# STAGES
## CYCLING

**USER**GUIDE
### SIC1



**ANT+**

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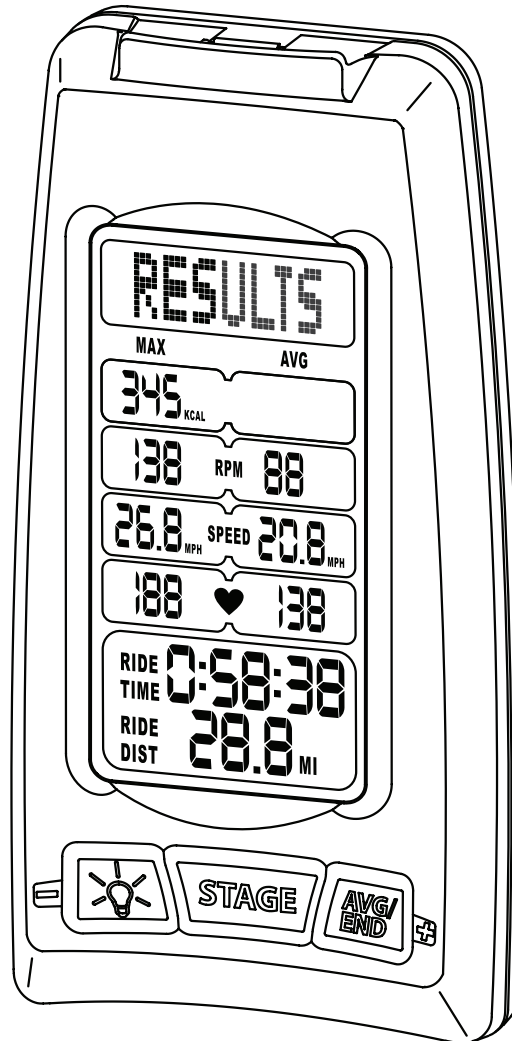
## ⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference

## QUESTIONS?

**If you have questions, or if parts are damaged or missing, please see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.**

www.stagesindoorcycling.com

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# IMPORTANT SAFETY INFORMATION

⚠️ **WARNING:** To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on the product before using your console.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

2. If you have an implanted medical device, such as a pacemaker, consult your physician before using a heart rate monitor.

3. If you are taking medication regularly, consult your physician to find out if the medication will affect your exercise heart rate.

4. Use the console only as described in this manual.

5. It is the responsibility of the owner to ensure that all users of the console are adequately informed of all precautions.

6. Keep the console indoors, away from moisture and dust. Do not put the console in a garage or covered patio, or near water.

7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.

8. Keep children under age 12 and pets away from the console at all times.

9. To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.

10. Clean the console with a soft, damp cloth only. Do not use abrasives or solvents to clean the console.

11. When storing the console and/or the sensor, remove the batteries. Store the console and/or the sensor in a clean, dry location away from moisture and dust.

12. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

# CONSOLE FEATURES

## OVERMOLDED CONSOLE COVER

To prevent moisture from entering the console, the entire upper surface of the console, including the buttons, is overmolded in a thin rubber membrane. This surface can be easily cleaned with a soft, damp, nonabrasive cloth.

## BACKLIT LCD DISPLAY

The console has an LCD display that features a backlight, fixed displays that provide ride data, and an active dot matrix message banner. During a ride, the message banner displays useful text messages relating to the other ride data. The message banner also functions as a menu in the SETTINGS mode.

## HEART RATE MONITOR COMPATIBLE

The console is compatible with popular heart rate monitor telemetric chest straps, including ANT+™ Compatible (2.4 GHz) models and Polar®-compatible 5kHz models. The console will link to the strongest heart rate monitor signal in a range of approximately 2 to 3 meters. **Note:** A heart rate monitor is not included with the console.

## USB DATA STORAGE

The console has a USB port that can be used with commercially-available USB drives. The ride data for each STAGE and the total RESULTS can be saved to a USB drive in a .csv file format that will allow users to track and analyze their ride data. This file format is common to standard spreadsheet software programs and can also be uploaded to many training websites.

# SPECIFICATIONS

## CONSOLE

**Dimensions**
Height: 3.1 in. (80 mm)
Length: 6.9 in. (175 mm)
Width: 3.3 in. (85 mm)

**Weight with Batteries**
1 lb. (2.2 kg)

**Batteries Required**
Three (3) C batteries (LR14)
or
Rechargeable Battery Pack (not included)

## POWER METER

**Dimensions**
Height: 1.5 in. (38 mm)
Length: 8.4 in. (214 mm)
Width: 1.7 in. (44 mm)

**Weight with Batteries**
2.2 lbs. (4.8 kg)

**Batteries Required**
Two (2) AA batteries (LR6)

This Product is ANT+ certified and complies with the following specified ANT+ Device Profiles.
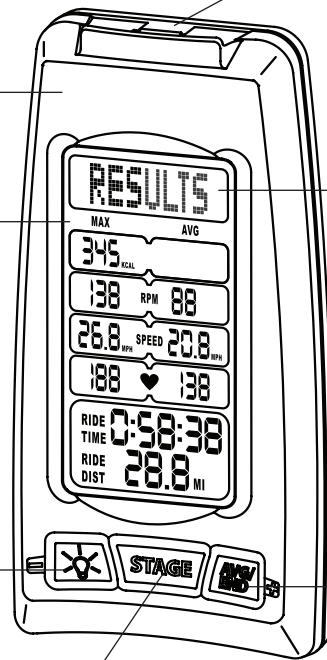
www.thisisant.com/directory

# CONSOLE DIAGRAM

## FRONT

USB Port

Console

LCD Message Banner

Backlit LCD Display

RESULTS

MAX        AVG

345 KCAL

138    RPM    88

26.8 MPH    SPEED    20.8 RPH

188    ♥    138

RIDE TIME    0:58:38

RIDE DIST    28.8 MI

Backlight / - / Down Button

AVG/END / + / Up Button

STAGE / Enter / Select Button

## REAR

USB Port

Console

Battery Cover Screw

Batteries

Serial Number
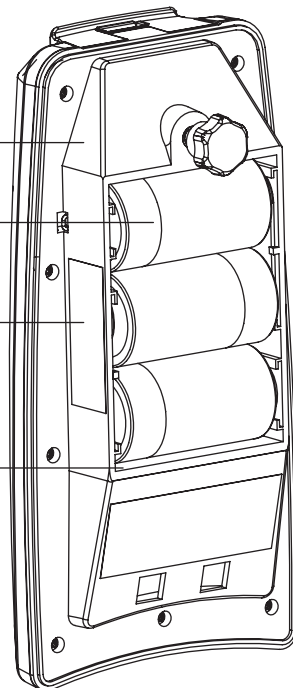
Rechargeable Battery Pack
(not included)

Battery Compartment
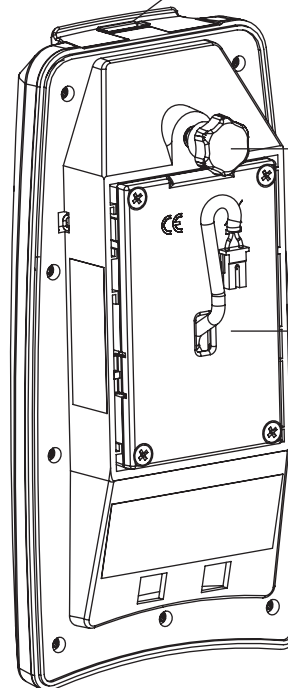
**C-cell Batteries**          **Rechargeable Battery Pack**

