

STUDIO DISPLAY QUICK START GUIDE

START YOUR RIDE

1. Start pedaling: The Start-up screen with a Progress Bar appears, encouraging the rider to continue pedaling.
2. Once the Progress Bar closes at the top, the Ride screen turns on.

FREE-RIDE SESSION

After activation, display shows basic metrics along with elapsed time and distance.

No rider input needed. Follow **HR Mode** instructions for connecting a **HR Sensor**.

Center Dial view is **Speed (MPH)**

RIDER SET UP

To input rider data like FTP, MaxHR, and user weight, follow the instructions below:

1. Pedal to turn on and power the Studio Display
2. Once in the main Ride screen, press any button to enter the Rider Setup screen
3. Use the Left/Right Buttons [-/+] to adjust your FTP value, then press the Center Button [END] to confirm. Repeat this step for MAX HR and LBS / KG menus.

After User Weight is entered, press the Center Button [END] to confirm and complete the Rider setup.

Note: To edit rider data after setup, press and hold Left or Right button until the Rider Setup screen appears.

SCREEN MODES

Use Left and Right Buttons to switch modes in the Center Dial.

- **FTP Mode:** Press the Left Button [FTP] to switch between FTP% and Speed (MPH).
- **HR Mode:** Press the Right Button [HR] to switch between HR% and Speed (MPH).

Note: To connect a HR sensor, position yourself near the Display. Pedal. Press and hold the Center Button [START] until the ANT+ and BLT icons start flashing to activate scan to find your HR sensor.

RESET

Press and hold Left and Right Buttons until the **RESET** icon appears at the top left corner. All display metrics will **RESET**.

INTERVAL TRAINING

1. Press the Center Button [**INTERVAL START**] to begin an interval.
2. Press the Center Button [**INTERVAL END**] to conclude an interval.
3. Interval ride averages flash for 12 seconds.

*Note: To start the next interval with no delay, press the Center Button [**INTERVAL START**].*

