Stages SIC1 Console User Guide

Table Context

Welcome to the user guide for the Stages® SIC1 Console. Within this guide, you will find information to help you configure the console, link compatible wireless devices, and on how to use the console's various ride modes and features.

Shortcuts:

- Stages Indoor Support: Support for all Stages Indoor products and software.
- Stages Indoor Power meter user guide: Installation, maintenance, calibration and firmware update instructions for the Stages Indoor Power meter.

ABOUT THE CONSOLE

Front
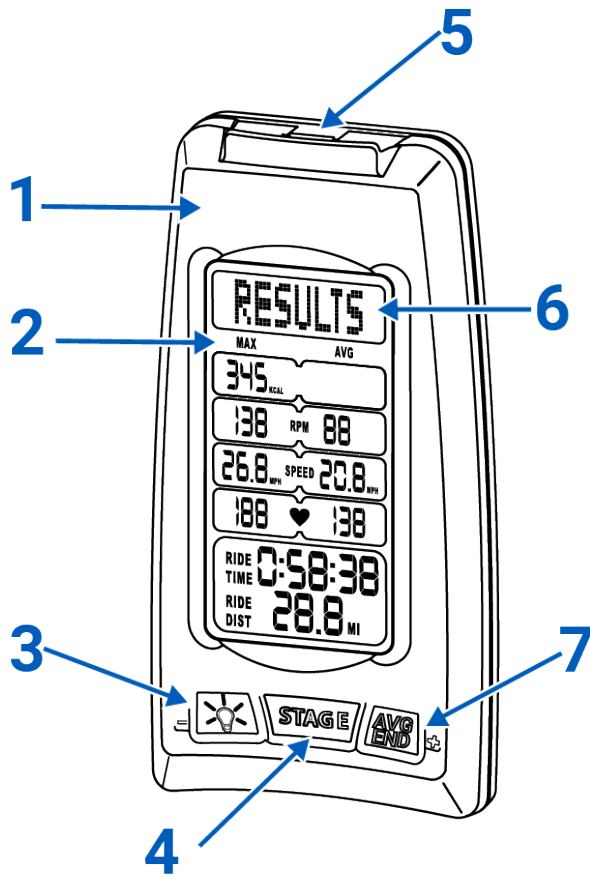
1	Console
2	Backlit LCD Display
3	Backlight/ – /Down
4	STAGE/Enter/Select
5	USB Port
6	LCD Message Banner
7	AVG/END/ + /Up

Rear
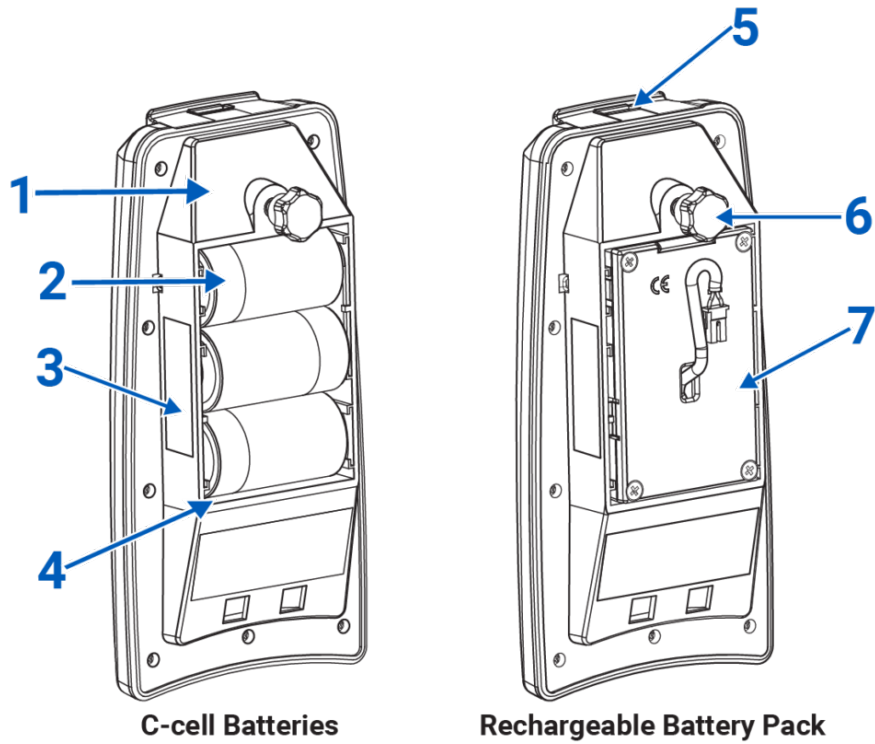
C-cell Batteries   Rechargeable Battery Pack

1	**Console**
2	**Batteries (C-cell)**
3	**Serial Number**
4	**Battery Compartment**
5	**USB Port**
6	**Battery Cover Screw**
7	**Rechargeable Battery Pack (not included)**

SAFETY INFORMATION

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on the product before using your console.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. If you have an implanted medical device, such as a pacemaker, consult your physician before using a heart rate sensor.
3. If you are taking medication regularly, consult your physician to find out if the medication will affect your exercise heart rate.
4. Use the console only as described in this manual.
5. It is the responsibility of the owner to ensure that all users of the console are adequately informed of all precautions.
6. Keep the console indoors, away from moisture and dust. Do not put the console in a garage or covered patio, or near water.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the console at all times.
9. To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.
10. Clean the console with a soft, damp cloth only. Do not use abrasives or solvents to clean the console.
11. When storing the console and/or the sensor, remove the batteries. Store the console and/or the sensor in a clean, dry location away from moisture and dust.
12. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

SPECIFICATIONS

Dimensions

Height: 3.1 in. (80 mm)

Length: 6.9 in. (175 mm)

Width: 3.3 in. (85 mm)

Weight with Batteries

1 lb. (2.2 kg)

Batteries Required

- Three (3) C batteries (LR14)
  - estimated 200-250hrs with backlight, 800-900hrs without.

– or –

- Rechargeable Battery Pack (not included)

Compatibility

- ANT+ and Bluetooth Smart wireless heart rate sensors
- Stages Indoor Power meters

Data Recording

- USB 2.0
- Bluetooth Smart Ready mobile devices (using compatible mobile apps)

This product is ANT+ certified and complies with the following specified ANT+ Device Profiles: www.thisisant.com/directory/

DEVICE CARE

IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.

Cleaning: Use a soft, damp, non-abrasive cloth to wipe the console clean. Do not use abrasives or solvents to clean the console.

REPLACING THE BATTERIES

IMPORTANT: Replace or recharge the batteries as soon as possible when the Low Battery warning appears. If you do not replace or recharge the batteries, the console may shut down or the power meter may stop transmitting data to the console. When the batteries for the console or the power meter need to be replaced or recharged, one of the following low battery warnings shown will appear in the message banner:

When the console battery is low, the banner will flash **CNSL** with a crossed out battery icon.
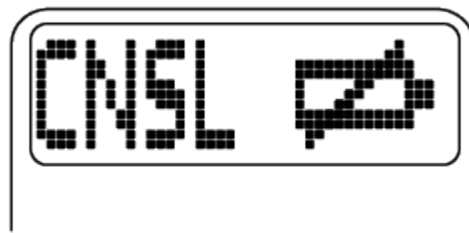
When the power meter battery is low, the console will display **PWR** with a crossed out battery icon. See the Power Meter's User Guide for instructions.
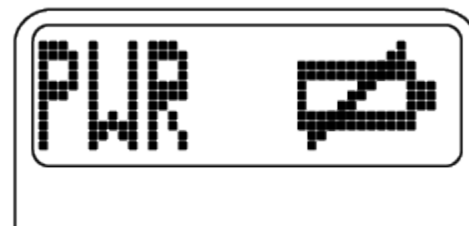
The console can use three standard alkaline C batteries, or a rechargeable battery pack (not included.)

The console and the power meter can also use C NiMH (nickel-metal hydride) rechargeable batteries. These batteries have a longer battery life for each charge compared to standard alkaline batteries and can be charged up to 500 times. These rechargeable batteries are a good option for

high-use environments, such as fitness clubs. Make sure to use low-discharge rechargeable batteries that have at least a 2500mAh capacity.

