SEAN : Session Analysis (or *SEAN* for short) is the most versatile software for the ROWPERFECT3 and Rowperfect rowing simulator available today. It runs on all versions of MS Windows, including Windows XP, Vista and 7 and is compatible with most Serial to USB converters. It can connect to any existing RP3 USB Interface, Rowperfect PC Interface or MkIV monitor. *SEAN* is considered the "Pro" counterpart of *RP3W : ROWPERFECT3 for Windows* and *Rpw : Rowperfect for Windows*.

Besides all the features and options the CARE/DOS software already has, *SEAN* comes standard with an abundance of extras:

- Over 20 <u>extra</u> values for each stroke, such as Drive / Recovery ratio and Peak force position
- Several <u>extra</u> analysis windows (*Summary*, *Intervals*, *Session* and *Race*)
- Support for a variety of <u>extra</u> file formats, a.o. SES, STR, TXT, MKx and XLS
- Room for <u>extra</u> information in training sessions, such as Type, Event and a Note
- <u>Extra</u> customisation of the *Row* window by adding mini-charts in parameter cells and adding a real-time video using a video camera or web cam
- Lots of <u>extra</u> features regarding average data and force curves based on the entire training session, intervals or manually entered splits
- … and much more!

To give you an idea of the possibilities, the next paragraphs describe the most common tasks performed in *SEAN* step-by-step: recording a training session, reviewing a training session and organising training results.

Record a training session : Row window

To record a training session, follow these steps. Make sure the interface is properly set-up and connected to the PC. Alternatively, use the build-in demo data.

♦ Start *SEAN* and click on the *Row* button (⊚) on the toolbar (or press [Ctrl] + [R], or select *Row* from the *View* menu alternatively).

♦ A dialogue *New row window* appears, asking for information about the rower. Here either enter the data needed, or open a previously saved User file.

♦ When finished, click *OK*, and the *Row* window is displayed.

♦ This window contains by default 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.

♦ Also by default, a training session is set to 2km countdown. To modify this, click the *Training* button (⊞) on the toolbar (or press [Ctrl] + [T], or select *Training* from the *View* menu alternatively). When the workout has been modified, click the *Row* button (⊚) on the toolbar (or select *Row* from the *View* menu, or press [Ctrl] + [R]) again to switch back to the *Row* window.

