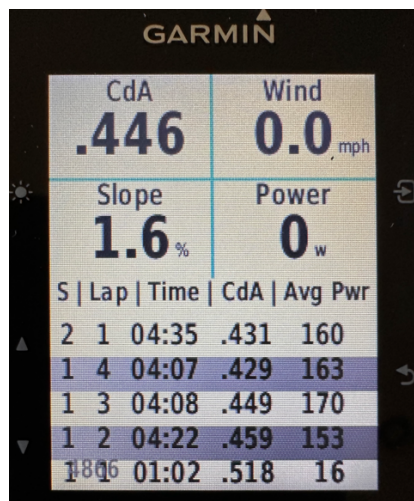


Installing and using AeroPod 2.0 Connect IQ app with AeroPod® and PowerPod® App Version 1.0.1

May 2024



AeroPod

AeroPod 2.0

Sandcake

Data Field

35

Download

Introduction

AeroPod® transmits live CdA, Wind speed, hill slope, and power data by ANT+. PowerPod® transmits live wind speed, hill slope and power data by ANT+.

The AeroPod 2.0 ConnectIQ app installs on compatible Garmin ConnectIQ bike computers, allowing wind/slope/CdA/power data to be displayed on-screen.

When used with an AeroPod set to profile 3, the AeroPod 2.0 Connect IQ app displays AeroPod “live” power, CdA, wind speed and slope data.

When used with an AeroPod set to profile 4, live data is displayed, and additionally, whenever lap button is touched, the app displays stats from each completed aero test: Test Sequence, test number, lap time, lap CdA, and lap average power.

When used with a PowerPod, the AeroPod 2.0 Connect IQ app displays PowerPod live power, wind speed and slope data. **NOTE TO POWERPOD USERS: THE CDA NUMBER YOU SEE IN THE APP DOES NOT CHANGE.**

These instructions tell you how to set up and use AeroPod 2.0 to display these special data fields on your Garmin, and how to use an AeroPod **set to PROFILE 4** for precision CdA measurements.

For information regarding attaching AeroPod/PowerPod to your bike, and pairing AeroPod/PowerPod to your ANT+ sensors, please consult the **Installation Instructions**, included with your AeroPod or PowerPod.

Step 1. Make sure your Garmin bike computer is Connect-IQ compatible

Many, but not all, recent-vintage Garmin bike computers can be used with the AeroPod 2.0 app.

Garmin's website shows all Garmin products that work with the AeroPod 2.0 app. Here is the link; once you open it, click on the "Compatible Devices" tab:

[AeroPod 2.0 compatible Garmin devices](#)

Step 2. Install the AeroPod 2.0 app on your Compatible Garmin device

1. Connect your Garmin device to your computer through your USB cable.
2. Use the link below to find the most recent version of the AeroPod 2.0 app, or search for "AeroPod" in the ConnectIQ web page, and select "AeroPod 2.0".
3. You will need to sign-in to your Garmin account in order to gain access to the app.

[AeroPod 2.0 app](#)

4. On the Garmin page click the "Download" link to begin installation of the app

ADD TO DEVICE ×

Choose a Device

Edge 520 (S/N: 43V531050)

[Don't see your device?](#)