# POWER METER DIAGRAM

Batteries

Pedal Mounting Threads

Battery Door Screw

Battery Door

Battery Compartment

Battery Door Gasket

Power Meter

Serial Number

Crank Arm

Crank Arm Bolt
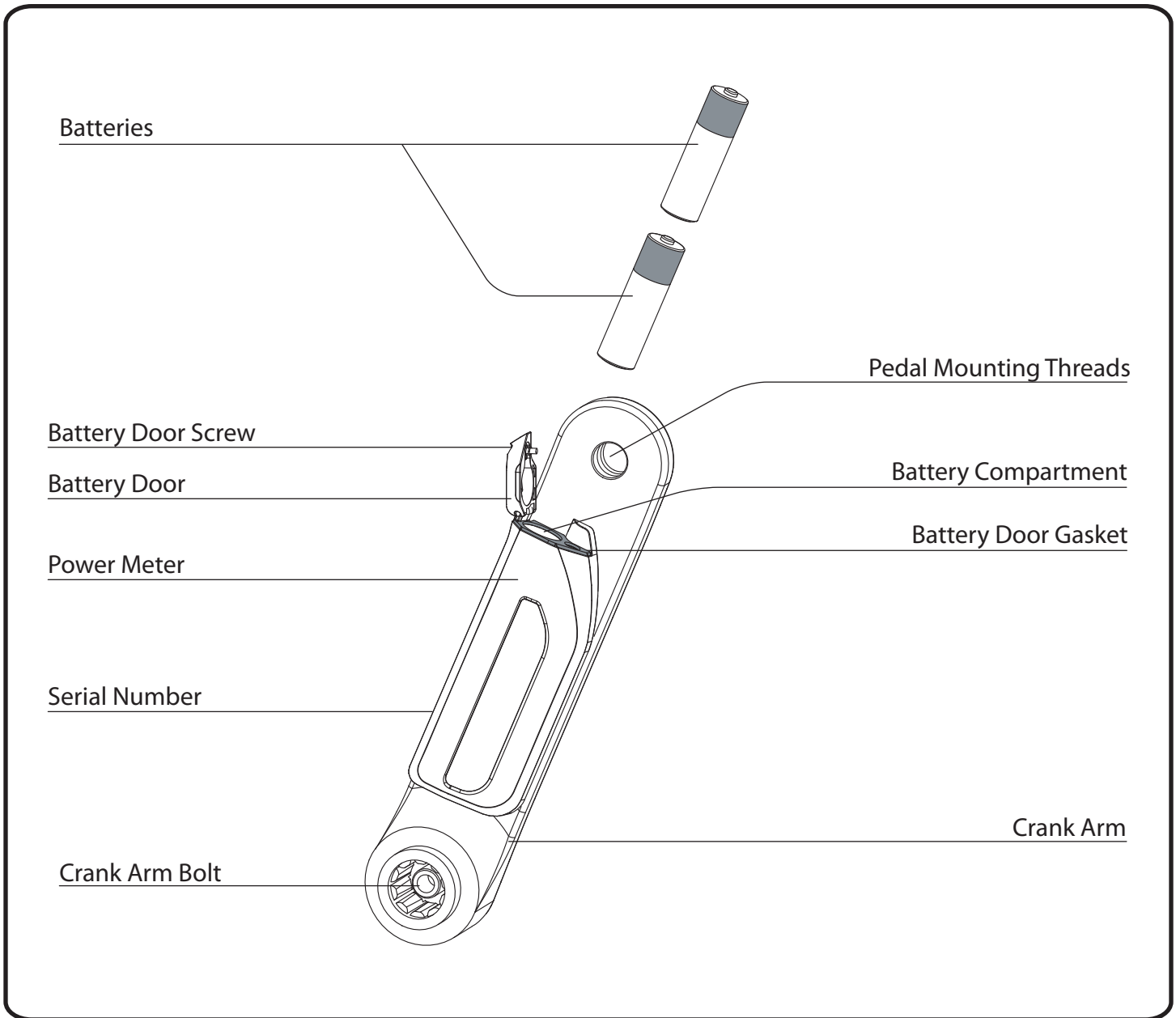
# DISPLAY DIAGRAM
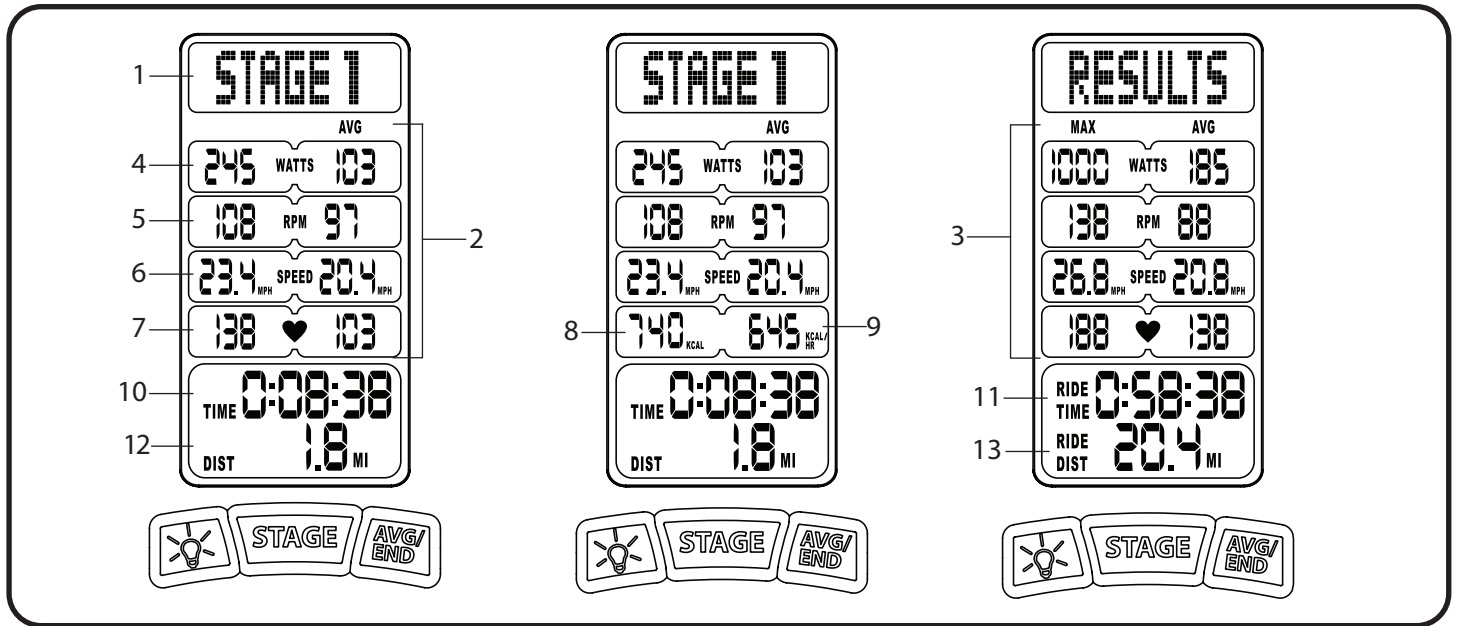


| # | Display | Description |
|---|---------|-------------|
| 1 | Message Banner | Displays text messages indicating the current mode or menu option. Examples: WARM UP, STAGE #, STAGE AVG, RESULTS, RIDE. |
| 2 | AVG | Displays the average values for the current stage or the entire ride. |
| 3 | MAX | In the RESULTS mode and the RIDE mode, displays the maximum values. |
| 4 | WATTS | Displays power output in watts—instantaneous, average, and maximum. |
| 5 | RPM | Displays pedaling cadence in revolutions per minute (RPM)—instantaneous, average, and maximum. |
| 6 | SPEED | Displays calculated speed in miles per hour (MPH) or kilometers per hour (KMH)—instantaneous, average, and maximum. |
| 7 | Heart Rate (heart symbol)* | If the user wears a compatible heart rate monitor (not included), displays the heart rate—instantaneous, average, and maximum. *Heart rate symbol flashes when connected to monitor. |
| 8 | KCAL** | Displays the instantaneous kilocalories per hour (KCAL/HR) **This display is only active when a heart rate monitor is NOT connected. If the KCAL toggle is set to "ON", KCAL and heart rate will toggle every 5 seconds. |
| 9 | KCAL/HR** | Displays the average kilocalories per hour. |
| 10 | TIME | Displays the elapsed time for the stage. |
| 11 | RIDE TIME | Displays the elapsed time for the entire ride. |
| 12 | DIST | Displays the distance traveled in miles (MI) or kilometers (KM) for the stage. |
| 13 | RIDE DIST | Displays the distance traveled in miles (MI) or kilometers (KM) for the entire ride. KCAL Displays the cumulative kilocalories (KCAL) value during the ride. |

# DISPLAY DEFINITIONS

## WARM UP

The console has a WARM UP mode designed to allow a user to adjust the exercise bike, to warm up, and to prepare for an actual ride. In a studio cycling class, users can use this mode to warm up before the class begins.

While the WARM UP mode is selected, the console will provide instantaneous data in the left displays for a user to reference. However, the console will not record the elapsed time, will not show average values, and will not save ride data to a USB drive.

To exit the WARM UP mode, a user will press the STAGE button to enter the STAGE mode and begin the ride.

## STAGE

During the ride, the console will be in the STAGE mode.

The STAGE mode can have 1 to 99 numbered stages. To enter a new STAGE, a user will press the STAGE button. The message banner will show the STAGE number.

For each stage, the console will record the elapsed time and distance, will show instantaneous data in the left displays, and will show average values in the right displays.

Ride data for each STAGE will also be saved in the console memory for the RESULTS mode. If a user inserts a USB drive into the USB port before entering the STAGE mode, the ride data will also be saved to the USB drive in the RESULTS mode.

## RIDE

During the ride, a user can press the AVG/END button to select the RIDE mode and view data for the entire ride.

While the RIDE mode is selected, the console will show the time and distance for the entire ride. The left displays will show the maximum values achieved for the ride so far and the right displays will show the average values for the ride so far.

## WATTS

The console will measure and show a user's power output in WATTS. A watt is an instantaneous measurement of power and is a product of two factors: force and movement.

When a user rides an exercise bike, force equates to how hard the user pushes the pedals. Movement equates to the user's pedaling cadence—measured in revolutions per minute (RPM).

A watt is the international standard unit for power. However, power output is often expressed in horsepower as well. For reference, 746 watts is equal to 1 horsepower.

# DISPLAY DEFINITIONS continued

## KJ (KILOJOULES)

The console will measure and show the amount of work a user has accomplished during a ride in kilojoules (KJ). The console will show the kilojoules value in banner display.

The kilojoules value is a direct measurement that can be converted into a food energy equivalent (kilocalories).  However, the formula for this conversion makes assumptions about the mechanical efficiency of the human body.

A kilojoule is equal to 1000 joules. In turn, 1 joule is equal to 1 watt applied for 1 second.

## KCAL (KILOCALORIES)

The console will measure and show the approximate amount of food energy used by a user's body in kilocalories (KCAL). **Note:** Kilocalories are also known as large calories or Calories. In nutritional contexts, kilocalories are known as Calories.

A kilocalorie is equal to 1000 small calories. **Note:** Small calories are also known as gram calories. Small calories are very small units and are not used in nutritional contexts.

The console will use the following formula to convert the kilojoules value to the kilocalories value:

First, the kilojoules value is converted to the kilocalories equivalent (4.186 kilojoules = 1 kilocalorie). Then, this value is divided by the standard assumption of human mechanical efficiency (22 percent). The result is the approximate amount of food energy used.

## RPM (REVOLUTIONS PER MINUTE)

The console will measure and show the user's pedaling cadence in revolutions per minute (RPM).
A user's pedaling cadence is the number of times the user's foot travels a complete pedal stroke (360-degree circle or revolution) in one minute.