♦ In the lower left-hand corner, click *Connect* (or press [Space]) to make a connection to the interface.
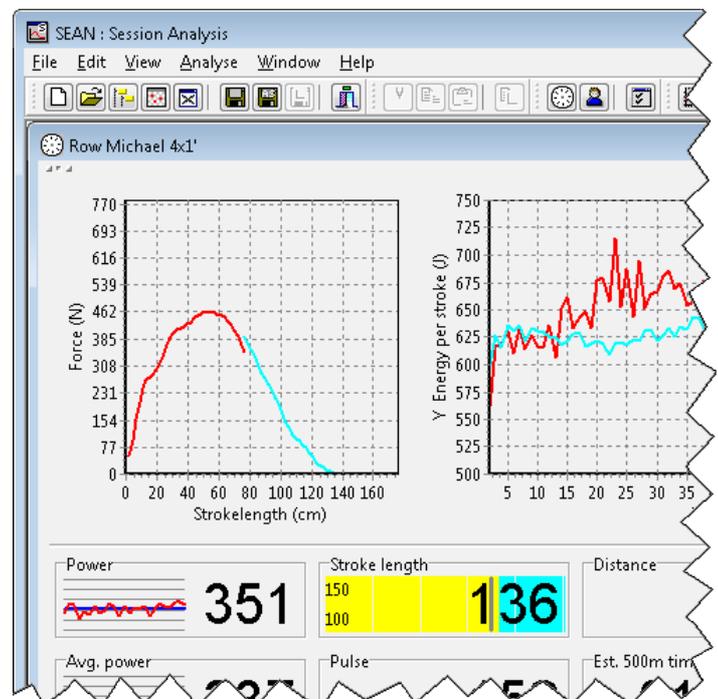
♦ The *Connect* dialogue appears, asking for details about the interface. Select the appropriate Com port or choose "Demo" and click *OK*.
♦ Start rowing or watch the demo.
♦ To cancel or to interrupt a training session, click on the *Disconnect* button (or press [Space]).
♦ When you have completed your training session, the *Results* window appears, displaying a session summary, the *Splits* table and – in case of an interval session – the *Intervals* overview.
♦ When done reviewing the results, switch to the *Training* window by clicking on the the *Training* button ( ) on the toolbar (or press [Ctrl] + [T], or select *Training* from the *View* menu).
♦ 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 (or press [Ctrl] + [S], or select *Save* from the *File* menu), to save the training session to disk.
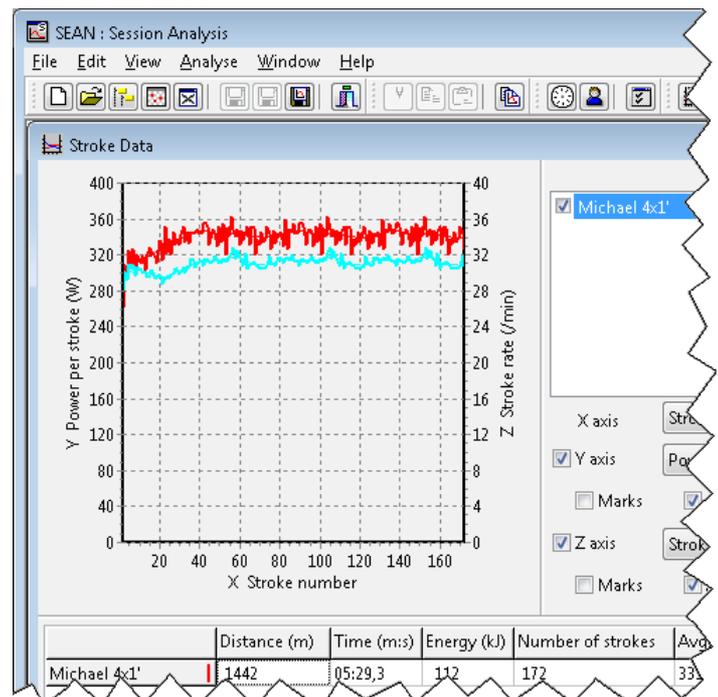
Summary:
• Start *SEAN*
• Press [Ctrl] + [R] or click the *Row* button ( ) to start a new *Row* window
• In the *New row window* dialogue, Enter your name, weight, gender, boat type and sprocket, or accept the defaults
• In the *Row* window, press [Space]
• In the *Connect* dialogue, select the appropriate source and press [Enter]
• Row 2km!
• When done, press [Ctrl] + [S] or click the *Save* button ( ) to save the training session

Review a saved training session : Stroke data window

A training session can be reviewed by following these steps:

♦ Start *SEAN* and open a file by clicking the *Open* button ( ) on the toolbar (or press [Ctrl] + [O], or select *Open...* from the *File* menu alternatively).
♦ Click on the *Stroke data* button ( ) on the toolbar, or select *Stroke data* from the *Analyse* menu, 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.
♦ Tick the *Average* check-box to display a running average for the selected axis.
♦ To compare this training session with another, just open one or more other files.
♦ 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.

Summary:
• Start *SEAN*
• Press [Ctrl] + [O] or click the *Open* button ( ) to open a file
• Click the *Stroke data* button ( )
• Set X, Y and Z axes

Review a saved training session : Force curves window

To analyse force curves, take these steps:

♦ Start *SEAN* and open a file by clicking the *Open* button (🖼) on the toolbar (or press [Ctrl] + [O], or select *Open...* from the *File* menu alternatively).

♦ Click on the *Force curves* button (📈) on the toolbar, or select *Force curves* from the *Analyse* menu, to open the *Force curves* window.

♦ Click the training session in the list on the right, and use the "VCR" buttons (⏮⏪⏩⏭▶) or scroll bar to view the next or previous stroke. The data area at the bottom of the screen is updated for every stroke. Select the Session average or Browse intervals to see the average force curve for the entire training session or one specific interval.

♦ To compare this training session with another, just open another file.

