1. MINIMUM REQUIREMENTS

To correctly use the *User Software* with ANT+™ you must have:

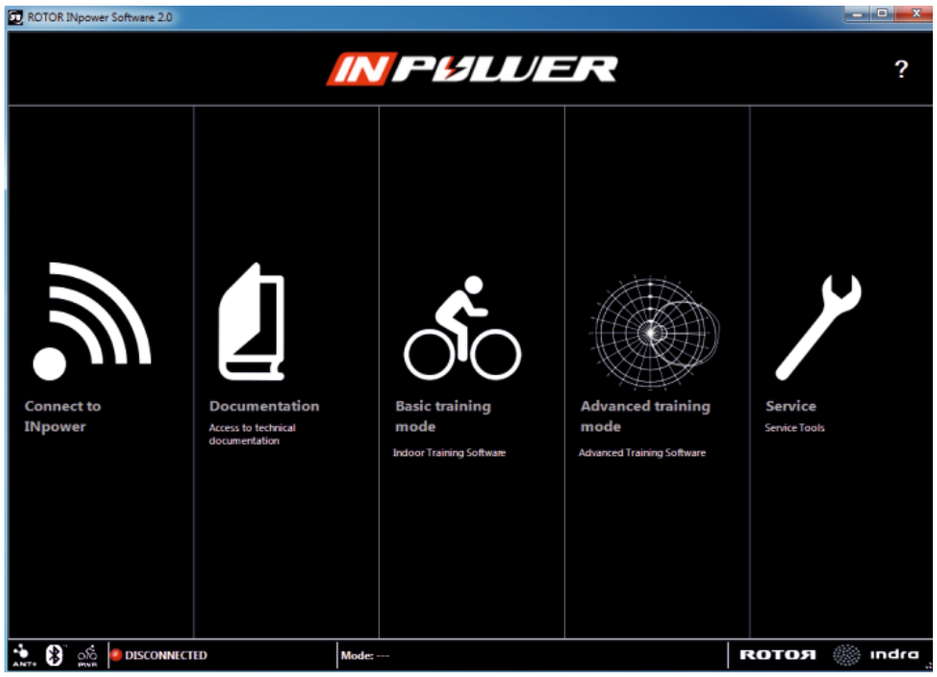
1. PC with Windows 7 / 8 / 10.
   Mac OS 10.7 (Lion) or later.
2. INpower/2INpower *User Software*.
3. USB ANT Stick™ (010-01058-00) inserted into a USB port with the correct drivers installed.
   Note: Also compatible with other ANT+™ dongles.

To correctly use the *User Software* with Bluetooth® Smart (only for 2INpower) you must have:

1. PC with Windows 10.
   Mac OS 10.7 (Lion) or later.
2. INpower/2INpower *User Software*.
3. Bluetooth® Smart Stick inserted into a USB port. It is not necessary but will improve the quality of the connection.

