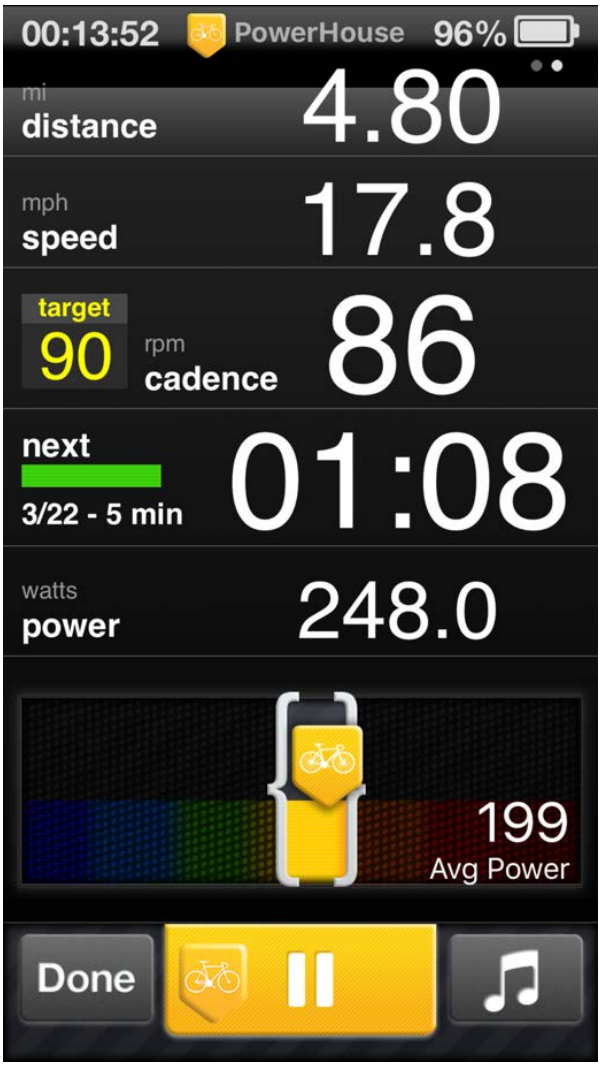
PowerHouse® Bike app for iOS
User Guide

April 2017



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INTRODUCTION

PowerHouse® Bike for iOS is an incredible app to use with your iPhone 4s (or higher), along your PowerPod® BLE power meter. With PowerHouse and PowerPod BLE you'll get the significant fitness and cycling benefits of structured, effective power training methods.

Download on the App Store

PowerHouse plans and workouts were designed by renowned power cycling coach Hunter Allen. PowerHouse Bike helps you set personalized goals—and achieve best performance—from your bike *and* your body.

ABOUT THIS GUIDE

Most of the instructions of PowerHouse Bike are embedded directly in the app. This guide is intended to explain some of the app's features that you might not find on your own.

REQUIREMENTS

iPhone 4s or higher

PowerPod BLE/ANT power meter (note: PowerHouse app does not work with any power meter except PowerPod BLE)