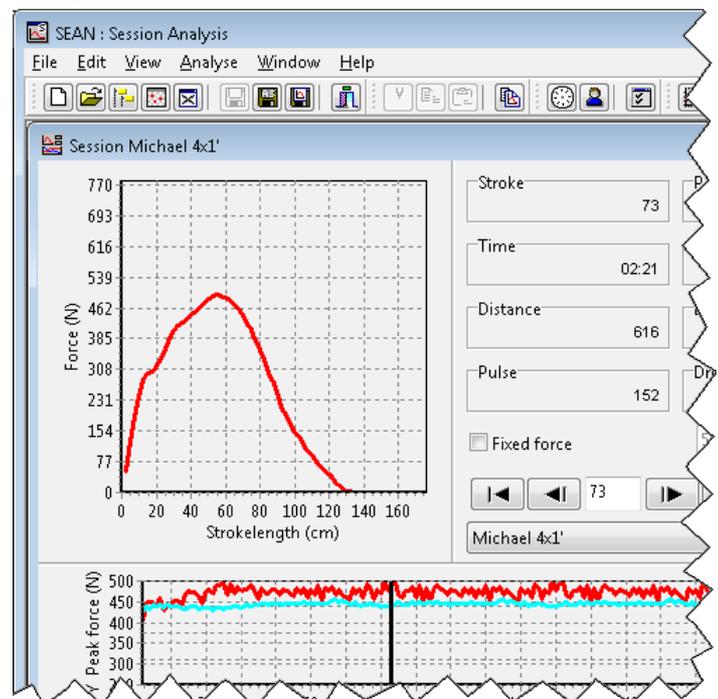♦ Scale the force curves by force (vertical) or length (horizontal), for better comparison.
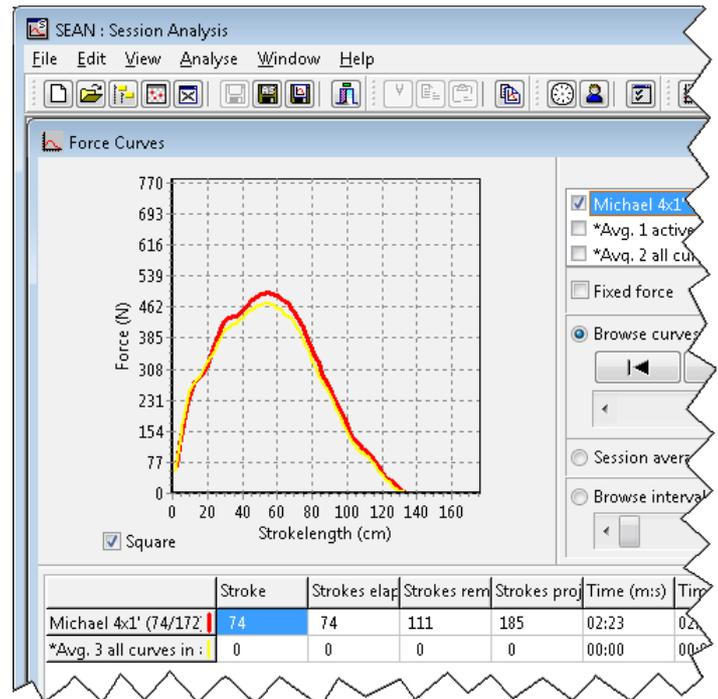
Summary:
· Start *SEAN*
· Press [Ctrl] + [O] or click the *Open* button (🖼) to open a file
· Click the *Force curves* button (📈)
· Browse through the strokes using the "VCR" buttons (⏮⏪⏩⏭▶) or scroll bar

Review a saved training session : Session window

To review a session as a whole (stroke data AND force curves), take these steps:

♦ Start *SEAN* and open a file by clicking the *Open* button (🖼) on the toolbar (or press [Ctrl] + [O], or select *Open...* from the *File* menu alternatively).

♦ Click on the *Session* button (📊) on the toolbar, or select *Session* from the *Analyse* menu, to open the *Session* window.

♦ Browse through the curves using the VCR buttons or scroll bar, and both charts and all parameter cells are updated simultaneously. The stroke data chart at the bottom displays a reference to the "current" stroke.

♦ Set any of the parameter cells by right-clicking on them.

♦ Change the axes in the stroke data chart by right-clicking on them.