## HEART RATE

**I**f a user wears a compatible heart rate monitor (not included), the console will measure and show a user's heart rate in beats per minute.
When the console detects a signal from the user's heart rate monitor, the heart symbol in the display will flash and the user's heart rate will be shown.

# DISPLAY DEFINITIONS continued

## SPEED

The console will measure and show the user's pedaling speed in miles per hour (MPH) or kilometers per hour (KMH). **Note:** The unit of measurement can be changed in the SETTINGS mode.

The console will calculate pedaling speed using a formula based on the amount of power required by an average-sized cyclist to increase pedaling speed while traveling on a flat surface in calm winds.

When a cyclist rides a road bike, the wind resistance the cyclist encounters increases exponentially. Thus, it requires more power output (watts) for a cyclist to increase pedaling speed from 20 miles per hour to 30 miles per hour than it does for a cyclist to increase pedaling speed from 10 miles per hour to 20 miles per hour.

The speed value calculated by the console is based directly on the amount of power produced by the user. This speed value is more realistic and consistent than the speed value produced by other consoles. Other consoles calculate a user's pedaling speed based simply on the rotational speed of the flywheel on the exercise bike.

## DISTANCE

The console will measure and show the distance traveled in miles (MI) or kilometers (KM). **Note:** The unit of measurement can be changed in the SETTINGS mode.

The console will calculate the distance traveled based on the user's average speed for a given amount of time.

The speed value used to produce the distance value is based directly on the amount of power produced by the user (see SPEED at the left). Thus, the console will produce a realistic distance value that will allow the user to compare the distances traveled on rides of similar duration.

# HOW TO USE THE CONSOLE

## HOW TO ACTIVATE THE CONSOLE

**IMPORTANT: If the console has been exposed to cold temperatures, allow it to warm to room temperature before installing batteries and activating the console. If you do not do this, you may damage the console displays or other electrical components.**

Press any button on the console to activate the console. The displays will then light and the console will be ready for use.

## HOW TO TURN OFF THE CONSOLE

To conserve battery power, the console will automatically enter the Sleep Mode in the following conditions:

**When the Startup mode is selected**—The console will enter the Sleep Mode after 45 seconds if the pedals do not move at a pedaling cadence of at least 20 RPM or if no buttons are pressed.

**When the WARM UP mode or the Auto Pause mode is selected**—The console will enter the Sleep Mode after 3 minutes if the pedals do not move at a pedaling cadence of at least 20 RPM.

**When the RESULTS mode is selected**—The console will enter the Sleep Mode after 3 minutes.

When the console is in the Sleep Mode, no data will be shown in the displays.

## HOW TO USE THE BACKLIGHT

Press the BACKLIGHT button repeatedly to turn the backlight on. To change the backlight duration, see step 4 on page 26.

# HOW TO USE THE CONSOLE continued

## HOW TO SET UP THE CONSOLE

**1. Activate the console.**

See HOW TO ACTIVATE THE CONSOLE on page 11.
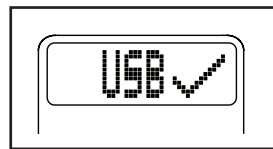
**2. Select the Startup mode.**

When you activate the console, the Startup mode will be selected automatically.

**3. Insert a USB drive into the USB port if desired.**

The display will prompt you to insert a USB drive into the USB port on the console. If you insert a USB drive into the USB port, your ride data will be saved to the USB drive in the RESULTS mode.
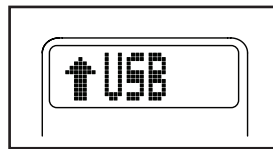
If the console detects a USB drive, a check mark will appear in the display.

If the console does not detect a USB drive, a cross-out symbol will appear in the display.
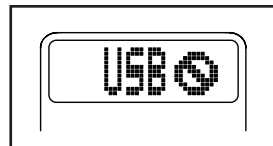
**Note:** If desired, you can disable the USB port. See step 3 on page 27.

**4. Exit the Startup mode.**

Press the STAGE button to exit the Startup mode and enter the WARM UP mode.

The console will automatically exit the Startup mode and enter the WARM UP mode in the following conditions:

The console will enter the WARM UP mode after 10 seconds if no buttons are pressed and the pedals move at a pedaling cadence greater than 20 RPM.

The console will enter the WARM UP mode immediately if the pedals move at a pedaling cadence greater than 60 RPM.

## HOW TO USE THE WARM UP MODE

**1. Activate the console.**

See HOW TO ACTIVATE THE CONSOLE on page 11.

**2. Set up the console if desired.**

When you activate the console, the Startup mode will be selected automatically. See steps 2 to 4 on page 12 to set up the console.

**3. Select the WARM UP mode.**

Press the STAGE button to exit the Startup mode and enter the WARM UP mode.

The console will exit the Startup mode and enter the WARM UP mode after 10 seconds if you do not press any buttons and your pedaling cadence is greater than 20 RPM.

The console will also exit the Startup mode and enter the WARM UP mode immediately if your pedaling cadence is greater than 60 RPM.

When the WARM UP mode is selected, the words WARM UP will appear in the message banner.

The WARM UP mode is designed to allow you to adjust the exercise bike, to warm up, and to prepare for an actual ride. In a studio cycling class, you can use this mode to warm up before the class begins.
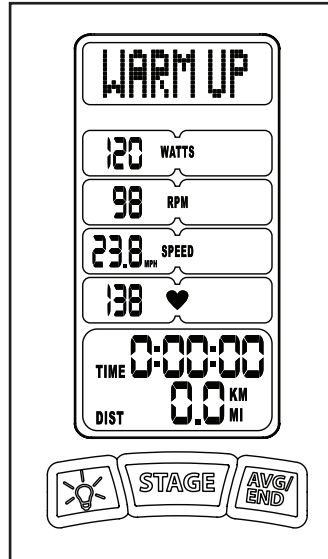
# HOW TO USE THE CONSOLE continued

## HOW TO USE THE WARM UP MODE  continued

**4.      Follow your progress with the displays.**

See the DISPLAY DIAGRAM on page 7.

When the WARM UP mode is selected, the console will show instantaneous data in the left displays. However, the console will not show the elapsed time, will not show average values, and will not save ride data to a USB drive.

**5.      Exit the WARM UP mode.**

To exit the WARM UP mode, press the STAGE button.
The console will then enter the STAGE mode and begin the ride.

## HOW TO USE THE STAGE MODE

**1.      Activate the console.**

See HOW TO ACTIVATE THE CONSOLE on page 11.

**2.      Set up the console if desired.**

When you activate the console, the Startup mode will be selected automatically. See HOW TO SET UP THE CONSOLE on page 12.

**3.      Begin pedaling and warm up if desired.**

When you press the STAGE button or begin pedaling, the console will enter the WARM UP mode. See HOW TO USE THE WARM UP MODE on page 13.
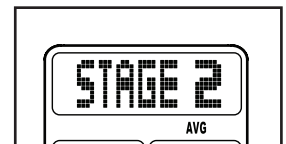
**4.      Select the STAGE mode.**

To exit the WARM UP mode and enter the STAGE mode, press the STAGE button. The STAGE number will appear in the message banner.
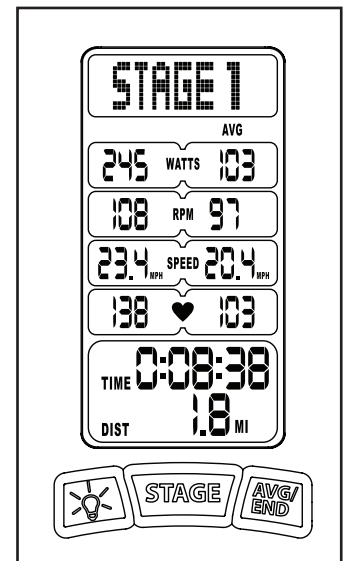
**5.      Divide your ride into stages if desired.**

The STAGE mode can have 1 to 99 numbered stages. To enter a new STAGE, press the STAGE button. The message banner will show the current STAGE number.

# HOW TO USE THE CONSOLE continued

## HOW TO USE THE STAGE MODE  continued

The STAGE mode is designed to allow you to divide your ride into specific elements that can be tracked and analyzed. For example, you can divide the high-intensity and low-intensity portions of an interval ride into separate stages. You can also save the data for each stage to a USB drive (see step 3 on page 12).

**6.    Follow your progress with the displays.**
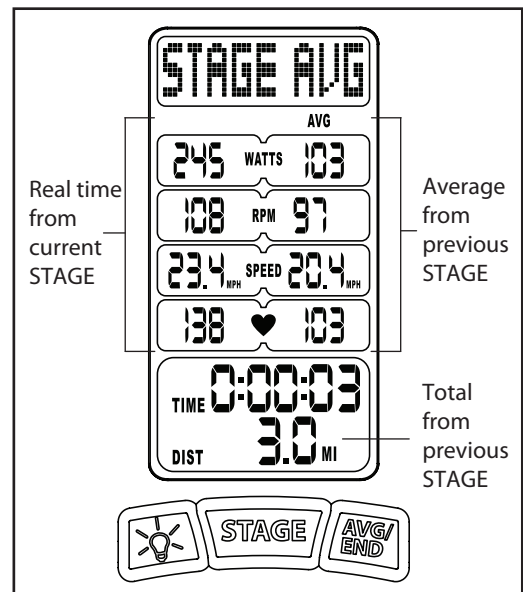
See the DISPLAY DIAGRAM on page 7.
During each stage, the console will show the elapsed time and distance. The left displays will show instantaneous data and the right displays will show average values.

