STAGES CYCLING

SIC2 ECOSCRN CONSOLE

CURRENT DATA

Current live ride data. Press AVG / END to see MAX data for your total ride.

CURRENT STAGE DATA

Pres AVG / END to see total time and Distance

STAGE BUTTON

To START your workout. To START your next ride stage. To reset the stage timer. To clear previous stage data. Press twice to reset the console after your ride.

RIDE BUTTON

Press to see a 5 sec snapshot of your ride totals.

KCAL

Compatible heart rate will appear here once paired

AVERAGE DATA

Average data for the current stage, Pres AVG / END to see average data for your total ride.

END BUTTON

To END your ride. To see your total end ride data in more detail, press END, STAGE, and END to toggle through intervals.

Display showing:

Stage 1
6kCal
6kj

MAX		AVG	
177 WATTS	⚡	53 WATTS	
79 RPM		61 RPM	
21.8 MPH		12.2 MPH	
692 KCAL	🔥	207 KCAL/HR	

0:01:50

0.37 MI   0:01:50

RIDE   STAGE   END

- Cyclist sees both current & stage average power output (kJ, watts), RPM, speed, heart rate (if a compatible strap is worn), time, distance, and Kcal burned.

- Unique Stage average metric allows instructor to create endless challenging workouts.

- Simple layout for feedback at a glance.

- Transfers data for tracking and links with many iOS or Android via Bluetooth and ANT+™

- No batteries required.

- SIC2 console comes native on the Stages SC3 indoor bike.

STAGESPOWER