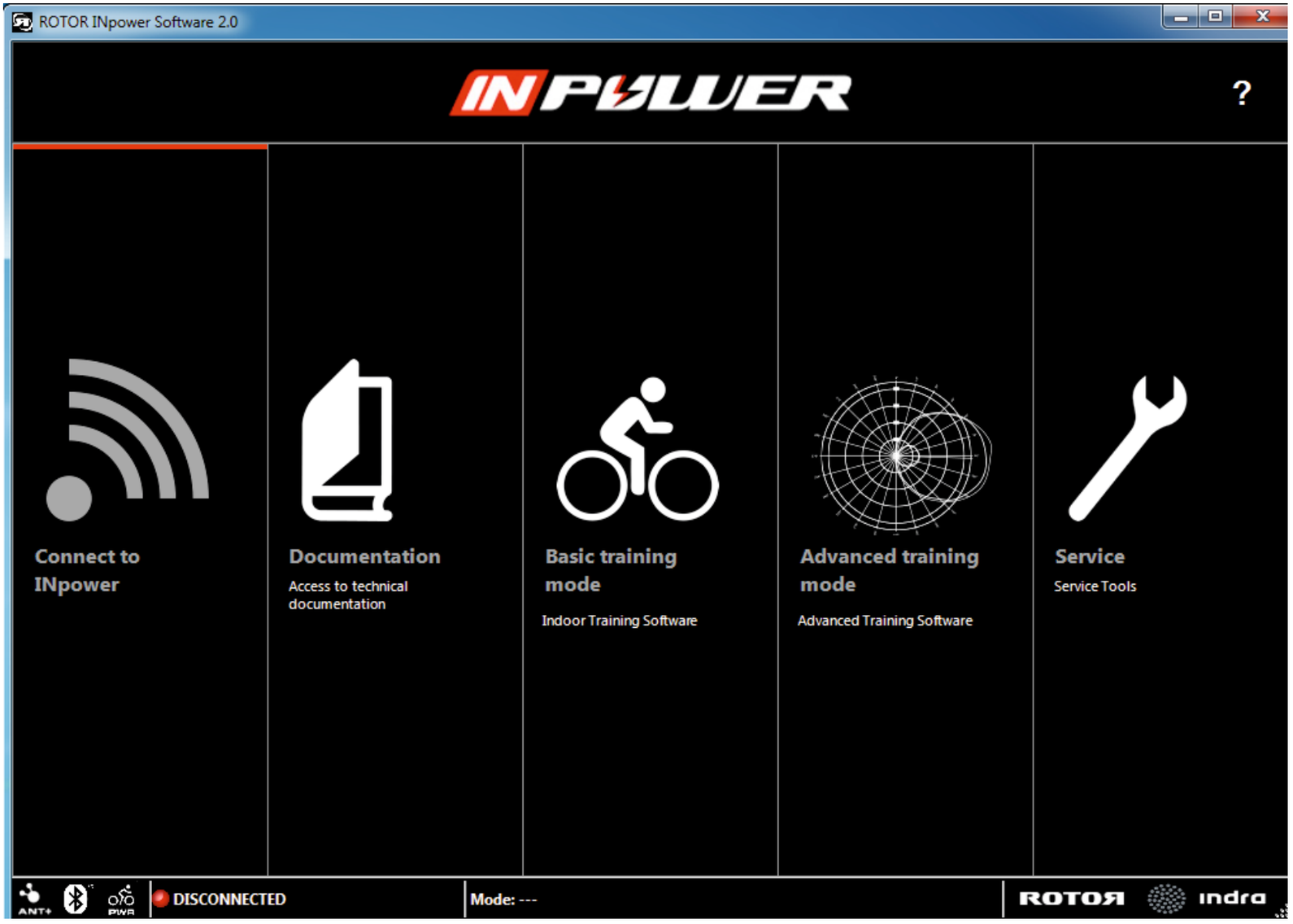
2. CONTENTS

1. Connect to INpower/2INpower
2. Basic training mode
3. Advanced training mode
4. Service
5. Documentation

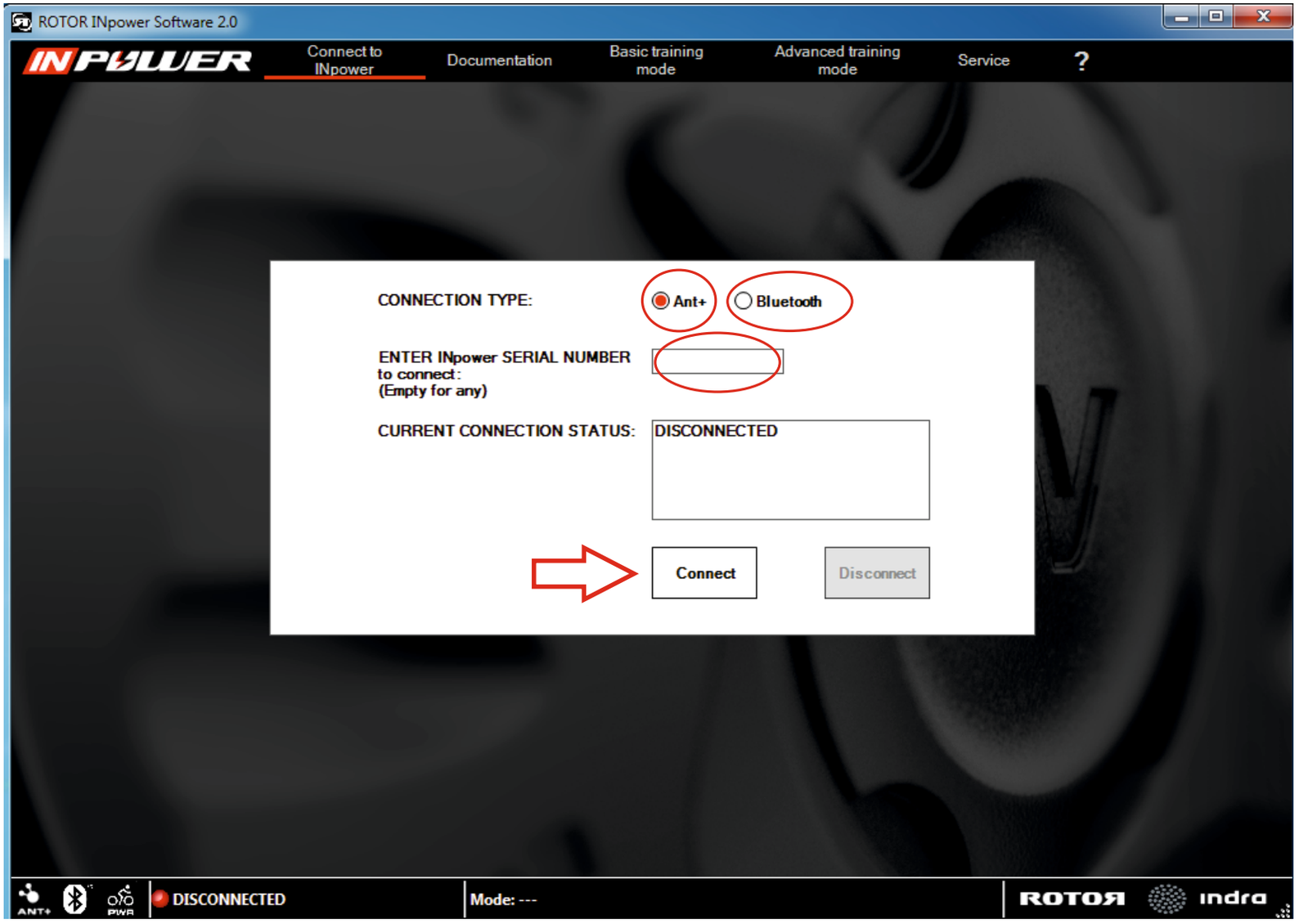


2.1. CONNECT TO INpower/2INpower

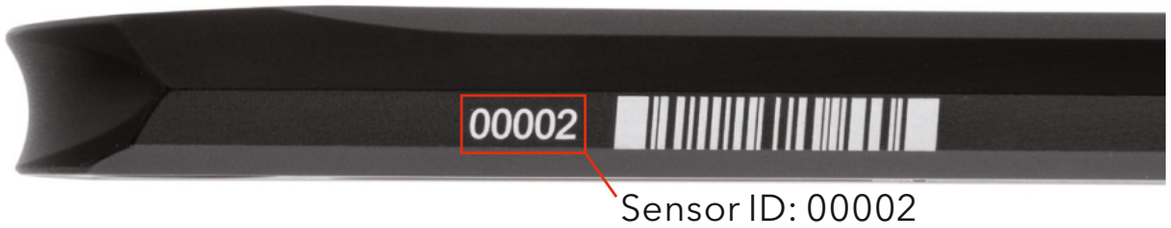
To connect the *User Software* with your INpower/2INpower, click “Connect to INpower”.



The following window will appear:

