

Wattbike User Guide

(covering Assembly, Quick Start, Care & Bike Fit)



wattbike

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Important Safety Instructions



- Improper assembly and operation WILL cause accidents.
- Not using the Wattbike as intended, according to the instructions found in the Owners Manual will cause accidents and equipment damage.
- These assembly instructions MUST be read completely and correctly understood before assembling and using the Wattbike.
- The manufacturers cannot be held liable for damage or injury caused by improper use or assembly of the Wattbike.
- Keep these instructions close at hand for all users of the Wattbike.



- The Wattbike is Heavy (55kg) Make sure you hold the bike securely whilst fitting the rear and front foot, when lowering to the ground and when moving around the bike. It is recommended that two adults are used to assemble and move the Wattbike.
- The Wattbike is designed for a maximum user weight of 330lb (23.6st) / 150kg. DO NOT exceed the maximum user weight.
- The Wattbike should not be used by anyone persons under 150cm (4ft 11in) tall or with an inside leg measurement of less than 60cm (23.6in)
- The Wattbike must be assembled with due care by at least two adults. If in doubt call upon the help of a technically qualified person.
- Unpacking the Wattbike requires scissors and or a knife, using sharp objects is dangerous! Take care when using said items to avoid personal or equipment damage.

Dimensions:

Width: 66cm

Length: 125cm

Height: Max 130cm (handlebars at full height)

Assembly Instructions

Preparation

To ensure assembly of your new bike is simple and easy please follow the instructions on the next few pages.

The assembly is made much easier in a large area with an assistant to help lift the Wattbike out of the box and to help manoeuvre the bike during assembly.

Next to the steps that require two people this symbol is shown:



Tools Needed for Assembly

The tools needed for assembly are supplied with the bike in a separate small brown box, they are:

- 1 x 6mm Hex Allen Key
- 1 x 17mm Spanner
- 1 x 15mm Spanner

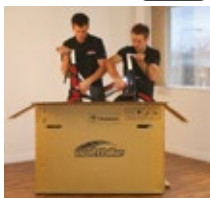
Unpacking the Component Parts

- Leaving the main body of the Wattbike in the box, remove the two loose boxes and saddle found in the main box.
- The box that contains the stabilising legs is in a long box found at the bottom of the main box, underneath the Wattbike itself. They can be accessed when the Wattbike has been removed from the main box in the next step.

Lay out all the items removing all the packaging and ensuring that you have all the items below.

1. Front stabilising leg (wheels attached)
2. Rear stabilising leg (no wheels attached)
3. 1 x Pair of Left & Right pedals - Combination pedals of SPD, Look Keo and Toe cage
4. Wattbike Standard saddle with saddle clamp (Race saddles are available as optional extra)
5. Handlebars
6. Wattbike Performance Monitor (WPM)
7. 4 x 6cm bolts, dome cap nuts, flat washers
8. Saddle slider underside plate (T-shaped in appearance)
9. 2 x Adjustment levers and split washers
10. Saddle slider block
11. Handlebar bottom plate (Square shaped and flatter in profile)
12. 2 x 25 mm thumb screws for fixing the WPM to the handlebar
13. 3m USB 'A to B' cable
14. 1 x 17mm Spanner, 1x 14mm Spanner & 1x 6mm Hex Allen Key

Unpacking the Main Body of the Wattbike



- Cut the large cable tie holding the handlebars to the Wattbike and remove the handlebars.
- With an able assistant, lift the Wattbike out of the box holding the Wattbike via the handlebar and saddle stems as shown in fig 2.0, and lower gently onto the ground. Or alternatively rip the side of the box open in order to access the bike from the side.
- DO NOT let go of the Wattbike until the front and rear stabilisers have been fixed to the main frame, the Wattbike is not yet fully stable.
- Remove all the packaging from the Wattbike taking care not to damage the Wattbike or yourself when cutting the cable ties.