To replace the console batteries:

1. Remove the console from the battery cover and insert the batteries into the battery compartment.

2. Make sure to orient the batteries as shown by the diagram inside the battery compartment.

3. Reattach the console to the battery cover.

GETTING STARTED

In order to get started using the SIC1 Console, you'll need to pair the console to a power meter to gather any ride data (see Power Meter Pairing for instructions on how to pair your devices). You should also get acquainted with the console's buttons, display features, and settings.

Before activating the console, make sure it is properly installed on the bike. For help installing the console, reference the installation guide.

Ride data can be recorded onto a USB drive or onto a connected mobile device. To save via USB, enable the USB Port. To record with a mobile device, use your device's Bluetooth LE connection to pair to compatible fitness apps (see Mobile Devices for further instructions).

ACTIVATING THE CONSOLE

To activate the console: Press any button on the console to activate the console. The displays will then light up and the console will be ready for use.

IMPORTANT: If the console has been exposed to cold temperatures, allow it to warm to room temperature before installing batteries and activating the console. If you do not do this, you may damage the console displays or other electrical components.

To turn the console off: The console will go into SLEEP mode and no data will be shown in the displays after a period of inactivity. The length of time before the console goes into SLEEP Mode depends on what mode it is in when activity is ceased. For more information, see [SLEEP mode](#).

SETUP

To set up the console:

1. Activate the console by pressing any button.

2. Upon start up, insert a USB drive into the USB port if desired.
The display will prompt you to insert a USB drive into the USB port on the console.
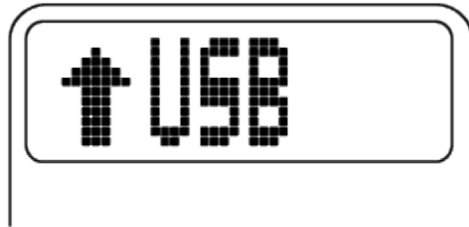
If you insert a USB drive into the USB port, your ride data will be saved to the USB drive in the RESULTS mode. If the console detects a USB drive, a check mark will appear in the display.
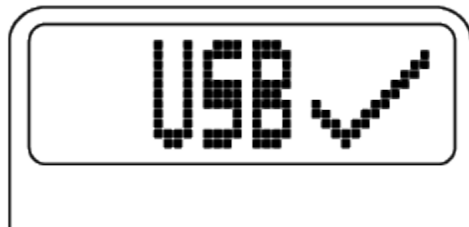
If the console does not detect a USB drive, a cross-out symbol will appear in the display.
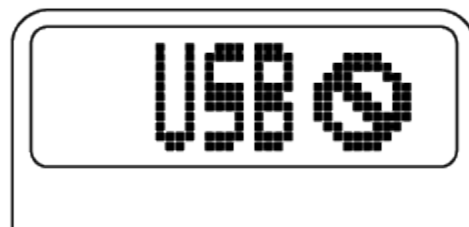
Note: If desired, you can disable the USB port.

3. To exit STARTUP mode:

Press the **STAGE** button to exit STARTUP mode and enter WARM UP mode.

The console will automatically exit STARTUP mode and enter WARM UP mode in the following conditions:

The console will enter WARM UP mode after 10 seconds if no buttons are pressed and the pedals move at a pedaling cadence greater than 20 RPM.
The console will enter WARM UP mode immediately if the pedals move at a pedaling cadence greater than 60 RPM.

CONSOLE FEATURES

Over molded Console Cover

To prevent moisture from entering the console, the entire upper surface of the console, including the buttons, is over molded in a thin rubber membrane. This surface can be easily cleaned with a soft, damp, nonabrasive cloth.

Backlit LCD Display

The console has a backlit LCD display, which features fixed data fields displaying ride data and an active dot matrix banner. During a ride, the message banner displays useful text messages relating to the other ride data. The message banner also functions as a menu in the SETTINGS mode.

Heart Rate Sensor Compatible

The console is compatible with many popular heart rate sensors that utilize either ANT+™ or Bluetooth® Smart wireless technology. The console will link to the strongest heart rate sensor signal in a range of approximately 2 to 3 meters.

Note: A heart rate sensor is not included with the console.

USB Data Storage

The console has a USB port that can be used with commercially-available USB drives. The ride data for each stage and the total results can be saved to a USB drive in both .csv and .fit file format, which will allow users to track and analyze their ride data. These file formats can also be uploaded to many training websites.

DISPLAY FEATURES
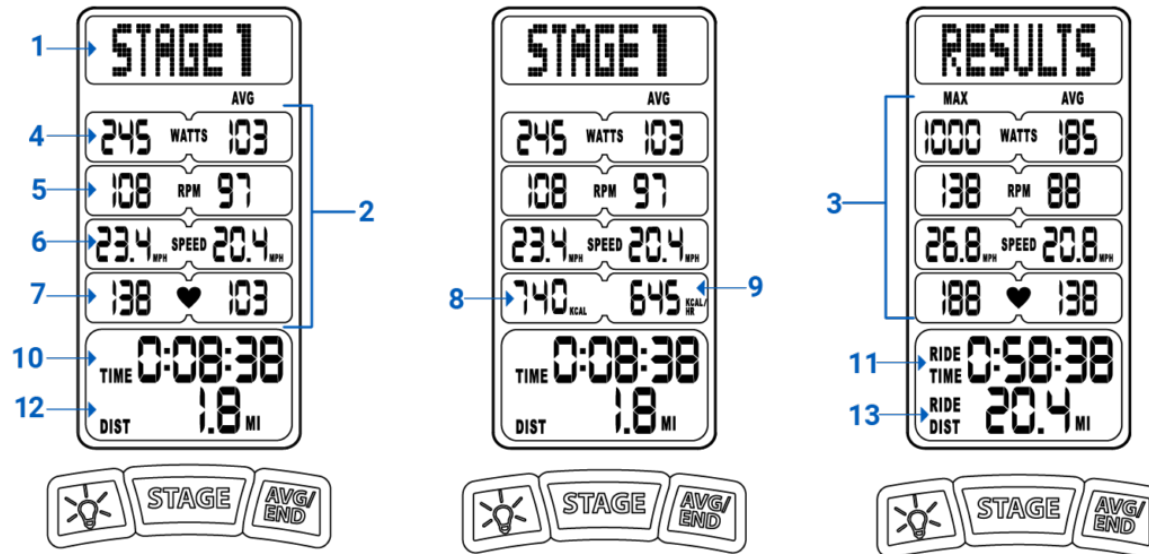
1	**Message Banner**	Displays text messages indicating the current mode or menu option. Examples: WARM UP, STAGE #, STAGE AVG, RESULTS, RIDE.
2	**AVG**	Displays the average values for the current stage or the entire ride.
3	**MAX**	In the RESULTS mode and the RIDE mode, displays the maximum values.
4	**WATTS**	Displays power output in watts—instantaneous, average, and maximum.
5	**RPM**	Displays pedaling cadence in revolutions per minute (RPM)—instantaneous, average, and maximum.
6	**SPEED**	Displays calculated speed in miles per hour (MPH) or kilometers per hour (KMH)—instantaneous, average, and maximum.
7	**Heart Rate (heart symbol*)**	If the user wears a compatible heart rate sensor (not included), displays the heart rate—instantaneous, average, and maximum. *Heart rate symbol flashes when connected to sensor.
8	**KCAL****	**This display is only active when a heart rate sensor is NOT connected. If the KCAL toggle is set to "ON," KCAL and heart rate will toggle every 5 seconds.
9	**KCAL/HR****	Displays the average kilocalories per hour.
10	**TIME**	Displays the elapsed time for the stage.
11	**RIDE TIME**	Displays the elapsed time for the entire ride.
12	**DIST**	Displays the distance traveled in miles (MI) or kilometers (KM) for the stage.
13	**RIDE DIST**	Displays the distance traveled in miles (MI) or kilometers (KM) for the entire ride. KCAL displays the cumulative kilocalories (KCAL) value during the ride.

USING THE BACKLIGHT

Press the **BACKLIGHT** button to turn the backlight on. To change the backlight duration, see [backlight settings](#).

DISPLAY DEFINITIONS

Warm Up

The console has a WARM UP mode designed to allow a user to adjust the exercise bike, warm up, and prepare for an actual ride. In a studio cycling class, users can use this mode to warm up before the class begins.

