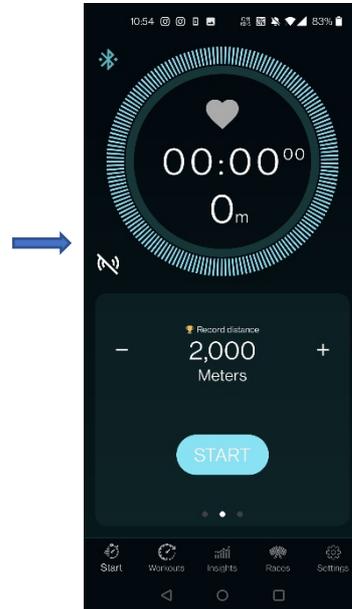




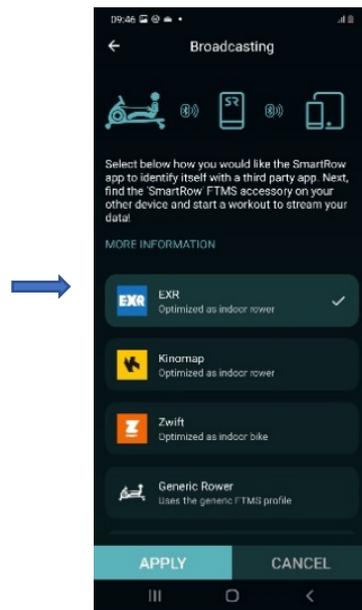
Start broadcasting from the SmartRow app to the Exr app

Step 1: Open the SmartRow app on your phone and connect the SmartRow Powermeter.

Press the *broadcast button* on the left side below the circle.

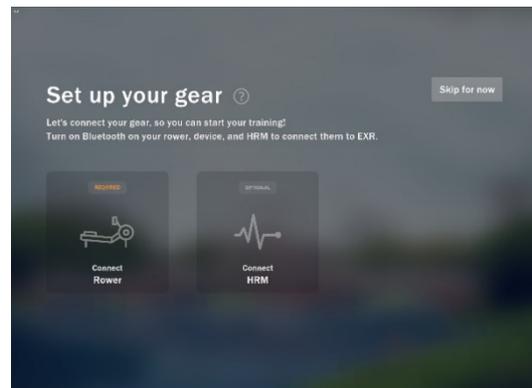


Step 2: Select the Exr app and press *Apply*.



Step 3: Open the Exr app on a second device (tablet or Apple tv preferred).

Press *Connect Rower* in the “Set up your gear” screen.

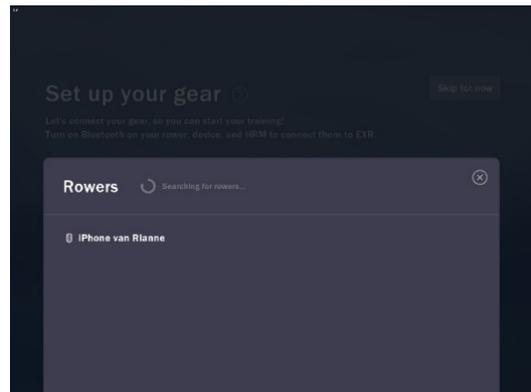


Step 4: Select your device.

SmartRow device is currently unsupported.
Future app update will change this.

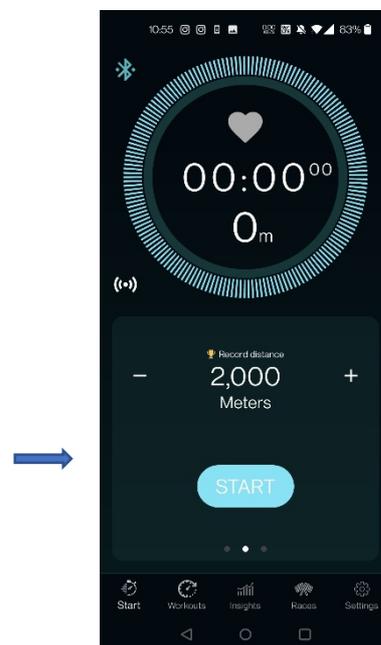
Press *Continue*.