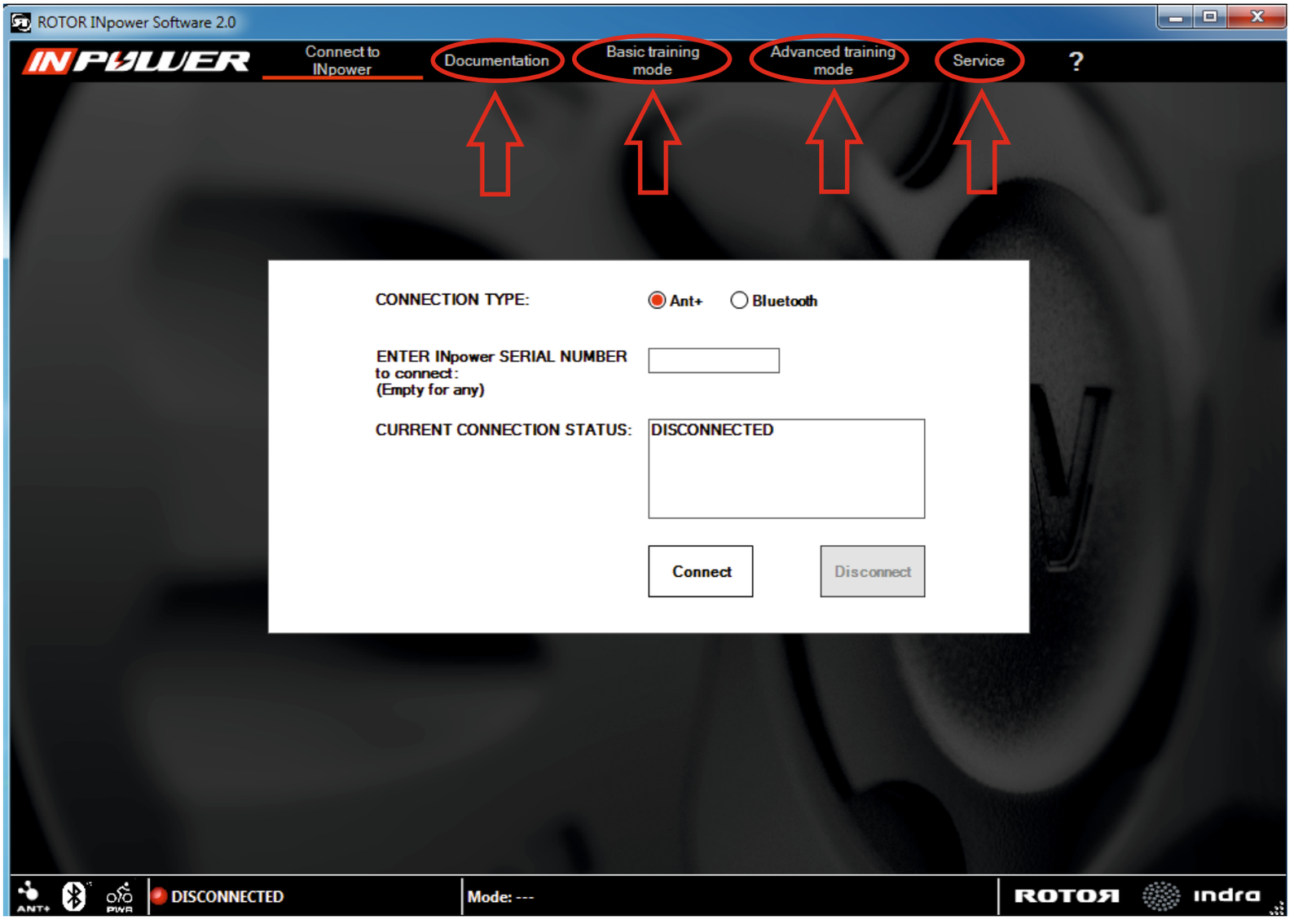


Select whether you want to connect your power meter by ANT+™ or Bluetooth® Smart. Enter the Sensor ID for your INpower/2INpower and press "Connect".
Note: you can find your Sensor ID on the side of your crank (image).



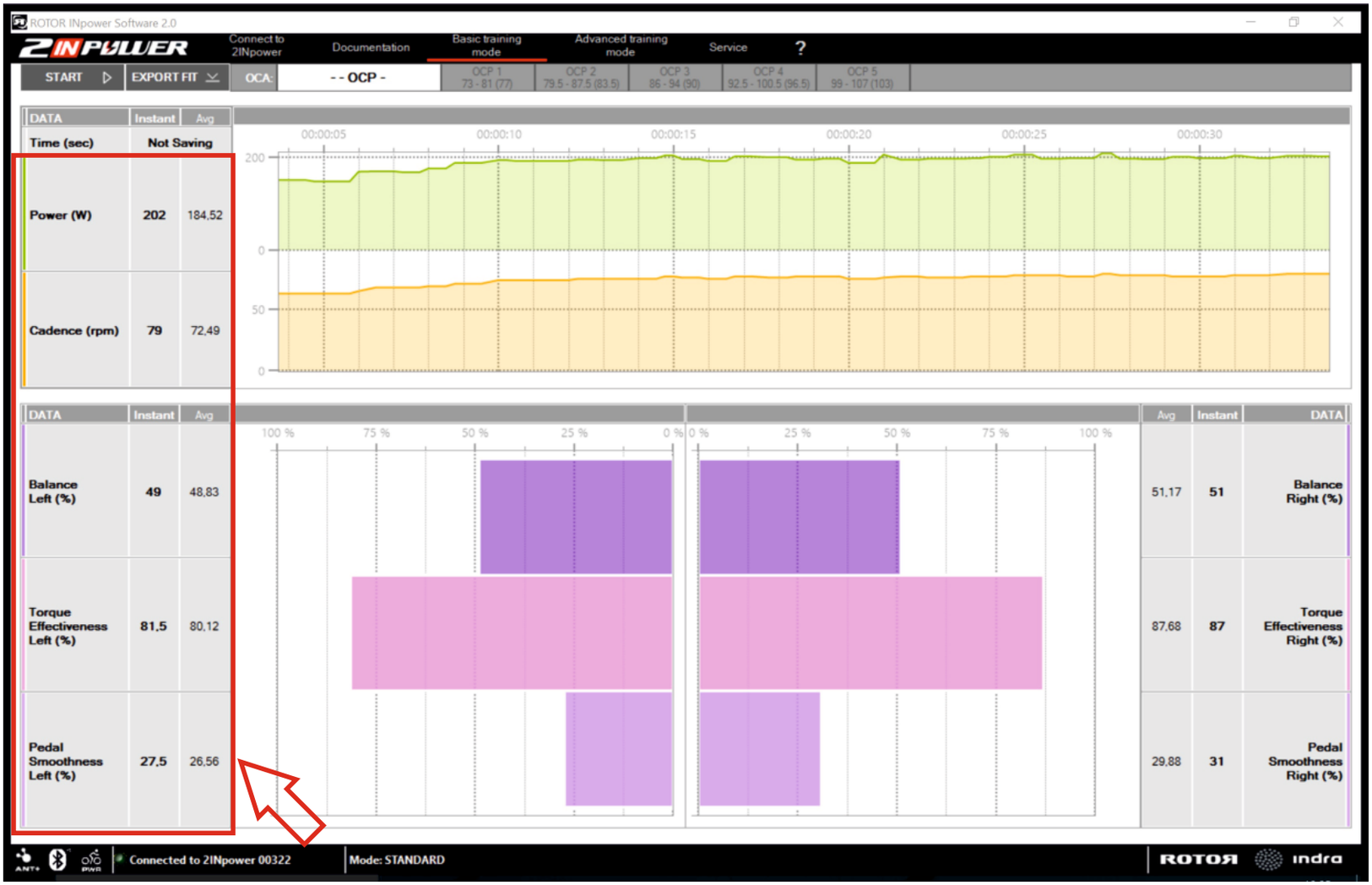
HOW TO NAVIGATE:

Once you have connected your INpower/2INpower, use the toolbar at the top to navigate the various contents.

