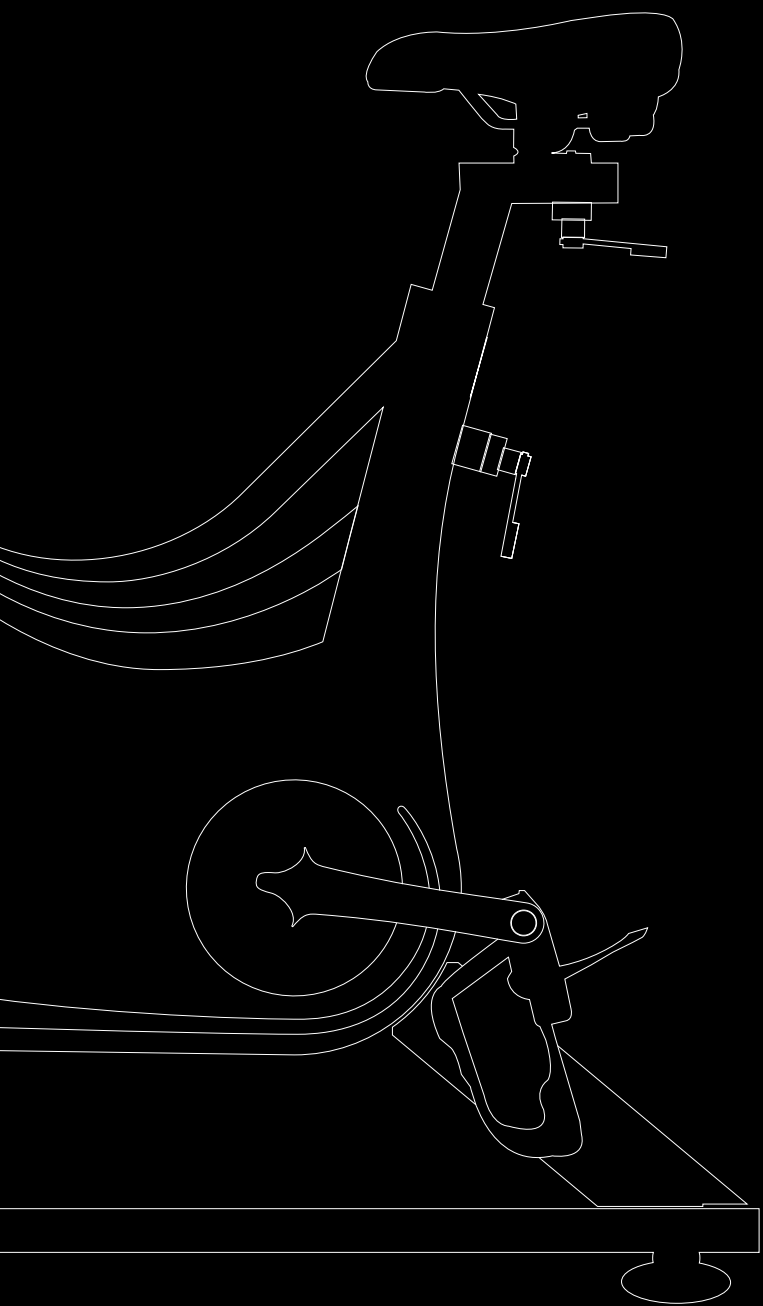


wattbike



PRO/TRAINER QUICK START GUIDE



WELCOME TO YOUR NEW WATTBIKE

WATTBIKE PERFORMANCE
MONITOR (WPM)

HANDLEBAR
ADJUSTMENT
LEVERS

DAMPER
LEVER

MAGNETIC
RESISTANCE

SEAT
ADJUSTMENT
LEVERS



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.

