Out and Back Calibration Ride
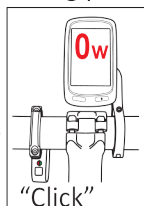
1. SOLID YELLOW light - ready to calibrate ⬤

2. ~10 seconds

3. Ride to starting point

4. STOP **5.** 0w "Click"
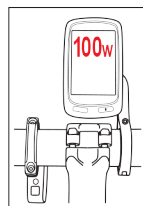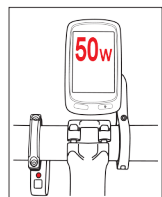
6. 🔴🟡 Start

Out

3 min

Back

3 min

50w STOP

100w Done!

✺ PowerPod

Package Contents

Mount Connector

Status Light

Button

USB Port

Wind Port

PowerPod sensor

USB cable

PowerPod mount and mounting hardware
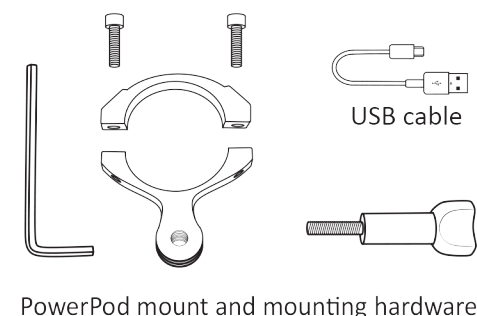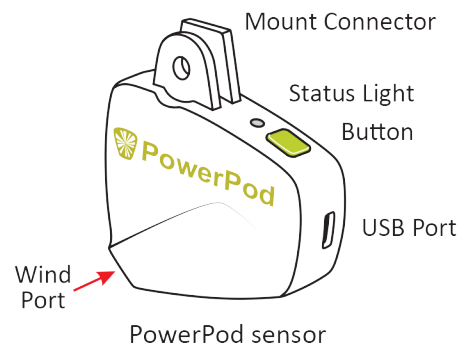
Attach Powerpod to Bike

**1.** Attach PowerPod mount to your bike.

Tight

OR

Tight

Flat surface
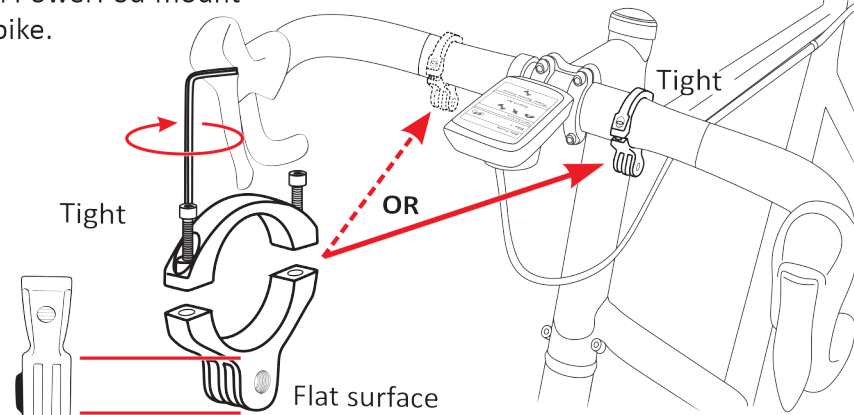
2. Loosely attach PowerPod to its mount. Gently push down on PP near its rear button, rotating PP until you feel it hit the "stop" in the mount. Once in the stopped position, **tighten the bolt so that PP cannot rotate in its mount**.
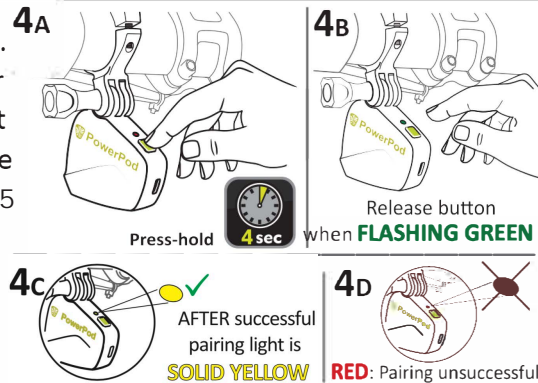
Tight

Push

Push

Wind Port
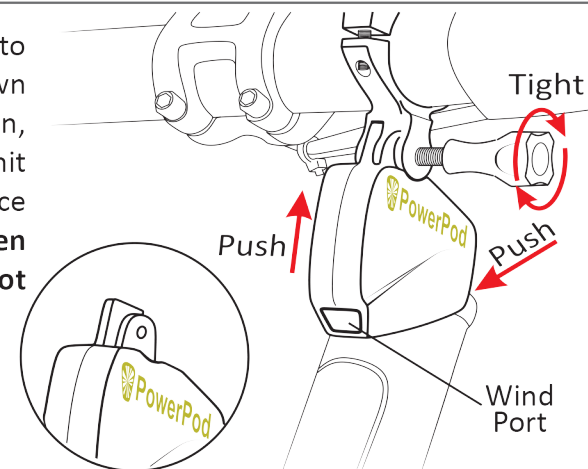
Pair PowerPod to ANT+ devices

3. Spin front bike wheel with speed sensor, and crank to wake up ANT+ speed (and optional cadence) sensor. Pair speed and cadence sensors to your bike computer, then turn wheel/crank and confirm that you see speed and cadence on your bike computer's screen.