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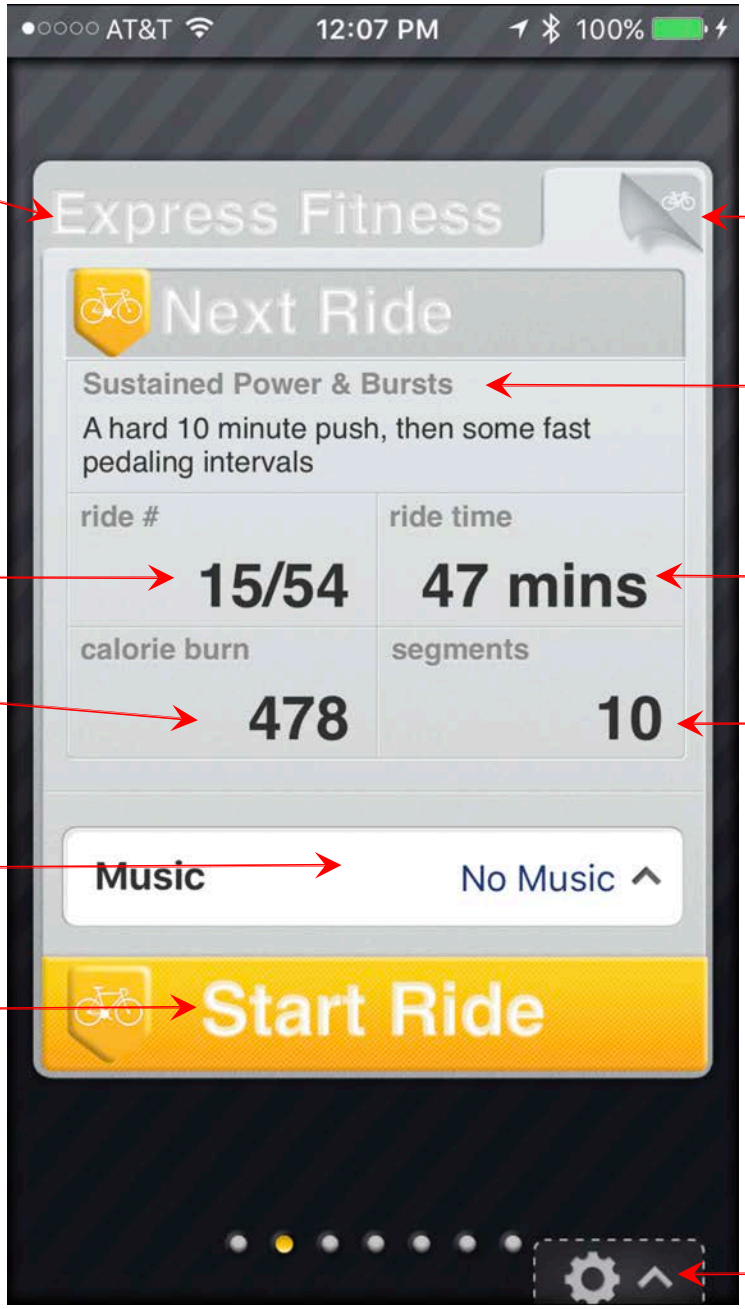
NEXT RIDE PREVIEW SCREEN