When you select a new stage, the console will reset the time, distance, and average values to zero.

**STAGE 10**
AVG
246 WATTS 183
98 RPM 91
21.4 MPH SPEED 20.4 MPH
139 ♥ 103
TIME 0:05:38
DIST 1.6 MI
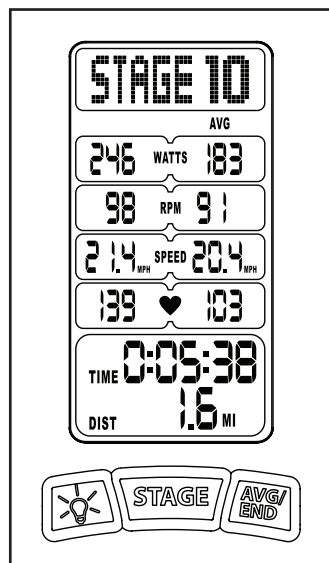
STAGE    AVG/END

**7.    Previous STAGE Averages**

After pressing the STAGE button, the message banner will display STAGE AVG for 5 seconds. During this time, the right displays and distance will show average values from the previous stage, and the left displays will show current instantaneous data.

**STAGE AVG**
AVG
Real time from current STAGE — 245 WATTS 103 — Average from previous STAGE
108 RPM 97
23.4 MPH SPEED 20.4 MPH
138 ♥ 103
TIME 0:00:03
DIST 3.0 MI — Total from previous STAGE

STAGE    AVG/END

When you select a new stage, the console will reset the time, distance, and average values to zero.

**8.    Pause the console if desired**

See HOW TO USE THE AUTO PAUSE MODE on page 16.

**9.    View the RIDE mode if desired.**

See HOW TO USE THE RIDE MODE on page 15.

**10.    End the ride.**

To end the ride, press and hold the AVG/END button for 3 seconds. The console will then enter the RESULTS mode.

# HOW TO USE THE CONSOLE continued

## HOW TO USE THE RIDE MODE

**1.  Select the STAGE mode.**

See steps 1 to 4 on page 14 and select the STAGE mode.

**2.  Select the RIDE mode.**

To view the RIDE mode at any time during any stage, press the AVG/END button. The word RIDE will appear in the message banner.

**3.  View data for the entire ride.**

When the RIDE mode is selected, the console will show data for the entire ride so far. See the DISPLAY DIAGRAM on page 7.
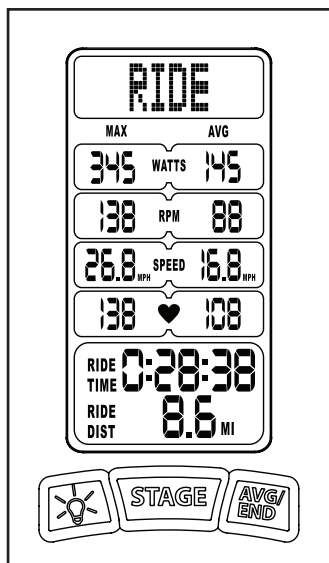
The time and distance displays will show the elapsed time for the entire ride and the distance for the entire ride. The left displays will show the maximum values achieved for the ride and the right displays will show the average values for the ride.

**Note:** When the RIDE mode is selected, you can still press the STAGE button to enter a new stage.

**4.  Exit the RIDE mode.**

To exit the RIDE mode and view the current STAGE mode, press the AVG/END button. The console will also exit the RIDE mode automatically after 6 seconds.

# HOW TO USE THE CONSOLE continued

## HOW TO USE THE AUTO PAUSE MODE

The console has an Auto Pause mode that allows you to stop your ride temporarily and then resume your ride without affecting the average value data shown and saved by the console.

The console will enter the Auto Pause mode when your pedaling cadence is less than 20 RPM for 3 or more seconds.

**Note:** The console will not enter the Auto Pause mode when the WARM UP mode is selected.

When the console enters the Auto Pause mode, a pause symbol will appear in the message banner. The time display will pause and the left displays will not show instantaneous data.

The console will exit the Auto Pause mode and return to the current stage if the console detects a pedaling cadence greater than 20 RPM during the first 3 minutes of the Auto Pause mode.

The console will exit the Auto Pause mode and enter the Sleep Mode if no pedaling cadence greater than 5 RPM is detected after 3 minutes.

Note: If desired, you can disable the Auto Pause mode. See HOW TO USE THE AUTO PAUSE OFF MODE at the right.
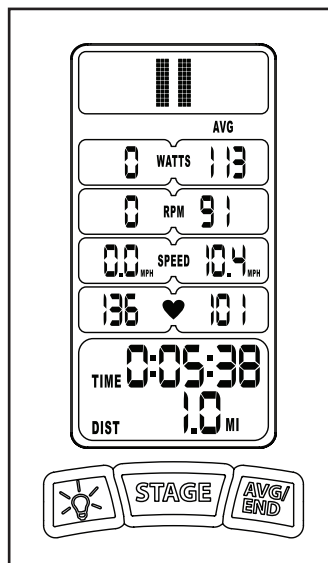
## HOW TO USE THE AUTO PAUSE OFF MODE

The console has an Auto Pause Off mode designed to be used by studio cycling class instructors.

Since most studio cycling classes must be completed in a set period of time, instructors may not want the console to pause the time when they stop pedaling or get off their exercise bikes for short periods of time.

When the Auto Pause Off mode is selected, a pause symbol will appear in the message banner when the console detects a pedaling cadence of less than 20 RPM for 3 or more seconds; **however, the time display will not pause.**

The console will exit the Auto Pause Off mode and return to the current stage if the console detects a pedaling cadence greater than 20 RPM during the first 10 minutes of the Auto Pause Off mode.

The console will exit the Auto Pause Off mode and enter the Sleep Mode if no pedaling cadence greater than 20 RPM is detected after 10 minutes.

To disable or enable the Auto Pause mode, see step 2 on page 27.

# HOW TO USE THE CONSOLE continued
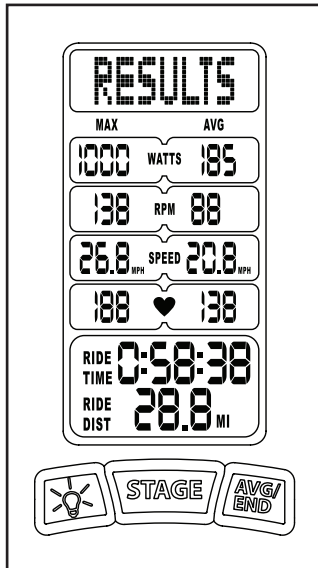
## HOW TO USE THE RESULTS MODE

1.      **Select the RESULTS mode.**

To end a ride and select the RESULTS mode,
press and hold the AVG/END button for 3 seconds
(see steps 1 to 9 on page 14).

The word RESULTS will appear in the message
banner.

2.      **View and save data for the ride.**

When the RESULTS mode is selected, the console
will show the data
for the ride.



If there is a USB drive inserted into the USB port
(see step 3 on page 12), the data for the ride will
also be saved to the USB drive.

See the DISPLAY DIAGRAM on page 7.

The time and distance displays will show the time
for the entire ride and the distance for the entire
ride. The left displays will show the maximum
values achieved for the ride and the right displays
will show the average values for the ride.

**The message banner will also show the KJ
(kilojoules) and the KCAL (kilocalories) values
in a repeating cycle.**
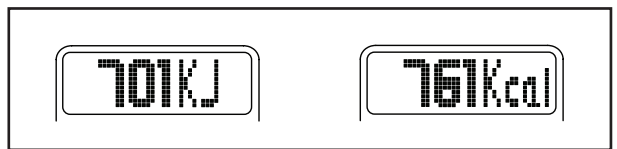


3.      **Turn off the console.**

See HOW TO TURN OFF THE CONSOLE on page
11.

# HOW TO LINK ANT+ COMPATIBLE DEVICES

## THE ANT+ MODULE AND COMPATIBLE DEVICES

The console has an ANT+ module that allows the console to communicate with ANT+ compatible heart rate monitors, fitness watches, and mobile devices.

There are many brands of ANT+ compatible heart rate monitor telemetric chest straps available. The symbol shown here indicates that a heart rate monitor is compatible with the ANT+ module in the console.
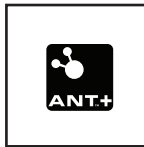
There are also many brands of ANT+ compatible fitness watches and mobile devices available. These devices can capture your ride data wirelessly, so you do not have to insert a USB drive into the USB port on the console to save your ride data. Many of these devices can also transfer your ride data wirelessly to training programs on computers, mobile devices, and websites.  Visit www.thisisant.com/directory for a list of ANT+ compatible products

The symbol shown here indicates the location of the ANT+ module in the console, and thus the location where the wireless signal is the strongest.  Place compatible devices close to this symbol when linking to the console.

Before you can use the ANT+ module with a compatible device, you must link (pair) the device to the ANT+ module.

See HOW TO LINK A HEART RATE MONITOR at the right to link your ANT+ compatible heart rate monitor to the ANT+ module.

See HOW TO LINK A FITNESS WATCH OR MOBILE DEVICE on page 19 to link your ANT+ compatible fitness watch or mobile device to the ANT+ module.

## HOW TO LINK A HEART RATE MONITOR

Follow the manufacturer's instructions to use your ANT+ compatible heart rate monitor.

1.  **Put on the heart rate monitor and position yourself near the console.**

    You must be within 12 inches (30 centimeters) of the console to link the heart rate monitor to the ANT+ module in the console.

2.  **Activate the console and select the WARM UP mode.**

    See HOW TO ACTIVATE THE CONSOLE on page 11. Then, press the STAGE button to enter the WARM UP mode.