Press *Finish setup*.

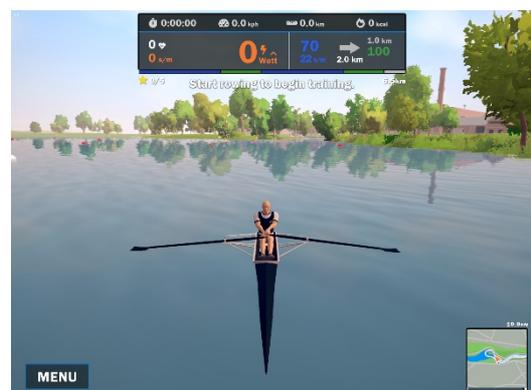


Step 5: Choose the preferred distance in the SR app.

Press the *Start* button if you are ready.



Step 6: Start rowing in Exr on your second device.



Note 1: Power, heartrate and distance data from SmartRow is transferred to Exr.

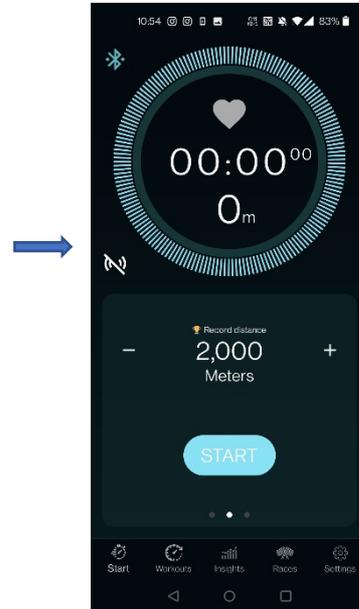
Note 2: Please make sure to select the same Time or Distance in both apps before you start.



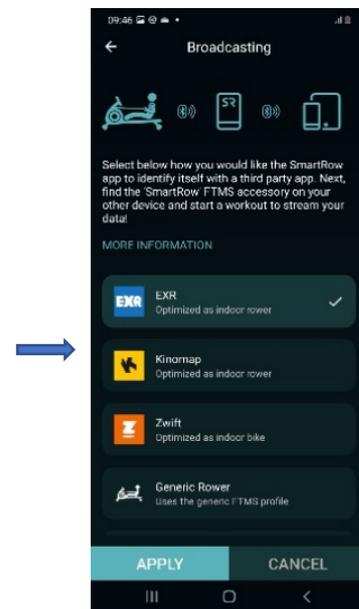
Start broadcasting from the SmartRow app to the Kinomap app

Step 1: Open the SmartRow app on your phone and connect the SmartRow Powermeter.

Press the *broadcast button* on the left side below the circle.

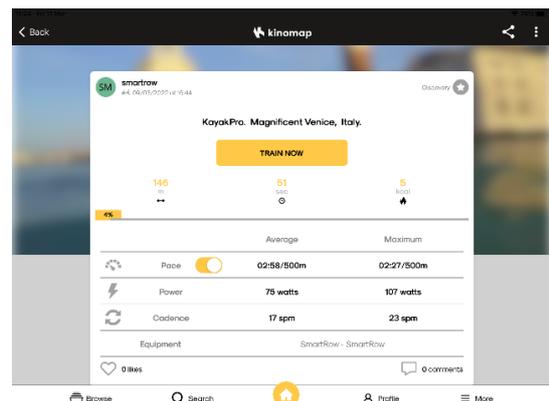


Step 2: Select the Kinomap app and press *Apply*.