While the WARM UP mode is active, the console will provide instantaneous data in the left displays for a user to reference. In this mode, however, the console will not record the elapsed time, show average values, or save ride data to a USB drive.

To exit WARM UP mode, press the **STAGE** button to enter STAGE mode and begin the ride.

Stage

During the ride, the console will be in STAGE mode.

The STAGE mode can have 1 to 99 numbered stages. To enter a new stage, a user will press the **STAGE** button. The message banner will show the STAGE number.

For each stage, the console will record the elapsed time and distance, show instantaneous data in the left displays, and show average values in the right displays.

Ride data for each stage will also be saved in the console memory for the RESULTS mode. If a user inserts a USB drive into the USB port during STARTUP Mode, the ride data will also be saved to the USB drive in the RESULTS mode.

Ride

During the ride, a user can press the **AVG/END** button to select the RIDE mode and view data for the entire ride.

While the RIDE mode is selected, the console will show the time and distance for the entire ride. The left displays will show the maximum values achieved for the ride so far and the right displays will show the average values for the ride so far.

Watts

The console will measure and show a user's power output in WATTS. A watt is an instantaneous measurement of power and is a product of two factors: force and movement.

When a user rides an exercise bike, force equates to how hard the user pushes the pedals. Movement equates to the user's pedaling cadence—measured in revolutions per minute (RPM).

A watt is the international standard unit for power. However, power output is often expressed in horsepower, where 746 watts is equal to 1 horsepower.

RPM (Revolutions per Minute)

The console will measure and show the user's pedaling cadence in revolutions per minute (RPM). A user's pedaling cadence is the number of times the user's foot travels a complete rotation (360-degree circle or revolution) in one minute.

Heart Rate

If a user wears a compatible heart rate sensor (not included), the console will measure and show a user's heart rate in beats per minute (BPM). When the console detects a signal from the user's heart rate sensor, the heart symbol in the display will flash and the user's heart rate will be shown.

Speed

The console will measure and show the user's estimated speed in miles per hour (MPH) or kilometers per hour (KMH).
Note: The unit of measurement can be changed in the Display Settings.

The console will calculate speed using a formula based on the amount of power required by an average-sized cyclist to increase pedaling speed while traveling on a flat surface in calm winds.

When a cyclist rides a bicycle outdoors, the wind resistance the cyclist encounters increases exponentially. Thus, it requires more power output (watts) for a cyclist to increase speed from 20 miles per hour to 30 miles per hour than it does for a cyclist to increase speed from 10 miles per hour to 20 miles per hour.

The speed value calculated by the console is based directly on the amount of power produced by the user. This speed value is more realistic and consistent than the speed value produced by other consoles. Other consoles calculate a user's speed based simply on the rotational speed of the flywheel on the exercise bike.

Distance

The console will measure and show the distance traveled in miles (MI) or kilometers (KM).
Note: The unit of measurement can be changed in the Display Settings.

The console will calculate the distance traveled based on the user's average speed for a given amount of time.

The speed value used to produce the distance value is based directly on the amount of power produced by the user (see SPEED above). Thus, the console will produce a realistic distance value that will allow the user to compare the distances traveled on rides of similar duration.

KJ (Kilojoules)

The console will measure and show the amount of work a user has accomplished during a ride in kilojoules (KJ). The console will show the kilojoules value in banner display.

The kilojoules value is a direct measurement that can be converted into a food energy equivalent (kilocalories). However, the formula for this conversion makes assumptions about the mechanical efficiency of the human body.

A kilojoule is equal to 1000 joules. In turn, 1 joule is equal to 1 watt applied for 1 second.

KCAL (Kilocalories)

The console will measure and show the approximate amount of food energy used by a user's body in kilocalories (KCAL). Kilocalories are also known as large calories or Calories. In nutritional contexts, kilocalories are known as Calories.

A kilocalorie is equal to 1000 small calories. Small calories are also known as gram calories. Small calories are very small units and are not used in nutritional contexts.

The console will use the following formula to convert the kilojoules value to the kilocalories value:

First, the kilojoules value is converted to the kilocalories equivalent (4.186 kilojoules = 1 kilocalorie). Then, this value is divided by the standard assumption of human mechanical efficiency (22 percent). The result is the approximate amount of food energy used.

POWER METER PAIRING

IMPORTANT: The console must be paired to a power meter. The console cannot pair to more than one power meter at a time.

To pair the console:
Pairing allows the console to communicate with a power meter mounted to the exercise bike. The pairing process uses ANT+ and Bluetooth Smart wireless technology to link the console to the power meter, with Bluetooth as the priority connection.

IMPORTANT: It is strongly recommended that each exercise bike in a fitness club be numbered for easy identification. To communicate properly, a paired console and power meter must be mounted to the same exercise bike. To make sure that the correct console stays with the correct power meter and exercise bike, you can assign an identification number to the console (see Bike Numbers).

1. Make sure that fresh batteries are installed in the console and the power meter.
See Replacing the Batteries.

2. Locate the unique ANT+ number on the power meter.
The ANT+ ID number is located in three places on the power meter (below, right), and inside the battery cover as well (below, left).

ANT+ ID #

ANT+ ID #

ANT+ ID #

ANT+ ID #
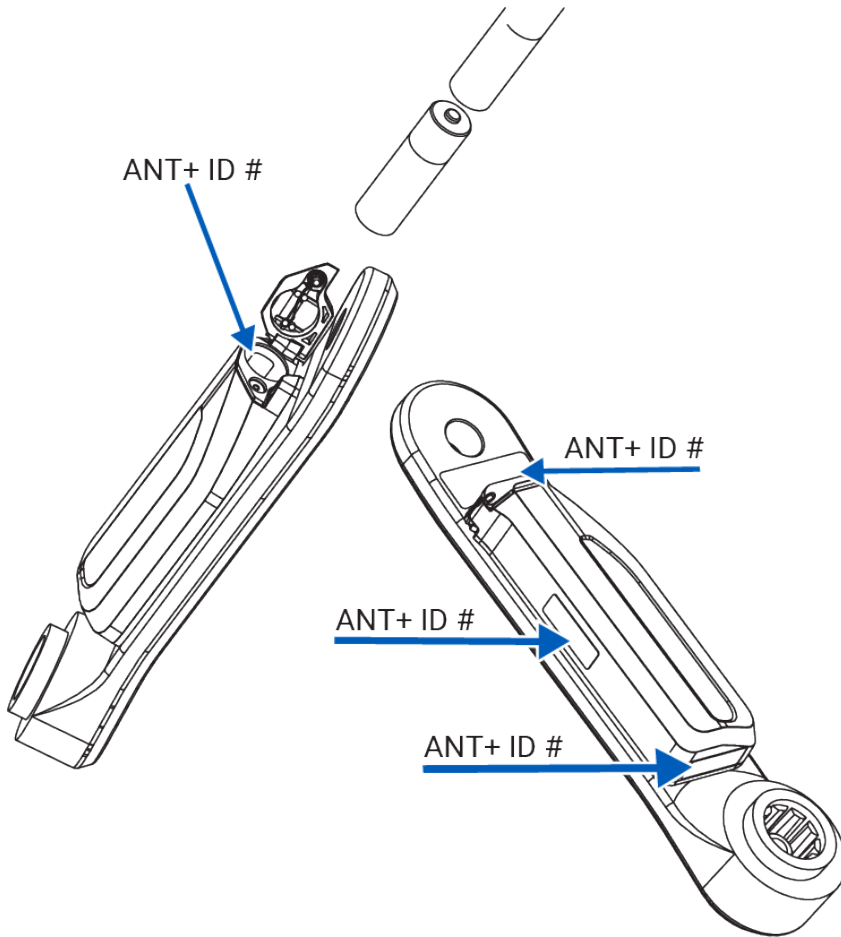
3. Activate the console by pressing any button, then access the menu by holding down **BACKLIGHT** and **AVG/END** buttons for 5 seconds. From the settings menu, select PAIRING. (See System Settings for how to access the SETTINGS Mode.)

