

Quick Start Guide



wattbike

Welcome to your new **Wattbike**

We'll just have a quick look round before we get started...



The Bike and Set Up

Ride position and correct set up are crucial to maximise your physical performance, prevent injury and ensure you have a comfortable ride that feels just like your bike.

Using the adjustment levers, its best set the bike up in the following order:

1. Saddle Height
2. Saddle Fore and Aft
3. Handle Bar Height
4. Handle Bar Fore and Aft

You can swap the standard Wattbike pedals and saddle for your own using the tools provided.

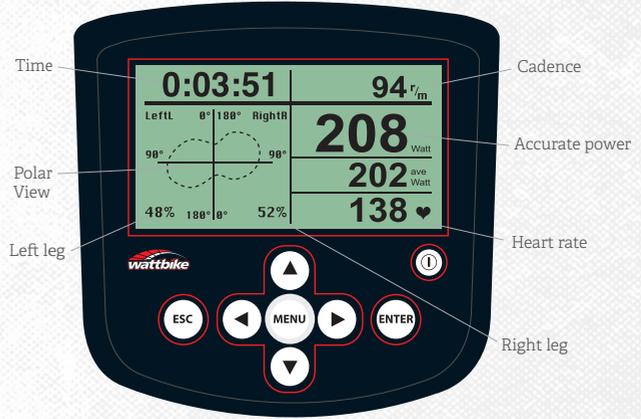
Tip! For more information, an in-depth set up and also for applying your BikeFit metrics to your Wattbike please visit:

wattbike.com/bikefit

The **Wattbike Performance Monitor**

The Performance Monitor is designed to be simple and easy to use, displaying all the information you need during and after your ride. To get started press the **power button** on the monitor.

On the first start up of the monitor you may be asked to confirm the time, date and correct language.



Linking up your Heart Rate belt

The Performance Monitor is compatible with many HR belts. They can all be paired up by selecting **Link HR Belt** on the main screen then navigate through to the corresponding make of belt in the **Link HR Belt** menu on the home screen.

- For example, if you have a Suunto HR belt, scroll to Suunto(ANT) and select and confirm your belt (whilst wearing it), the pairing is now complete, this will also save the HR belt in the Performance Monitor memory ready for your next ride.

Linking up an ANT+ Device

The Performance Monitor is able to talk to other ANT+ ready fitness gadgets such as Garmin cycle monitors and watches. Once connected up the Performance Monitor will transmit the Speed, Power and Cadence data to your device.

To do this:

1. Select **ANT Channel** on the main menu, scroll to and select **SPC + PWR**
2. You can search for the Power, Speed and Cadence sensors now being transmitted by the Performance Monitor on your ANT+ device. If there are multiple sensors present, you can find the ANT ID number at the bottom of the Performance Monitor main screen and select the one displayed on your monitor.

Setting yourself up **as a User**

The Performance Monitor allows for multiple users to store their sessions under a user name in their own part of the memory, the user profile conveniently stores your personal stats about the person such as Height, Weight, HR Belt ID, Gender, Age... This allows the Performance Monitor to give you the most accurate feedback possible.

To set up a User

1. Select **Users** on the main screen, then **Add a New User**
2. Using the arrow keys to select the letters to spell out your username, then press **ENTER**
3. Press **ENTER** to confirm. At this point the Performance Monitor will take a short while to store your personal profile
4. Enter to log into your newly created profile. Once you are on the next screen you can start to personalise your profile
5. Looking into the **Detailed Data** tab, if you already know your Maximum Minute Power (MMP) and Maximum Heart Rate (MHR) enter those (doing the Wattbike 3' test will automatically calculate these).

Tip! For more information and if you would like to know more about MMP and MHR please visit:
wattbike.com/mhr-mmp

Finding Out **Your Training Zones**

An Important Note!

The test in this Quick Start Guide assumes a high level of basic fitness and should not be attempted if you are a beginner or have been recently ill or injured. If in doubt consult your Doctor before you commence a Wattbike test or training plan. The tests are not suitable for children or young adults under the age of 18 unless under supervision.

The Wattbike comes with a full range of built in testing and training functions to guide you through your training. The best way to make the most out your Wattbike is to do a 3' Minute Test to establish your Training Zones. Training smarter and at the right intensity will help you leave the peloton in your wake!

- If you haven't done already, link up your HR Belt and if you'd like, any other ANT+ devices too

The 3' Minute Test

This test is a very good indicator of aerobic capacity and will be the basis on which your training zones are calculated.

For best results, prior to completing the test we recommend you warm-up thoroughly following the Wattbike standard 20' warm up protocol (below).

