

Your Boat-Mover Score is only as good as what reaches it. This guide covers the three things that have to arrive, and exactly how to send each one. It takes about ten minutes to set up once, and then most of it happens on its own.

1 Where your score comes from

The score is built mostly from what you do on the water, with the erg filling in the rest. Both matter, and a score built on only one of them is an incomplete picture.

70%

On the water

Recorded by the app itself, with your phone mounted on the rigger. Nothing to upload — it files itself when you finish.

30%

On the erg

Sent up either as a file from your RP3, or automatically from your Concept2 Logbook. Pages 3 and 4.

Your details

Weight, date of birth and sex, set by your coach. These convert your numbers into a boat speed. Get them wrong and the score is wrong.

2 What makes a piece count

Everything you send is **kept** in your log book. But only a piece that clears all three of these **counts toward your score**, because below them the numbers aren't a fair reflection of what you can do:

Needs to be	Why
500 m or longer	Shorter than that and a couple of good strokes distort the whole piece.
1 minute or longer	Same reason. A sprint out of the boathouse isn't a measurement.
At 80% of your max heart rate or above	A gentle paddle tells us nothing about your speed. This is the one that needs a heart-rate strap .

The one thing most people miss. Without a heart-rate strap we cannot confirm how hard you were working, so **the piece is recorded but never scores** — no matter how fast it was. The app will tell you this on screen every time it happens. If you buy one thing for BoatMover, buy a Bluetooth chest strap.

3 Before you start — check your details

Ask your coach to confirm your **weight**, **date of birth** and **sex** are right on the club roster. This isn't admin tidiness:

- **Weight** converts an erg number into a boat speed. An erg doesn't care how heavy you are; a boat very much does.
- **Date of birth** sets your estimated maximum heart rate, which is what the 80% gate is measured against.

If your weight changes by a few kilos over a season, tell your coach. It moves your score.

You don't upload anything for a row on the water. Mount the phone, set up on the bank, and one tap does the rest.

4 Rowing with the app

1. Mount the phone on the rigger **before you launch** — the screen is built to be read from the seat, not operated. Pair your heart-rate strap.
2. Check your boat class and seat, then press **Mount & row**. Row, and don't touch the phone.
3. To finish, press the small power button  at the top **twice** — once to arm, once to confirm. Two taps on purpose, so a hand on the rigger can't end your session.

Row out and back over the same stretch. That's how the app measures the current and removes it from your split. Without a there-and-back leg it still records you, but the number isn't corrected for stream — so a flowing river flatters you one way and punishes you the other.

No signal on the water? That's fine.

Your score is worked out on the phone, so it appears the moment you finish, signal or not. With no coverage the session waits and goes up by itself next time you open the app somewhere connected — and it says it's queued rather than pretending it saved.

5 Finding your log book

Open the app and, on the setup screen, scroll to the bottom:

A dark rectangular button with a small icon of a book and the text "MY LOG BOOK" in white capital letters.

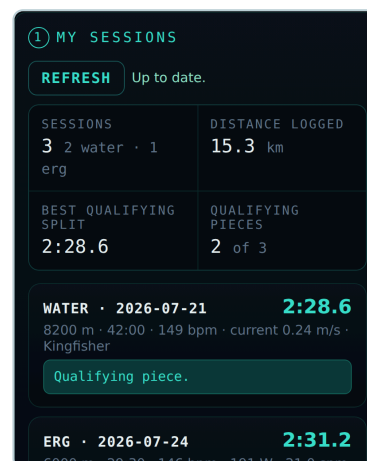
The button sits under "Mount & row" on the setup screen.

Everything recorded under your name lives there — rows and erg pieces together, with your best qualifying split at the top. It's also where erg sessions go up, which is the next two pages.

What you'll see

Each session shows whether it was **water** or **erg**, its boat-equivalent split in large figures, and the detail underneath. A piece that missed one of the three gates says so, and says which one — so you know what to change next time.

A session the app spots arriving twice is greyed out and labelled, rather than quietly deleted or counted twice.



If you train on an RP3, you export the stroke data as a file and drop it into the app. It reads the piece, works out what it's worth as a boat split, and shows you before filing anything.

6 Step by step

1. On the RP3, **export the session**. You want the stroke-by-stroke file, which comes out as a `.csv`.
2. Get it onto the device you use BoatMover on — email it to yourself, or save it to the phone.
3. In the app open **My log book** → **Add an erg session**.
4. Press **Choose File** and pick the export.
5. Check the numbers it read back (right).
6. Press **Add to my log**.