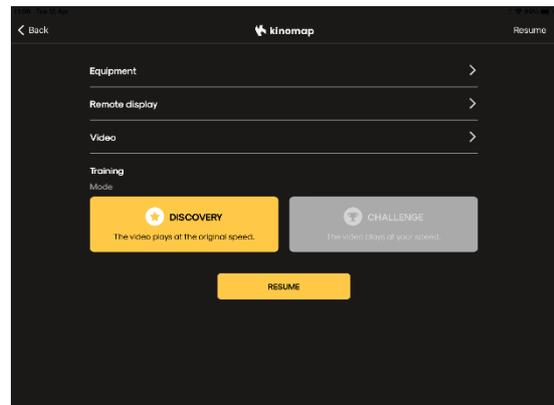
Step 3: Open the Kinomap app on a second device (tablet preferred).

Press *Train now* twice.



Step 4: Press *Equipment*.

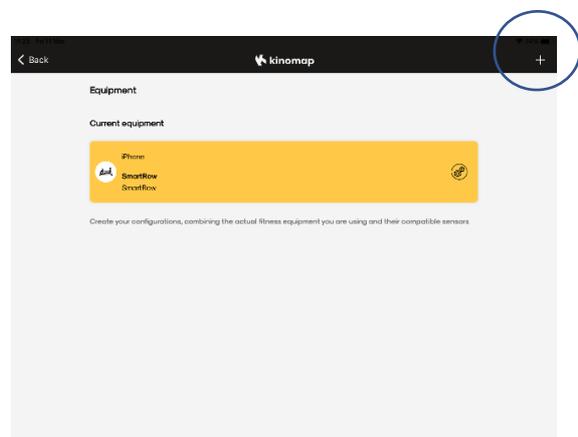
Under Exercise detection press on your device.



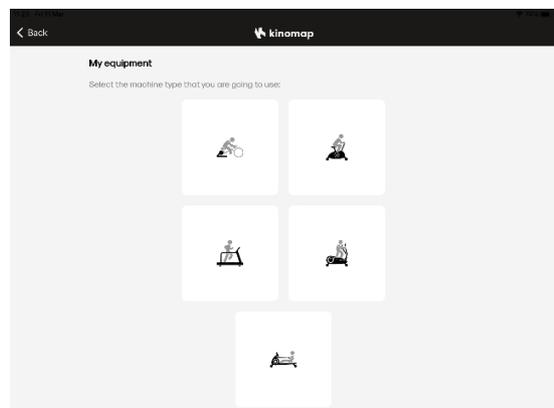
Step 5: Delete the yellow box (swipe left).

Press the + button at the right upper side.

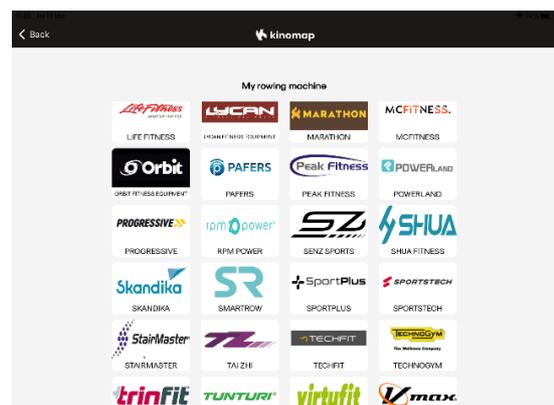
In cooperation with Kinomap we will make this step more user friendly.



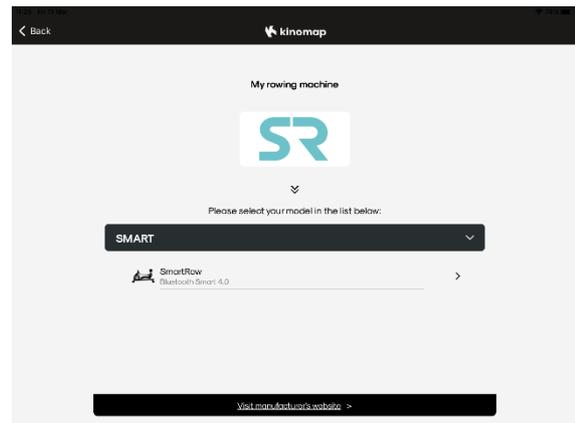
Step 6: Press the rowing machine button.