Cancel Confirm Device →

PERMISSIONS ×

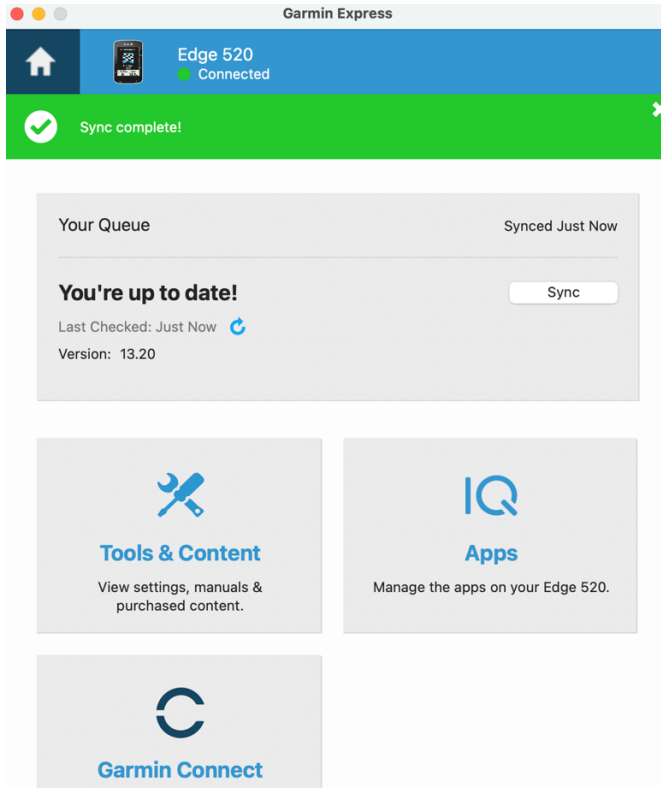
This app requires access to:

- Send/receive data via ANT radio to/from third-party sensors
- Record additional information into activity files
- Sensor data (i.e., ANT+, heart rate, compass)

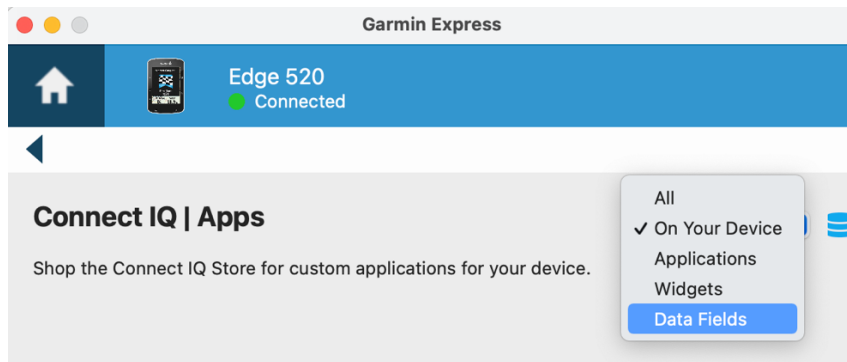
Cancel Allow →

Do you want to allow this page to open "Garmin Express"?

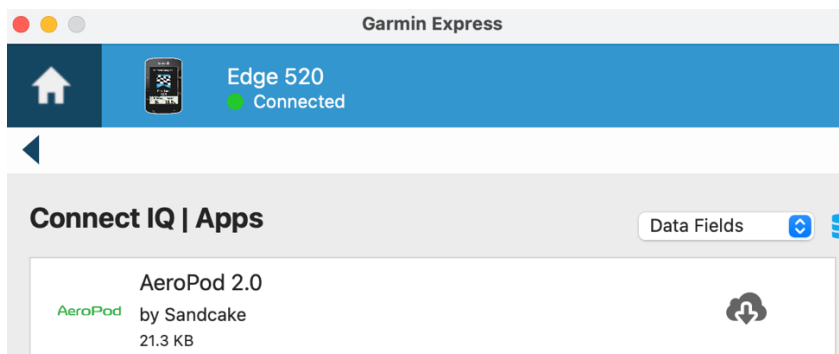
Cancel Allow →



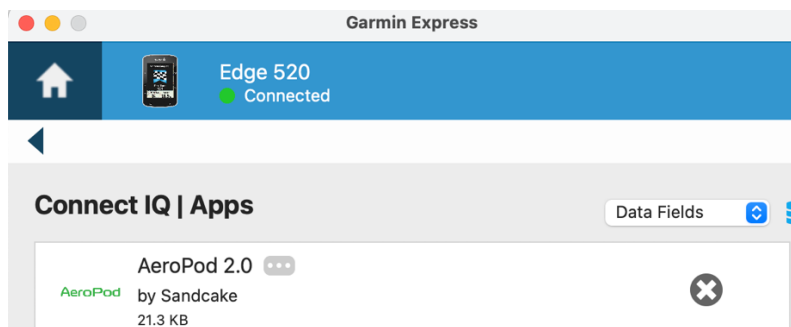
- Click on the “IQ Apps” button, then in the next window select “Data Fields”



- Select AeroPod 2.0 and click the download icon



- The AeroPod 2.0 is now installed on your Garmin.



