



PowerHouse[®] Bike app for iOS User Guide

April 2017





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.



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)



NEXT RIDE PREVIEW SCREEN

The screenshot shows a mobile app interface for a cycling workout. At the top, the status bar displays 'AT&T', signal strength, Wi-Fi, time '12:07 PM', location services, Bluetooth, and 100% battery. The app header shows 'Express Fitness' with a bicycle icon and a 'Touch to view Plan Stats screen' annotation. Below this is the 'Next Ride' section with a bicycle icon and a description: 'Sustained Power & Bursts' and 'A hard 10 minute push, then some fast pedaling intervals'. A table displays ride statistics: 'ride #' (15/54), 'ride time' (47 mins), 'calorie burn' (478), and 'segments' (10). Below the table is a 'Music' control section with 'Music' selected and 'No Music ^' as an option. At the bottom is a large yellow 'Start Ride' button with a bicycle icon. A settings gear icon is visible in the bottom right corner.

Plan currently active

Touch to view Plan Stats screen

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



RIDE WORKOUT MAIN SCREEN

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

Touch to toggle between battery charge and current time

The screenshot shows the following data and controls:

- Time: 00:13:52
- PowerPod BLE status: yellow icon
- PowerHouse: 96% battery icon
- mi distance: 4.80
- mph speed: 17.8
- target 90 rpm cadence: 86
- next 3/22 - 5 min: 01:08
- watts power: 248.0
- PowerPointer™: 199 Avg Power
- Buttons: Done, Pause/Resume, Music

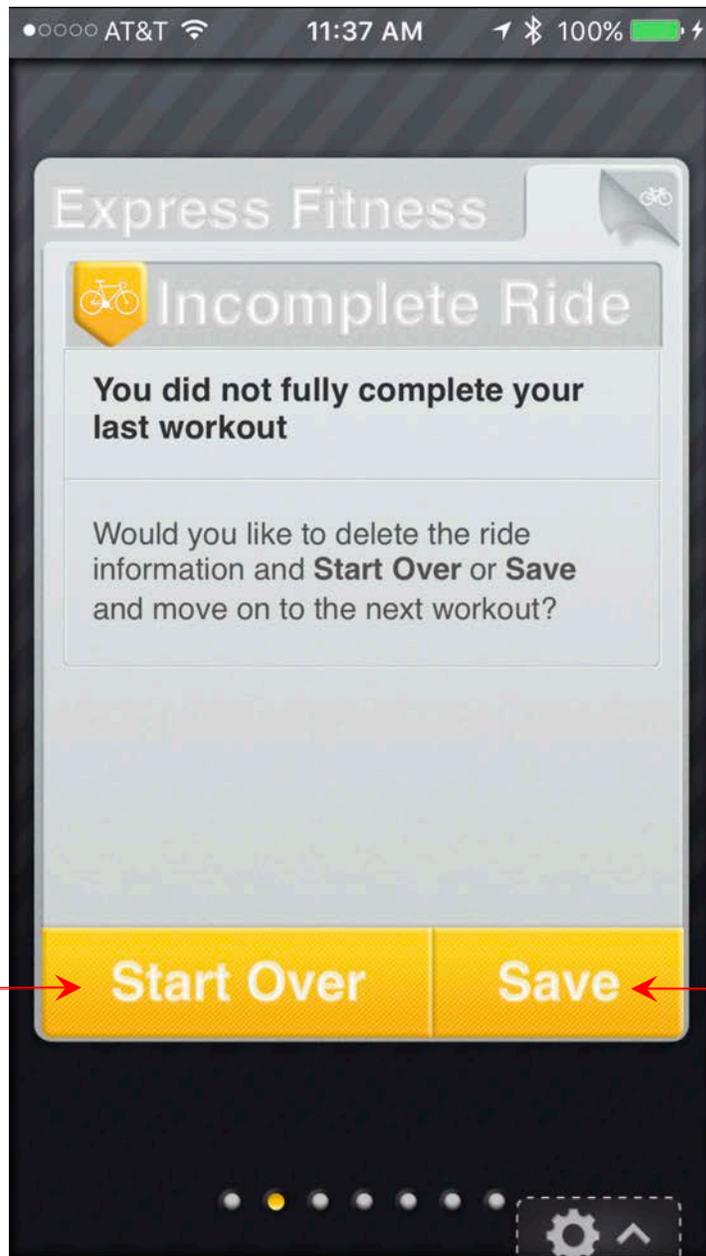
Annotations:

- Target cadence for current interval: points to 90 rpm
- Power zone intensity of next interval: points to 3/22 - 5 min
- Current interval is #3 of 22; current interval will last 5 minutes: points to 3/22 - 5 min
- Brackets show target power for current interval: points to the yellow bracket on the PowerPointer™ gauge
- Touch to stop workout: points to Done button
- Touch to pause/resume interval: points to Pause/Resume button



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



SETTINGS SCREEN

The screenshot shows the Settings screen of the VELOCOMP app. The status bar at the top displays AT&T, signal strength, 12:36 PM, location, Bluetooth, 100% battery, and a charging icon. The Settings header includes a 'Done' button. The main content is organized into sections: 'Rider, Bike and Sensor Setup', 'Units' (with 'English' selected), 'Trainer Feedback' (with 'Visual Feedback' and 'Audio Feedback' toggled on), 'Online Support' (with 'Strava' selected), 'Video Library', and a 'Delete Purchases' button at the bottom.