    **Note:** The console must be in the WARM UP mode to link to an ANT+ compatible heart rate monitor. The heart rate monitor cannot link to the ANT+ module when the console is in the STAGE mode.

3.  **Link the heart rate monitor to the ANT+ module in the console.**

    When the WARM UP mode is selected, the ANT+ module will link to the heart rate monitor.

    The heart symbol will flash in the heart rate display and the console will show heart rate data.

    **Note:** After the heart rate monitor is linked to the ANT+ module in the console, the ANT+ module will be able to receive heart rate signals within an area encompassing all the riding positions of the exercise bike.

# HOW TO LINK ANT+ COMPATIBLE DEVICES  continued

**HOW TO LINK A FITNESS WATCH OR MOBILE DEVICE**

Follow the manufacturer's instructions to use your ANT+ compatible fitness watch or mobile device.

1.  **Make sure that your device is in linking mode and position the device near the console.**

    See the manufacturer's instructions for your fitness watch or mobile device to select the linking mode.

    The fitness watch or mobile device must be within 6 inches (15 centimeters) of the console.

2.  **Activate the console and select the WARM UP mode.**

    See HOW TO ACTIVATE THE CONSOLE on page 11. Then, press the STAGE button to enter the WARM UP mode.

**Note:** The console must be in the WARM UP mode to link to an ANT+ compatible fitness watch or mobile device. The fitness watch or mobile device cannot link to the ANT+ module when the console is in the STAGE mode.

3.  **Link the fitness watch or mobile device to the ANT+ module in the console.**

    When the WARM UP mode is selected, the ANT+ module will link to the fitness watch or mobile device.

    The fitness watch or mobile device will indicate a successful link to the ANT+ module in the console.

    **Note:** After the fitness watch or mobile device is linked to the ANT+ module in the console, the ANT+ module will be able to receive signals within an area encompassing all the riding positions of the exercise bike.

# HOW TO CONFIGURE THE CONSOLE

## HOW TO USE THE SETTINGS MODE

To select the SETTINGS mode, press and hold the BACKLIGHT and AVG/END buttons for 5 seconds. The settings menu will appear in the message banner.

**To exit the SETTINGS mode**, press the AVG/END button. The word BACK will appear in the message banner. Then, press the STAGE button. The console will exit the SETTINGS mode.

You can use the console buttons to navigate through the menus and change console settings.
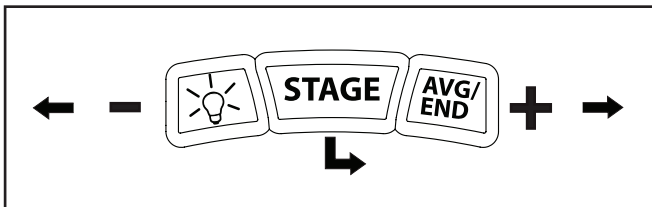


The menu options will appear in the message banner. Press the STAGE button to select a menu option or enter a setting. Press the BACKLIGHT button to move to the previous menu option. Press the AVG/END button to move to the next menu option.

The settings menu contains the following menu options:

**PAIRING**—Select this menu option to pair the console to a power meter.

**DISPLAY**—Select this menu option to select a unit of measurement for the console, to change the back-light duration, and to change the contrast level of the displays.

**SYSTEM**—Select this menu option to enable or disable the Auto Pause mode, to enable or disable the USB port, to view information about console usage, and to manage the console firmware.

**BIKE #**—Select this menu option to assign an identifica-tion number to the console. **Note:** This will ensure that the console remains attached to the correct exer-cise bike and paired power sensor.

**BACK**—Select this menu option to exit the settings menu.

To exit a menu or to exit the SETTINGS mode, select the BACK menu option repeatedly.

# HOW TO CONFIGURE THE CONSOLE  continued

## HOW TO PAIR THE CONSOLE

**IMPORTANT: The console must be paired to a power meter. The console cannot pair to more than one power meter at a time.**

Pairing allows the console to communicate with a power meter mounted to the exercise bike. The pairing process uses ANT+ digital wireless technology to link the console to the power meter.

**IMPORTANT: It is strongly recommended that each exercise bike in a fitness club be numbered for easy identification. To communicate properly, a paired console and power meter must be mounted to the same exercise bike. To make sure that the correct console stays with the correct power meter and exercise bike, you can assign an identification number to the console (see HOW TO USE A BIKE NUMBER on page 30).**

1.     **Make sure that fresh batteries are installed in the console and the power meter.**

See HOW TO REPLACE BATTERIES on page 31.

2.     **Locate the unique ANT+ number on the power meter.**

The ANT+ ID number is located in three places on the power meter.



ANT+ ID #

ANT+ ID #

ANT+ ID #

ANT+ ID #
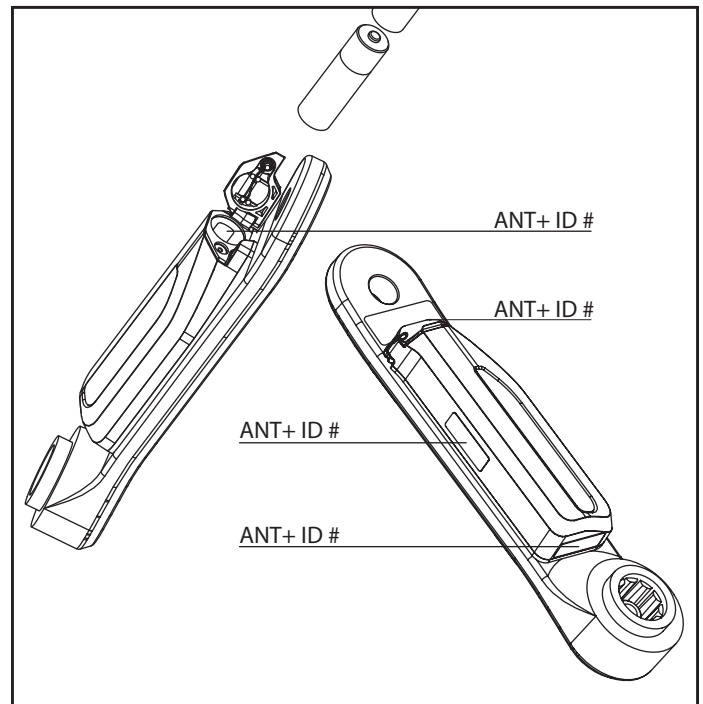
3.     **Activate the console and select the PAIRING menu option.**

See HOW TO ACTIVATE THE CONSOLE on page 11.
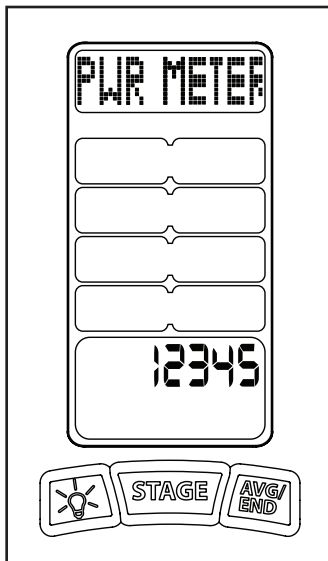
Then, see HOW TO USE THE SETTINGS MODE on page 20.

The pairing menu will appear in the message banner.

# HOW TO CONFIGURE THE CONSOLE  continued

## HOW TO PAIR THE CONSOLE   continued
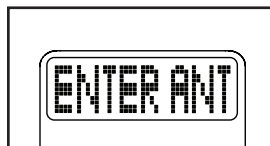
**4.      View power sensor ANT+ ID number**

When PAIRING is displayed on the message banner, press the STAGE button.  The ANT+ ID number associated with the console will appear at the bottom of the screen.
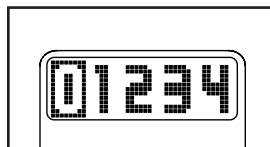
**IMPORTANT:  This number must match the ANT+ ID number on the power meter.**

**5.      Begin the Pairing Process**
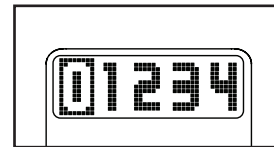
Press the STAGE button. ENTER ANT will appear on the message banner.

Press the STAGE button. 5 numbers will appear on the message banner.

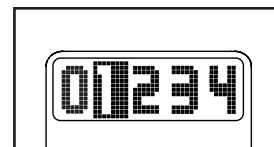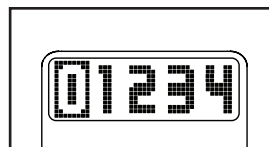**6.      Enter Ant+ ID Number located on the power meter.**

Use the BACKLIGHT button to select the number.

The number will increase from 0-9 and return to 0.
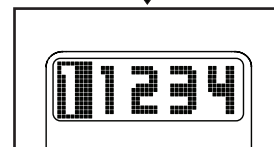
Use the AVG/END button to move to the next digit. The highlight will move from left to right and return to the first digit.
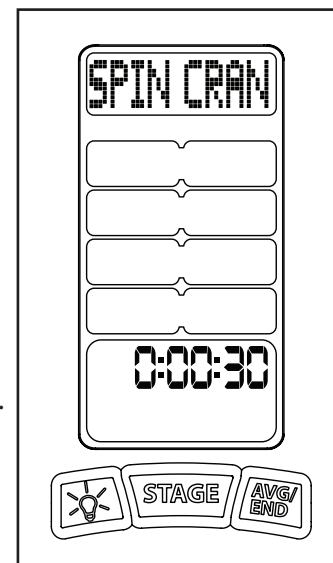
**7.      Pair Console**

When the number matches the ANT+ ID number on the power meter, Press the STAGE button to begin pairing.