Attaching the Rear Stabilising Leg



Needed for this step: 2 x 6cm Bolt, 2 x Dome cap nuts, 2 x Flat washers (Item 7), Rear stabilising leg (Item 2), 17mm Spanner and 6mm Hex Allen key (Item 14)

- Ask your assistant to lift the rear of the Wattbike up and then align the 2 holes in the rear stabilising leg (Item 2) with the 2 holes in the main frame of the bike.
DO NOT support the weight of the Wattbike on the fan cage at the front of the bike.
- Push one of the 6mm bolts (Item 7) up through the hole in the stabilising leg and frame of the Wattbike then place the washer over the protruding thread of the bolt (with grip strips on the washer facing down).
- Thread the dome cap nut onto the bolt and tighten using the 6mm Hex Allen Key for the bolt head and 17mm spanner for the dome cap nut. See fig 2.1
- Ask your assistant to gently lower the Wattbike to the floor.

Attaching the Front Stabilising Leg



Needed for this step: 2 x 6cm bolt, 2 x Dome cap nuts, 2 x flat washers (Item 7), front stabilising leg (Item 1) and a 6mm Hex Allen Key (Item 14)

- Ask your assistant to lift the front of the Wattbike so that the weight is supported by the rear foot.
- Align the 2 holes in the front stabiliser (Item 1) with the 2 holes in the main frame of the Wattbike, with the wheels facing forwards and rubber feet facing the floor.
- Push the 6mm bolt (Item 7) up through the hole in the stabilising leg and frame then place the washer (with grip strips on the washer facing down) over the protruding thread of the bolt and then thread the nut onto the bolt.
- Tighten using the 6mm Hex Allen Key for the bolt and the 17mm spanner for the nut.
- Gently lower the Wattbike to the floor.

Attaching the Pedals



Needed for this step: 1 x Pair of Pedals (Item 3) and either 6mm Hex Allen Key or 14mm spanner (In item 7)

- Screw the right pedal (Item 3) onto the right crank. Tighten (anti-clockwise) securely using a 6mm Hex Allen Key or the 14mm spanner.
- Repeat for left hand pedal; to tighten- screw anticlockwise. TAKE CARE! This is a left hand thread, take care not to cross the thread.

Attaching the Saddle



Needed for this step: Wattbike standard saddle (Item 4), saddle slider block (Item 10), 1 x Adjustment lever and split washer (Item 9) and saddle slider underside plate (Item 8)

- Raise the saddle stem post to mark 12 to give sufficient height to work.
- Place the saddle slider block (Item 10) on top of the saddle stem with the cylindrical knurling facing towards the midline of the bike.
- Thread the remaining spring washer over the adjustment lever thread (both Item 9).
- Thread the adjustment lever through the saddle slider bottom plate (Item 8), ensuring the saddle sliders rounded 'face' points towards the midline of the bike and screw the adjustment lever up into the saddle slider. Tighten securely but do not over tighten.
- Attach the saddle (Item 7) to the slider by threading the saddle clamp over the knurling make sure it is straight and level, then tighten securely with the 14mm spanner but do not over tighten.

Attaching Handlebars



Needed for this step: Handlebars (Item 5), 1 x Adjustment lever and split washer (Item 9) and Handlebar bottom plate (Item 10)

- Raise the handlebar stem post to mark 13 to give sufficient height to work.
- NOTE - Be careful when adjusting the stem height not to disturb the Wattbike cable.
- This step is easier with an assistant. Ask your assistant to hold the handlebar (Item 5) in place on top of, and towards the furthest forward adjustment point of the handlebar stem.
- Thread the adjustment lever and large spring washer (Item 9) up through the hole of the handlebar bottom plate (Item 11) make sure the round face of the plate is facing away from the bike up into the handlebars.
- Tighten securely to the underside of the handlebar stem, but not too tightly.

Attaching the Wattbike Performance Monitor (WPM)



Needed for this step: WPM and Thumbscrews (Item 12)

- Secure the WPM to the handlebar using the 2 x 25mm thumbscrews. Tighten securely (but not too tightly).
- Plug the sensor cable into the back of the WPM making sure the pins and guide notch line up. When securing the cable DO NOT turn the whole cable assembly, **ONLY turn the knurled screw collar highlighted in the image.**
- NOTE - The WPM should always be switched off when attaching the cable.

Wattbike Performance Monitor and Connectivity

Operating the Wattbike is very easy. Simply sit on the Wattbike, turn on the Wattbike Performance Monitor (referred to throughout this document as WPM);

- Define the native language
- Enter the correct time and date
- Select **Just Ride**, press **Enter**, enter your metrics if you know them (Maximum Minute Power, Maximum Heart Rate and Weight) and start pedalling. The session will start immediately.

