

How to use.....Wattbike Trainer



Polar view

- You can monitor your cycling technique as you ride. You can see percentage contributions from each leg. Standing up and changing your cycling position will also produce a change in the polar view graph.

Air braking system

- The air brake gear lever recreates the feel of cycling on the flat using different gears. The 'gear lever' can be moved from '1' through to '10' where '1' represents the lightest gearing and '10' the heaviest.

Magnetic climb lever

- The addition of a magnetic climb lever allows the rider to recreate the feel of climbing. The 'climb' lever rotates clockwise through one complete turn and is marked '1' through to '7' where '1' represents a level road and '7' a very steep gradient.

The combination of an air brake gear lever and magnetic climb lever means that the Wattbike can be used for high cadence low wattage at one extreme and low cadence high wattage at the other.

Setting up for a test

- Turn the machine on with the power button on the display
- You can set the Wattbike to on custom setting for distance or time (both can include pace and rest time). On the main menu select new workout, scroll to empty – press enter, select time or distance (you can also enter pace and the rest time between sessions).
- To access a workout already set select custom and select your workout.

- If you wish to measure heart rate you will need to wear a Suunto heart rate monitor. Form the main menu select setup then HR and select ANT chest belt. The monitor will search for a heart rate monitor in range.

Running a test

- Once you have selected your workout you will need to press enter twice until the 'ready to ride' screen is shown on the computer. At this point when you pedal the test will start. On the screen there will be a countdown from the test distance/time.
- Whilst the test is running you can scroll down to view more data.
- At the end of the test there will be a summary of the workout.

Cadence tables

If you wish your participant to pedal at certain wattages you can ask them to pedal at a certain cadence, using the airbrake to increase the wattage. Use the table below to establish the correct power output (in Watts), by resistance setting and cadence (in 5 rpm bands) required for any particular training session. For ease of reference the Watts have been rounded to the nearest 5 W.

Cadence	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9	Level 10
40	15	15	15	20	25	25	25	30	30	30
45	20	20	20	25	30	30	30	35	35	35
50	25	25	25	30	35	35	40	40	45	45
55	30	30	35	40	40	45	50	50	55	55
60	35	35	40	45	50	55	60	65	70	70
65	40	45	50	55	65	70	75	80	85	90
70	50	50	60	70	75	85	95	100	105	110
75	55	60	70	80	95	105	115	120	130	135
80	65	70	85	95	110	125	135	145	155	160
85	75	80	100	115	130	145	160	170	180	190
90	85	95	115	135	150	170	185	200	215	225
95	100	110	130	155	175	200	215	230	245	260
100	110	125	150	175	200	225	245	265	285	300
105	125	140	170	200	230	260	280	300	325	340
110	140	155	190	225	260	290	320	340	365	385
115	155	175	210	250	290	325	355	385	415	435
120	170	190	235	280	325	365	395	430	460	485
125	190	210	260	310	360	405	440	480	513	540
130	210	230	280	340	400	450	490	530	570	595

Using the software package

To monitor in real time

- Connect the Wattbike performance computer to your PC using a USB cable

- Open the software



- From the welcome screen select monitor.



- If the program is already open click the monitor icon

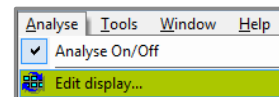


- Turn on the Wattbike performance computer, the software will automatically recognise it
- The personal data window will appear, follow instructions to add a new participant or double click to select an existing participant then OK

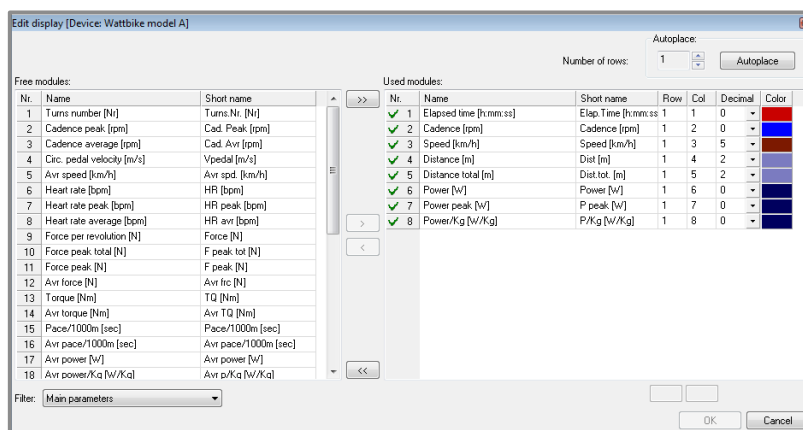
Selecting what data to view on screen

- The screen is defaulted to the polar view and three parameters (cadence (1/min), Hr (1/min) and power per revolution (W) in the display bar at the bottom of the screen.

- To add other parameters – menu, analyse then edit display



- To add additional parameters highlight the parameter and press the single arrow to send it in to the used modules. Once you have selected all the parameters you wish to view press autoplace then OK.

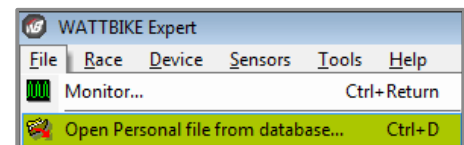


- To start monitoring click the start button in the toolbar (connect monitoring)
Make sure that the wattbike performance computer is still turned on
- When the workout has finished click the stop button (disconnect monitoring)
- If you want to save the workout click the save button (save personal file)
- To close monitoring mode click the close button



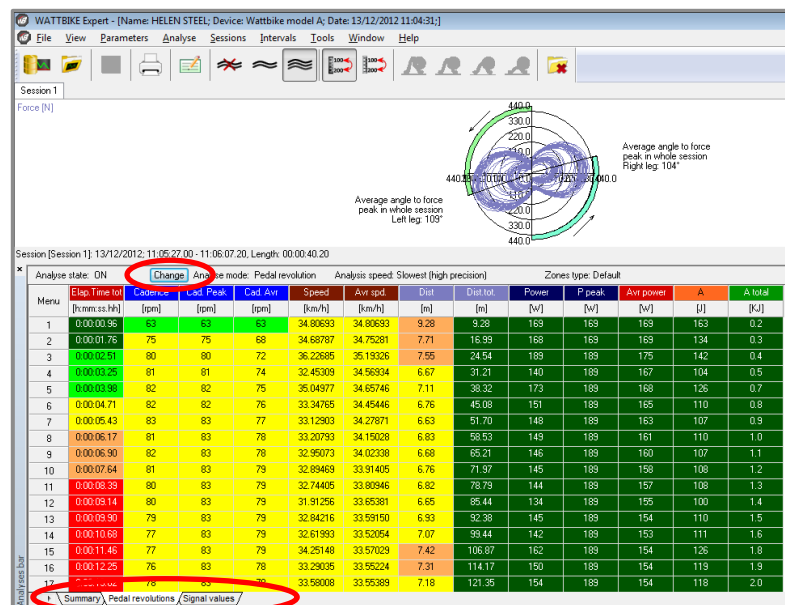
To view data

- Select file and open personal file from database
- Select the name of the participant and then select the test you wish to view



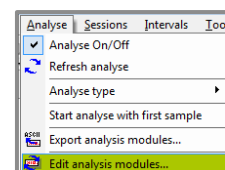
An example of data

- The tabs circled in red allow you to change the viewed data



Adding additional parameters

- Select analyse, edit analysis modules and then select which data you wish to view



Exporting to excel

- Select analyse and export analysis modules then select which data you wish to export
- Then press export, save the data as a text file which will be saved in notepad. This then needs to be copied into excel.