Plan currently active

Touch to view Plan Stats screen

Description of this workout

Today is # 15 of 54 total rides in plan

Total ride time of this workout

Calories you'll burn on this ride

Number of intervals (segments) in this ride

Touch to select music controls

Touch to start ride

Touch to change app settings

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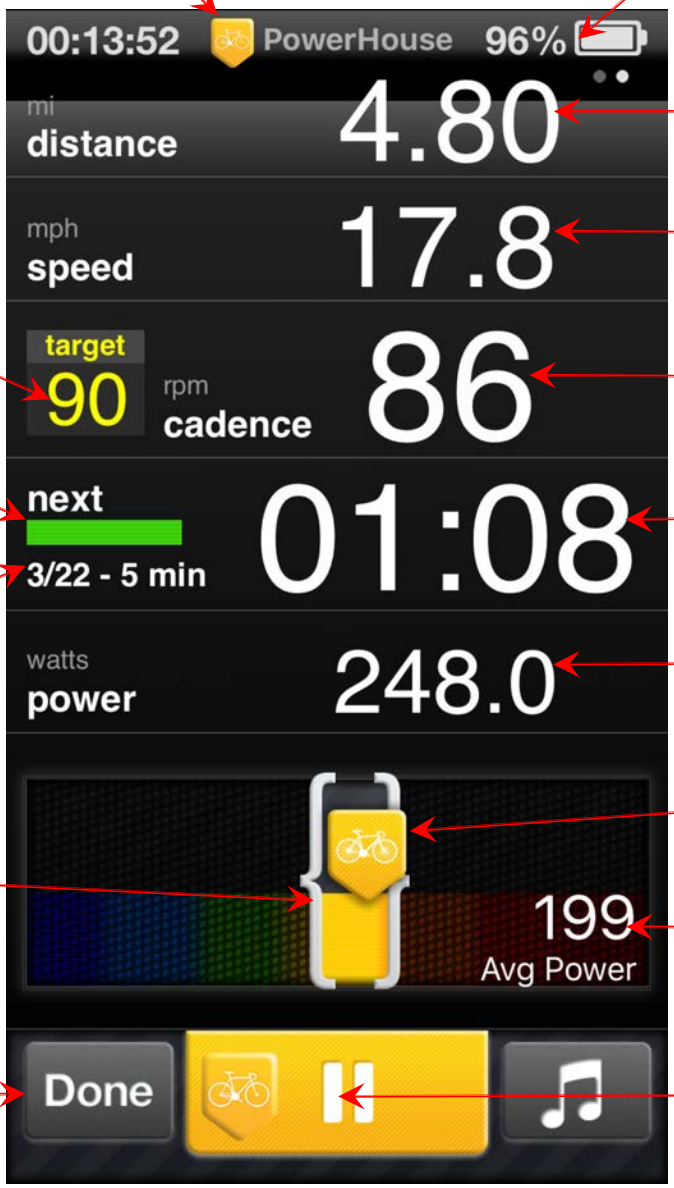
RIDE WORKOUT MAIN SCREEN

PowerPod BLE status: yellow, active; green, connected; grey, disconnected

Touch to toggle between battery charge and current time



Total distance traveled during workout

Current bike speed

Target cadence for current interval

Actual cadence during current interval

Power zone intensity of next interval

Time remaining in current interval

Current interval is #3 of 22; current interval will last 5 minutes

Actual power during current interval

PowerPointer™

Brackets show target power for current interval

Average power for current interval

Touch to stop workout

Touch to pause/resume interval

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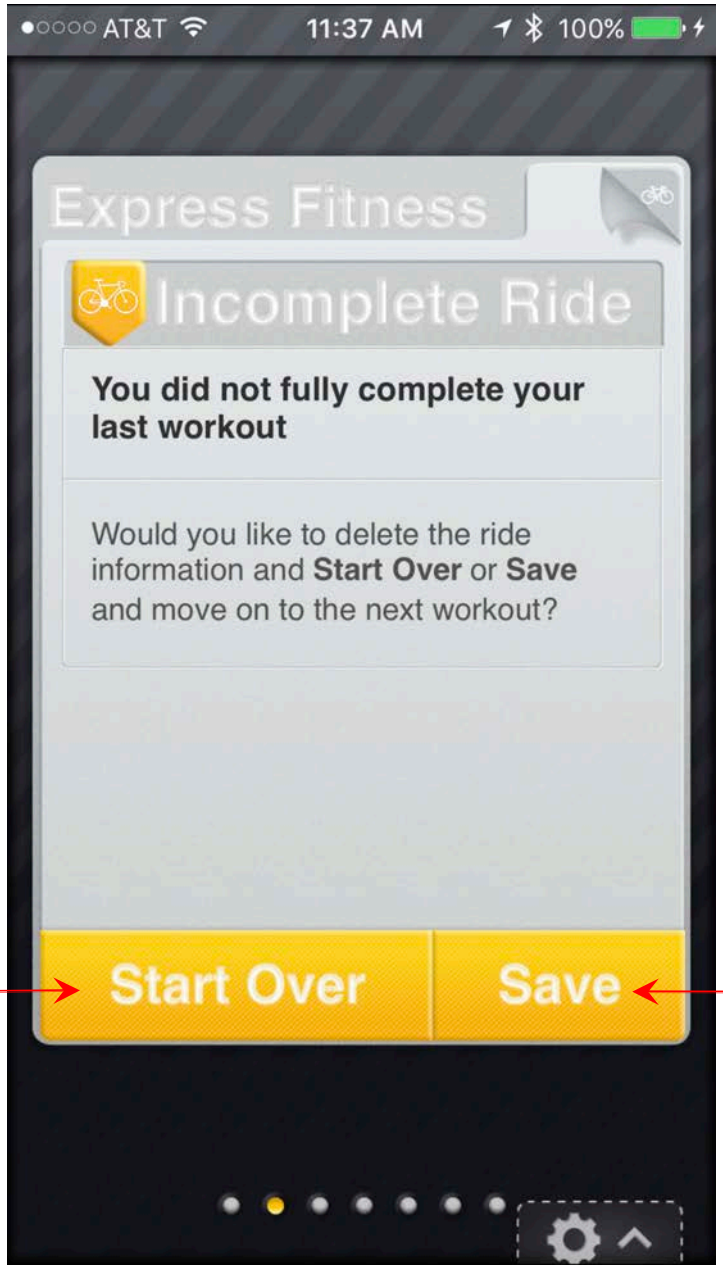
INCOMPLETE RIDE SCREEN

