



Quick Start Guide

GET ROWING IN FIVE STEPS

- 1 Power on**
Hold the Power button until the display lights up.
- 2 Arm to row**
On power-up the screen shows **Stopped**. Press Power to arm — it shows **Ready** once GPS is locked (**Wait** until then).
- 3 Push off & row**
Recording starts automatically on your first stroke.
- 4 Save**
Hold Power until **Save** appears.
- 5 Sync**
Sessions upload over WiFi to CrewLogger for analysis.

1 Before you row

Power on and wait for a GPS fix. The device needs a clear view of the sky, so set it on the dock or in the open before you push off. After a long time powered off this can take a few minutes — letting it lock first ensures accurate tracking from your first stroke.

2 The four buttons

RPX has four buttons: **Power / Back** (also marked ◀), **Up** (▲), **Down** (▼), and **Settings / Enter** (⚙, also marked ▶). Up/Down navigate. Settings opens menus and confirms. Power exits menus and runs the row.

3 Power, ready & rowing

- HOLD** **Turn on** — press and hold Power.
- Arm to row** — from **Stopped**, press Power once. The screen shows **Ready**, or **Wait** until GPS locks. Press Power again to return to **Stopped**.
- Start rowing** — recording begins automatically on the first stroke.
- Toggle screens** — press Up or Down to cycle through layouts.
- Backlight** — toggle at **Main Menu > Backlight**. Does **not** turn on automatically in low light — switch it on manually.
- Pause / Resume** — press Power to enter **Paused**; press again to return to **Ready**. With Auto Pause on, RPX pauses automatically when the boat is stationary.
- HOLD** **Save session** — hold Power until **Save** appears. Sessions also save automatically if the unit shuts down.
- HOLD** **Turn off** — hold Power until **Power Off** is displayed.

4 Workouts

Open **Main Menu > New Workout** with the Settings button, then choose:

Run Last Workout

Re-runs your most recent workout — fastest way to repeat a piece.

Single Time

Pick a duration: 1 / 5 / 20 / 30 / 60 min, or set Custom Time. Optional Countdown (Off / 15s / 30s) gives a synchronised start.

Single Distance

Pick a distance: 500 / 1000 / 2000 / 5000 / 10000 m, or set Custom Distance. Countdown also available.

Intervals

Six saved interval slots, each with configurable work, rest, and repeat count. RPX alerts you at every transition.

History

Saved sessions live under **Main Menu > History**. Selecting a session opens its **summary** (date, distance, total time, average split). Press Settings (⚙) to drill into a **detailed** per-split view. On the RPX 440 only, press ▶ again to see the session graphed.

Storage. Low storage shows a warning at boot, and older sessions may be auto-deleted to make room — turn on Auto Upload to keep them backed up.

5 Coach & athlete telemetry

RPX units share data directly between boats over a dedicated wireless link — no Wi-Fi or internet required. **Either the RPX 270 or 440 can act as coach or athlete.** Set at **Main Menu > Wireless Mode**: Off, WiFi On, **Athlete** (in the boat), or **Coach** (in the launch).

Athlete Mode

Broadcasts split, stroke rate, distance, elapsed time, speed curve, and more.

Coach Mode

Listens for athletes and displays live data, distance to athlete, and link quality. Track multiple athletes at once and switch between them on the display.

Pushing workouts & display control

In Coach mode, open **Main Menu > Coach Control**:

- New Workout** — build a workout on the coach unit and push it to the selected athlete; the athlete receives it ready-to-start.
- Change Display** — remotely change which layout the athlete sees on their screen.

Public & private channels

By default, athletes and coaches communicate on the **public** channel — anyone in range can see and be seen. To restrict your crew to a private group, set a matching channel name on every device at **Wireless Settings > Set Athlete/Coach Channel**. Only devices with the same name will talk to each other. Leave blank (or set to *public*) to return to the public channel.

Device naming

Give each unit a friendly name (e.g. "Bow 4+", "Launch") under **Wireless Settings > Change Device Name**. This is the name coaches see in their athlete list.

Range

Direct line-of-sight range is **50 m+** on open water. Adding one of our optional **Long Range Repeaters** extends this to **150 m+**, and a hop between two repeaters reaches **300 m+** — useful for spread-out crews or where bridges, buildings, or other boats obstruct line of sight. All RPX units and repeaters in range automatically form a **self-healing mesh**, relaying packets for each other.