Learning how to adjust the resistance levels and familiarising yourself with the WPM is just as easy.

- The WPM is fitted with a rechargeable battery.
- When cycling at a cadence of 60+ r/m on a pro and 70+ r/m on a trainer the battery is recharged with the help of an integrated generator. It can also be recharged using the external plug-in battery charger although the need for external recharging is almost eliminated by the addition of the generator.
- Should you need to recharge your WPM, using the external power adapter will achieve this.
- ALWAYS charge the battery with the WPM switched off and only use the battery charger supplied with your Wattbike, failure to do so may damage the rechargeable batteries.
- The WPM can only operate with the original factory supplied accu-batteries. Please contact your Wattbike directly or the Wattbike distributor if you experience any battery problems.
- The WPM links with:
 - Garmin,
 - Suunto
 - Polar coded belts
 - or any other ANT+ heart rate chest belts for heart rate display.

This product is ANT+™ certified and receives data from ANT+ compatible heart rate sensors, and transmits bike data to other ANT+ display devices or apps that receive bike power or combined speed & cadence data.

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This product is also Bluetooth Smart enabled which allows for Apple iPhone®, iPad® and Android™ devices to stream data from the WPM to the device via the powerapp. The powerapp can be downloaded from the apple App store and Google Play store.



There is a **RESET** button on the back of the WPM – this should only be used if the WPM display stops working. Please contact Wattbike for troubleshooting any problems with your WPM.

Bike Fit & Setting Up Your Wattbike

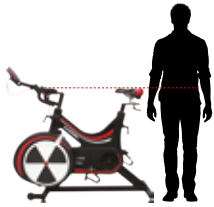
The correct set up is crucial to maximise performance, prevent injury and ensure the most comfortable riding on your Wattbike. The correct sequence for set up is, saddle height, horizontal saddle position, handlebar height and horizontal handlebar position. Before starting, ensure that your saddle is horizontal; use a spirit level if necessary.

ATTENTION! The following section is taken from our scientific bike fit, so you should be able to attain a good riding position. If you have had a bike fit done you can apply this to the Wattbike by following this link wattbike.com/uk/guide/bike_fit/wattbike_specific_bike_setup_measurements

For this bike fit you will need:

- A plumb line (or a small weight on the end of a piece of string should be sufficient)
- If you have neither of these a mirror
- A long spirit level

Setting the Saddle Height



The easiest way to determine the saddle height is to:

- Stand next to the bike with the heel pushed into the back rear stabiliser, and then lift the saddle up so that the top of the saddle is level with the bony protrusion of the hip.
- Sit on the Wattbike and align the crank arms with the seat post (in a vertical position).
- When clipped in (or with trainers/shoes in the toe cage) and with the pedal at its longest stroke (in line with the seat post) there should be approximately 150 - 155 degrees bend of the knee.
- You should be able easily to 'drop the ankle'.
- Raise/lower the saddle height to get the correct leg position. **ALWAYS DISMOUNT THE WATTBIKE BEFORE MAKING ADJUSTMENTS TO THE SADDLE.**
- To check the saddle height is correct pedal backwards, you should be able to complete the rotations with only a slight rocking of hips and without the legs locking out.

Setting the Saddle Horizontal Position

The easiest way to get a good fore/aft position on the bike:

- Sit on the Wattbike with your cycling shoes clipped in (or your trainers in the toe cages) bring the crank arms parallel to the floor.
- Drop a plumb line from the inside of the knee cap (the indentation next to the knee cap on the inside of the knee) if you don't have a plumb line take an informed guess using a mirror to help you positioned next to the bike whilst sat on the bike.
- As you look over the top of your knee, the plumb line should bisect the pedal spindle (the part of the pedal that screws into the crank arm).
- Adjust the saddle fore/aft to ensure that the knee plumb line bisects the pedal spindle line, or the vertical line from the top of your kneecap bisects the pedal spindle.

TIP! If you need to move the saddle fore/aft severely, you may need to raise/lower the saddle to compensate. Every time the saddle is moved forward the effective saddle height is reduced and vice versa for moving the saddle backwards. If you move your saddle more than 1cm recheck the saddle height.

Setting the Handlebar Height (saddle to handlebar difference)

- Adjust the handlebar height so that it is no more than 4 to 10 cm lower than the saddle height (depending on fitness and flexibility, a higher handlebar height may be more comfortable) – for general exercise the saddle and handlebars should be at the same height - Use a long spirit level from the saddle across to the handlebar to check this height.