If you touch the "Done" button in the Ride Workout Screen before a workout ends, you'll see the Incomplete Ride screen:



Touch to start the current workout over, from the beginning

Touch to save your (incomplete) workout, and move on to the next workout

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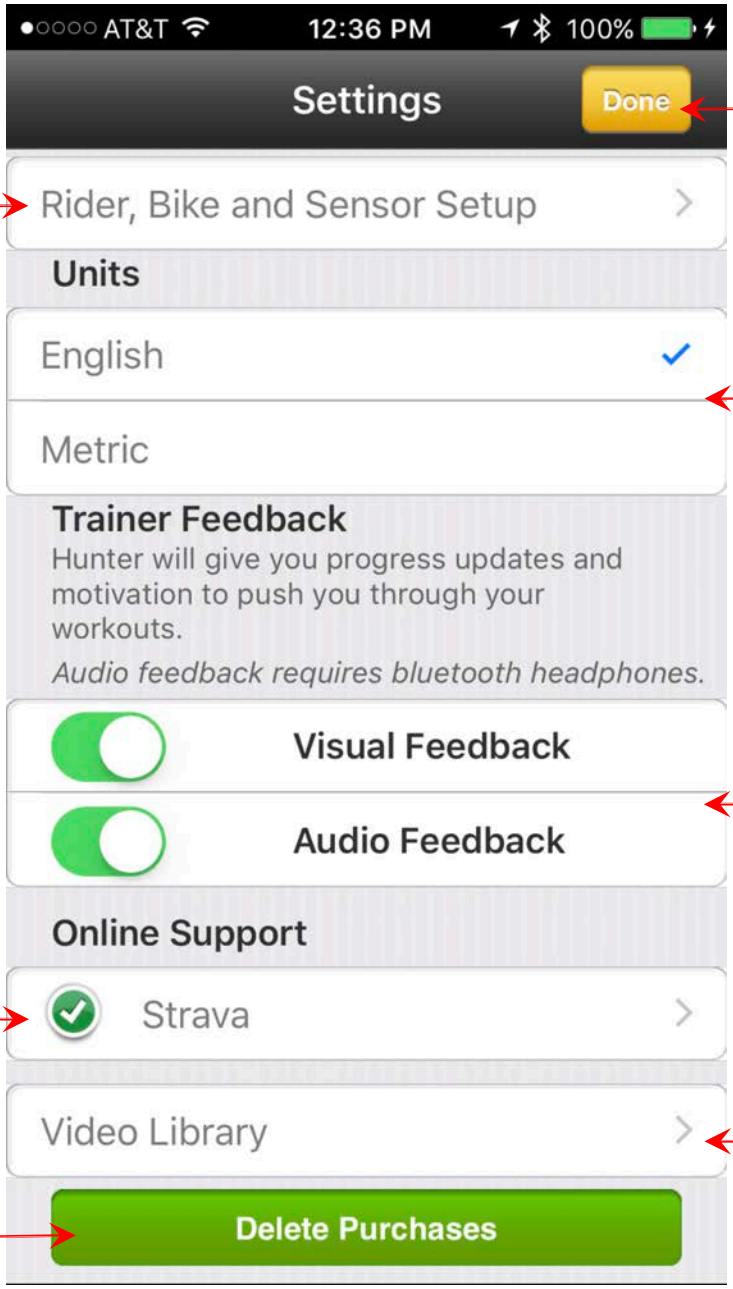
SETTINGS SCREEN



