



PADDLEPRO



# Gymtrackr Setup Guide

Go to your App Store or Google Play store and download the Gymtrackr App.



Make sure the Bluetooth connection on your mobile device is on, and your Genesis Port is not connected to other devices. It can only be connected to one device at a time.



Plug in your Genesis Port - Bluetooth smart console, using the 2.5 mm Male cable that would ordinarily connect and insert into the back of your KayakPro console.

If you have bought the Multiport splitter cable that allows you to use both the Genesis Port and the existing console, insert the 2.5 mm male cable end from the ergometer into the 2.5 mm female receiver of the splitter cable and plug one end into the Genesis Port and the other into the back of your console. Otherwise simply insert the 2.5 mm male cable from your ergometer directly into your Genesis Port.



### Multiport splitter cable.

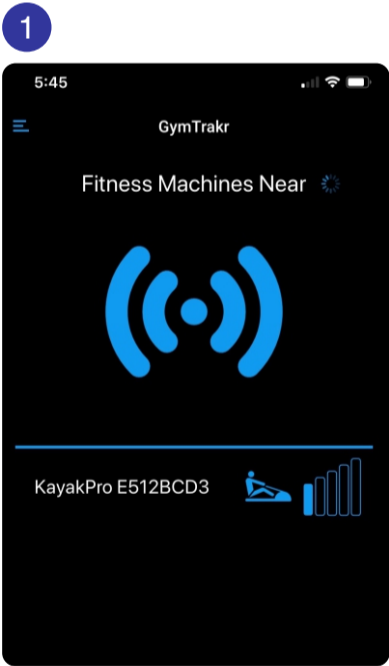
These are available from us for \$ 25.00 + Shipping via the KayakPro website if you would like one. Make sure your splitter cable is full plugged in. The 2m cable that comes with your Genesis Port is a Charger.

Make sure your Genesis Port is charged. There is no on or off switch - simply recharge as required.

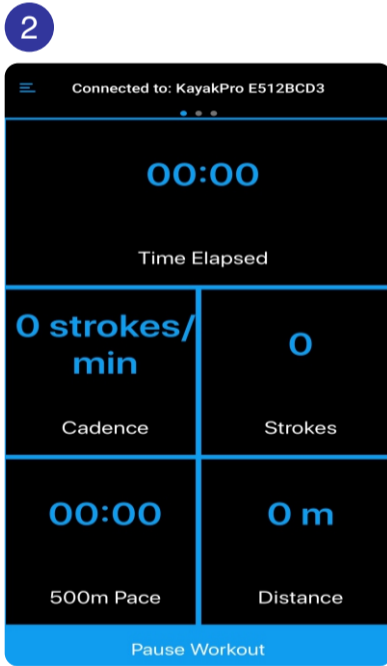
You may consider a tablet holder or Phone holder to hold your smart device. There are many in the marketplace.

With your Genesis Port connected to your ergometer – please note both Gymtrackr and Kinomap, applications need to be run through these smart device applications [Smart phone or tablet] – rather than directly to another plug-in source, like TV or PC.

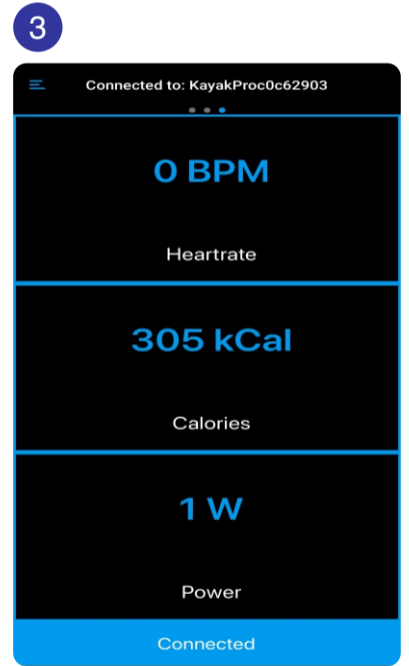
Once the Applications are running on your smart devices you can then if you wish, then extend to say a TV by mirroring, separate cable [hard wire] connection or directly from the Kinomap application itself.



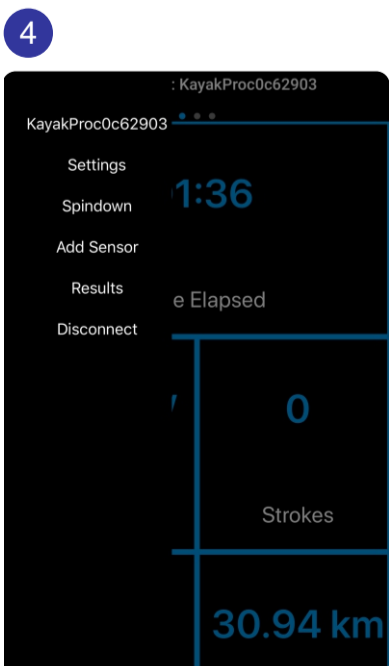
1 Open Gymtrackr App. Find and select your KayakPro® Ergometer and press to connect.



2 Upon connection you will see the data field screen – swipe left to view alternate screen set ups.



3 Press and hold on a specific value in any Data field to change the data shown in the box from the dropdown menu options.



**Important:** The Gymtrackr App with its internal Spin-down calibration functionality has the ability to Also re-calibrate your Genesis Port - to ensure that when it is connected to any 3rd. Party Application is already calibrated in-line with your resistance and local condition settings.