- Once the handlebar height has been set, check it by lifting your hands off the handlebars – you should be able to hold position with your core and not fall forwards.

NOTE – with the saddle and handlebar both set at maximum height there is a saddle to handlebar difference of 7 cm – for safety reasons do not go above minimum markings. Extra long stems are available which increase the settings by 10 cm.

Setting the Handlebar Horizontal Position

- Whilst sat on the bike; place your hands on top of the handlebars and bring the crank arms parallel to the floor – drop a plumb line from the elbow, it should fall through the inside of the knee (in the indentation next to the knee cap) or look over the arm and SHOULD bisect the pedal spindle.
- Adjust the handlebar fore/aft to get the correct position. ALWAYS DISMOUNT THE WATTBIKE BEFORE MAKING ADJUSTMENTS TO THE SADDLE OR HANDLEBARS.
- An alternative method is to look at the angle of your back which should be at 45° parallel to the floor with an upper arm to torso angle of 90°.
- The difference between the forward and back positions of the handlebar fore/aft adjustment is 6 cm.
- By following these simple steps you will be placed in the optimum position for both comfort and effective cycling technique. Any slight variation in correct set up will alter the alignment of the joints, muscles and subsequently technique.

Correct Positions:



Care Guide & Preventive Maintenance

The Wattbike is constructed from high performance components and is designed to be almost maintenance free and should withstand heavy usage.

If you notice any unusual symptoms, such as loud noises or grinding during operation, stop using your Wattbike and contact your local Wattbike distributor.

Do not use corrosive or abrasive materials to clean the equipment. Ensure that such materials are not allowed to pollute the environment.

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 8-12 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.

Bi-annual Maintenance

Where necessary:

- Using a 3-In-One multi-purpose spray oil or similar product, lubricate the chain. To do this place the straw of spray lubricant between the cover and the chain ring close to the chain itself. Spray gently down towards the floor and rotate the crank anti clockwise twice.

Servicing & Repairs

The Wattbike is a low maintenance exercise bike, however just like all moving mechanical objects (such as cars, push bike etc) all need some servicing and TLC in their lifetime to keep them running as new.

Just like a car the Wattbike shouldn't need a service in the first two years of its life, but after that period it is recommended that you contact Wattbike to have the bike serviced or repaired as necessary.

Our trained mechanics will come out to your Wattbike and conduct a full service or a stand alone repair, these are both explained below.

Servicing is different from repairing:

- If there is a specific noise, symptom or problem that is causing the Wattbike to perform below par we can come out to just fix that particular problem. That would be a repair job.
- Servicing consists of our technician coming out to your bike(s) and following our servicing check point plan the technician will carefully check your bike over and replace any items that are needed to bring your Wattbike back up to a mechanically sound condition.

To have your bike serviced or repaired call Wattbike on the number below and ask for customer services. We have a service email if you would like to enquire about the cost of servicing and would like to know more information on either servicing or repair work.

Wattbike World Headquarters Contact Information

Wattbike Ltd
Vermont House
Nottingham South & Wilford Industrial Estate
Ruddington Lane
Nottingham
NG11 7HQ

wattbike.com

info@wattbike.com

0115 945 5450

facebook.com/wattbike

@wattbike

Parts, Accessories & Clothing

The Wattbike comes with all the equipment needed to start training straight away, however if you would like to personalise your bike we sell cycling equipment for your Wattbike, such as Wattbike racing saddles, spare parts, accessories and cycle specific clothing. See below for more details.

Parts:

- Extra saddle block (for quick personalised saddle swapping, useful if the Wattbike is regularly used by more than one person)
- If you would like a specific part from us search the Wattbike website for parts lists and call for more information.

Accessories:

- Time Trial pads
- Suunto and Garmin heart rate belts
- Wattbike Floor Mat
- Wattbike Water Bottle
- Racing saddle
- Ant+ Dongle

Clothing:

- Lightweight jersey (Sizes form XS to XXL)
- Bib shorts (Sizes form XS to XXL)

Quick Start Guide

Now the real fun starts...

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.