Touch to exit to Settings screen

Touch to change bike, rider, and sensor settings

Units selection

Toggle visual/audio feedback on/off

Touch to access Strava settings

Touch to access all PowerHouse videos

Touch to delete all saved workouts from all plans, and to start over all plans

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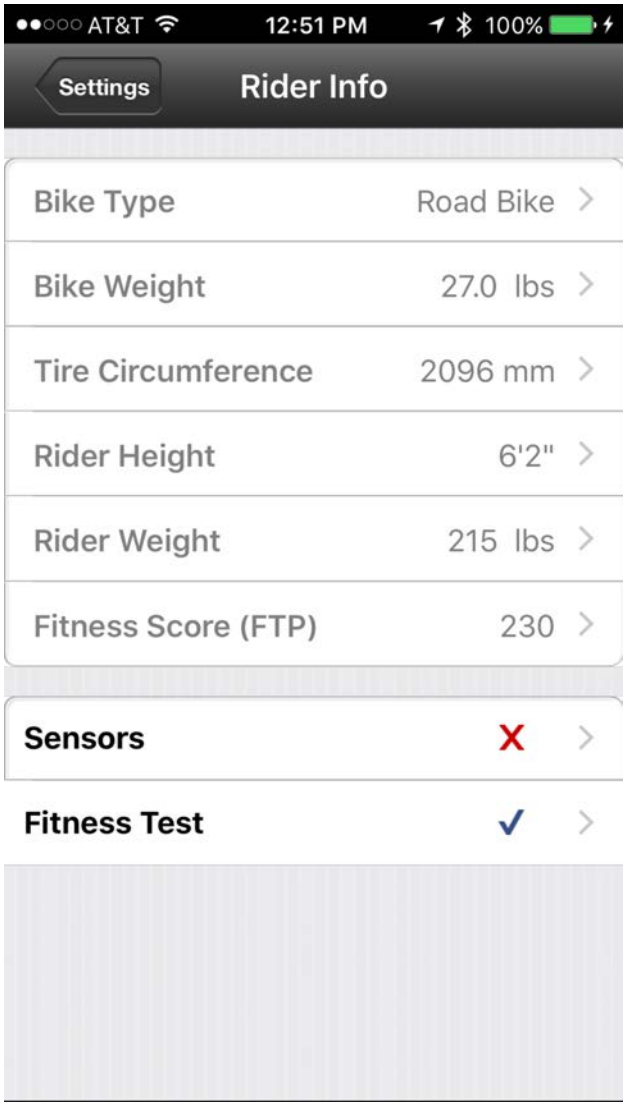
RIDER, BIKE AND SENSOR SETUP SCREEN

This screen allows you to manually update all bike and rider settings. Touch the parameter you wish to adjust.

If you've measured your Fitness Score (FTP) elsewhere, you can enter your FTP Fitness Score manually. Manual entry overrides the result of any prior PowerHouse Fitness test measurement.

When your iPhone is "disconnected" from your PowerPod BLE, you will see an "x" next to sensors, even if your iPhone has successfully been paired previously to your PowerPod.



