

Lode Programmer and Cortex

- Switch on Lode Terminal (located on the back)
- Press enter
- Select Terminal Mode (Use down arrow) and press enter. RPM and Watts should appear on the programmer
- Load Metasoft 3 software
- Select the Configuration tab
- Select Configure System
- Use drop down to make sure it is set to Cortex plus Lode Excaliber Sport WLP
- Press Check, three ticks should appear. Close the box
- Select the Database tab, then Workload Protocol to create a workload protocol or select a pre-defined program (e.g. Ramp 30W per min for a max test)
- Calibrate Cortex as usual
- Select CPX testing, enter subject details
- Select the Prepare tab at the top
- Select the Prepare tab to set the protocol that needs to be run during the test. Make sure 'Use workload protocol' is selected and then choose the one you want
- When you select the green play button to start the test, it may run an ambient air measurement, let it run through this, then the warm up phase of the test will begin (if it is designed to do so)
- If the test needs to be stopped at any point, for example at the end of a max test, select go to Recovery underneath the workload protocol box
- Hit the red stop button to stop the stop measuring gas data
- Close the comments box and the next box after that
- Select the Test tab at the top of the screen, then export, spreadsheet interface
- Select the parameters tab and make sure that WR (work rate) is selected to ensure that you see the power output (W) that the subject was working at in an excel column along with any other measurements that you require E.g. VO₂, VCO₂, HR, RER etc.

WASH AND CLEAR UP!

- Wash the following in Neutracon detergent – Face masks, turbine and housing, heart rate monitors and strap, hair nets
- Wash thoroughly and ring out the hair nets and heart rate straps and place in the drying cabinet
- ONLY place the face masks, turbines and housings in Milton disinfectant and leave for 15 minutes
- Then rinse out the face masks with cold water and get as much fluid out as possible and place everything in the drying cabinet. (DO NOT RINSE THE TURBINES UNDER THE TAP, they are very delicate and may break)