- IMPORTANT: AFTER INSTALLING THE APP, TURN OFF YOUR GARMIN, DISCONNECT IT FROM YOUR COMPUTER, THEN TURN YOUR GARMIN BACK ON.**

Step 3: Pair AeroPod or PowerPod to your Garmin

- Wake up your bike sensors
- Make sure AeroPod or PowerPod has been paired to your bike sensors
- Wake up your AeroPod/PowerPod

4. Follow the instructions of your Garmin to pair AeroPod/PowerPod to your Garmin

Step 4: Set up Garmin Data Field screen for AeroPod 2.0 display (Edge 520 shown below; your screens may differ)

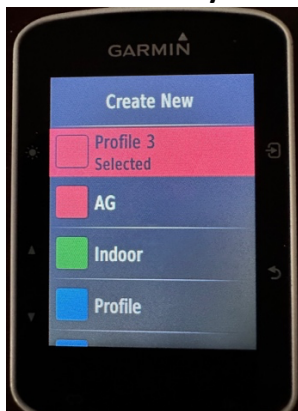
A. Find the Settings screen



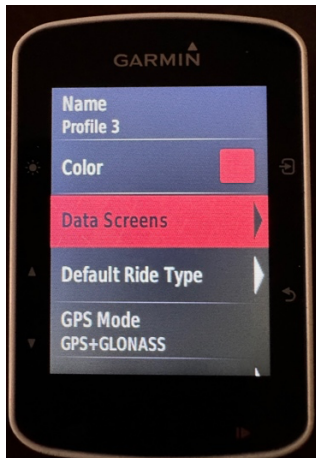
B. Find and Select “Activity Profiles”:



C: Select the Activity Profile where you want to see the CdA screen. In this example, “Profile 3” is the Activity Profile where we will install AeroPod 2.0:



D: Select “Data Screens”

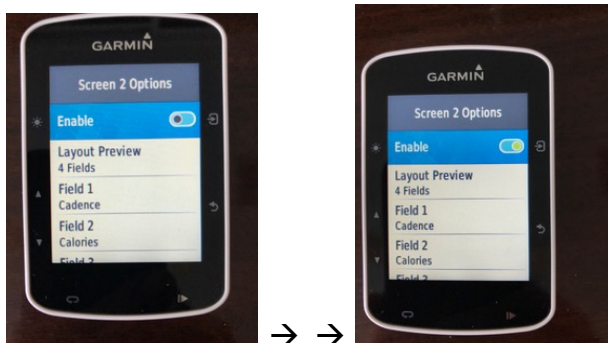


E: Set up a new screen with 1 field

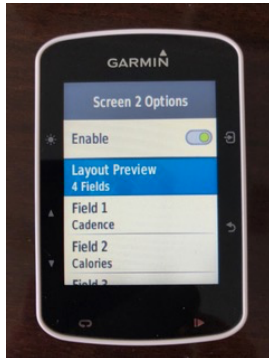
(Note that in this Garmin, only Screen 1 was active. Screen 2 was off and was pre-programmed for 4 fields. Your Garmin may show something different. We will set up AeroPod 2.0 on Screen 2)



Select screen 2, and enable it:

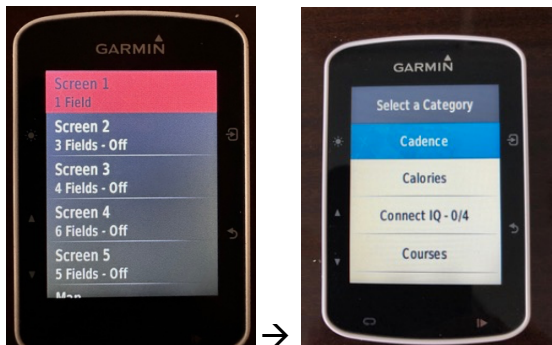


F: Select “Layout Preview”, and change “Layout Preview” from 4 fields to 1 field

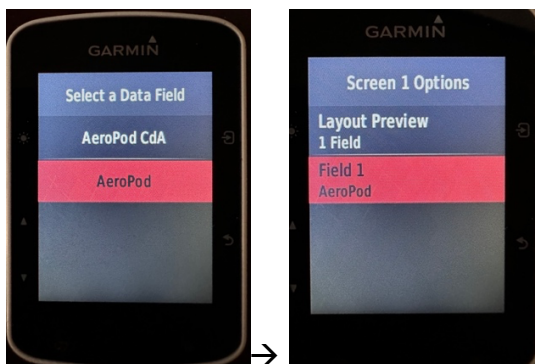


G: Set “Field 1” to “AeroPod”

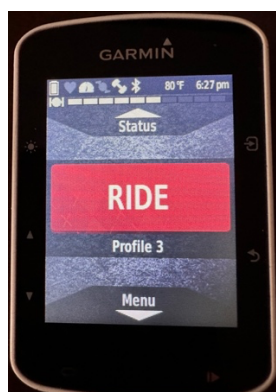
In this device Data Field 1 was pre-set to Cadence; we will change it to the AeroPod 2.0 data field



H. To install the AeroPod 2.0 data field, scroll down to “Connect IQ” and select “AeroPod” (it doesn’t say “AeroPod 2.0”) for Field 1 (NOTE: IF YOU HAVE PREVIOUSLY INSTALLED THE ORIGINAL “AEROPOD CDA” APP, THE ORIGINAL APP WILL SHOW AS “AEROPOD CDA”. IT IS OK TO LEAVE THE ORIGINAL APP INSTALLED ON YOUR GARMIN).



- I. Use the “back” button to return your Garmin to the “Ride” screen. You’re ready to ride with AeroPod 2.0!



USING AEROPOD 2.0 APP FOR CDA MEASUREMENT

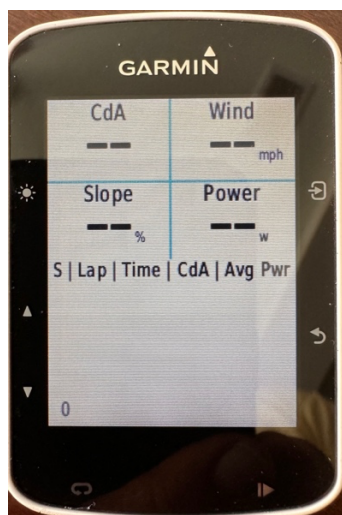
AeroPod uses two separate profiles for CdA measurement:

- Profile 4: CdA Testing on closed loop courses
- Profile 3: Live CdA reporting while training/racing

The AeroPod 2.0 app works both with profiles 4 and 3. AeroPod 2.0 adds features that make it much easier to do precision CdA measurement in profile 4.

Starting up the app

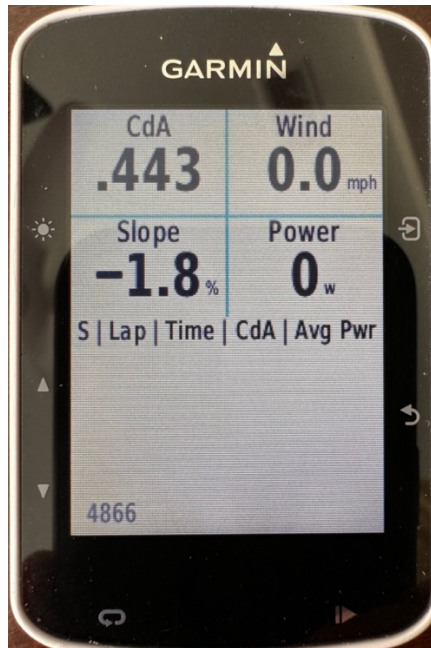
1. Click the “start” button on your AeroPod to start the app. You’ll likely see this screen:



Note that the top fields are shown as --, and that the number in the bottom right corner is “0”. This is the screen that appears when your AeroPod is “off” and is not transmitting ANT+ data to your Garmin

2. Spin the sensors on your bike to awaken them (speed, DFPM, and optional cadence)
3. Awaken your AeroPod by clicking its button. AeroPod light will flash green while finding its sensors, then go solid green, then turn off, once sensors are found.