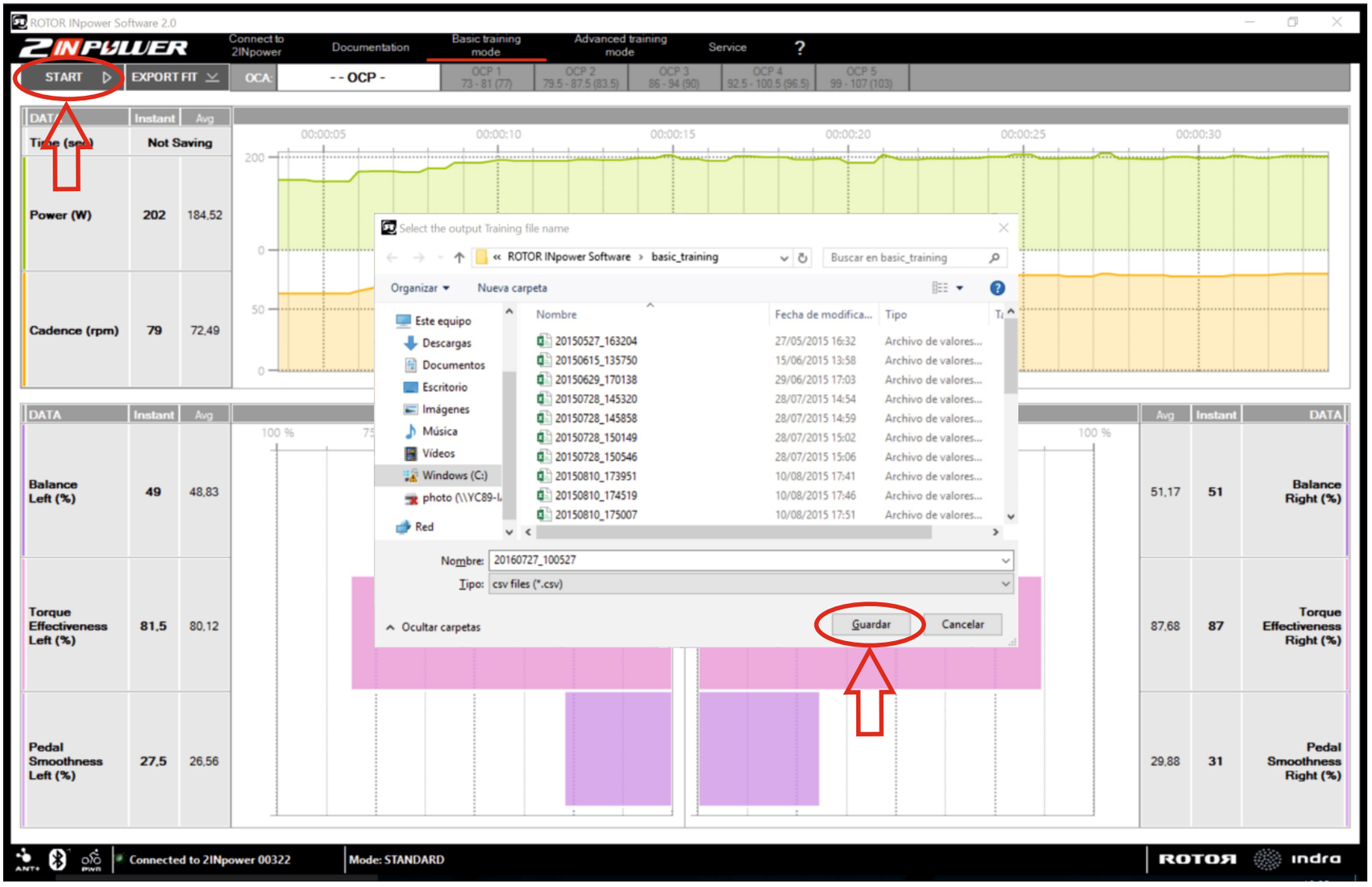


2.2. BASIC TRAINING MODE

The Basic training mode allows you to train while simultaneously viewing the power, cadence, left-right balance, torque effectiveness and pedal smoothness values, as well as the average cumulative numbers for those parameters.



To save the data from your training session, press the “START” button in the left top corner of the screen, and then select the folder where to save it (by default a folder named “basic_training” will appear in the same root folder where the *User Software* is located).



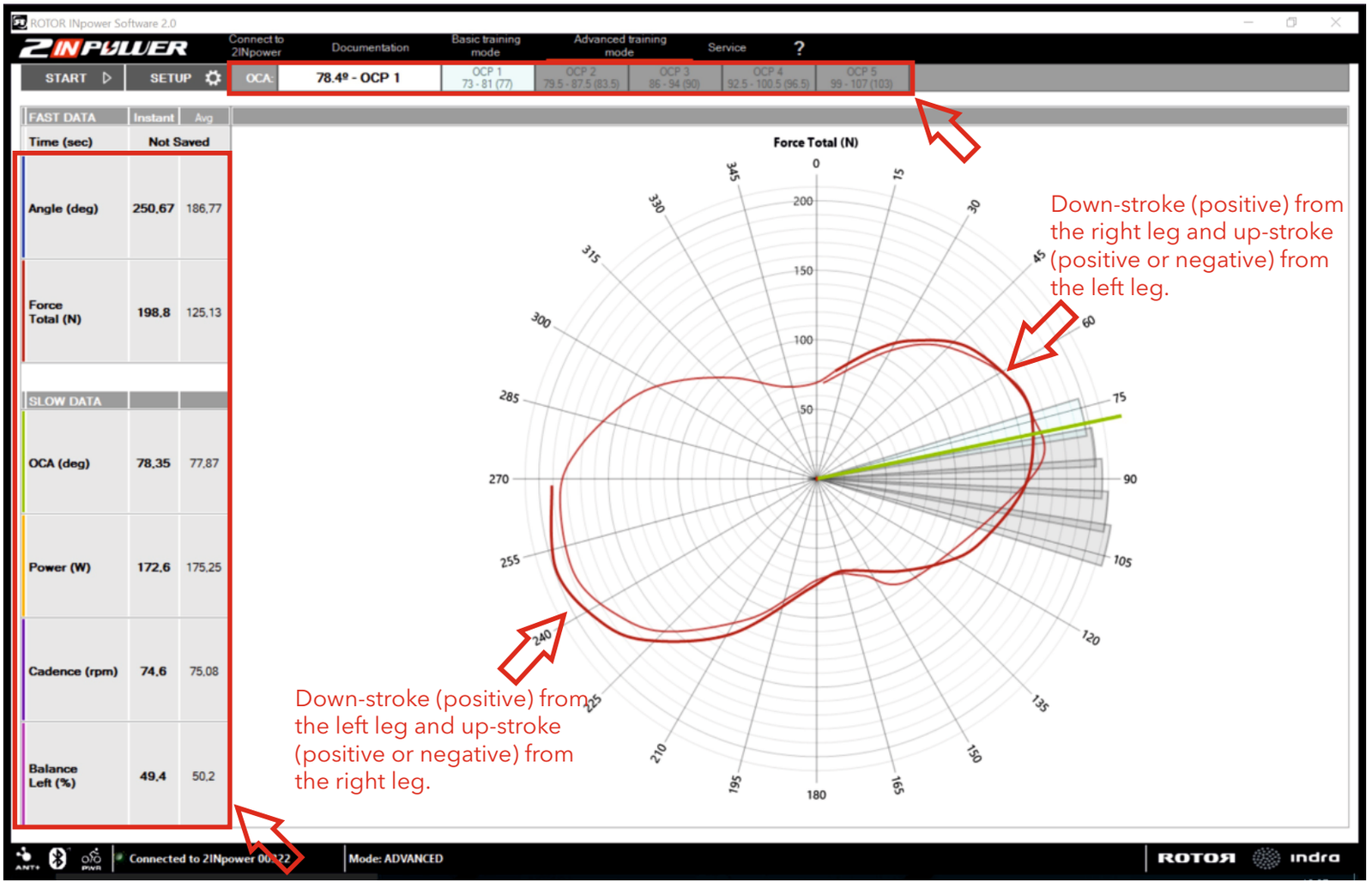
Once you have finished training, press the “STOP” button that will appear in place of the “START” button.