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

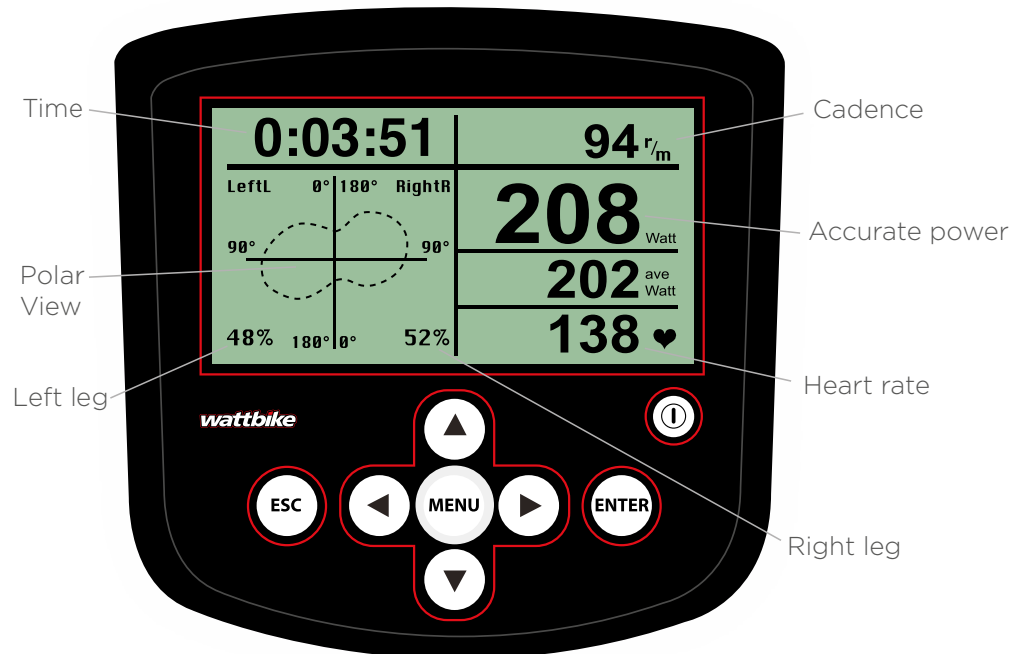
You can swap the standard Wattbike pedals and saddle for your own using the tools provided.

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

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.



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** 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 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 Performance Monitor will transmit the Speed, Power and Cadence data to your device.

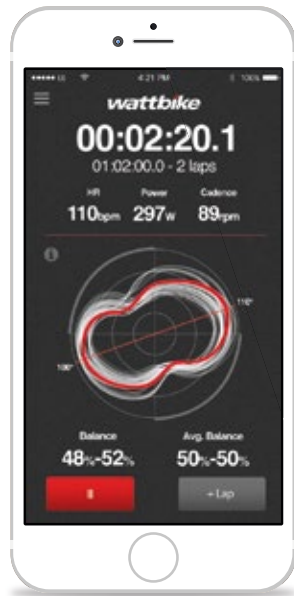
To do this:

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 WPM 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.

powerapp and powerhub

Linking up with the powerapp

Alongside the WPM is the Wattbike powerapp. The Wattbike powerapp and powerhub are the perfect partners for your Wattbike training. Use the powerapp to view your session data in real time on your Apple or Android phone or tablet, swipe across to view your pedal technique screen including live Polar View, and then save all of your session info to our free online cloud storage, the powerhub.



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, HR Belt ID, Gender, Age. 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 (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 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.

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!

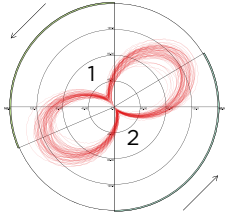
5. Once the test is complete a summary screen will appear, navigate to the 'Zones' tab where your training zones have been worked out for you
6. Take note of these scores. If logged in they will also be stored into your User account

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 Graph & 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.

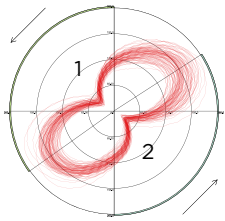
The three main types of Polar View that are most commonly seen are:



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

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.

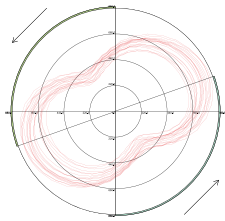
Tip: Being properly attached in the toe cages or using cycling shoes will help sustain power throughout the pedal stroke.



2. **Intermediate** (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 off 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 & 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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