Time	5'	2'	2'	2'	1'30"	30"	2'	6"	1'	6"	1'	6"	2'42"
Cadence	90	95	100	105	110	Rev out 120-130	90	Max rev out 150+	90	Max rev out 150+	90	Max rev out 150+	90

To warm up:

1. Select **Just Ride** on the main screen, enter the appropriate weight
2. Get comfortable on the bike and select an appropriate gear using the air resistance lever on the left hand side (to be able to maintain a cadence in excess of 90rpm). Make sure the magnet resistance is set to 1
3. Follow the 20' warm up plan. Once completed you are ready for the test. You should start the test within 10' of finishing the warm up
4. Once you feel ready for the test press the **ESC** button on the monitor until you are back to the main menu

Tip! To get the most out of your 20' warm up please visit:
wattbike.com/warm-up

It is important to note that the Wattbike 3'test is done at maximal effort thus is physically exhausting. Some tips and advice to consider before you do the test;

- Pacing is important! Don't go off too hard but conversely try not to undercook it!
- If you are unsure on how to pace your effort, start at a hard but efficient feeling pace and slowly build the intensity until the last 30 seconds or so. Then empty the tanks!
- Pick a gear and pedal cadence that feels sustainable. If needed you can adjust the gear during the test. Adjusting the gear through the test isn't ideal, as it'll upset your rhythm.

To set up and start the test:

1. If you haven't already, please log into your User account
2. On the main menu navigate through **Workouts/Tests** to **Tests** and select **3' Test**
3. Confirm your Age, Weight and Gender and press **ENTER**
4. The test will begin when you start turning the pedals, Good Luck!
5. Once the test is complete a summary screen will appear, navigate to the 'Zones' tab where your training zones have been worked out for you
6. Take note of these scores. If logged in they will also be stored into your User account

Tip! Once your training zones are calculated, the Wattbike will auto-calculate and display what zone you are in during subsequent training sessions, guiding you to smarter training. Now you can train hard and smart, no more wasted miles!

The Polar Graph and Pedal Technique

The Polar View is where the Wattbike really excels as a training tool. The shapes that are drawn on the screen make the invisible pedalling profile of the rider (how you are applying power to the pedals throughout each pedal turn) visible, immediately displaying every pedal turn.

The three main types of Polar View that are most commonly seen are:

1. **Beginner** (Figure of 8)

This cyclist loses too much pedal momentum on the transition from right-leg to left-leg (point 1) and left-leg to right-leg (point 2). The cyclist is only using the muscles on the front of the thigh and is “stamping” on the pedals.

Tip: Being properly attached in the toe cages or using cycling shoes will help sustain power throughout the pedal stroke.

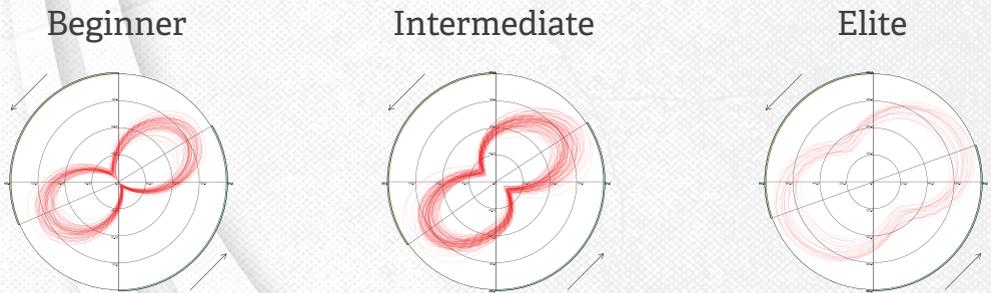
2. **Intermediate** (Peanut)

This cyclist maintains some pedal momentum between leg drives. However, there is still a noticeable loss of momentum – especially since at point 2 there is a larger loss of power (dead spot) than at point 1.

Tip: Imagine scraping mud of the ball of your shoes to help extend the leg drive and improve the transitions.

3. **Elite Cyclist** (Sausage)

This cyclist has a large rounded shape, which is consistent, balanced between each leg, which maintains a good pedal momentum throughout. This is the typical shape of a strong drive and a balanced recovery.



Helpful links and further reading

For training plans and reading about training on your new Wattbike:

wattbike.com/uk/guide/training_plans

wattbike.com/uk/guide

For more information on training zones and testing:

wattbike.com/hr-zones

wattbike.com/test-yourself

Training with Power:

wattbike.com/using-watts

Expert and Power Cycling Software:

wattbike.com/uk/wattbike/downloads

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