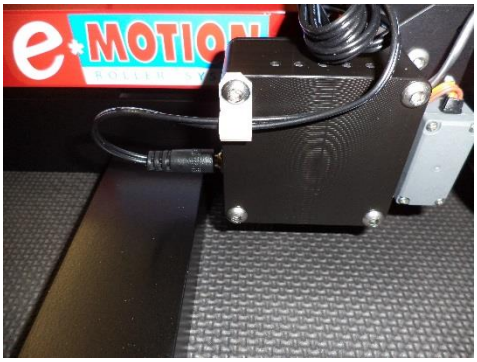
Quick start guide (Refer to additional sections for more details)

NOTE:

Because of the floating action of the rollers, it is important to route the power cord to avoid strain as the frame moves. Route the cord up through the clip on the control box, then out over the red frame, to the right-hand side of the rollers. Be sure there is no cord contact with the flywheel or drums.



-Plug in control box (solid red light).

-Launch the IR companion app and register. Set your weight in rider profile.

-Go to general settings page.

-Pair the SmartPower rollers to the app.

-Pair your power meter if available (Solid blue light) The power meter must be awake to pair.

-If using the fork stand, select it in the app.

-Push the ride icon to access the ride dashboard.

-Choose a ride mode on the IR app…OR

-Close the Inside Ride app and launch your favorite cycling app (Zwift,etc) and connect to the SmartPower as “FEC trainer serial #xxxx”.

In future sessions, you do not need to open the IR app to connect to your favorite cycling apps. Your power meter will also connect automatically to the rollers.

DETAILED INFORMATION

The Smart Power system uses a magnetic device to change resistance levels. The magnet is precisely positioned to create the desired wattage for the rider.

The two modes of operation are Manual and Auto control.
-In Auto, the system is paired to and controlled by the app of your choice. A computer or mobile device is required. If you are using a PC to run your preferred cycling app, you will need an ANT key plugged in to the USB port.

-In Manual mode, the system is operated with the Inside Ride companion app or the optional handlebar remote. In Manual mode, you can choose between plain resistance, ERG or SIM.

MANUAL MODE OVERVIEW

Choose between Plain resistance, ERG or SIM.
PLAIN RESISTANCE allows you to choose one of 9 preset magnet settings using the remote.
ERG resistance allows you to set a wattage target in 10 watt increments with the app or remote and let the system modulate the magnet position to maintain the target. If you pair a power meter, it will be used as the wattage reference in ERG.
SIM allows a grade to be specified and automatically applies wind resistance.

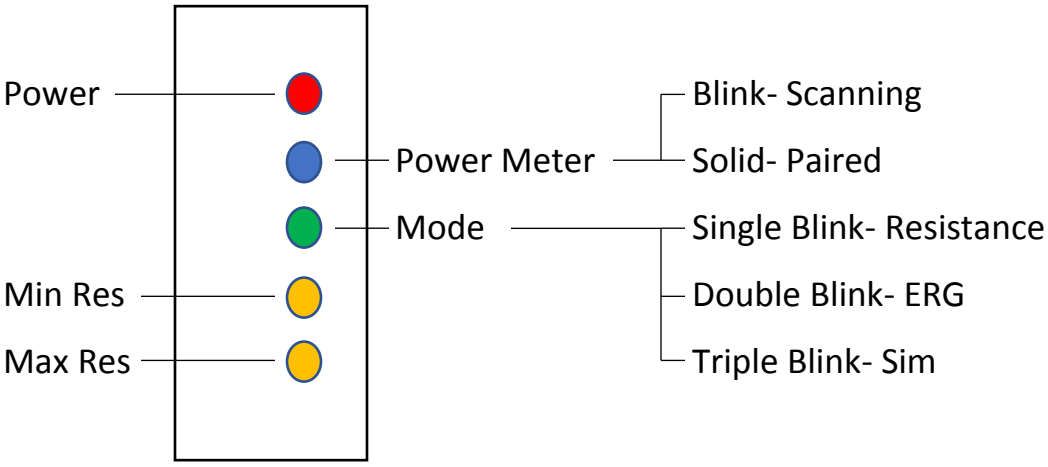
AUTO MODE OVERVIEW

In this mode, a cycling app installed on your computer or mobile device communicates with the Smart Power system. The Smart Power system will recognize apps that use either ANT+FEC or Bluetooth FTMS.