Set the bike up using the adjustment levers in the following order:

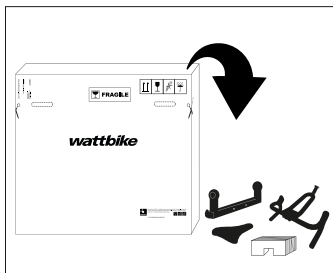
1. Saddle Height
2. Saddle Fore and Aft
3. Handlebar Height
4. Handlebar Fore and Aft

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

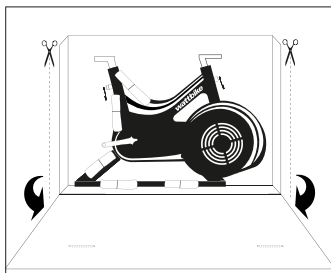
TIP For more information, an in-depth set up and also for applying your bike fit metrics to your Wattbike, please visit wattbike.com/bikefit

SETUP GUIDE

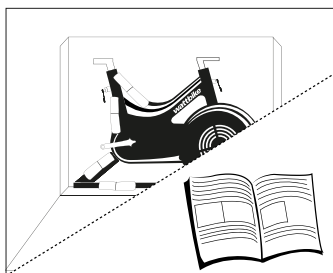
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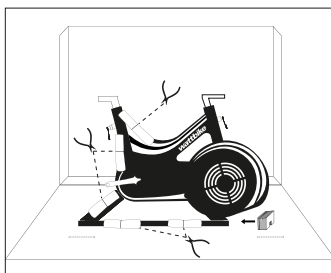
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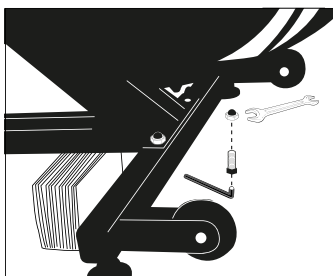
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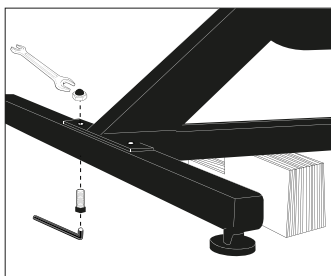
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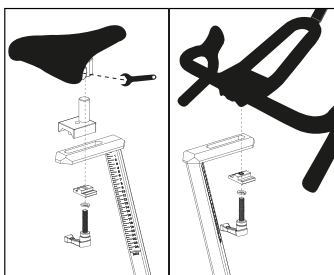
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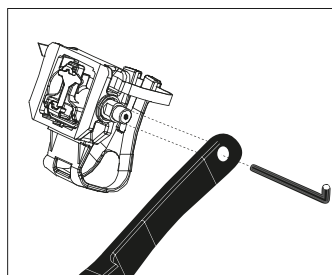
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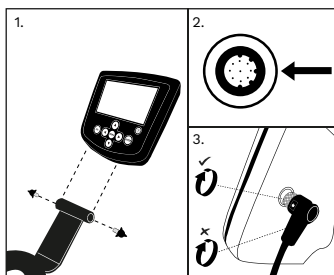
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08



09



WATTBIKE PERFORMANCE MONITOR (WPM)

The WPM 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.



LOOKING AFTER YOUR WPM

The WPM has an internal battery that requires a full charge before it is used. This is to allow the charging chip to establish when the battery is full. We recommend that you charge the bike with the supplied charger for 16 hours, you can still ride the bike whilst the WPM is still being charged from the mains.

The bike does have an integrated generator, so when cycling above 60 rpms the batteries charge. After the bikes initial charge there is no need to plug the WPM into the mains unless it hasn't been used for a while or the battery is lower than 30%.

LINKING UP YOUR HEART RATE BELT

The WPM 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**.

- 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 WPM memory ready for your next ride.

LINKING UP AN ANT+ DEVICE

The WPM is able to talk to other ANT+ ready fitness gadgets such as Garmin cycle monitors and watches. Once connected up the WPM 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 WPM main screen and select the one displayed on your monitor.

The Wattbike Hub lets you test, train and analyse your performance all from one simple app - it's like having your own personal coach in your pocket.

Choose from our list of workouts for an effective one off session, or follow one of the training plans - crafted by Wattbike's Sport Scientist - to structure your training and achieve your goals.

