

## *CompuTrainer User Guide*

**Step 1:** Connect all the cables up before switching it on at the socket. (THIS IS VITAL AS IT MAY CAUSE THE CONTROL BOX TO SHORT OUT AND BREAK)

**Step 2:** Connect the USB to the PC port on the front whilst the PC is still turned off

**Step 3:** Make sure the CompuTrainer unit switch is set to the off position before turning on at the wall socket and power on the PC

**Step 4:** Warm up the computer whilst powered on by cycling for 5-10 minutes at a decent pace

**Step 5:** Once the CompuTrainer is warmed up, it will need to be calibrated. (IMPORTANT: Make sure the PC cable is UNPLUGGED from the control box) On the control box (the yellow and black box with buttons on) it will display 0.00. To calibrate, simply pedal up to approximately 25mph on the display, this should take about 5-6 revolutions of the pedals if you try to sprint and stop pedalling once the display stops saying 'UP'. Wait for the back wheel to slow down to 0mph. If it fails to reach the required levels (below), use the adjustment screw on the CompuTrainer by the back wheel to tighten/loosen. It is a very fine adjustment so small adjustments.

You want a reading between 2.00-2.20lbs of pressure. Press F3

**Step 5 (cont):** You want a reading between 2.00-2.20lbs of pressure. Press F3 on the control box to set this. Now plug the PC USB cable back into PC, labelled EXT PC. The screen will now say PRO.

Flat Course - use 2lbs+ Press-On Force  
Up to 2.5% Grade - use 2.5 lbs+ Press-On Force  
Up to 5.0% Grade - Use 3.0 lbs+ of Press-On Force  
Up to 7.5% Grade - Use 3.5 lbs+ of Press-On Force  
Up to 10.0% Grade - Use 4.0 lbs+ of Press-On Force  
Up to 12.5% Grade - Use 4.5 lbs+ of Press-On Force  
Up to 15.0% Grade - Use 4.99 lbs+ of Press-On Force\*  
+Plus/minus .20 lbs acceptable.  
\*5.0 lbs exceeds the maximum value you can save.

**Step 6:** Load up the CompuTrainer 3D software (desktop shortcut)

**Step 7:** Select 'Setup Options', then select the options tab (top right of screen), select the parameters you want displayed on the screen (e.g. speed, watts, RPM, distance etc). At the bottom of this box select 'New' to add a subject, then press 'OK'

**Step 8:** Click on the road segments to create a course (left, right and straight) keep clicking to add as many as you require. You can also alter the length of the segments to speed up the process. Make sure you add a 'Finish' at the end of the course (bottom left of the screen)

**Step 9:** To start the test press F1 on the control box and a 3, 2, 1 Go countdown will show on screen

**Step 10:** At the end of the test a box will appear saying 'Save Rider 1 Performance', select Yes. Another box will appear after this, select Yes again.

**Step 11:** Minimise CompuTrainer 3D and open CompuTrainer CS 1.6 on the desktop. Select File – Export – Export. Select the subject who tested and click open.

**Step 12:** Select Start – All Programs – Accessories – Open Wordpad

**Step 13:** Click File – Open. Then My Computer – Local Disk (C:) – Program Files – Computrainer 3D V3 – Rider Performance (Change file type to All documents) – Select your subject – Open.

The data will now be listed in the WordPad document.