- 50 m+** Direct line-of-sight, no repeater
- 150 m+** With one Long Range Repeater
- 300 m+** With a hop between two repeaters

Tip. Telemetry keeps the radio active and significantly reduces runtime — see **Battery & Charging** on page 2.

6 CrewLogger sync

CrewLogger is the companion platform for athletes and coaches — for workout analysis and device management. Create an account at crewlogger.com.

Pairing your device

When prompted by CrewLogger, enter the **Device ID** shown on the RPX under **Main Menu > About**.

Wi-Fi setup

Connect the RPX to a Wi-Fi network at **Wireless Settings > Setup WiFi** — RPX scans nearby networks and prompts for a password.

Manual upload

To upload on demand: **Main Menu > History > Upload Workouts**. The device must already be connected to a paired Wi-Fi network. Uploaded sessions are removed from History to free storage.

Auto Upload

With **Settings > Auto Upload** set to On, RPX uploads completed sessions to CrewLogger automatically whenever it is charging and a paired Wi-Fi network is in range — no menus, no buttons. Sessions are removed from History once successfully uploaded.

7 Settings reference

Open **Main Menu > Settings** with the Settings button.

Display	Three preset on-water layouts. RPX 440 (two fields): <i>HR + Dist, Dist/Stroke + Dist, HR + Dist/Stroke</i> . RPX 270 (single-field): <i>Distance, Dist/Stroke, HR</i> .
Battery display	Show battery as Icon or Percent .
Backlight auto-off	Backlight dims after 30 / 60 / 90 min of inactivity.
Auto-off	The unit fully shuts down after 5 / 15 / 30 min idle.
Split averaging strokes	Recent strokes (1–10) used to smooth the displayed split. Higher = steadier; lower = per-stroke.
Rate rounding	Stroke rate shown to the nearest Full or Half spm.
Auto Pause	When On, recording pauses a few seconds after the boat stops (GPS speed below 0.5 m/s) and resumes when you row again.
Auto Upload	When On, sessions upload to CrewLogger automatically whenever RPX is charging and on a paired Wi-Fi network.
Recall distance	Distance increment (50 / 100 / 250 / 500 m) between memory points when reviewing a session in History .
Time zone & DST	Sets local time for session timestamps.

8 Sensors & accessories

Heart rate monitor

Works with any standard **Bluetooth Low Energy (BLE)** heart rate strap or armband — **ANT+ is not supported**, so set your strap to BLE mode. Turn it on at **Main Menu > Heart Rate Monitor**; RPX scans and connects to the first strap it finds, then auto-reconnects on every power-on. To pair a different one: **Wireless Settings > Forget Heart Rate Monitor**, then put on the new strap.

BladeWork oar sensors

Wireless Settings > Pair/Remove Oar Sensors. Take the sensors **off their chargers** — a sensor has no radio while plugged in and cannot pair. Then power them on and hold them close to the RPX on the pairing screen. RPX remembers each oar for future sessions.

CoxPro audio

Wireless Settings > Pair/Remove CoxPro. Bring CoxPro close to the RPX on the pairing screen to add it. See the ***CoxPro User Manual*** for playback and operation.

9 Security lock

Protect your device from unauthorised use under **Main Menu > Security**:

Security Lock

Toggle the lock **On** or **Off**. When on, the RPX prompts for your password on power-up.

Owner

Set the owner name shown on the lock screen — helpful if a lost unit is found.

Password

Set or change the unlock password. Keep it somewhere safe; lost passwords can only be cleared by Rowing Precision support.

10 Battery & charging

Up to **25 h** runtime (backlight + Wi-Fi off); down to about **6 h** with backlight + Wi-Fi or telemetry active.

Charge via USB-C; any USB-C source works. A full charge from empty takes up to **10 hours**. RPX charges at a deliberately low rate to keep the cell cool and extend its lifespan — especially **overnight**, when most heat-related wear happens.

Do not charge when the USB-C port is wet. The port is a sealed, waterproof connector, but to protect the contacts we strongly recommend keeping it sealed with a silicone USB-C dust cap when not charging. After salt-water exposure, rinse with fresh water and allow to dry before charging.

