

## Recording Your Ride with a USB Drive

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All Stages Indoor Cycling bikes equipped with the SIC1 console are able to easily record rides via portable USB drive. Just simply insert a USB drive into the USB port on the front side of the console when prompted at the beginning of the ride. Once you begin your workout by pressing the STAGE button (to advance from Warm Up mode), the ride data will begin being written to the USB drive. When the ride is completed (by holding the AVG/END button), simply wait until the check mark appears at the top of the console and remove your USB drive.

The file will be written on to your drive in CSV format and will include power, speed, time, distance, and heart rate data (when console is paired to a HR strap). This file can be uploaded to third party training sites such as TrainingPeaks in order to track your training and accomplish fitness goals.



### Stages Indoor Cycling Service: How To Use a USB In the Stages Indoor Cycling Console

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