# CONSOLE QUICK START

**i**

1. HEART RATE. Stand close to the console. Press STAGES button to lock your HR.

2. If your console is OFF, you connect to the power meter, if the console is ON, you connect to the console.

3. The console doesn't act as a control remote to other devises. It broadcasts via Bluetooth & Ant+ and displays your data.

4. Insert USB or download Stages Flight app to record your data.

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

## CURRENT STAGE DATA
Press AVG / END to see total time and distance.

## STAGE BUTTON
To START your workout. To START the next ride stage. To reset the stage timer. To clear previous stage data.

## LIGHTBULB
Turn on your backlight.

## OPTIONAL USB
Insert the USB before warm up screen to see a √ . Go to STAGES screen to start recording. Press AVG/END button when ending the ride to upload file.

## KCAL
Heart rate will also appear here once paired.

## AVERAGE DATA
Average data for the current stage. Press AVG / END to see average data for your total ride.

## AVG/END BUTTON
Press one time to see a 5 second snapshot of your total ride data.

## END YOUR RIDE
Press and hold the AVG/END button to see the ride overview



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