Go to the menu bars top left in the App to Select:

- Metric or Imperial data values
- Light or dark screen options,
- To connect additional sensors like Bluetooth Heart rate transmitters.

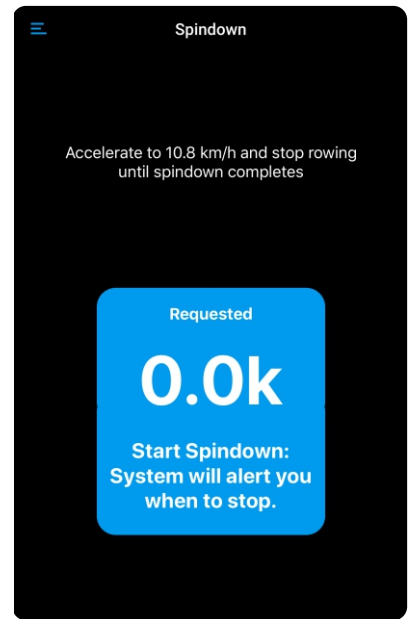
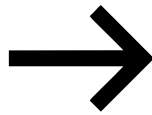
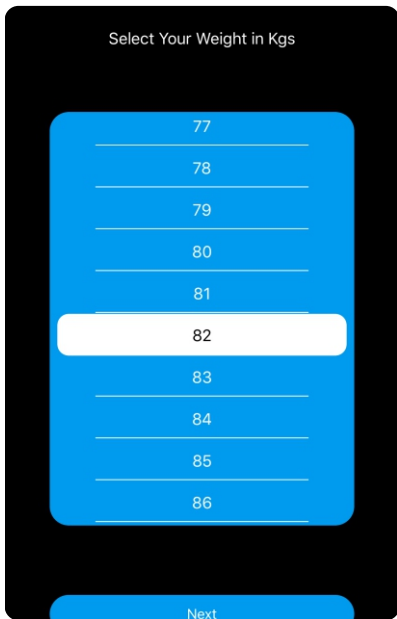
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You may consider a tablet holder or Phone holder to hold your smart device. We have our own custom KayakPro® Phone and Genesis Port holders available from our Parts page.

<https://www.paddlepro.co.nz>

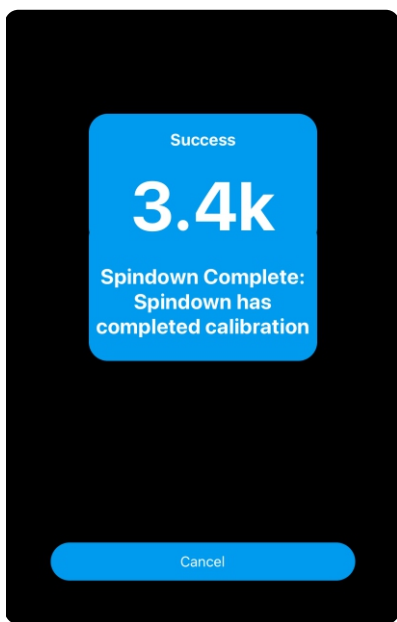
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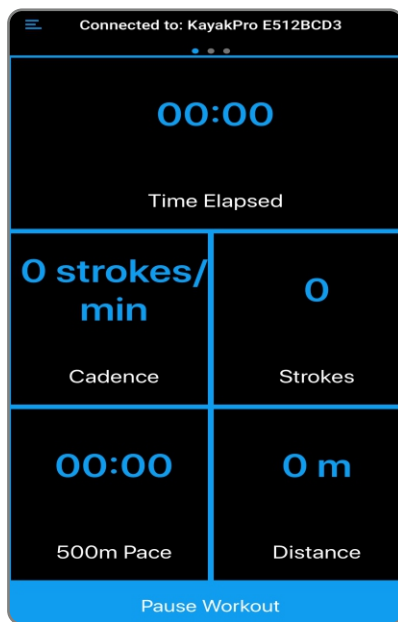
Select the "Spindown" option to start calibration. The weight option for "Spindown" will appear. Select your weight.

Then the start box will appear

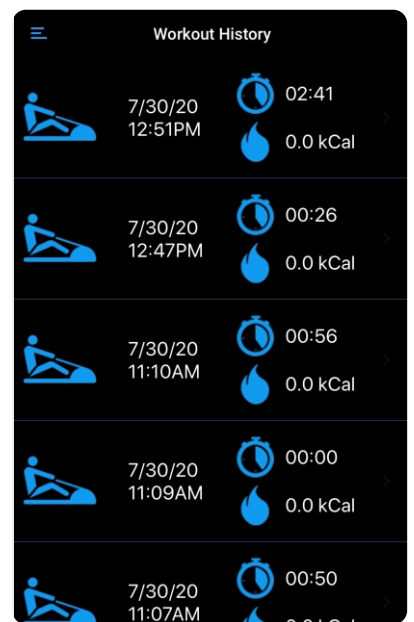
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Commence paddling. When you have reached an appropriate speed a "Stop paddling" note will display. Stop paddling and let the spin down function automatically calculate. Calibration is now done.

Press cancel then You are ready to Start paddling! You can pause the session at any time using the blue Pause tab at the bottom of the screen.

When you press pause it will ask you if you want to save your workout in workout history or not. This history can be accessed by selecting in the Menu Bars top left of the App.

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