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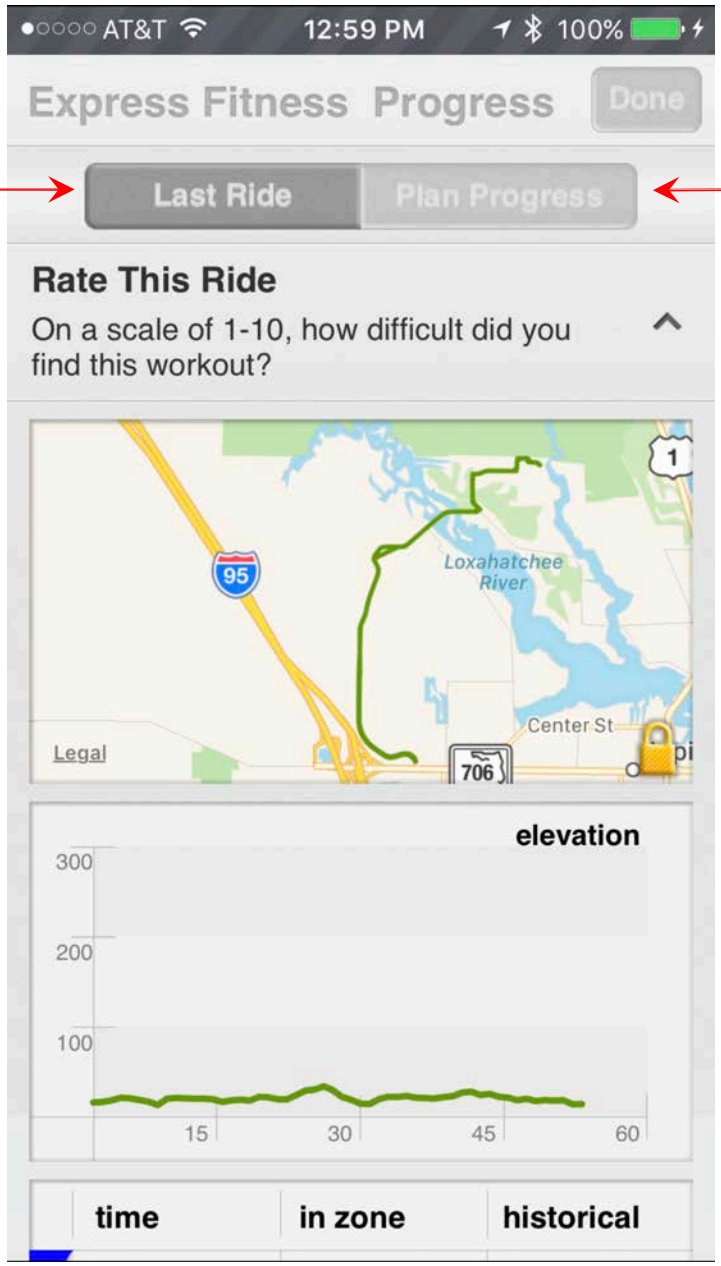
PLAN STATS SCREEN

The Plan Stats screen allows you to view detailed stats from your most recent ride, as well as summary data for all rides you have completed so far during your plan.

The calendar function lets you view any previous ride and to review detailed stats from the ride you have selected to review.

