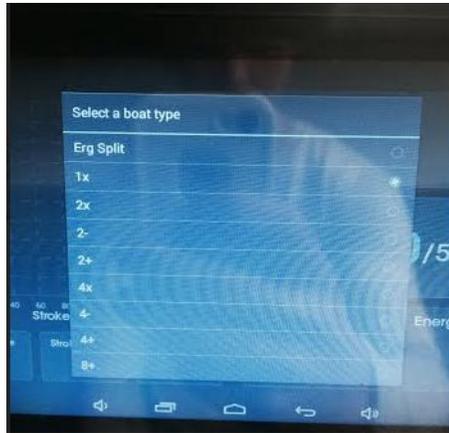
Say we choose an 8+ and 70kg athlete. Now when you row you will get a split equivalent to on-water times for the selected boat and 8 athletes all weighing 70kg. The score is adjusted by the algorithm to reflect boat class and weight (it is an adjusted score).

If you want to focus on power (Watts), select Power instead of “erg split” inside this window and the display changes. Watts does not change with the athlete weight and boat class - it is an absolute measure (not adjusted) based on how fast you spin the flywheel.

Joules is energy per stroke and is the third alternative.



Back on the row screen, if you click on any of the cells alternative numbers can be displayed in each one - click to display the list of options.



## How to set your force curve on RP3

On the row screen click in the the force curve area (top left) to get into the curve options and select static curve.

There are 2 options “Dynamic” and “Static”. Dynamic means when you row your current stroke curve and the previous stroke’s curve are displayed.

Static allows you to set a reference curve to copy. The shape of this curve is determined by 3 parameters

- Stroke length (x axis)
- Force (y axis)
- Peak force position (% of the length where the maximum peak occurs)

The reference curve is yellow and your current curve is built in real time coloured blue.

## How to program workouts on RP3 monitor



You can programme workouts including interval training on the RP3 monitor.

Click on the home screen to go into the Training Plan (as opposed to 'Start Rowing').

You can set your own or use the **pre-set training sessions** are 2km, 10km, 5km, 30 minutes, 500m rowing 1minute rest already loaded.

Select the top right "Plan" button to input your own workout. There are 5 parameters - Distance, Strokes, Time, Rest (time for interval training) and Sets (number of repetitions). Scroll each number to match your plan then click the Plus + button to add it to the right side of the screen which is where the workout parameters are displayed.

If you name your file you can save the workout to your memory so you can repeat it in future.

After completing the workout it's **saved into your History**. Go into Training Plans from the home screen and on the right side is 'History'. Click on the workout and it expands to show summary data for each piece. You can email it by clicking on the top right of the screen and add your own comment so the coach knows your detailed commentary on the workout.

## Building your own RP3 workout

in the Training Programmes software you can select a range of pieces to do during a single workout, so if you want to start with 10 minutes warm up followed by a 9 minute pyramid done twice with 3 minutes rest followed by some 15 stroke starts followed by a warm down - you can programme all of these into the single workout. That way you have one file record of that session and you don't have to reprogramme the machine for each separate part.

Note that rest periods are always time (you can't measure rest with meters).

## Watts and Joules on the RP3 software

*Just for my understanding, I would like to know how the on-water time by RP3 could be calculated. It will be difficult to compare those scores which were trained on C2 and trained on RP3 by on-water time. However I imagine that if the on-water time would be calculated by the Watts, we could guesstimate the equivalent time through the Watts data. For example, 7:00 on the 2k trial by C2 is equal to average 302watts. If it is possible to calculate the on-water time by the Watts, it would be very helpful.*

A great question and one of the key answers which help coaches decide to switch from C2 to RP training. You need to know

### Key points

1. RP3 Rowing App defaults to using C2 setting called “ergo” so your scores are comparable
2. RP3 software allows direct comparison to on-water times
3. RP3 software can use boat class and athlete weight and gives adjusted split, distance based on these calculated values

Here is the explanation about how the [on water time is calculated for the Rowperfect software](https://www.rowperfect.co.uk/verification-of-rowperfect-weight-correction-software/) <https://www.rowperfect.co.uk/verification-of-rowperfect-weight-correction-software/>. And the same information in a [printable pdf](https://www.rowperfect.co.uk/wp-content/uploads/2007/09/software-algorithm.pdf)

<https://www.rowperfect.co.uk/wp-content/uploads/2007/09/software-algorithm.pdf> The Android software uses the same base as all the former versions of the RP software (Dos, Windows).

This was written by Casper Rekers who designed the Rowperfect and RP3 machines. His calculation is based on athlete weight, the actual race time and the known mass of the boat and oars.

## Working with Watts on RP3 rowing machine

If you know the 500m split gold medal time for your boat class.

And you select Watts on the RP3 Rowing app software - you can display split and watts simultaneously so you can see the precise Watts needed for this split time.

This will tell you the watts (joules per second) or joules needed to achieve that on-water race time.

Here's an article about [Joules and athlete weight on RP](#) which will help you understand the relationships between them.

<https://www.rowperfect.co.uk/rowperfect-weight-adjustment-question/>

This video explains the relationship between Split, Joules and Watts

<https://youtu.be/bNxlyD-TwdY>

## RP3 Bluetooth software - how to connect

RP3 latest innovation is a bluetooth connection from the RP3 interface to the tablet screen. From November 2017 onwards, all RP3s are supplied with Bluetooth connectivity.



The bluetooth kit is hidden within the neck of the machine. The only visible difference from the outside is a socket for connecting the tablet with a lead if you are not using the bluetooth function. To charge the power pack you move it from the from the machine and charge it externally using a normal USB charge lead. There is thumb screw on the curved

s/s panel for access. The power pack is one of the small 'lip-stick' style units. Approx 90mm x



23mm x 23mm (65g). The interface does not use much power so the power pack should not need charging very often - we have tested one for six months without recharging.

## How to connect RP3 bluetooth to tablet

Most modern Android tablets now support OTG as standard. Bluetooth is also standard on the majority of devices. The mount will accept any tablet up to 145mm wide which covers tablets up to a 9" screen.

A few additional points regarding the bluetooth RP3 machines:

1. The Bluetooth module is powered by a battery pack in the neck of the machine. This is accessed by undoing the thumb screw. This needs charging with the White USB cable. The charge should last several weeks.
2. The Bluetooth ID is written underneath each monitor mount. It is important that the tablets are paired to the correct machine.
3. The Bluetooth module goes into a sleep mode when the machine is not used for 5 minutes. You need to pull the chain to wake it up. If you are doing programme workouts with a rest of 5 minutes or more, please use the Black USB data cable to connect the tablets.
4. If you connect the tablet with a cable you can also connect a second tablet to the same machine using Bluetooth. This may be useful if a coach wants to monitor what a particular athlete is doing without having to stand right behind them.

Contact Rowperfect UK customer support if you have further questions [info@rowperfect.co.uk](mailto:info@rowperfect.co.uk)

[www.rowperfect.co.uk](http://www.rowperfect.co.uk)