For more information go to wattbike.com/hub





SETTING YOURSELF UP AS A USER

The WPM 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 such as Height, Weight, and HR Belt ID. This allows the WPM 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 WPM 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 get the most out of 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 so 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 Minute Warm Up Protocol (right).

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.

TIME	CADENCE
5 mins	90
2 mins	95
2 mins	100
2 mins	105
1 min 30 secs	110
30 secs	120
2 mins	90
6 secs	Max
1 min	90
6 secs	Max
1 min	90
6 secs	Max
2 min 42 secs	90

4. Once you feel ready for the test press the ESC button on the monitor until you are back to the main menu.

It is important to note that the Wattbike 3' Test is done at maximal effort and 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 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 will upset your rhythm.

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

TO SET UP AND START THE TEST:

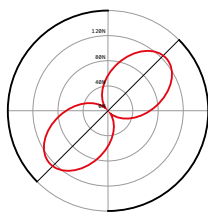
1. If you haven't already, please log into your User account.
2. On the main menu navigate through Workouts/Tests to Tests and select **3' Test**.
3. Confirm your Age, Weight and Gender and press **ENTER**.
4. The test will begin when you start turning the pedals, Good Luck!
5. Once the test is complete 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 which 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 VIEW & PEDAL TECHNIQUE

The Polar View is where the Wattbike really excels as a training tool. The shapes that are shown 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.

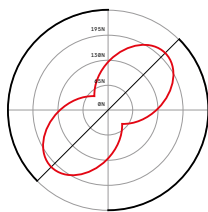
The three main types of Polar View that are most commonly seen are:



1. BEGINNER

This cyclist is losing 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.

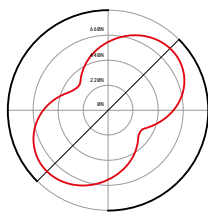
TIP: Being properly attached in the toe cages or using cycling shoes will help sustain power throughout the pedal stroke.



2. INTERMEDIATE

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 off the ball of your shoes to help extend the leg drive and improve the transitions.



3. ADVANCED

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 & 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

FOR INFORMATION ON THE APP AND POWERHUB VISIT:

wattbike.com/app-hub

EXPERT AND POWER CYCLING SOFTWARE:

wattbike.com/uk/wattbike/downloads



CARE GUIDE & PREVENTITIVE MAINTAINANCE

DAILY MAINTENANCE

To ensure your Wattbike stays in good condition remove all:

- Sweat
- Dust
- Dirt
- Or other substances by using a clean, soft cloth and a non-abrasive liquid cleaner.
- Wipe down the exterior covers and frame, saddle, handlebar and WPM make sure that the handlebar stem and saddle stem are not over the MIN markers.

WEEKLY MAINTENANCE

Where necessary:

- Vacuum the floor under and around the Wattbike to prevent the bike from picking up dust.
- Inspect the feet bolts, saddle and handlebar sliders and WPM thumb screws for looseness and corrosion. Tighten as necessary.
- Inspect the saddle and handlebar stem adjustments. Tighten as necessary.
- Check that the pedals are secure and foot straps are still fit for use.
- Ensure that no sweat/liquid is pooling on the metalwork or covers.
- Lubricate, using a 3-In-One multi-purpose spray oil or similar product, the thread of the locking and adjustment levers.
- Check the battery level on the WPM, from Main Menu, Properties, and then Battery or from the charge symbol at the bottom of the screen. If the level is below 30% using the external charger for a period of 8-10 hours. We recommend that you do this every 1-2 weeks.



MONTHLY MAINTENANCE

Where necessary:

- Check for smooth and quiet operation of all moving parts.
- Check your WPM firmware version in the Properties section. Compare to the latest WPM firmware version at wattbike.com and update if necessary.

STORAGE

After each session, wipe any sweat, water or foreign objects from the Wattbike. If you need to store your Wattbike, use the wheels to guide it to a safe place.

ADDITIONAL RESOURCES

For more information and full set up guides, visit the support section of wattbike.com