The unit may power itself off shortly after going on the charger. This is normal — powering down lets it charge cooler, which is gentler on the cell. It still reaches 100%; press Power when you're ready.

11 Firmware updates

We release firmware updates regularly — check often at **Main Menu > Advanced > Check for New Firmware**. Requires Wi-Fi (see CrewLogger Sync > Wi-Fi Setup, page 1). Keep the device on the charger while installing.

Care & storage

Like all Rowing Precision products, RPX is fully **waterproof** — but always **bring it indoors when not in use**. Rinse with fresh water after salt-water use and let it air-dry before storing — do not store wet.

Avoid prolonged direct sunlight and never store inside a hot car. See **Battery safety** for temperature limits.

Battery safety

Your RPX contains a lithium-ion poly battery pack. Lithium-ion cells contain flammable electrolyte that may vent, ignite, or produce sparks at high temperature, when damaged, or when overcharged. If ignited, batteries can burn rapidly with a flare effect and emit irritating, corrosive, and/or toxic gases (including hydrogen fluoride) that may cause dizziness or suffocation. Electrolyte contact may irritate skin, eyes, and mucous membranes.

- Do not leave the device in a hot car or in prolonged direct sunlight.
- Never expose to fire or temperatures above **60 °C / 140 °F**. A car in hot sunlight may exceed these temperatures.
- Do not charge, use, transport, or store above **45 °C / 113 °F**.
- Do not charge below **0 °C / 32 °F**.
- Do not puncture or open the unit.
- If you notice cracks in the housing or signs of water ingress, stop using the device immediately and do not attempt to charge — charging a damaged unit may cause fire or permanent damage.
- If the internal battery pack is damaged, avoid contact with electrolyte.
- In case of battery fire, evacuate the area to avoid inhalation of fumes. If possible, cover the battery with sand or use a dry ABC-type extinguisher.
- Contact hello@rowingprecision.com or dispose of a damaged device at an approved recycling facility.

Two-year limited warranty

Rowing Precision Inc. guarantees that your RPX and its accessories will be free from manufacturing defects in materials and workmanship for **two years** from the original purchase date. During this period we will, at our option, repair or replace any unit that fails as a result of a covered defect, and we will pay the return shipping (standard ground within Canada and the United States; our choice of carrier for international returns).

What is not covered

This warranty covers manufacturing defects only. It does not cover cosmetic wear or damage caused by use outside the conditions described in this manual. Specifically excluded:

- Mishandling, neglect, or corrosion caused by the user.
- Drops, impacts, crushing, or any other mechanical abuse.
- Surface scuffs and scratches — including marks that expose the underlying material on coloured (dyed) housings.
- Any unit that has been opened, modified, or serviced by anyone outside of an authorised Rowing Precision repair channel.
- Water ingress occurring after the housing is visibly cracked, dented, or otherwise compromised, or where the unit is not promptly returned to us once enclosure damage becomes apparent.
- Ordinary wear from regular use.
- Gradual loss of battery capacity that is normal for the cell's age and charge cycle count.
- Damage caused by storing or charging the battery outside the conditions described in this manual.

Device care

RPX housings are dyed; scuffs may reveal the underlying material. Do not store the device while wet. See **Care & storage** for general handling.

Important — waterproofing

If at any point you suspect that your RPX is no longer waterproof — for example after a hard impact, or if a crack becomes visible — stop using it **right away** and contact us. Many units returned promptly can still be repaired. Letting moisture sit inside the housing, even briefly, will permanently damage the internal electronics and void this warranty.

Disclaimers & limitations

This Limited Warranty is the only warranty Rowing Precision provides. To the maximum extent permitted by law, we disclaim all other warranties — express, implied, or arising by statute — including any implied warranty of merchantability or of fitness for a particular use. Where applicable law requires an implied warranty, the duration of that warranty is limited to the two-year term of this one. Rowing Precision is not responsible for any incidental, indirect, special, or consequential losses (such as lost time, lost data, lost revenue, or loss of use) arising from your purchase or use of an RPX, even where we have been advised that such losses might occur. Your sole remedy under this warranty is repair or, where repair is not possible, replacement of the affected unit. This warranty is governed by the laws of the Province of Ontario, Canada.

Warranty support

For warranty claims, contact hello@rowingprecision.com.