The file will be saved in .csv format. To export it to .fit format, press the “EXPORT FIT” button and choose the file you want to export.

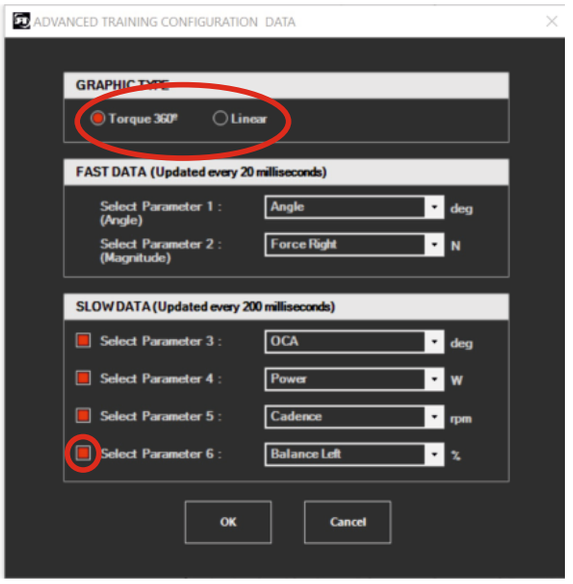
2.3. ADVANCED TRAINING MODE

The Advanced training mode allows two different configurations of the graph to be viewed during your indoor training session. The default graph is TORQUE 360, which represents your pedaling in real time. This graph shows how much force you are applying in each moment with each leg independently or with both at the same time. It also shows your most efficient pedaling angle.

The TORQUE 360 graph representing the combined pedal stroke for both legs is as follows:

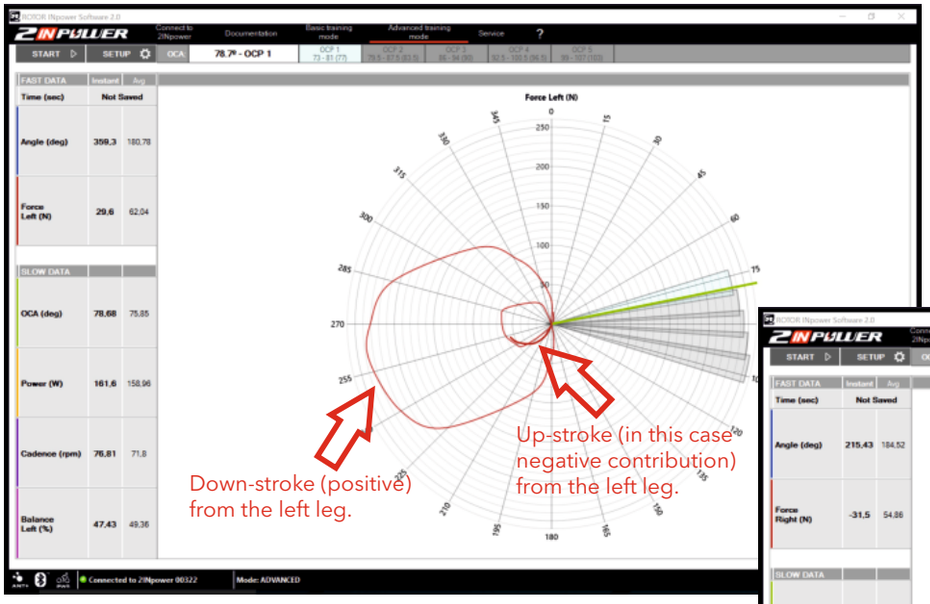


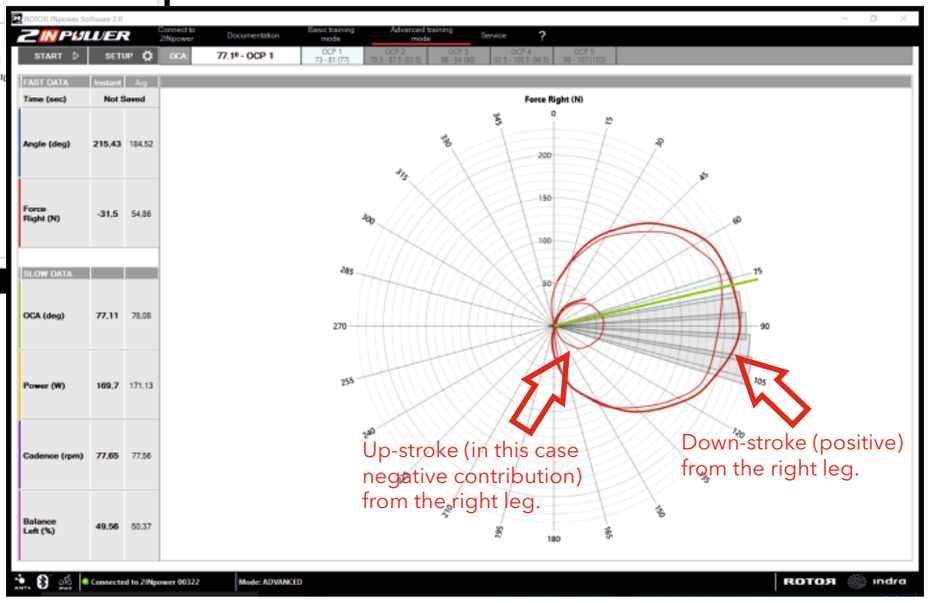
In order to change the graph configuration, press the “SETUP” button in the top left corner. The screen on the right will appear. Leave “Torque 360°” selected if you want to train with the graph explained previously or select “Linear” if you prefer to train with the graph with linear coordinates. In any case, there will be some preselected parameters that you will be able to change whenever you want.