4. View power sensor ANT+ ID number: When PAIRING is displayed on the message banner, press the **STAGE** button. The ANT+ ID number associated with the console will appear at the bottom of the screen.
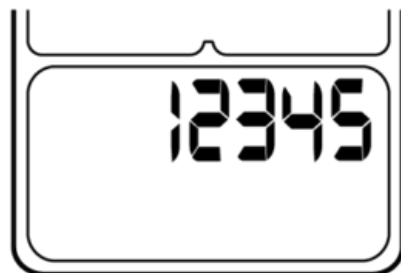

IMPORTANT: This number must match the ANT+ ID number on the power meter.

5. Begin the pairing process: Press the **STAGE** button.

ENTER ANT will appear on the message banner. Press the **STAGE** button. Five digits will appear on the message banner.

6. Enter ANT+ ID number located on the power meter. Use the **BACKLIGHT** button to select the number. The number will increase from 0-9 and return to 0. Use the **AVG/END** button to move to the next digit.
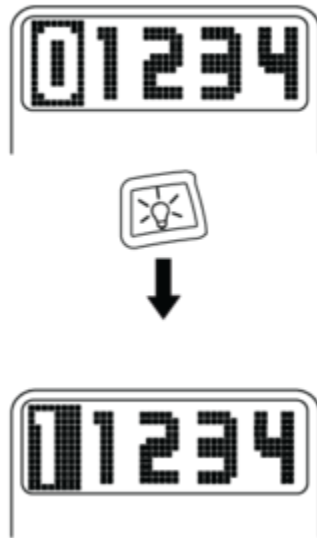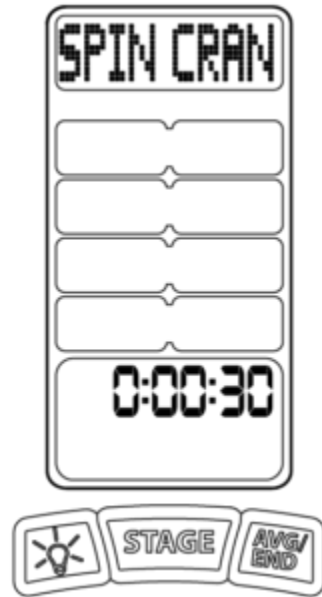

The highlight will move from left to right and return to the first digit.

7. Pairing the Console: When the number matches the ANT+ ID number on the power meter, press the **STAGE** button to begin pairing. Spin the power meter on the bike. This will wake the

power meter and allow the console to link to it.
The console will search for the power meter for 30 seconds.

8. Complete the pairing process. If the pairing process is successful, the word PAIRED will appear in the message banner.

After several seconds ZERO RESET will appear. (See Zero Reset Calibration.)

If the pairing process fails, the word FAILED will appear in the message banner. Go to step 10.

9. Pairing to a power meter without an ANT+ ID label: If an ANT+ ID label is not present on the power meter, it is still possible to pair it to a console.
Repeat Steps 6-8, and enter all zeros as the ANT+ ID number.

IMPORTANT: The console will attempt to pair to any power meter that is awake and transmitting. Ensure that all other power meters within a close range are not awake and transmitting. If the zero reset process is successful, verify that the correct power meter is paired by riding the bike in the WARM UP mode and pedaling the power meter above 20 RPM. If the power meter is paired, a cadence and power should appear on the console.

10. Troubleshoot the pairing process if necessary.

If the pairing process fails, follow these steps:

      a. Make sure that fresh batteries are installed in the sensor.
      b. Spin the power meter or shake it if it is not assembled on the bike to make sure it is awake.
      c. Place the power meter next to the console, so that they are side by side.
      d. Make sure that no other ANT+ devices in the area are active. Pair only one console and one power meter at a time.
      e. Return to steps 3 to 6 and repeat the pairing process.

ZERO RESET CALIBRATION

Zero reset (zero offset) calibration is an important feature that resets the zero offset value for the power meter sensors. There are physical and environmental conditions that may affect the zero offset value and there are methods both manual and automatic that will adjust this value to accommodate for the changing physical and environmental condition.

The zero offset of the power meter is essentially the sensor reading or values measured when the power meter has no pedaling load (torque) applied. The act of calibrating the zero offset causes the power meter to measure the value at zero load and then records this value as the baseline for power measurement. Loads applied while pedaling will then be measured as torque and used by the sensor to determine power in Watts.

The zero offset value can be affected by the installation of the crank arm and the tightening of the securing hardware. The torque applied to the securing hardware can impart some strain into the crank material that is easily accounted for by manually calibrating the zero offset.

Any time the power meter is removed from the bike and reinstalled the zero offset should be calibrated.

PERFORMING A ZERO RESET

1. Activate the console by pressing any button and go to the [Settings menu](#).

2. Select Zero Reset. To Select ZERO RESET, press and hold both
the **BACKLIGHT** and **AVG/END** buttons for 5 seconds. ZERO RESET will appear on the message banner.

Note: In pairing mode, once a power meter is successfully paired with the console, the console will navigate directly to this menu option.

3. Position Power Meter.

IMPORTANT: Zero reset should only be performed when the power meter is installed on the bike.

> a. Rotate the power meter at least one revolution to ensure that it is awake and ready to communicate.
>
> b. Position the power meter vertically (6 o'clock), and ensure that there is no load on the pedals and the bike is stable.
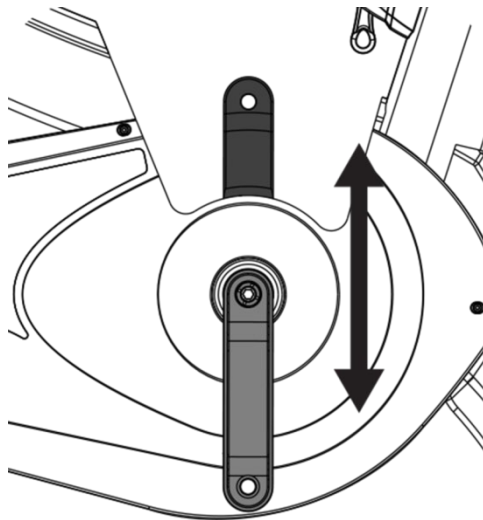
Note: If the power meter is moving or is not positioned vertically the zero reset will fail.

4. Perform Zero Reset by pressing the **STAGE** button. The console will countdown for 60 seconds or until it successfully performs the zero reset.

5. Complete the zero reset process. If the zero reset is successful, the word SUCCESS will appear in the message banner along with a random number below it. The console will then return to the STARTUP mode.

Note: The displayed zero reset value will NOT be zero but rather a number that corresponds to the measurement taken by the sensor. If the zero reset fails, the word FAILED, will appear in the message banner. Go to step 6.

6. Troubleshooting the zero reset process if necessary.
If the zero reset fails, follow these steps:

     a. Make sure that fresh batteries are installed in the power meter.

     b. Make sure that the console is paired to the power meter. (See Power Meter Pairing.)

     c. Make sure that the power meter is in the vertical position (6 o'clock).

     d. Repeat zero reset process beginning at step 1.

     e. See the Power Meter User Guide or contact customer support.

7. Use the shortcut zero reset process if desired. Follow the steps below to quickly zero reset the power meter without having to enter the setup mode.

     a. Rotate the power meter at least one revolution to ensure that it is awake and ready to communicate.

b. Position the power meter vertically (6 o'clock), and ensure that there is no load on the pedals and the bike is stable.

c. Activate the console by pressing any button.

d. Press the **STAGE** button to enter the WARM UP mode.

e. Press and hold the **BACKLIGHT** button for 3 seconds.

Note: The zero reset process will begin immediately. Ensure that steps (a) and (b) have been completed.

f. Return to step 5.

RECORDING RIDE DATA

Ride data from the console can be recorded onto a USB drive or onto a connected mobile device to allow riders to track their fitness data over time.

To save via USB, insert a USB drive during STARTUP mode (see USB Port to enable the port).

To record with a mobile device, use your device's Bluetooth LE connection to pair to compatible fitness apps (see Mobile Devices for further instructions)

CONSOLE SETTINGS

To select the SETTINGS mode, press and hold the **BACKLIGHT** and **AVG/END** buttons for 5 seconds. The Settings menu will appear in the message banner.
To exit SETTINGS mode, press the **AVG/END** button until the word BACK appears in the message banner. Then, press the **STAGE** button. The console will exit SETTINGS mode.