Spin the power meter on the bike. This will wake the power meter and allow the console to link to it.

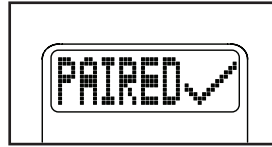The console will search for the power meter for 30-seconds.

# HOW TO CONFIGURE THE CONSOLE  continued

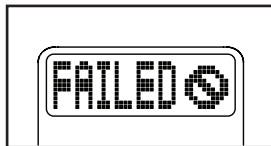## HOW TO PAIR THE CONSOLE   continued

**8.      Complete the pairing process**

If the pairing process
is successful, the word
PAIRED will appear in
the message banner.
After several seconds
ZERO RESET will appear.
**Go to page 24.**

```
PAIRED✓
```

If the pairing process
fails, the word FAILED
will appear in the
message banner. **Go to
step 10.**

```
FAILED⊘
```

**9.      Pairing to a power meter without an ANT+ ID
         label**

If an ANT+ ID label is not present on the power
meter, it is still possible to pair it to a console.

Repeat Steps 6 - 8, and enter all zeros as the ANT+
ID number.

**IMPORTANT: The console will attempt to pair
to any power meter that is awake and trans-
mitting.  Ensure that all other power meters
within a close range are not awake and trans-
mitting.  If the zero reset process (see page 24)
is successful, verify that the correct power
meter is paired by riding the bike in the WARM
UP mode (see page 12) and pedaling the
power meter above 20 rpm.  If the power
meter is paired, a cadence and power should
appear on the console.**

**10.    Troubleshoot the pairing process if necessary.**

If the pairing process fails, follow these steps:

a.   Make sure that fresh batteries are installed in
     the sensor.

b.   Spin the power meter or shake it if it is not
     assembled on the bike to make sure it is
     awake.

c.   Place the power meter next to the console, so
     that they are side by side.

d.   Make sure that no other ANT+ devices in the
     area are active. Pair only one console and one
     power meter at a time.

e.   See steps 3 to 6 starting on page 21 and
     repeat the pairing process.

## ZERO RESET CALIBRATION

Zero offset calibration is an important feature that
resets the zero offset value for the power meter sensors.
There are physical and environmental conditions that
may affect the zero offset value and there are methods
both manual and automatic that will adjust this value to
accommodate for the changing physical and environ-
mental condition.

The zero offset of the power meter is essentially the
sensor reading or values measured when the power
meter has no pedaling load (torque) applied. The act of
calibrating the zero offset causes the power meter to
measure the value at zero load and then records this
value as the baseline for power measurement. Loads
applied while pedaling will then be measured as torque
and used by the sensor to determine power in Watts.

The zero offset value can be affected by the installation
of the crank arm and the tightening of the securing
hardware. The torque applied to the securing hardware
can impart some strain into the crank material that is
easily accounted for by manually calibrating the zero
offset.

Any time the power meter is removed from the bike and
reinstalled the zero offset should be calibrated.

To reset the zero offset value, **go to page 24**

# HOW TO CONFIGURE THE CONSOLE  continued

## HOW TO PERFORM A ZERO RESET

**1.  Activate the console and go to the SETTINGS MODE.**

See HOW TO ACTIVATE THE CONSOLE on page 11.

Then, see HOW TO USE THE SETTINGS MODE on page 20

**2.  Select Zero Reset**

To Select ZERO RESET, press and hold the BACK-LIGHT and AVG/END buttons for 5 seconds.  ZERO RESET will appear on the message banner.

**Note:**  In pairing mode, once a power meter is successfully paired with the console, the console will navigate directly to this menu option.

**3.  Position Power Meter**

**<u>IMPORTANT: Zero reset should only be performed when the power meter is installed on the bike.</u>**

Rotate the power meter at least one revolution to ensure that it is awake and ready to communicate.

Position the power meter vertically (6 o'clock), and ensure that there is no load on the pedals and the bike is stable.

**Note:**  If the power meter moving or is not positioned vertically the zero reset will fail.
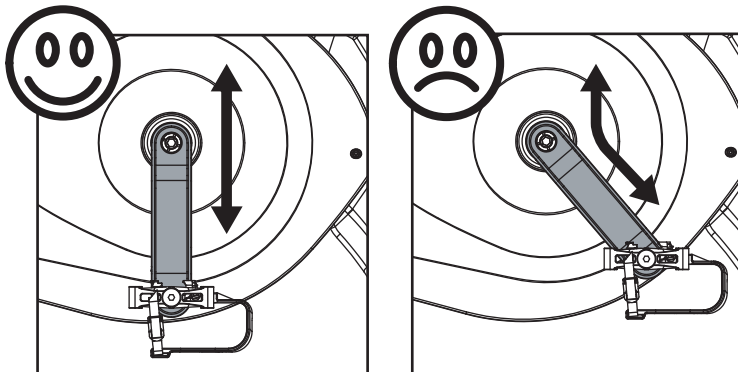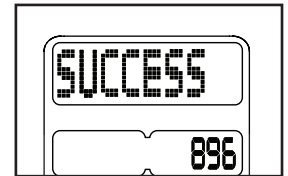


**4.  Perform Zero Reset by pressing the STAGE button.**

The console will countdown for 60 seconds or until it successfully performs the zero reset.
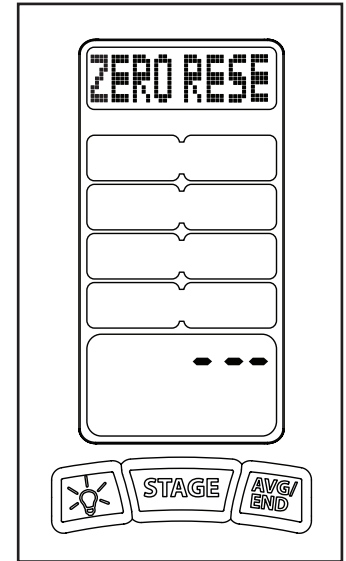


**5.  Complete the zero reset process**

If the zero reset is successful, the word SUCCESS will appear in the message banner along with a random number below it. The console will then return to the STARTUP mode.



**Note:** The displayed zero reset value will NOT be zero but rather a number that corresponds to the measurement taken by the sensor.

If the zero reset fails, the word FAILED, will appear in the message banner. **Go to step 6.**
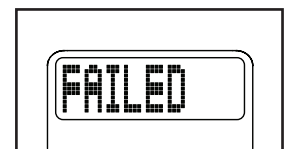
# HOW TO CONFIGURE THE CONSOLE  continued

## HOW TO PERFORM A ZERO RESET  continued

**6.  Troubleshooting the zero reset process if necessary.**

If the zero reset fails, follow these steps:

a.  Make sure that fresh batteries are installed in the power meter.

b.  Make sure that the console is paired to the power meter.  **Go to page 21.**

c.  Make sure that the power meter is in the vertical position (6 o'clock)

d.  Repeat zero reset process on page 24.

**7.  Use the shortcut zero reset process if desired**

Follow the steps below to quickly zero reset the power meter without having to enter the setup mode.

a.  Rotate the power meter at least one revolution to ensure that it is awake and ready to communicate.

b.  Position the power meter vertically (6 o'clock), and ensure that there is no load on the pedals and the bike is stable.

c.  Activate the console.  See HOW TO ACTIVATE THE CONSOLE on page 11.

d.  Press the STAGE button to enter the WARM UP mode.

e.  Press and hold the BACKLIGHT button for 3 seconds.  **Note:**  The zero reset process will begin immediately.  Ensure that steps a and b have been completed.

f.  **Go to step 5 on page 24.**

## HOW TO CHANGE DISPLAY SETTINGS

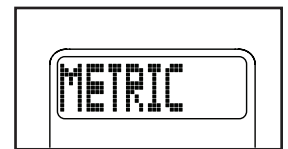**1.  Activate the console and select the DISPLAY menu option.**

See HOW TO ACTIVATE THE CONSOLE on page 11.

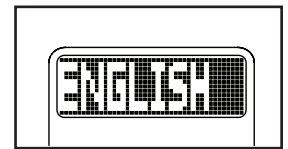Then, see HOW TO USE THE SETTINGS MODE on page 20.

The display menu will appear in the message banner.

**2.  Select the UNITS menu option and change the unit of measurement if desired.**

The console can display speed and distance in miles (ENGLISH) or kilometers (METRIC).

The currently selected unit of measurement will be displayed with a dark background.
Select the desired ENGLISH or METRIC unit of measurement. Then, return to the display menu.

**3.  Select the KCAL TOGGLE menu option and change the KCAL / heart rate toggle option if desired.**

In the STAGES mode, when a heart rate monitor is paired to the console, KCAL TOGGLE will flash between the kcal/hr and heart rate values every 5 seconds.
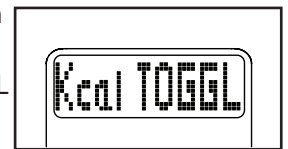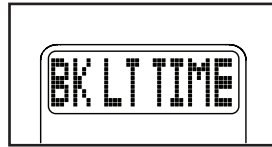
The currently selected toggle option will be displayed with a dark background.
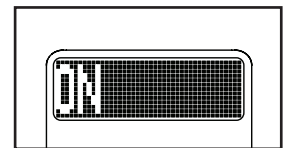
# HOW TO CONFIGURE THE CONSOLE  continued

**4.    Select the BACKLIGHT menu option and change the backlight duration if desired.**

You can change the amount of time the backlight will stay lit after you press the BACKLIGHT button.

**BK LT TIME**

The console has ON, OFF, and BK LT TIME (backlight time) backlight durations.

The currently selected backlight duration will be displayed with a dark background.