Touch to see details of your last ride

Touch to access calendar screen



Scroll down to view more information

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PLAN STATS SCREEN

Percentage of time spent in zone, selected ride

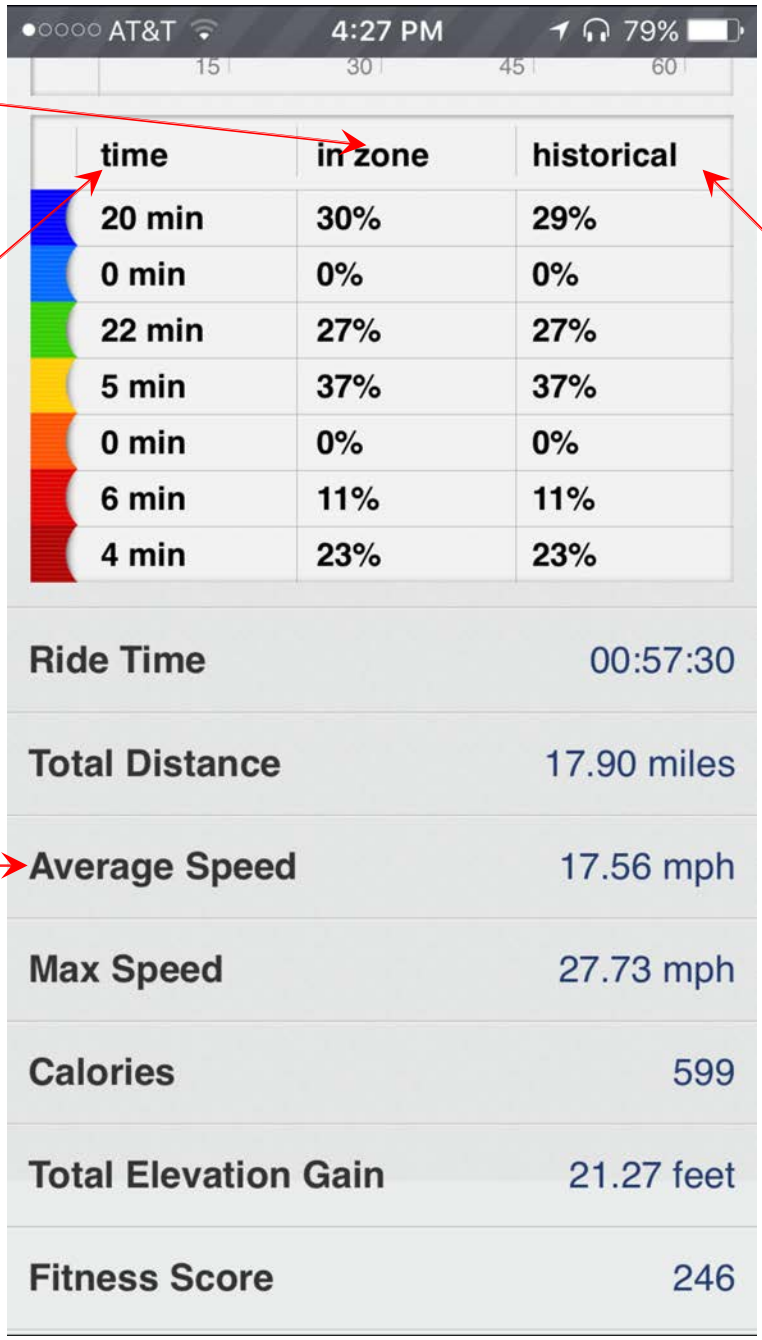
Time spent in each zone, selected ride

Ride Stats, selected ride

Scroll up to view more information

Cumulative percentage of time spent in power zone, through all rides up to present

Scroll down to view more ride stats



time	in zone	historical
20 min	30%	29%
0 min	0%	0%
22 min	27%	27%
5 min	37%	37%
0 min	0%	0%
6 min	11%	11%
4 min	23%	23%

Ride Time	00:57:30
Total Distance	17.90 miles
Average Speed	17.56 mph
Max Speed	27.73 mph
Calories	599
Total Elevation Gain	21.27 feet
Fitness Score	246