You can use the console buttons to navigate through the menus and change console settings.

The menu options will appear in the message banner.

- Press the **STAGE** button to select a menu option or enter a setting.
- Press the **BACKLIGHT** button to move to the previous menu option.
- Press the **AVG/END** button to move to the next menu option.

The settings menu contains the following menu options:

PAIRING—Select this menu option to pair the console to a power meter.

DISPLAY—Select this menu option to select your preferred units of measurement for the console, change the backlight duration, and adjust the contrast level of the displays.

SYSTEM—Select this menu option to enable or disable the AUTO PAUSE mode, to enable or disable the USB port, to view information about console usage, and to manage the console firmware.

BIKE #—Select this menu option to assign an identification number to the console.

Note: This will ensure that the console remains attached to the correct exercise bike and paired power sensor.

BACK—Select this menu option to exit the settings menu. To exit a menu or to exit the SETTINGS mode, select the BACK menu option repeatedly.

DISPLAY SETTINGS

To change the Display settings:

1. Activate the console by pressing any button.
2. Press and hold the **BACKLIGHT** and **AVG/END** buttons for 5 seconds to access the SETTINGS mode.
3. From the Settings menu, select the DISPLAY menu option.
4. The DISPLAY menu will appear in the message banner. From here, you may customize the options for the console display.

UNITS

Select the UNITS menu option and change the unit of measurement if desired. The console can display speed and distance in miles (ENGLISH) or kilometers (METRIC).

The currently selected unit of measurement will be displayed with a dark background. Select the desired ENGLISH or METRIC unit of measurement.
Select BACK to return to the display menu.

KCAL TOGGLE

Select the KCAL TOGGLE menu option to change the KCAL/heart rate toggle option if desired.
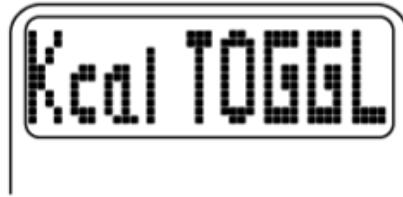
When KCAL toggle is ON: In STAGE mode, when a heart rate sensor is paired to the console, KCAL TOGGLE will flash between the kcal/hr and heart rate values every 5 seconds. The currently selected toggle option will be displayed with a dark background.

When KCAL toggle is OFF: In STAGE mode, when a heart rate sensor is paired to the console, heart rate will be displayed in BPM. When no heart rate is displayed, KCAL will be displayed instead of BPM.

BACKLIGHT SETTINGS

Select the BACKLIGHT menu option and change the backlight duration if desired.

You can change the amount of time the backlight will stay lit after you press the **BACKLIGHT** button.

The console has ON, OFF, and BK LT TIME (backlight time) backlight durations.

The currently selected backlight duration will be displayed with a dark background. The backlight duration you select will affect the battery life. To extend the battery life, it is recommended that you select a short backlight duration.

When the ON backlight duration is selected, the backlight will stay lit the entire time the console is activated. This backlight duration is recommended when using the rechargeable battery pack, but is NOT recommended when using batteries in high-use environments, such as fitness clubs.

When the OFF backlight duration is selected, the backlight will not light.

When you select the BKLT TIME menu option, you can select a backlight duration from the backlight time menu.

Select the desired backlight duration. Then, return to the display menu.

Note: The default backlight duration is 5 seconds.

SCREEN CONTRAST

Select the CONTRAST menu option and change the contrast level of the LCD display if desired. You can adjust the contrast level of the LCD display from 0 to 100 percent. The currently selected contrast level will be shown in one of the right displays.

Note: The default contrast level is 100 percent.
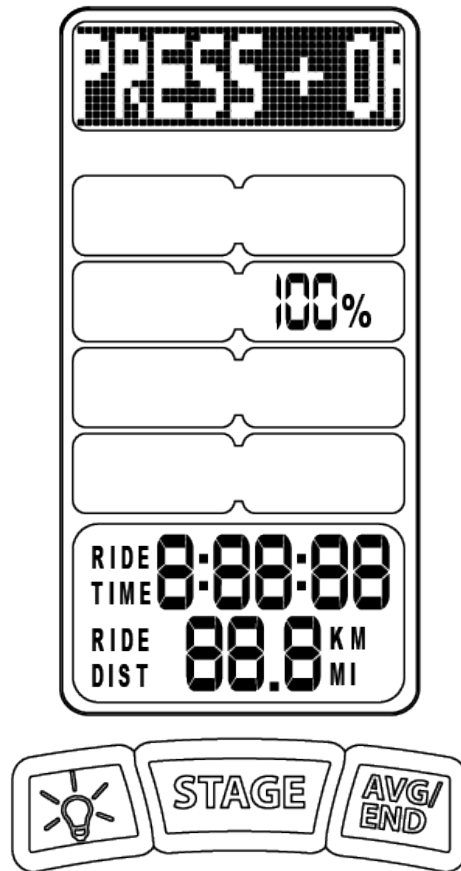
To adjust the console screen contrast:

> 1. Press the **AVG/END** or **BACKLIGHT** button to increase or decrease the contrast level.
>
> 2. Press the **STAGE** button to confirm your selection.
>
> 3. Exit the system menu by selecting BACK until you return to the start up screen.

Tip: It is recommended that you adjust the console to a high contrast level in bright or mixed lighting conditions. However, adjusting the console to a lower contrast level can improve battery life.

SYSTEM SETTINGS

To change System Settings:

Activate the console by pressing any button and then press and hold
both **BACKLIGHT** and **AVG/END** buttons for 5 seconds. The Settings menu will appear in the
message banner.

Select SYSTEM from the Settings menu to access the system settings.

Once you've completed modifying the system settings, exit the system menu by selecting BACK
until you return to the startup screen.

AUTO PAUSE

Select the AUTO PAUSE menu option to enable or disable the Auto Pause mode if desired. You can enable (PAUSE ON) or disable (PAUSE OFF) the Auto Pause mode.

The currently selected option will be displayed with a dark background.

Select the desired PAUSE ON or PAUSE OFF option. Then, return to the system menu.

Tip: It is recommended that studio cycling class instructors who manage their classes based on time select the PAUSE OFF option for the consoles on their exercise bikes.

See AUTO PAUSE Mode for more information about the Auto Pause mode.

USB PORT

Select the USB menu option and enable or disable the USB port if desired.
You can enable (USB ON) or disable (USB OFF) the USB port on the console.

Note: The default option is USB ON.

The currently selected USB option will be displayed with a dark background.
When the USB OFF option is selected, the USB port cannot be used to save ride data (see Setup)
and cannot be used to save or import custom console settings.

Select the desired USB ON or USB OFF option. Then, return to the system menu.

STATS

Select the STATS menu option and view console usage information if desired.
The console keeps track of usage information (STATS) that can be viewed and saved on a USB drive.

Note: The USB port must be enabled to save console usage information on a USB drive (see USB Port).

The stats menu will appear in the message banner. View the desired console usage information.

To save the console usage information to a USB drive, select the SAVE TO USB option.

The console will then save the information in the .csv file format.

CUSTOM CONSOLE SETTINGS

The following custom settings can be saved to a USB drive:

- Unit of measurement (see Units)
- KCAL Toggle
- Backlight duration (see Backlight Settings)
- Screen Contrast level
- Auto Pause setting
- USB port setting

To Save Custom Console Settings:

The custom console settings will be saved in an import.cfg file format.

1. Make sure that the USB port on the console is enabled (see USB Port settings).

2. Insert your USB drive into the USB port on the console.

3. Select the SAVE CFG menu option on the firmware menu. The console will begin saving the custom console settings to the USB drive and the word SAVE— will appear in the message banner.

4. If the custom console settings are saved successfully to the USB drive, the word DONE will appear in the message banner.

5. If the custom console settings are not saved to the USB drive, the word FAILED will appear in the message banner. Go to TROUBLESHOOTING.

To Import Custom Console Settings:

You can import saved custom console settings from a USB drive to the console.

1. Make sure that the USB port on the console is enabled

2. Make sure that the desired custom console settings file (import.cfg) is saved on your USB drive.

3. Insert your USB drive into the USB port on the console.

4. Select the IMPRT CFG menu option on the firmware menu. The console will begin importing the custom console settings to the console and the word IMPRT— will appear in the message banner.