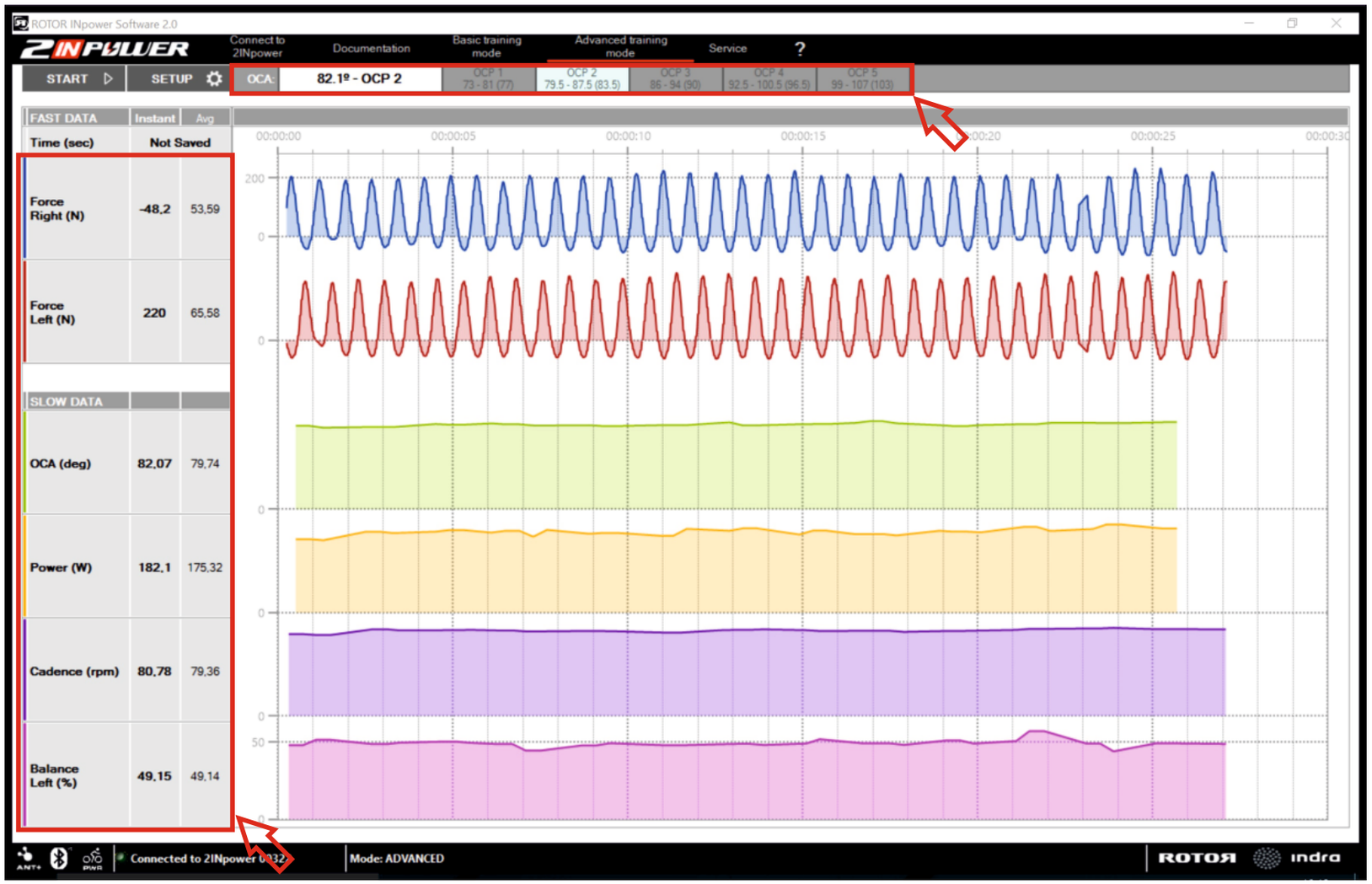
You can activate up to six parameters by using the dropdown menu to select them. From the first two parameters (“FAST DATA”), the software shows 50 data samplings per second, resulting in an accurate data representation. From the last four parameters (“SLOW DATA”) the software shows 5 data samplings per second.

An example of the TORQUE 360 graph for each leg indepentently would be the following:





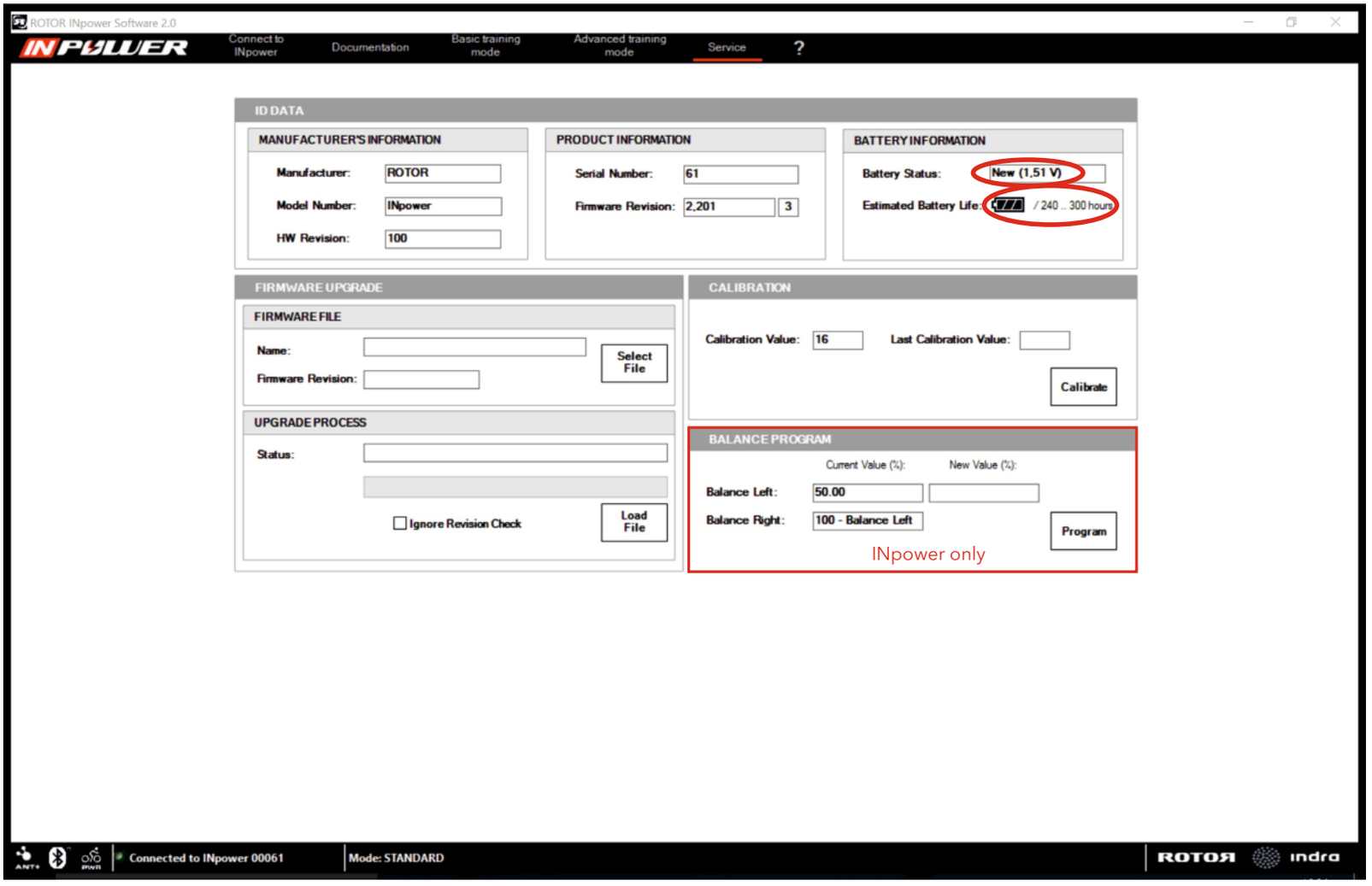
The linear graph configuration shows by default the following parameters:



Both in the TORQUE 360 graph and in the linear graph, the left column shows the actual and the average numbers of the selected parameters. Directly under the toolbar you will find information about the correlation between the most efficient angle of your pedal stroke (OCA: Optimum Chainring Angle) and the recommended OCP (Optimum Chainring Position).

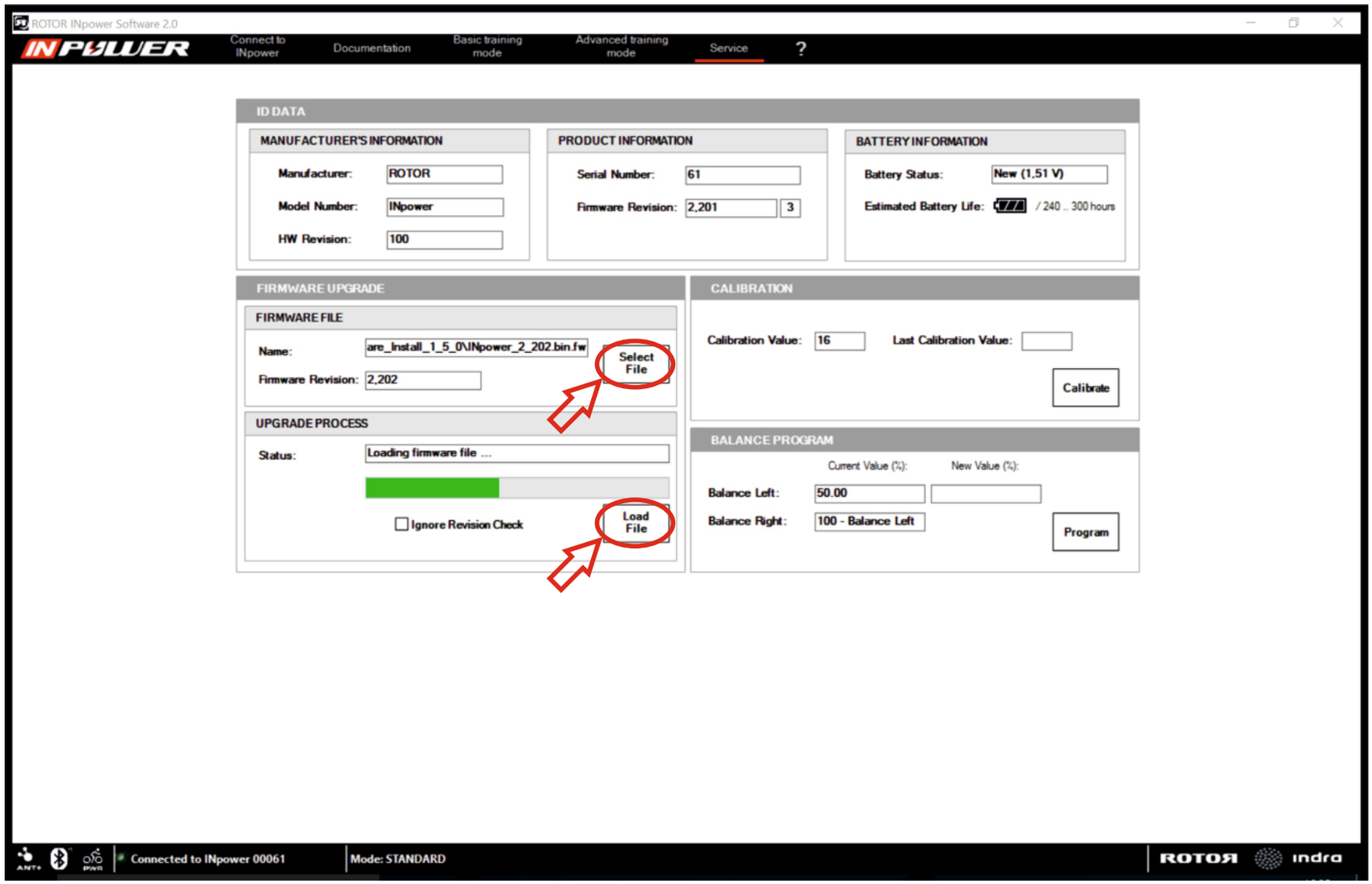
2.4. SERVICE

In this section you will find information about the current state of your power meter, together with the necessary tools to calibrate it, update the firmware and modify the balance.



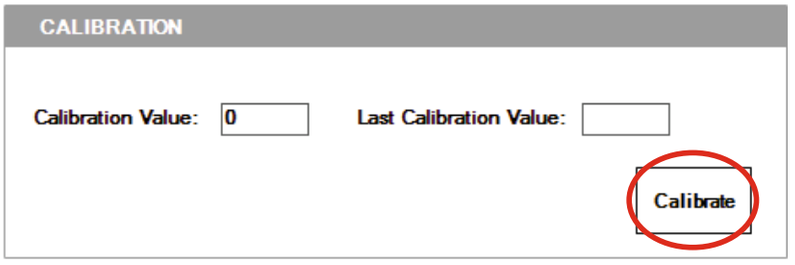
The “BATTERY INFORMATION” section has information about the battery’s remaining charge and its estimated remaining life.