**ON**
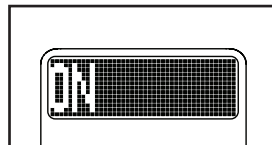
Note: The backlight duration you select will affect the battery life. To extend the battery life, it is recommended that you select a short backlight duration.

When the ON backlight duration is selected, the backlight will stay lit the entire time the console is activated. **Note:** This backlight duration is recommended when using the rechargeable battery pack, but is NOT recommended when using batteries in high-use environments, such as fitness clubs.

When the OFF backlight duration is selected, the backlight will not light.

**OFF**
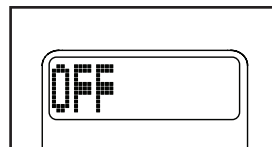
When you select the BK LT TIME menu option, you can select a backlight duration from the backlight time menu.

**15 SEC**
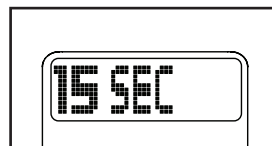
**Note:** The default backlight duration is 5 seconds.

Select the desired backlight duration. Then, return to the display menu.

**5.    Select the CONTRAST menu option and change the contrast level of the LCD display if desired.**

You can adjust the contrast level of the LCD display from 0 to 100 percent.

**Note:** The default contrast level is 100 percent.

The currently selected contrast level will be shown in one of the right displays.
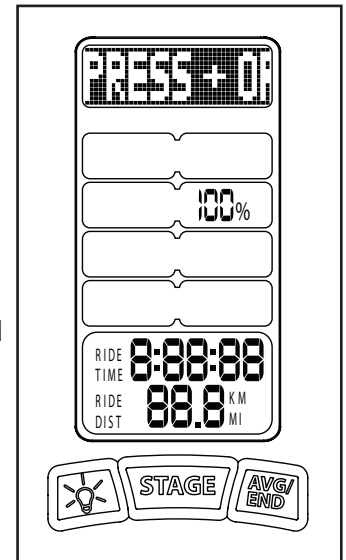
**Tip: It is recommended that you adjust the console to a high contrast level in bright or mixed lighting conditions.  However, adjusting the console to a lower contrast level can improve battery life.**

Press the AVG/END or BACKLIGHT button to increase or decrease the contrast level. Then, press the STAGE button to confirm your selection.

**6.    Exit the display menu.**

See HOW TO USE THE SETTINGS MODE on page 20.

# HOW TO CONFIGURE THE CONSOLE  continued

## HOW TO CHANGE SYSTEM SETTINGS

1. **Activate the console and select the SYSTEM menu option.**

   See HOW TO ACTIVATE THE CONSOLE on page 11.

   Then, see HOW TO USE THE SETTINGS MODE on page 20.

   The system menu will appear in the message banner.

2. **Select the AUTO PAUSE menu option andeable or disable the Auto Pause mode if desired.**

   You can enable (PAUSE ON) or disable (PAUSE OFF) the Auto Pause mode. See HOW TO USE THE AUTO PAUSE MODE on page 16 for more information about the Auto Pause mode.
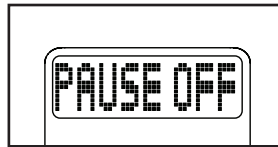
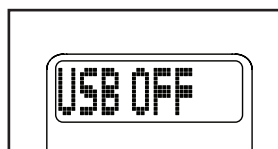   The currently selected option will be displayed with a dark background.
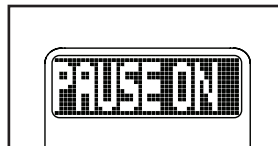
   **Tip: It is recommended that studio cycling class instructors who manage their classes based on time select the PAUSE OFF option for the consoles on their exercise bikes.**
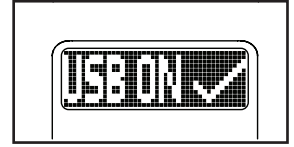
   Select the desired PAUSE ON or PAUSE OFF option. Then, return to the system menu.

3. **Select the USB menu option and enable or disable the USB port if desired.**

   You can enable (USB ON) or disable (USB OFF) the USB port on the console. Note: The default option is USB ON.

The currently selected USB option will be displayed with a dark background.

When the USB OFF option is selected, the USB port cannot be used to save ride data (see step 3 on page 12) and cannot be used to save or import custom console settings (see page 26).

Select the desired USB ON or USB OFF option. Then, return to the system menu.

4. **Select the STATS menu option and view console usage information if desired.**

   The console keeps track of usage information (STATS) that can be viewed and saved on a USB drive. Note: The USB port must be enabled to save console usage information on a USB drive (see step 3 on this page).

   The stats menu will appear in the message banner. View the desired console usage information.
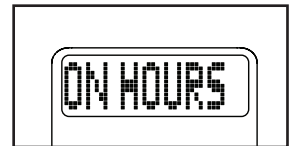
   To save the console usage information to a USB drive, select the SAVE TO USB option. The console will then save the information in a .csv file format.
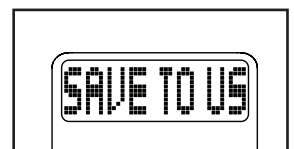
   Return to the system menu.

5. **Select the FIRMWARE menu option and manage the console firmware if desired.**

   The firmware menu will appear in the message banner.

   See HOW TO MANAGE CONSOLE FIRMWARE on page 28.

6. **Exit the system menu.**

   See HOW TO USE THE SETTINGS MODE on page 20.

# HOW TO CONFIGURE THE CONSOLE  continued

## HOW TO MANAGE CONSOLE FIRMWARE

Firmware is the programming that allows the console and sensor to function. Using the firmware menu, you can do the following:

• View information about the console firmware and the power sensor firmware

• Import upgraded firmware

• Save and import custom console settings

• Restore console settings to the manufacturer's default settings

The firmware menu contains the following menu options:

**CNSL V.X (console version number)**—Select this menu option to view the current firmware version number for the console.

**PWR V.X (power sensor version number)**—Select this menu option to view the current firmware version number for a power sensor paired to the console.

**UPGRD FIRMWARE**—Select this menu option to replace the current firmware with upgraded firmware. See HOW TO UPGRADE FIRMWARE at the right.
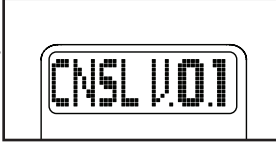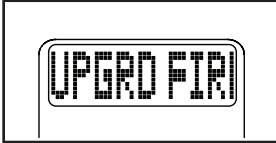
**SAVE CONFIG**—Select this menu option to save your custom console settings to a USB drive. Your custom console settings can then be used on other consoles. See HOW TO SAVE CUSTOM CONSOLE SETTINGS on page 29.

**IMPRT CONFIG**—Select this menu option to import saved custom console settings from a USB drive into the console. See HOW TO IMPORT CUSTOM CONSOLE SETTINGS on page 29.

**RESET TO DEFAULT**—Select this menu option to reset your custom console settings to the manufacturer's default settings. See HOW TO RESTORE DEFAULT SETTINGS on page 30.

## How to Upgrade Firmware

**IMPORTANT: Upgrading the firmware is an advanced procedure. Make sure to read all instructions before upgrading the firmware.**

1.  The manufacturer will provide the upgraded firmware file in a specific xxxx.HEX file format.

2.  You must save the file on a USB drive. The file must be in the top level of the drive directory. The file cannot be within any other folder. You can save only one firmware file on the USB drive at a time.

3.  Make sure that the USB port on the console is enabled (see step 3 on page 27).

4.  Select the CNSL V.X menu option on the firmware menu. View and note the current console version number.

> CNSL V.0.1

5.  Insert the USB drive containing the upgraded firmware file into the USB port on the console.

6.  Select the UPGRD FIRMWARE menu option on the firmware menu.  The console will begin the firmware upgrade.

> UPGRD FIR

7.  During the firmware upgrade, the LCD display will freeze for approximately 10 seconds and then all the displays will light for a moment. After this occurs, the console is using the upgraded firmware.

8.  Select the CNSL V.X menu option on the firmware menu. View and note the upgraded console version number.

**Note:** If the console has been paired to a power meter, you do not need to re-pair the console to the power meter; the paired relationship will survive the firmware upgrade.
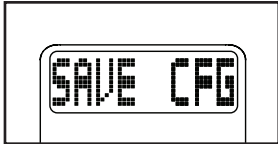
# HOW TO CONFIGURE THE CONSOLE  continued

## How to Save Custom Console Settings

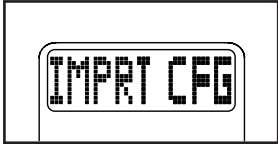The following custom console settings can be saved to a USB drive:

- Unit of measurement
- KCAL Toggle
- Backlight duration
- Contrast level
- Auto pause setting
- USB port setting

The custom console settings will be saved in an import.cfg file format.

1. Make sure that the USB port on the console is enabled (see step 3 on page 27).

2. Insert your USB drive into the USB port on the console.

3. Select the SAVE CFG menu option on the firmware menu. The console will begin saving the custom console settings to the USB drive and the word SAVE--- will appear in the message banner.

4. If the custom console settings are saved successfully to the USB drive, the word DONE will appear in the message banner.

5. If the custom console settings are not saved to the USB drive, the word FAILED will appear in the message banner. **Go to TROUBLESHOOTING on page 32.**

## How to Import Custom Console Settings

You can import saved custom console settings from a USB drive to the console.

1. Make sure that the USB port on the console is enabled (see step 3 on page 27).

2. Make sure that the desired custom console settings file (import.cfg) is saved on your USB drive (see HOW TO SAVE CUSTOM CONSOLE SETTINGS at the left).