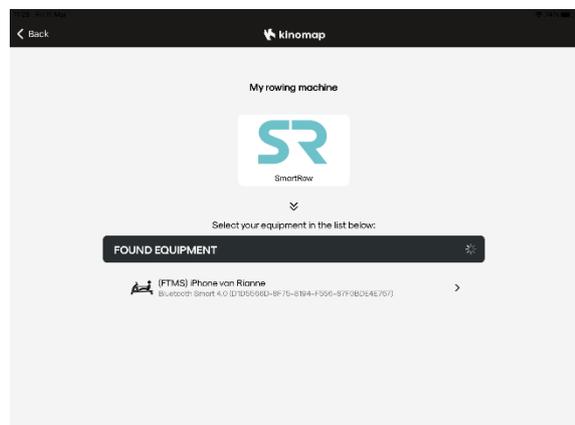
Step 7: Select the SR button.



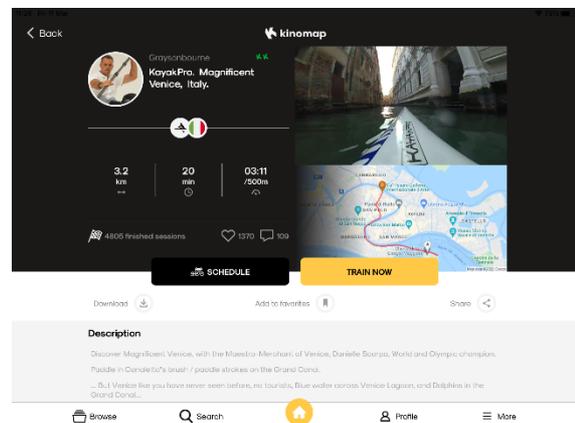
Step 8: Press *SmartRow Bluetooth Smart 4.0*.



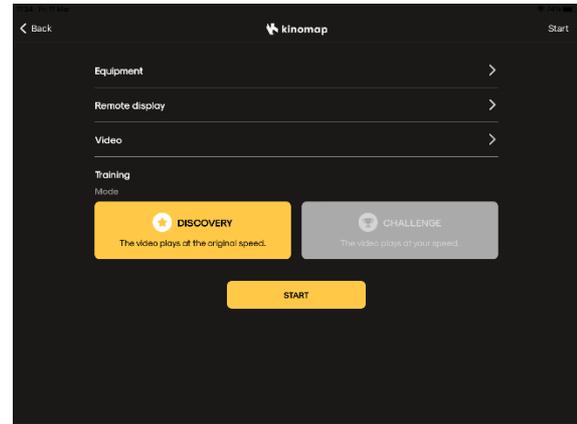
Step 9: Press *FTMS iPhone*.



Step 10: Press *Train now*.

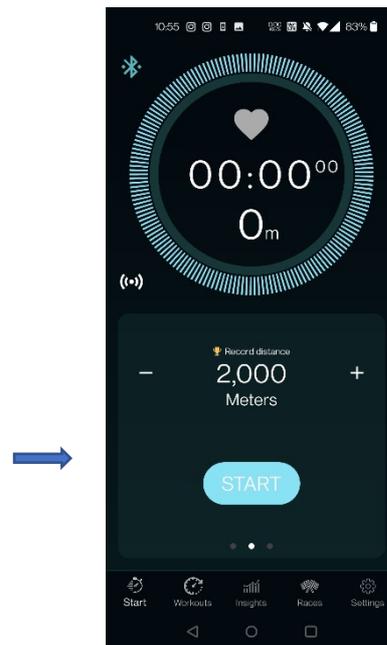


Step 11: Press *Start*.



Step 12: Choose the preferred distance in the SR app.

Press the *Start* button if you are ready.



Step 13: Start rowing with Kinomap on your second device



Note 1: Kinomap uses the SmartRow power data and converts this into distance. Therefore distance in both apps will be different.