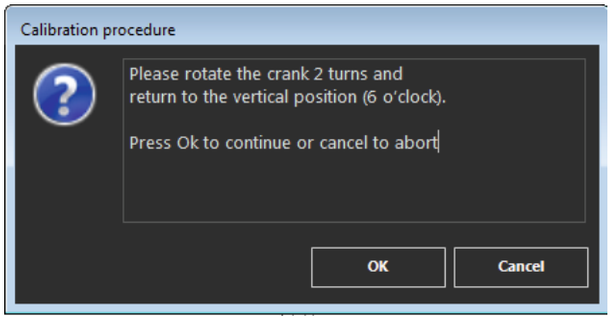
In the “PRODUCT INFORMATION” section, the crank’s serial number and its current firmware can be seen. Check the latest available firmware in the “Download” section of the website and update your firmware in case it is using an outdated version. To update it, you only have to press “Select File” and select the new firmware from the correct folder. Once it is selected, press “Load File” and the upgrade process will start.

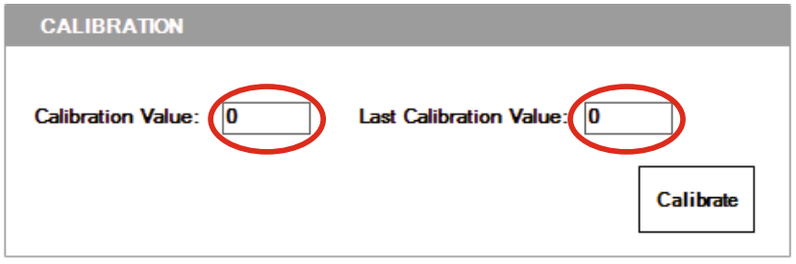


When the process has finished, a message saying “Firmware Loaded” will appear.
In case the upgrade process fails, please bring your INpower/2INpower closer to your computer to improve the transmission signal and try again.

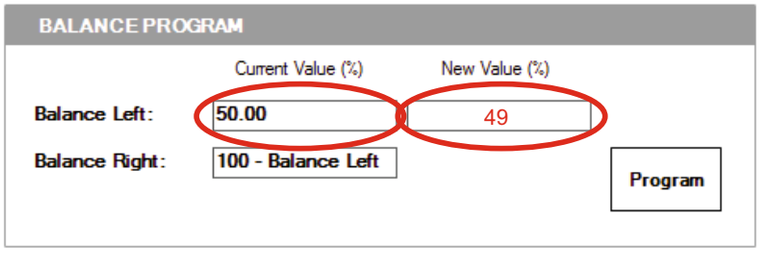
To calibrate your INpower/2INpower, go to the "CALIBRATION" section. Place your cranks in a vertical position with the left pedal facing down and press "Calibrate". You will see a message asking you to turn the cranks twice until they have been returned to the original position. When you finish, press "OK" and check to see that the "Last Calibration Value" has a similar value to that appearing with the name "Calibration Value". In the example below, the calibration number of reference is zero and the last calibration number is zero as well, so calibration is satisfactory.







For INpower only: the "SERVICE" section allows you to change the balance number for your legs in case you know it. By default INpower measures your left leg's power and multiplies it by two in order to obtain the total power. This is an absolutely accurate calculation if your balance is 50-50, that is, if both of your legs apply the same force to the pedals. If this is not the case and one leg is stronger than the other, the *User Software* allows you to introduce the balance value of your left leg in order to calculate a more accurate total power. The "Current Value" is the actual value at that moment. You can change that number by entering your left leg's value in the "New Value" square and pressing "Program".

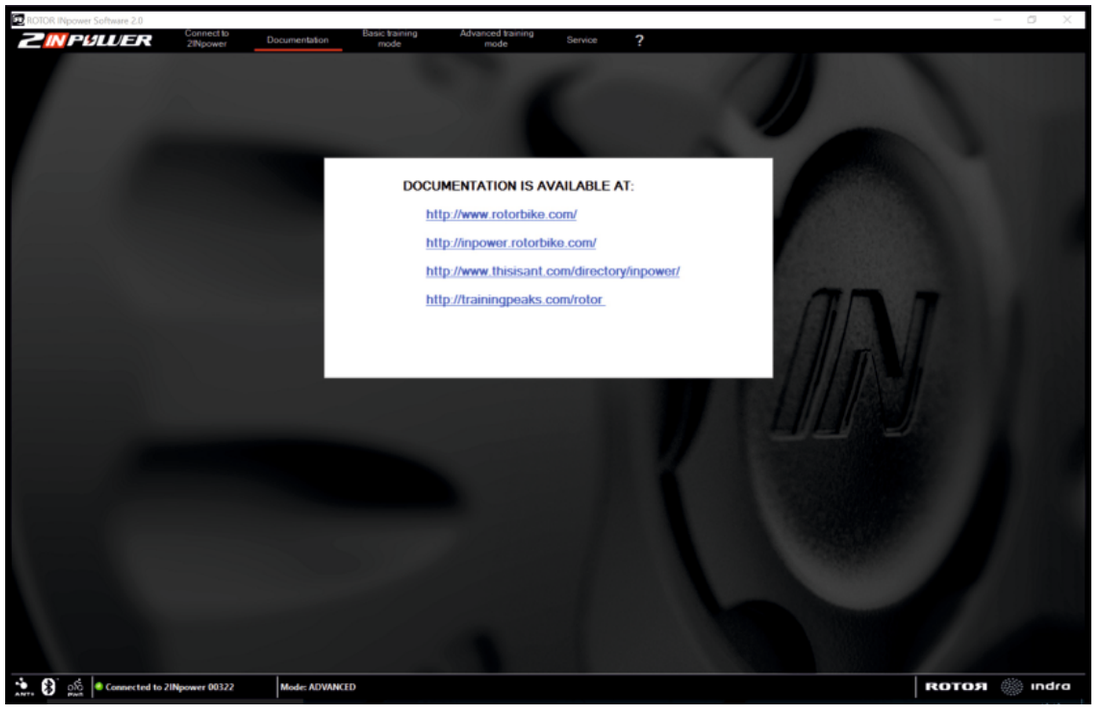


For example if your left-right balance is 49-51, you should introduce 49 in the "New Value" square and press "Program".

Note: 2INpower does not allow balance configuration as it measures force from the two legs independently and is able to calculate this value itself.

2.5. DOCUMENTATION

Here you will find the main web links to access technical information regarding ROTOR INpower/2INpower.



- http://www.rotorbike.com/
Official ROTOR website with technical information about every ROTOR product.
- http://inpower.rotorbike.com/
Exclusive website dedicated to ROTOR INpower/2INpower cranks.
- http://www.thisisant.com/directory/inpower
Specific ANT+™ website showing compatibility between different devices currently available.
- http://trainingpeaks.com/rotor
ROTOR has partnered with TrainingPeaks.com to offer you additional tools to analyze your power files.

This software is provided free of charge by ROTOR Bike Components. Software compatibility and/or proper functioning are not guaranteed on any computer or device.
ROTOR is not responsible for any computer failures related to this software.

For questions or queries, contact ROTOR technical service at:
techservice@rotorbike.com

Or visit our website for product descriptions and information:
www. rotorbike.com
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