What it's telling you

The top six figures are what the app found in your file. The one that matters is **Boat-equivalent** — what that erg piece is worth as a single-sculd split, adjusted for your weight. That's the number your score uses, and it will differ from the split the machine showed you.

Uploading the **same file twice** is safe. The app recognises it and tells you it already has it, rather than logging your session twice.

One quirk worth knowing: an RP3 export doesn't contain the date you rowed, so the session is filed with the date you uploaded it. Upload on the day if you want your log to read correctly.

If it won't take your file. The app only accepts a genuine RP3 stroke export — it needs the per-stroke `time` and `distance` columns. A summary file or a spreadsheet you've tidied up won't work, and it will say so rather than silently accepting something it can't read. Export again straight from the machine.

The app will also refuse politely if it doesn't know your weight — it can't turn an erg number into a boat speed without it. Sign in first, and ask your coach to fill in your weight if it's missing.

2 ADD AN ERG SESSION

Export the stroke data from your RP3 and drop the file here. BoatMover reads the piece, works out what it is worth as a boat split, and files it in your log — and in your coach's. On-water rows record themselves; this is for the machine.

RP3 STROKE FILE (.CSV)

Choose File `rp3-2026-07-28.csv`

DISTANCE 5989.7 m	DURATION 29:27
ERG SPLIT /500 2:27.5	AVG WATTS 191 W
RATE 21.0 spm	AVG HR 146 bpm
STROKES 580	BOAT-EQUIVALENT 2:30.0

Qualifying piece – this counts toward your BMS.

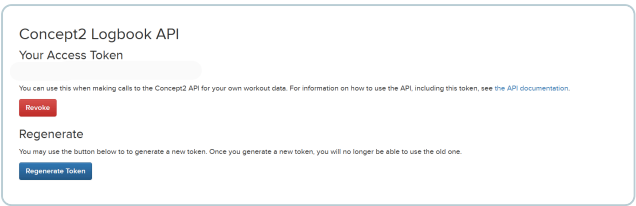
ADD TO MY LOG

After choosing a file, before anything is saved.

If you use a Concept2 erg, your workouts are already in your Concept2 Logbook. Connect it once and BoatMover can pull them in whenever you ask.

7 Get your access token (once)

1. Sign in at `log.concept2.com`.
2. Profile icon, top right → **Edit Profile** → **Applications** in the left column.
3. Scroll to the **bottom** of the Connect list — last entry, just above the “Clients” table: **Concept2 Logbook API**.
4. Press **Connect to Concept2 Logbook API**:



Your token appears under “Your Access Token”. Copy it.

Treat the token like a password. It's read-only — it lets BoatMover see your results and change nothing — but it's yours alone. BoatMover keeps it on your own device and never sends it to the club's records.

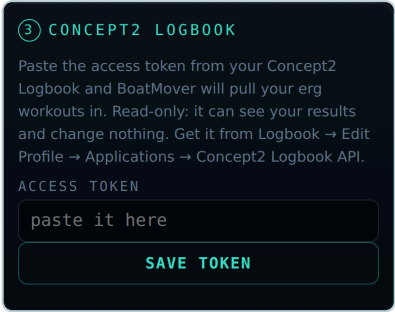
8 Paste it into BoatMover

Open **My log book** → **Concept2 Logbook**, paste the token, press **Save token**. A **Pull my erg sessions** button appears — press it whenever you want to bring new workouts across.

Forget token disconnects it. Imported sessions stay.

What it will and won't bring in

Only **RowErg** workouts. SkiErg and BikeErg are left behind, and so are any **on-water rows you logged in Concept2** — those belong in the 70% and need the BoatMover app to be scored properly. Anything skipped is listed with its reason.



Did it work?	How to tell
Yes	Your log book lists the pieces, tagged ERG , with a boat-equivalent split.
Connected, nothing came	Your Concept2 logbook is empty, or holds nothing it can score. It says so plainly — that's not an error.
Refused	Concept2's Revoke or Regenerate Token kills the token the app holds. Generate a new one and paste it in.

A note on honesty. Turning an erg number into a boat speed is an estimate, still being calibrated against real paired data from members. Those figures may shift — your raw numbers are kept exactly as your machine reported them.