Touch to change bike, rider, and sensor settings → Rider, Bike and Sensor Setup

Done → Touch to exit to Settings screen

Units selection → English

Toggle visual/audio feedback on/off → Visual Feedback / Audio Feedback

Touch to access Strava settings → Strava

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

Touch to access all PowerHouse videos → Video Library

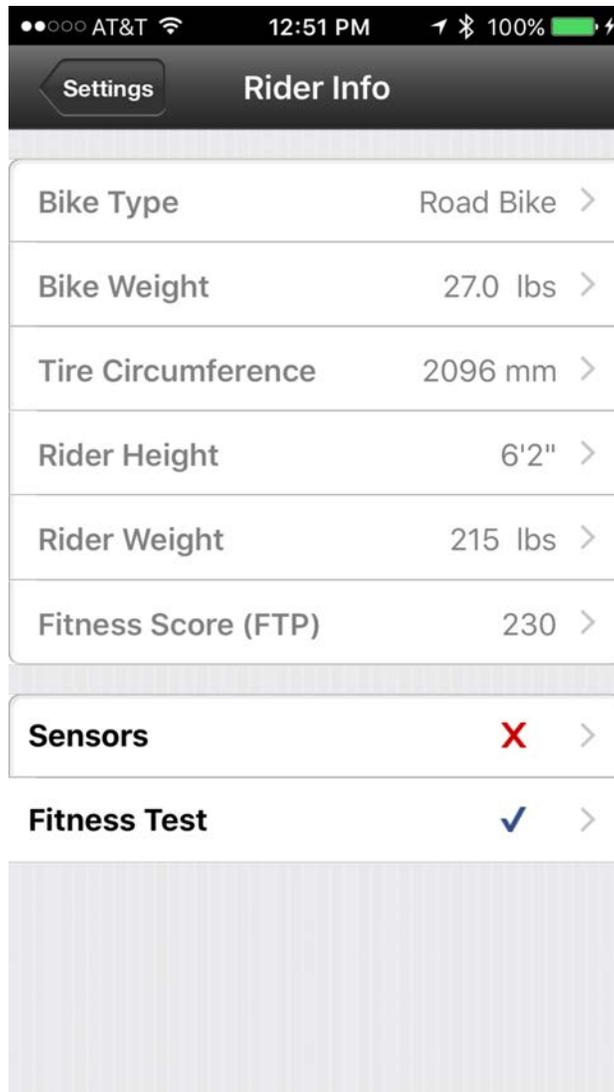


RIDER, BIKE AND SENSOR SETUP SCREEN

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.





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.

The screenshot shows the 'Express Fitness Progress' screen. At the top, there's a status bar with AT&T, 12:59 PM, and 100% battery. Below that, the title 'Express Fitness Progress' is followed by a 'Done' button. Two main buttons are present: 'Last Ride' and 'Plan Progress'. A red arrow points to 'Last Ride' with the text 'Touch to see details of your last ride'. Another red arrow points to 'Plan Progress' with the text 'Touch to access calendar screen'. Below these buttons is a 'Rate This Ride' section with the text 'On a scale of 1-10, how difficult did you find this workout?'. Underneath is a map showing a green route around the Loxahatchee River, with a yellow car icon at the end. Below the map is an 'elevation' graph with a y-axis from 0 to 300 and an x-axis from 0 to 60. At the bottom, there are three tabs: 'time', 'in zone', and 'historical'. A red arrow points downwards from the right side of the screen with the text 'Scroll down to view more information'.



PLAN STATS SCREEN

Percentage of time spent in zone, selected ride

Time spent in each zone, selected ride

Ride Stats, selected ride

	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

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



PLAN STATS SCREEN

The screenshot shows the Velocomp Plan Stats screen. At the top, there is a status bar with AT&T, signal strength, Wi-Fi, 1:00 PM, location, Bluetooth, 100% battery, and a charging icon. Below the status bar, there are three progress indicators: a red bar for '0 min', and two white bars for '0%'.

Ride Time	00:54:30
Total Distance	15.41 miles
Average Speed	16.21 mph
Max Speed	24.22 mph
Calories	723
Total Elevation Gain	35.64 feet
Fitness Score	230
Average Power	221 Watts

At the bottom of the screen, there is a green button labeled 'Share Workout'. A red arrow points from the text 'Upload workout to Strava' to this button.



Scroll up to view more information

Upload workout to Strava



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



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.