3. Insert your USB drive into the USB port on the console.

4. Select the IMPRT CFG menu option on the firmware menu. The console will begin importing the custom console settings to the console and the word IMPRT--- will appear in the message banner.

   **Tip: You can also use this shortcut to select the IMPORT CFG menu option: Press and hold the BACKLIGHT and STAGE buttons for 3 seconds.**

5. If the custom console settings are imported success fully to the console, the word DONE will appear in the message banner.

6. If the custom console settings are not imported to the console, the word FAILED will appear in the message banner. **Go to TROUBLESHOOTING on page 32.**

# HOW TO CONFIGURE THE CONSOLE  continued

## How to Restore Default Settings

You can restore the following console settings to the manufacturer's default settings. The default settings are indicated in parentheses:

- Unit of measurement (ENGLISH)
- KCAL TOGGLE (ON)
- Backlight duration (5 SEC)
- Contrast level (100 %)
- Auto pause setting (PAUSE ON)
- USB port setting (ON)

Select the RESET TO DEFAULT menu option on the firmware menu. The word DONE will appear in the message banner to indicate that the console is restored to the default settings.
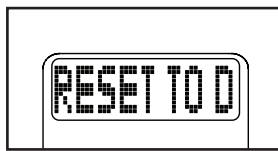
## HOW TO USE A BIKE NUMBER

**Tip: It is strongly recommended that each exercise bike in a fitness club be numbered for easy identification.**

To communicate properly, a paired console and sensor must be mounted to the same exercise bike.

To make sure that the correct console stays with the correct sensor and exercise bike, you can assign an identification number to the console that matches the identification number of the exercise bike.

If there is a communication problem between the console and the sensor, you can view the bike number and make sure that the console is attached to the correct exercise bike.

**To assign the bike number**, see HOW TO ASSIGN THE BIKE NUMBER at the right. **To view the bike number**, see HOW TO VIEW THE BIKE NUMBER at the right.

## How to Assign the Bike Number

1. **Activate the console and select the BIKE # menu option.**

   See HOW TO ACTIVATE THE CONSOLE on page 11.

   Then, see HOW TO USE THE SETTINGS MODE on page 20.

   The bike number will appear in the message banner.
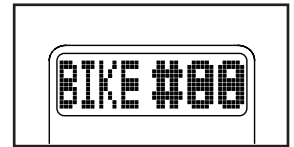
2. **Assign a bike number to the console.**

   You can assign a bike number from 1 to 99.

   Press the AVG/END and BACKLIGHT buttons to assign the desired bike number. Then, press the STAGE button to confirm your selection.

3. **Exit the bike number menu.**

   See HOW TO USE THE SETTINGS MODE on page 20.

## How to View the Bike Number

When the console is in the User mode, press and hold the STAGE and AVG/END buttons. The bike number assigned to the console will appear in the message banner for as long as the buttons are held.

# MAINTENANCE

## HOW TO CLEAN THE CONSOLE

To clean the console, use a soft, damp, non-abrasive cloth. Do not use abrasives or solvents to clean the console. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

## HOW TO REPLACE BATTERIES

When the batteries for the console or the power meter need to be replaced or recharged, one of the low battery warnings shown will appear in the message banner.

**IMPORTANT: Replace or recharge the batteries as soon as possible when the low battery warning appears. If you do not replace or recharge the batteries, the console may shut down or the power meter may stop transmitting data to the console.**
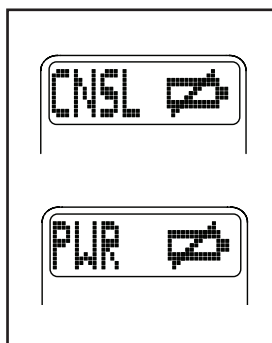
The console can use three C standard alkaline batteries or the rechargeable battery pack (not included.) The power meter can use two AA standard alkaline batteries. Standard alkaline batteries have an extended shelf life (low discharge rate) and provide good battery life when used.

The console and the power meter can also use C and AA NiMH (nickel-metal hydride) rechargeable batteries. These batteries have longer battery life for each charge compared to standard alkaline batteries and can be charged up to five hundred times. These rechargeable batteries are a good option for high-use environments, such as fitness clubs. Make sure to use low discharge rechargeable batteries that have at least a 2500mAh capacity.

**To replace the console batteries**:

> Remove the console from the battery cover and insert the batteries into the battery compartment. **Make sure to orient the batteries as shown by the diagram inside the battery compartment.** Then, reattach the console to the battery cover.

**To replace the power meter batteries**:

> Open the battery door on the power meter and insert the batteries into the battery compartment. **Make sure to orient the batteries as shown by the diagram inside the battery compartment**. Close the battery door.

# TROUBLESHOOTING / CONTACTING CUSTOMER CARE

For a list of frequently asked questions (FAQ) or to contact customer care, go to **www.stagesindoorcycling.com/support.**

# COMPLIANCE INFORMATION

This Class B digital apparatus complies with Canadian ICES-003.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

**Note:** This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, try to correct the interference by one of the following measures:

• Reorient or relocate the receiving antenna.
• Increase the separation between the equipment and the receiver.
• Consult the dealer or an experienced radio/TV technician for help.

**FCC/IC CAUTIONS: To assure continued compliance, use only shielded interface cables when connecting to computer or peripheral devices. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.**

The console and the power meter are sensitive devices; the RF link between the console and the power meter may be disturbed by strong electromagnetic interference such as electro-static discharge. If this happens, please press the AVG/END button, and then press the STAGE button to relink the power meter.

# WARRANTY INFORMATION

**STAGES INDOOR CYCLING LLC (1) One Year Limited Warranty**

**HOW CONSUMER LAW RELATES TO THIS WARRANTY**
THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS, AND YOU MAY HAVE OTHER RIGHTS THAT VARY FROM STATE TO STATE (OR BY COUNTRY OR PROVINCE). OTHER THAN AS PERMITTED BY LAW, STAGES INDOOR CYCLING DOES NOT EXCLUDE, LIMIT OR SUSPEND OTHER RIGHTS YOU MAY HAVE. FOR A FULL UNDERSTANDING OF YOUR RIGHTS YOU SHOULD CONSULT THE LAWS OF YOUR COUNTRY, PROVINCE OR STATE.

**WARRANTY LIMITATIONS THAT MAY AFFECT CONSUMER LAW**
TO THE EXTENT PERMITTED BY LAW, THIS WARRANTY AND THE REMEDIES SET FORTH ARE EXCLUSIVE AND IN LIEU OF ALL OTHER WARRANTIES, REMEDIES AND CONDITIONS, WHETHER ORAL, WRITTEN, STATUTORY, EXPRESS OR IMPLIED. STAGES INDOOR CYCLING DISCLAIMS ALL STATUTORY  AND IMPLIED WARRANTIES, INCLUDING WITHOUT  LIMITATION, WARRANTIES  OF MERCHANTABILITY AND FITNESS  FOR  A PARTICULAR PURPOSE AND WARRANTIES AGAINST HIDDEN OR LATENT DEFECTS, TO THE EXTENT PERMITTED BY LAW. IN SO FAR AS SUCH WARRANTIES CANNOT BE DISCLAIMED, STAGES INDOOR CYCLING LIMITS THE DURATION AND REMEDIES OF SUCH WARRANTIES TO THE DURATION OF THIS EXPRESS WARRANTY AND, AT STAGES INDOOR CYCLING'S OPTION, THE REPAIR OR REPLACEMENT SERVICES DESCRIBED BELOW. IN NO EVENT WILL THE VALUE OF THE WARRANTY PROVIDED EXCEED THE ORIGINAL PURCHASE PRICE. SOME STATES (COUNTRIES AND PROVINCES) DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY (OR CONDITION) MAY LAST, SO THE LIMITATION DESCRIBED ABOVE MAY NOT APPLY TO YOU.

**WHAT IS COVERED BY THIS WARRANTY?**
Stages Indoor Cycling warrants the Stages Cycling-branded hardware product and accessories contained in the original packaging ("Stages Cycling Product") against defects in materials and workmanship when used normally in accordance with Stages Indoor Cycling's published guidelines for the period of ONE (1) YEAR from the date of original retail purchase by the end-user purchaser ("Warranty Period"). This warranty only applies to the original owner and is not transferable.

**WHAT IS NOT COVERED BY THIS WARRANTY?**
Stages Indoor Cycling, in so far as permitted by law, provides their products "AS IS". Stages Indoor Cycling does not warrant that the operation of the Stages Cycling Product will be uninterrupted or error-free. Stages Indoor Cycling is not responsible for damage arising from failure to follow instructions relating to the Stages Cycling Product's use. Stages Indoor Cycling's published guidelines include but are not limited to information contained in technical specifications, user manuals and service communications.

**This warranty does not apply: (a) to consumable parts, such as batteries or protective coatings that are designed to diminish over time, unless failure has occurred due to a defect in materials or workmanship; (b) to cosmetic damage, including but not limited to scratches and dents; (c) to damage caused by use with another product; (d) to damage caused by accident, impact, abuse, misuse, fire, earthquake or other external cause; (e) to damage caused by operating the Stages Cycling Product outside Stages Indoor Cycling's published guidelines; (f) to damage caused by service, modifications or alterations performed by anyone other than Stages Indoor Cycling or an authorized Stages Indoor Cycling Service Provider (h) to defects caused by normal wear and tear or otherwise due to the normal aging of the Stages Cycling Product, or (i) if any serial number has been removed or defaced from the Stages Cycling Product.**

**IMPORTANT  RESTRICTION**
Stages Indoor Cycling may restrict warranty service to the country where Stages Indoor Cycling or its Authorized Distributors originally sold the Stages Cycling Product.