Tip: You can also use this shortcut to select the IMPORT CFG menu option: Press and hold the **BACKLIGHT** and **STAGE** buttons for 3 seconds.

5. If the custom console settings are imported successfully to the console, the word DONE will appear in the message banner.

6. If the custom console settings are not imported to the console, the word FAILED will appear in the message banner. Go to TROUBLESHOOTING.

BIKE NUMBERS

To communicate properly, a paired console and sensor must be mounted to the same exercise bike.

To make sure that the correct console stays with the correct sensor and exercise bike, you can assign an identification number to the console that matches the identification number of the exercise bike. Due to this, it is strongly recommended that each exercise bike in a fitness club be numbered for easy identification. If there is a communication problem between the console and the sensor, you can view the bike number and make sure that the console is attached to the correct exercise bike.

To view the Bike Number: Press and hold the **STAGE** and **AVG/END** buttons. The bike number assigned to the console will appear in the message banner for as long as the buttons are held.

ASSIGN A BIKE NUMBER

To assign a Bike Number:

1. Activate the console by pressing any button.

2. Access the SETTINGS mode, then select the BIKE # menu option.

(See System Settings.)

The bike number will appear in the message banner.

3. Assign a bike number to the console.

You can assign a bike number from 1 to 99.
Press the **AVG/END** and **BACKLIGHT** buttons to assign the desired bike number. Then, press the **STAGE** button to confirm your selection.

4. Exit the system menu by selecting BACK until you return to the start up screen.

DEFAULT SETTINGS

You can restore the following console settings to the manufacturer's default settings. The default settings are indicated in parentheses:

- Unit of measurement (ENGLISH) (see Units)
- KCAL Toggle (ON)
- Backlight duration (5 SEC) (see Backlight Settings)
- Screen Contrast level (100%)
- Auto Pause setting (PAUSE ON)
- USB port setting (ON)

Select the RESET TO DEFAULT menu option on the firmware menu. The word DONE will appear in the message banner to indicate that the console is restored to the default settings.

USING THE CONSOLE

Once you've set up the console, paired with a power meter, and adjusted the settings, the console is ready to use in-ride. To begin riding, activate the console and progress through each of the modes.
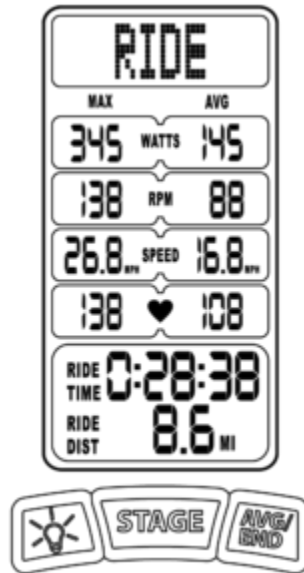
The SIC1 Console supports several riding modes, including Warm Up, Stage, Ride Mode, Results, and Auto Pause. Each mode records and displays data relevant to that particular setting.

WARM UP MODE

1. Activate the console by pressing any button.

2. When you activate the console it will be in STARTUP mode. If you would like to record your ride data, insert a USB into the console during STARTUP mode.

3. Press the **STAGE** button or begin pedaling to enter WARM UP Mode.
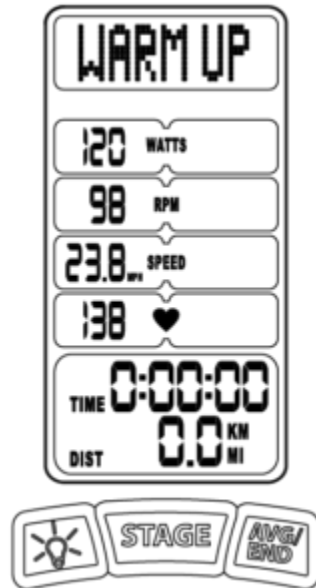
When WARM UP mode is active, the words WARM UP will appear in the message banner. The WARM UP mode is designed to allow you to adjust the exercise bike, to warm up, and to prepare for an actual ride. In a studio cycling class, you can use this mode to warm up before the class begins.

Note: To connect a Heart Rate sensor the console must be in WARM UP mode. The console cannot connect to an HR sensor in STAGE mode.

4. Press the **STAGE** button to exit STARTUP mode and enter WARM UP mode. The console will exit STARTUP mode and enter WARM UP mode after 10 seconds if you do not press any buttons and your pedaling cadence is greater than 20 RPM. The console will also exit STARTUP mode and enter WARM UP mode immediately if your pedaling cadence is greater than 60 RPM.

5. Follow your progress with the displays (see the Display Diagram for reference).
(When WARM UP mode is selected, the console will show instantaneous data in the left displays. However, the console will not show the elapsed time or average values, and will not save ride data to a USB drive.)

6. To exit WARM UP mode, press the **STAGE** button. The console will then enter STAGE mode and begin the ride.

STAGE MODE

To Use Stage Mode:

1. Activate the console by pressing any button.

2. When you activate the console it will be in STARTUP mode. If you would like to record your ride data, insert a USB into the console during STARTUP mode.

3. Press the **STAGE** button or begin pedaling to enter WARM UP Mode.

4. Select STAGE mode. To exit WARM UP mode and enter STAGE mode, press the **STAGE** button. The STAGE number will appear in the message banner.
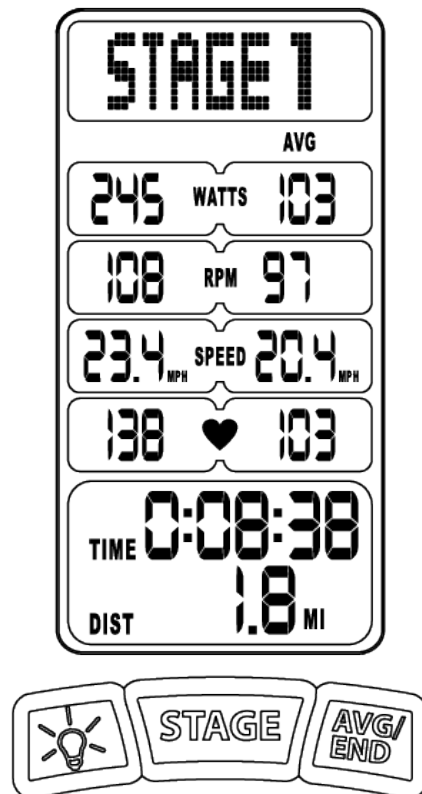

5. Divide your ride into stages if desired. The STAGE mode can have 1 to 99 numbered stages. To enter a new STAGE, press the **STAGE** button. The message banner will show the current STAGE number.

The STAGE mode is designed to allow you to divide your ride into specific elements that can be tracked and analyzed. For example, you can divide the high-intensity and low-intensity portions of an interval ride into separate stages. You can also save the data for each stage to a USB drive (see Setup).

6. Follow your progress with the displays. (See Display Features for more display options.)
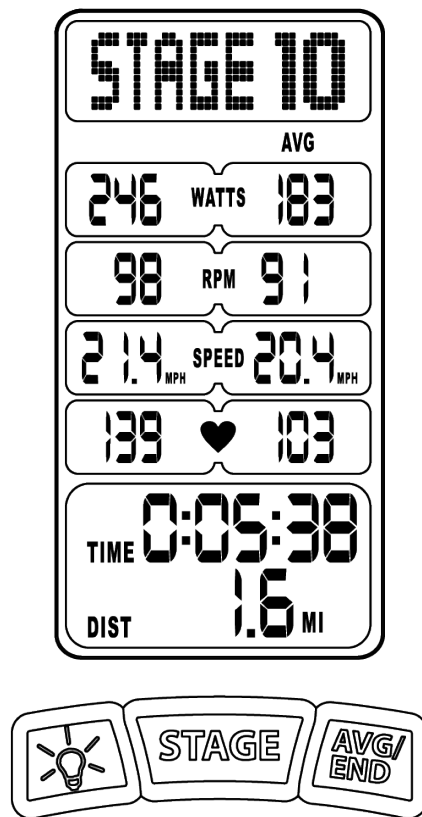

During each stage, the console will show the elapsed time and distance. The left displays will show instantaneous data and the right displays will show average values.