4. When your Garmin starts receiving AeroPod data, the screen will change, showing CdA/Wind/Slope/Power values in the top field, and the sensor ID of your AeroPod in the bottom left corner (the values you see on your screen will be different from the values shown in this image):



AeroPod: When riding with AeroPod, the AeroPod 2.0 screen shows live AeroPod CdA data: CdA, Wind, Slope, and Power

PowerPod: When riding with PowerPod, the AeroPod 2.0 screen will show live wind, slope and power data. *CdA is not measured; it is an unchanging number which is fixed to the value determined during PowerPod setup.*

Each time the Garmin's lap button is clicked, below the live stats display column headings will be values determined during the just-completed lap. Please see "AeroPod Profile 4 testing" for details.

Using the AeroPod 2.0 app with PowerPod

PowerPod: When riding with PowerPod, the AeroPod 2.0 screen shows live wind, slope and power data. *CdA is an unchanging number which is fixed to the value determined during setup.*

Clicking the "lap" button produces the lap time (the time accumulated between the prior lap click and the just-completed lap click) and Average Power, (the average power measured between the last lap click and the just-completed lap click).

Using the AeroPod 2.0 app with AeroPod

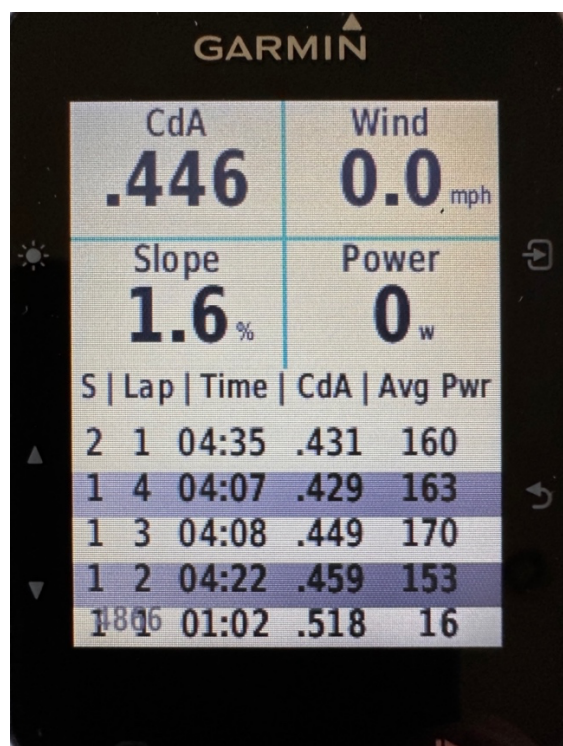
AeroPod: When riding with AeroPod, the top portion of the AeroPod 2.0 screen shows live AeroPod CdA data: CdA, Wind, Slope, and Power

The app shows data when using AeroPod in profile 4 (CdA testing) or profile 3 (CdA training/racing).

Lap Stats

Each time the Garmin's lap button is clicked, stats from the just-completed lap will be shown beneath the column headings of the app screen. THESE STATS ARE OF PARTICULAR IMPORTANCE WHEN DOING CDA TESTING USING PROFILE 4.

In the image below, stats are shown for 4 laps completed for test sequence "1", and one lap of test sequence 2. These data were recorded with AP set to Profile 4:



Here is what the columns mean:

"S" is the Session number for repeated laps of the SAME TEST CONFIGURATION (for example, riding with a specific time trial position). We recommend 4-5 repeated laps of each test session.

“L” is the lap number of the session. So, for example, the fourth lap of the first session 1 is S =1 and Lap = 4 (← next to image)

“Time” is the amount of elapsed time used to complete the lap test.

