SRM Powermeter
User Guide
Initial Set-up

• Press mode on the powercontrol 7 (PC 7) to turn on

• Turn the pedals a few times to activate the SRM powercranks
Automatic Zero Offset

- Press ‘Mode’ and ‘Set’ at the same time
- The zero offset screen will appear
- To toggle between manual zero and automatic zero press the ‘Pro’ button until ‘Auto’ appears at the top of the screen
- Turn the pedals forwards a few times and leave in a horizontal position and let go of them
- Wait for the zero offset (shown as 455 in the image below) to stabilise for 5 seconds, then press ‘Set’
- Press ‘Mode’ to continue to altitude calibration
Altitude Calibration

- After pressing mode following the completion of the automatic zero offset will bring you to the altitude screen.
- Exeter is 46m (150ft) above sea level so use the ‘Pro’ button to increase and the ‘Set’ button to decrease the value shown on screen.
Collecting Data

- Data starts collecting about 5 seconds after you start pedalling (backwards or forwards)
- Press ‘Mode’ to switch between the real-time, average training and maximum training menus.
- Alternatively you can create an interval by pressing the ‘Set’ button, a blinking stop watch will appear on the left hand side of the screen. Press ‘Set’ again to stop
Downloading Data

- Load the SRMWin software from the desktop
- Connect the Powercontrol 7 using the usb cable. This plugs into the back of the unit behind a rubber cover
- Ensure that it says PC 7
Downloading Data

• Click on the logo at the top of the screen
• The download will begin to start
Downloading Data

- Select the correct time and date the test began and click ok
Downloading Data

- Once it has downloaded graphs will appear and a box will pop up. Click ‘delete data from powercontrol’
Data Analysis

- Graphs show traces of the power, speed, cadence and heart rate.
Exporting Data

• Click file, then export
• Choose a location to save your data and then change the save as type to ‘Training as text file’
• This can either be opened with excel or notepad
### What the data means

<table>
<thead>
<tr>
<th>Power (watts)</th>
<th>Heart rate (bpm)</th>
<th>Distance covered</th>
<th>Speed (mph or kph)</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>552</td>
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<td>0</td>
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<tr>
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<td>552</td>
<td>0</td>
<td>0:00:00</td>
</tr>
</tbody>
</table>

**Data point**

- **Power (watts)**
- **Heart rate (bpm)**
- **Distance covered**
- **Speed (mph or kph)**
- **Time**