When you select a new stage, the console will reset the time, distance, and average values to zero.

7. To view previous STAGE averages: After pressing the **STAGE** button, the message banner will display STAGE AVG for 5 seconds. During this time, the right displays and distance will show average values from the previous stage, and the left displays will show current instantaneous data.

When you select a new stage, the console will reset the time, distance, and average values to zero.
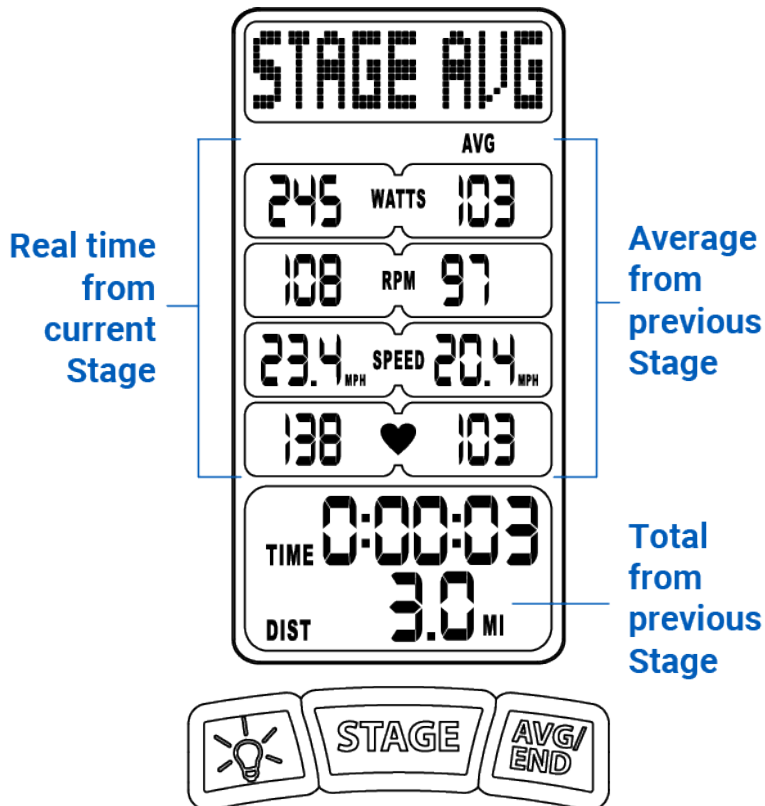

8. Auto-pause the console, if enabled. (See Auto Pause Mode.)

9. View the RIDE averages. (See Ride Mode.)

10. To end the ride, press and hold the **AVG/END** button for 3 seconds. The console will then enter the RESULTS mode.

RIDE MODE

1. Select STAGE mode to begin your activity (see STAGE Mode).

2. Select RIDE mode. To view the RIDE mode at any time during any stage, press the **AVG/END** button. The word RIDE will appear in the message banner.

3. View data for the entire ride.
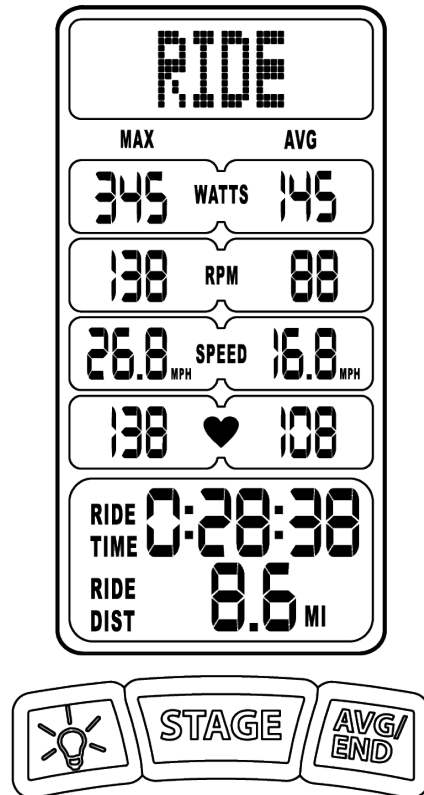
When the RIDE mode is selected, the console will show data for the entire ride so far (see Display Features). The time and distance displays will show the elapsed time for the entire ride and the distance for the entire ride. The left displays will show the maximum values achieved for the ride and the right displays will show the average values for the ride.

Note: When RIDE mode is selected, you can still press the **STAGE** button to enter a new stage.

4. Exit the RIDE mode. To exit the RIDE mode and view the current STAGE mode, press the **AVG/END** button. The console will also exit the RIDE mode automatically after 6 seconds.

AUTO PAUSE MODE

The console has an Auto Pause function that allows you to stop your ride temporarily and then resume your ride without affecting the average value data shown and saved by the console. The console will enter the AUTO PAUSE mode when your pedaling cadence is less than 20 RPM for 30 or more seconds.

Note: The console will not enter the AUTO PAUSE mode when riding in WARM UP mode.

When the console enters AUTO PAUSE mode, a pause symbol will appear in the message banner. The time display will pause and the left displays will not show instantaneous data.
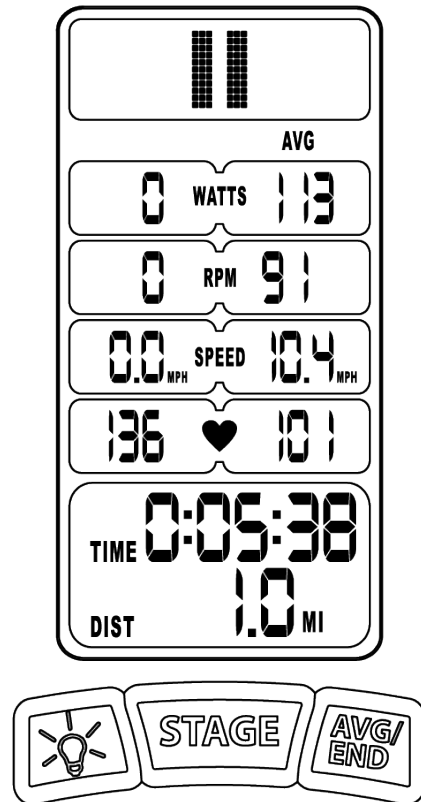
The console will exit the AUTO PAUSE mode and return to the current stage if the console detects a pedaling cadence greater than 20 RPM within the first 5 minutes of AUTO PAUSE mode.

The console will exit the AUTO PAUSE mode and enter the SLEEP Mode if no pedaling cadence greater than 20 RPM is detected after 5 minutes.
To enable or disable Auto Pause, see Auto Pause settings.

Using the Console in AUTO PAUSE OFF Mode

The console has an AUTO PAUSE OFF option designed to be used by studio cycling class instructors.

Since most studio cycling classes must be completed in a set period of time, instructors may not want the console to pause the time when they stop pedaling or get off their exercise bikes for short periods of time.

When the AUTO PAUSE OFF is selected, a pause symbol will appear in the message banner when the console detects a pedaling cadence of less than 20 RPM for 30 or more seconds; however, the time display will not pause.

The console will exit the AUTO PAUSE OFF mode and return to the current stage if the console detects a pedaling cadence greater than 20 RPM during the first 10 minutes of the AUTO PAUSE OFF mode.

The console will exit the AUTO PAUSE OFF mode and enter the Sleep Mode if no pedaling cadence greater than 20 RPM is detected after 10 minutes.
To enable or disable Auto Pause, see Auto Pause settings.