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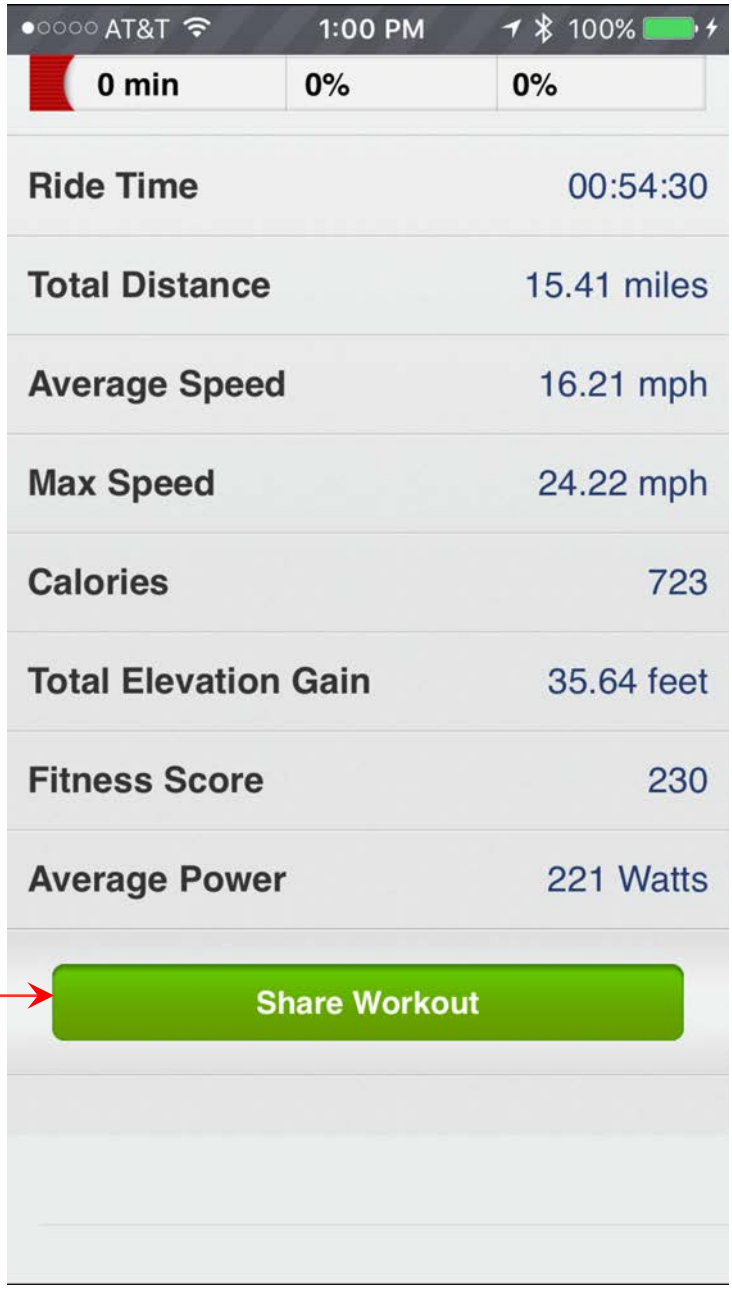
PLAN STATS SCREEN



Scroll up to view more information

Upload workout to Strava

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TROUBLESHOOTING

1. **The app does not show any cycling data**

A. Make sure you are using a PowerPod BLE (the case will say "BLE" on the side, or you will have purchased and installed a BLE key in your PowerPod)
B. Make sure your PowerPod BLE is turned on (solid green light shows when you click its button)
C. Your speed sensor is awake (PowerPod solid green light shows when you click its button)
D. Make sure PowerPod BLE is paired to the app (Touch Settings/Bike, Rider, Sensor Setup). You should see a checkmark next to the Sensor status
E. On the Free Ride or Ride Screen, you should see a green or yellow pointer icon at the top of the app. If you do, then your PP is communicating properly with the app

2. **I see low or high watts during the first 8 minutes of my workout**
   A. If you have moved your PowerPod BLE between rides, or if your PowerPod is not securely fastened its mount, during the first 8 minutes of your new ride, PowerPod will readjust its internal settings.

3. **I finished the first workout ride but I can't access the other workouts**

   A. You need to purchase the remaining workouts of your selected plan, with a one-time in-app purchase

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OTHER RESOURCES

VELOCOMP FORUM

There are thousands of PowerPod owners, and here's a great place to meet some of them, and get your questions answered:

http://www.ibikeforum.com

Or, find us on Facebook:

https://www.facebook.com/PowerHouseBikeApp/

https://www.facebook.com/RideVelocomp/

TECHNICAL SUPPORT

If you have questions regarding the operation of PowerHouse Bike app or PowerPod BLE, please feel free to email us at:

technicalsupport@velocomp.com

We will get back to you quickly.

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