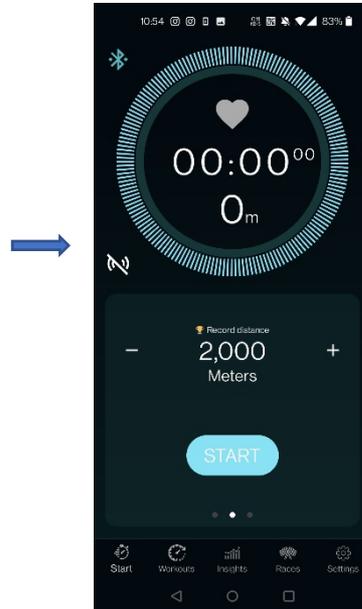
Note 2: When using Discovery mode (the video plays at a consistent speed), please set SmartRow to match the Time of the session. When using Challenge mode, please set SmartRow to match the Distance of the session.



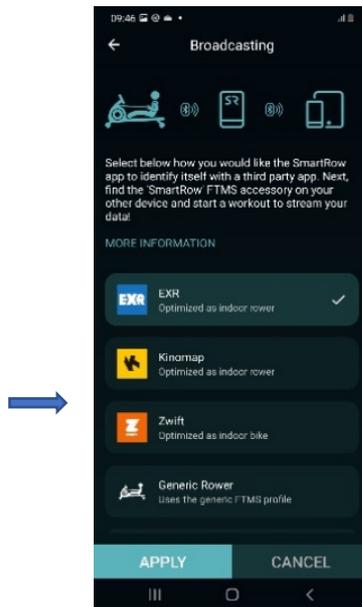
Start broadcasting from the SmartRow app to the Zwift app

Step 1: Open the SmartRow app on your phone and connect the SmartRow Powermeter.

Press the *broadcast button* on the left side below the circle.



Step 2: Select the Zwift app and press *Apply*.

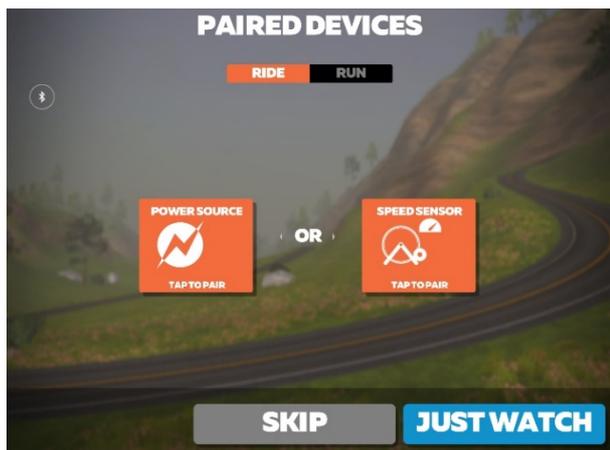


Step 3: Open the Zwift app on a second device (tablet or Apple tv preferred).

Select your account.

Select to pair Power source.

Select your device and press *ok*.

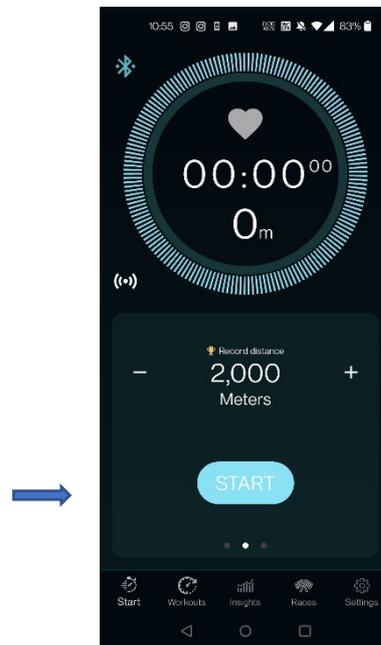


Step 4: Select *Let's go*.



Step 5: Choose the preferred distance in the SR app.

Press the *Start* button if you are ready.



Step 6: Press *Ride*.



Note 1: Zwift uses the SmartRow power data and converts this into distance. Therefore distance in both apps will be different.

Note 2: Please make sure to select the same Time or Distance in both apps before you start.