RESULTS MODE

1. The RESULTS mode is visible when a rider completes their activity by ending the ride.

From the STAGE mode, press and hold the **AVG/END** button for 3 seconds to end the ride. The word RESULTS will appear in the message banner.
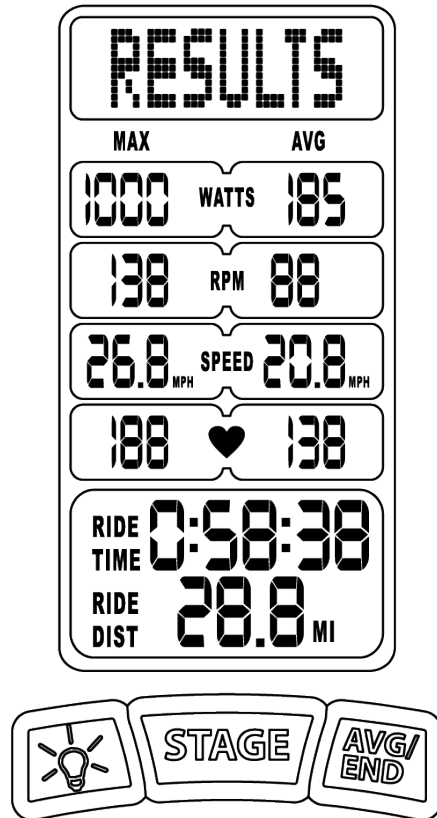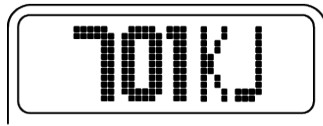

2. To view and save data for the ride:

When the RESULTS mode is selected, the console will show the data for the ride. If there is a USB drive inserted into the USB port, the data for the ride will also be saved to the USB drive (see Display Features).

The time and distance displays will show the time for the entire ride and the distance for the entire ride. The left displays will show the maximum values achieved for the ride and the right displays will show the average values for the ride.

The message banner will also show the KJ (kilojoules) and the KCAL (kilocalories) values in a repeating cycle.

701KJ   761Kcal

3. Enter SLEEP mode. From the RESULTS mode, the console will enter Sleep Mode after 3 minutes of inactivity.

SLEEP MODE

To conserve battery power, the console will automatically enter SLEEP Mode in the following conditions:

In STARTUP mode: The console will enter SLEEP mode after 45 seconds if the pedals do not move at a pedaling cadence of at least 20 RPM and no buttons are pressed.

In WARM UP Mode or in STAGE Mode when Auto Pause is enabled: The console will enter SLEEP Mode after 5 minutes if the pedals do not move at a pedaling cadence of at least 20 RPM.

In STAGE mode when Auto Pause is disabled: The console will enter SLEEP Mode after 10 minutes if the pedals do not move at a pedaling cadence of at least 20 RPM.

In RESULTS Mode: The console will enter SLEEP Mode after 3 minutes if the pedals do not move at a pedaling cadence of at least 20 RPM.

When the console is in SLEEP Mode, no data will be shown in the displays.

COMPATIBLE DEVICES

The Stages console contains wireless antennas that allow the console to communicate with wireless sensors, as well mobile devices, using ANT+ and Bluetooth Smart wireless technology.

To use a heart rate sensor with the console, choose any heart rate sensor utilizing ANT+ or Bluetooth Smart wireless technology. Look for either the ANT+ or Bluetooth logos (shown below) on the device or the device's packaging to confirm compatibility.

The Stages console can also link to compatible mobile applications used on Bluetooth Smart ready devices. These devices can capture your ride data wirelessly, so you do not have to insert a USB drive into the USB port on the console to save your ride data. Many of these apps can also transfer your ride data wirelessly to training programs on computers, mobile devices, and websites.

See Heart Rate Sensor to link your compatible heart rate sensor to the console.

See Mobile Devices to link your mobile phone to the console to record your ride data.

HEART RATE SENSOR
To link a heart rate sensor:

Follow the manufacturer's instructions to use your ANT+ or Bluetooth-compatible heart rate sensor.

> 1. Put on the heart rate sensor and position yourself near the console. You must be within 12 inches (30 centimeters) of the console to link a heart rate sensor.
>
> 2. Press any button to activate the console, then press the **STAGE** button to enter the WARM UP mode.
>
> **Note:** The console must be in the WARM UP mode to link to a compatible heart rate sensor. The heart rate sensor cannot link to the console when the console is in the STAGE mode.
>
> 3. Link the heart rate sensor to the console.
>
> The heart symbol will flash in the heart rate display and the console will show heart rate data.
>
> **Note:** After the heart rate sensor is linked to the console, the console will be able to receive heart rate signals within an area encompassing all the riding positions of the exercise bike.

MOBILE DEVICES
To record with your mobile device:

The Stages SIC1 console can be paired to compatible mobile apps (such as the StagesFlight app) using your device's Bluetooth LE connection. The console will re-broadcast speed, power, cadence, and heart rate values to your devices, save your ride data, and log it to your preferred fitness tracking application.

> 1. See your device's instructions on how to search for sensors to pair to your device or app.

> 2. Activate the console by pressing any button, then press the **STAGE** button to enter WARM UP mode.

> 3. Select the console from the list of available sensors.

> 4. For Stages Flight, the console will be listed based on the bike number, such as Stages IC 1.

> **Note:** If no bike number has been set by the club or studio, the console will show up as Stages IC 0.

> 5. Begin the recording or start your activity on your personal device

> 6. Press the **STAGE** button to begin your activity on the console.

> **Note:** Not all apps or devices will be set up to collect both power and heart rate from the console as a single sensor. See our online support page for a list of compatible apps: support.stagesindoorcycling.com

Download Stages Flight app for iOS or Android.

FIRMWARE

Firmware is the programming that allows the console and sensor to function. Using the firmware menu, you can do the following:

- View information about the console firmware and the power sensor firmware
- Import upgraded firmware
- Save and import custom console settings
- Restore console settings to the manufacturer's default settings

The firmware menu contains the following menu options:

CNSL V.X (console version number)—Select this menu option to view the current firmware version number for the console.

PWR V.X (power sensor version number)—Select this menu option to view the current firmware version number for a power sensor paired to the console.

UPGRD FIRMWARE—Select this menu option to replace the current firmware with upgraded firmware. See Upgrading Firmware.

SAVE CONFIG—Select this menu option to save your custom console settings to a USB drive. Your custom console settings can then be used on other consoles. See Custom Console Settings.

IMPRT CONFIG—Select this menu option to import saved custom console settings from a USB drive into the console. See Custom Console Settings.

RESET TO DEFAULT—Select this menu option to reset your custom console settings to the manufacturer's default settings. See Default Settings.

UPGRADING FIRMWARE

IMPORTANT: Upgrading the firmware is an advanced procedure. Make sure to read all instructions before upgrading the firmware.

To upgrade console firmware:

>   1. The manufacturer will provide the upgraded firmware file in a specific xxxx.HEX file format.

>   2. You must save the file on a USB drive. The file must be in the top level of the drive directory. The file cannot be within any other folder. You can save only one firmware file on the USB drive at a time.

>   3. Make sure that the USB port on the console is enabled (see USB Port settings).

>   4. Select the CNSL V.X menu option on the firmware menu. View and note the current console version number.

>   5. Insert the USB drive containing the upgraded firmware file into the USB port on the console.

>   6. Select the UPGRD FIRMWARE menu option on the firmware menu. The console will begin the firmware upgrade.

7. During the firmware upgrade, the LCD display will freeze for approximately 10 seconds and then all the displays will light for a moment. After this occurs, the console is using the upgraded firmware.

8. Select the CNSL V.X menu option on the firmware menu. View and note the upgraded console version number.

Note: If the console has been paired to a power meter, you do not need to re-pair the console to the power meter; the paired relationship will survive the firmware upgrade.

UPDATING THE BLUETOOTH MODULE

The console also contains a Bluetooth module that may require periodic firmware updates. Unlike the console's firmware, these updates are performed wirelessly using a compatible mobile device, such as a smart phone or tablet.

Some consoles may predate the Bluetooth feature. If you are unsure, check the back of your console to view the part number. Consoles with part number 971-0200 do not require Bluetooth updates.

Note: Before performing a Bluetooth firmware update, please ensure you have a compatible mobile device with the [StagesPower mobile app](#) installed and have a data connection.

1. Activate the console by pressing any button.

2. Pedal the bike until the power meter is connected to the console and registering watts.

3. Open up the StagesPower app on your mobile device.

4. Make sure your mobile device has a data connection or is connected to a wireless network.

5. From the DISCOVERABLE DEVICES page, select **Stages IC Console**. If multiple consoles appear, use the green bars to determine which console is in closest proximity to your device.

Note: Non Bluetooth-enabled consoles will not show up on the app.

6. Once connected, select Update Firmware and follow on screen prompts following the completion of the firmware update. Upon completion, follow the on screen prompts to disconnect from the console.