Spin front wheel to awaken speed sensor
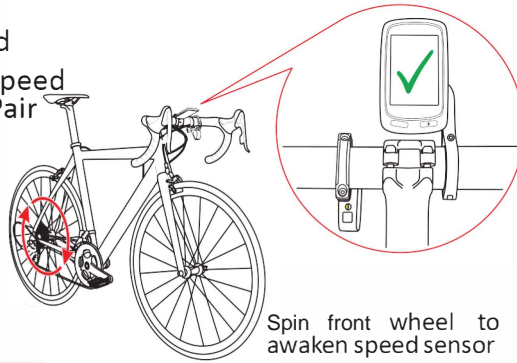
4. Awaken PP by clicking its button. Then, press-hold PP button for about 4 seconds, until status light flashes green (speed/cadence sensor pairing). It will take about **25** seconds to find the sensors.

After pairing click button.
Successful pairing: light is **solid yellow**. Unsuccessful pairing: light is solid red.

4A

4B
Release button when **FLASHING GREEN**

Press-hold **4 sec**

4C AFTER successful pairing light is **SOLID YELLOW**

4D **RED**: Pairing unsuccessful

5. AFTER pairing PP to your speed/cadence sensor, pair PP to your bike computer, following the pairing instructions provided by the bike computer manufacturer.

Bike Profile
Bike 1
ANT+Sensors
Search All
Power Sensor Found

"Click"

6. Your PowerPod and bike computer are now ready for the out-and-back calibration ride.
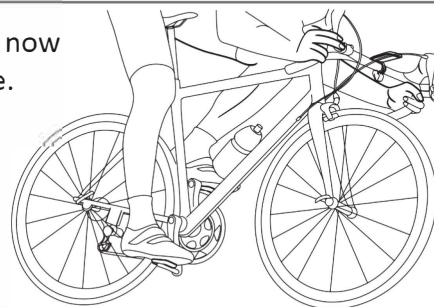
Out and Back Calibration Ride

1. Click PP button to start out and back ride calibration process. PP status light is solid yellow.

2. Start riding to the place where you intend to start the out-and-back ride. *After about 10 seconds of riding* PP light will change from solid yellow to flashing red/green, and bike computer power will hold at 0W. **PP is now "armed" to begin out-and-back (O&B) calibration measurements.**

3. You will ride "out" for 3 minutes, then STOP, TURN AROUND, and ride back. For your O&B ride pick a place where you won't be drafting behind other cyclists and cars, and where gusty winds are kept to a minimum.

4. When you've reached the place where you will start your O&B ride, STOP, then confirm that the PP light is flashing red/green.

5. With the light flashing red/green, click the PowerPod button once. UNTIL YOU CLICK THE BUTTON, O&B CALIBRATION MEASUREMENTS WILL NOT START.

6. After clicking the button, the light will change from flashing red/green to flashing yellow.

7. Now, ride the "out" portion of your ride (3 minutes long). While riding on the out portion PP light will continue to flash yellow, and your bike computer watts will start to climb slowly, from 1 W to 50W (1% TO 50% COMPLETE). **8. After riding 3 minutes the "out" portion of the ride is complete. When completed, the status light changes to solid red, and watts "stick" at 50W. 9. When you see "50W" on your bike screen and your PP light is solid red,** *when safe SLOW TO A COMPLETE STOP.* **IF YOU DON'T COME TO A COMPLETE STOP, YOUR CALIBRATION RIDE WILL BE INCORRECT.**

10. After coming to a complete stop, PP light will change from solid red to flashing yellow, indicating that PP is ready for the "back" portion of the ride. 11. After coming to a complete stop, get off your bike, turn around, and then ride back along the same route to the starting point.

12. On the back portion of the ride watts will climb slowly from 51W to 100W (51% to 100% complete).

13. Near your starting point the O&B measurements will end, when you see "100W" (100% complete) on your bike computer. **The flashing yellow light will go out**. PowerPod is now calibrated and actual watts appear on screen.

14. When you download your calibration ride into Isaac, the O&B file will be marked with a "cal-ride" suffix.