“CdA” is the measured CdA for the lap.

“Avg Pwr” is the Average Power measured for the lap.

Next to the screen image above, the arrow ← points to Sequence 1, Lap 4, which shows a lap time of 4’:07”, a measured CdA of .429, with an average power of 163W held for lap 4.

How to measure CdA with AeroPod Profile 4

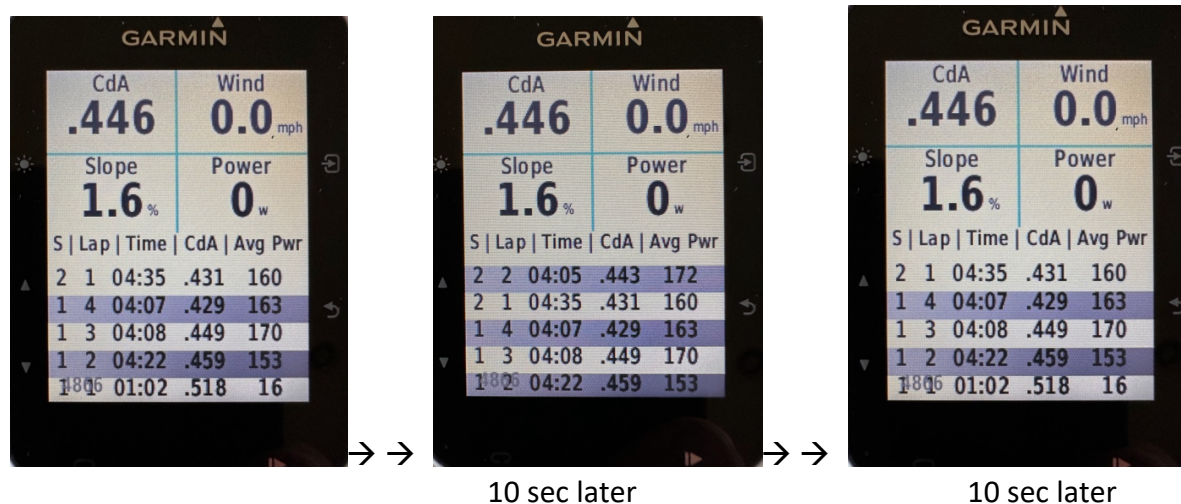
See the “AeroPod Detailed Instructions” for using the AeroPod 2.0 app to perform CdA tests in profile 4.

Viewing Session and Lap data on your Garmin

The bottom window of the Garmin data screen shows lap data as you complete each lap test.

The just-completed lap test appears at the top of the window, just beneath the Slope and Power numbers.

As you do more and more test laps, eventually the bottom window will fill; when this happens the Garmin will continue to record and display lap data, *showing most recent to oldest lap results, and scrolling automatically from most recent to oldest laps*. Each window-scroll is shown for about 10 seconds.



Ending a test-day

When you have completed all your testing for the day, simply click the Stop button of your Garmin and save your data.

All of your session and lap data will be preserved in your Garmin, and the data will also be copied over to your .FIT file.

You may turn off your Garmin if you wish.

NOTE: **YOUR ON-SCREEN TEST DATA WILL REMAINS VISIBLE ON YOUR GARMIN ONLY FOR THE REMAINDER OF THE DAY ON WHICH YOU DID YOUR TESTING.** TO VIEW YOUR DATA, TURN ON YOUR GARMIN AND START A NEW RIDE. YOUR DATA WILL APPEAR AND THE LAP DATA WILL SCROLL SO THAT YOU CAN EVENTUALLY SEE ALL YOUR LAP DATA.

IMPORTANT: AT THE END OF EACH NIGHT, IN THE EARLY MORNING HOURS OF THE NEXT DAY, YOUR GARMIN ON-SCREEN LAP DATA WILL BE ERASED. MAKE SURE TO TRANSFER YOUR DATA, PERHAPS BY TAKING PHOTOS OF YOUR GARMIN SCREEN, SO THAT YOU DON'T LOSE YOUR DATA!