♦ Scale the force curves by force (vertical) or length (horizontal), for better comparison.
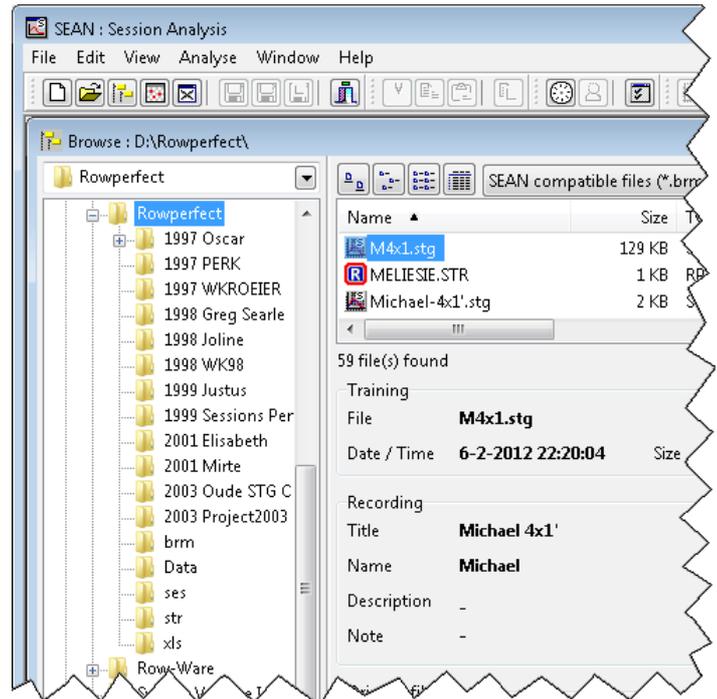
Summary:
· Start *SEAN*
· Press [Ctrl] + [O] or click the *Open* button (🖼) to open a file
· Click the *Force curves* button (📊)

- Browse through the strokes using the "VCR" buttons (⊲⊳⊳⊳⊳) or scroll bar

Organise training results : Browse window

To browse through a collection of training session files and reference-curves easily, take these steps:

- Start *SEAN* and open the *Browse* window by clicking on the *Browse* button (⊞) on the toolbar, or press [Ctrl] + [B]. Alternatively, choose *Browse* from the *File* menu.
- Navigate through the drives and folders of your PC as in the Windows Explorer: Double click to open a folder or file, sort data by clicking on the column titles, right-click for a pop-up menu and so on. By default, only *SEAN* compatible files are listed.
- Click on the black arrow button (⬆) to show the file info panel. When a file is selected, information such as date, time and title are listed here.
- When screen size allows (at least 1024 x 768 is needed), a preview chart can be switched on next to the file info panel, to give some more insight in the contents of the selected file, without having to open it.
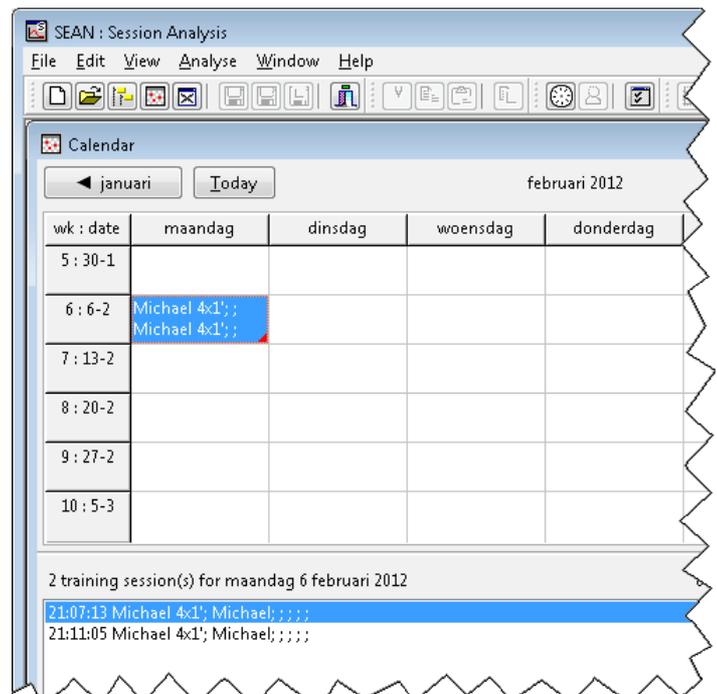
Summary:

- Start *SEAN*
- Press [Ctrl] + [B] or click the *Browse* button (⊞) to open the *Browse* window
- Navigate through the files and folders as when using the Windows Explorer

Organise training results : Calendar window:

Whereas the *Browse* window shows data in a Windows Explorer style, files organised in lists and folders, the *Calendar* window resembles a calendar or training diary:

- Start *SEAN* and open the *Calendar* window by clicking on the *Calendar* button (⊞) on the toolbar or choose *Calendar* from the *File* menu.
- Navigate through time by clicking the buttons with the names of the previous and next month.
- Open a training session for a specific day, by double clicking that date. If more than one file is present for a date, a list will be shown from which to choose.
- To start a new training session for a specific date, right-click the date and choose the *New training session* option in the pop-up menu.

Summary:

- Start *SEAN*
- Click the *Calendar* button (⊞) to open the *Calendar* window
- Navigate through time with the buttons in the top left and right corners of the window
- Open a training session by double clicking a date