A power meter (ANT+) can be paired to the SmartPower in either Auto or Manual mode.

The control box features 5 LED status indicators

Smart Power LED Code



Notes on Power Meter use

When the system is powered up, it automatically scans for a power meter, indicated by the blue flashing light. If you don't use a power meter, ignore the search and the blinking blue light will quit in 1 minute.

The first time you connect your power meter during this search period, you must use the IR app to initiate the connection. When pairing is successful, the blinking blue turns to solid blue. Your power meter must be awake to pair.
NOTE: Once your power meter has been paired for the first time, the SmartPower device will remember it in future sessions. When the system is searching for a power meter, it will find it automatically if it's awake. If you choose to use a different power meter, use the IR app to pair the new one. Using the IR app, you can easily connect any power meter within range.

The SmartPower is optimized for use with a power meter. It is recommended to connect the power meter to the SmartPower unit rather than directly to the training app. When the power meter is connected, it will become the default power source, eliminating the need to calibrate the system. NOTE: the power data is smoothed inside the unit and will appear slightly different than raw power.

When a power meter is connected (solid blue LED), the power meter will constantly monitor and adjust resistance to stay close to the target. In most cases, you will not need to calibrate or adjust the system for accuracy. If you experience problems with accuracy or response time (even with the power meter connected) The system may need calibration.

Manual Modes:
PLAIN RESISTANCE (manual mode, single flashing green):
This mode features 9 preset resistance levels 0-8. Use the IR app to select. The level may be adjusted anytime whether riding or not. The system will always seek the zero setting whenever it's powered up. The unit will stay in the chosen resistance position when the power is unplugged and will not move until it is powered up again. It can be ridden without being powered up.

ERG RESISTANCE (manual mode, double flashing green):
To use the ERG, you must set a wattage target using the IR app.

Once the target is set, the system will automatically keep the resistance at the target level as your speed changes. ERG works either with or without a power meter. When a power meter is connected (solid blue light) it will automatically correct wattage drift (power match). You can pause ERG by getting off the bike. When you get back on and start riding, the system will gently return to the target automatically.

Auto Mode Operation (app control)

To connect SmartPower to other cycling apps (ZWIFT, Trainer Road) power it up and pair your power meter first, then launch the cycling app and search for available trainers. The SmartPower will show up as "FEC trainer" on most apps.
Once the connection is made, the cycling app will take control of the Smart Power system. A power meter, if connected, will become the default power source for the trainer. You may also disconnect the power meter from the rollers and connect it directly to the cycling app if desired. It is not recommended to have the power meter connected to both at the same time.

Minimum and maximum resistance settings.

The SmartPower system features adjustable resistance, but rollers also have some natural resistance from the natural drag of the bike's tires. Even with the resistance set to zero, there will be a certain level of effort required to pedal the bike on the rollers. This rolling resistance is dependent on your weight and tire pressure.

Maximum resistance is the natural rolling resistance plus the maximum magnetic resistance, as indicated by the yellow light (MAX RES). Also referred to as the “wattage ceiling”

Minimum resistance is the rolling resistance alone with no added magnetic resistance, as indicated by the yellow light (MIN RES). Also referred to as the “wattage floor”

NOTE: If your system fails to respond to a target during the workout, it could be due to hitting either the wattage “floor” or “ceiling”

If you are using a power meter, the system can be set to auto-calibrate the rolling resistance as described in the power meter section. If you do not use a power meter, the rolling resistance is an estimate based on weight. Either way, your weight should be entered into the rider profile on the IR app. It’s also important to enter your weight into any other cycling app you use, so that they all agree. If you are using the Floating Fork Stand (FFS), you will need to select it on the IR app.