

# Using the Schwinn MPower™ Echelon Console: Tips for All Riders

## Starting a Ride

- DO NOT pedal.
- To turn on the MPower™ Echelon Console, push ANY button.
- Follow the Rider Calibration menu that is displayed on the screen.
  - Step 1: Push light (center button on bottom)
  - Step 2: Turn resistance to zero (turn red knob all the way to the left).
  - Step 3- Push light (console will say "Please Wait" and a countdown will begin. Do not pedal during this prompt).
- When it says "Ready to Ride" you may begin pedaling.



## To start the Stage and Distance Timers and enter Workout Mode:

- Pedal at least 80 RPMs one time.
- The STAGE and TOTAL icons come on and workout measurements start once you have hit 80 RPMs.
- You can pedal below 80 RPM after starting, counters will continue.
- When you stop pedaling for more than 3 seconds, the console pauses.
- After 5 mins of no pedaling, the workout stops and the console goes to Display Results mode.
- Re-start pedaling within 5 minutes to continue workout.
- Reset STAGE totals to zero by pushing STAGE button at any time.
- The TOTAL time and distance accumulate for entire workout.
- Access Maximum and Average values by pressing AVG/MAX button at the top of console. One press displays Averages, a second press displays Maximums.
- Display returns to workout values after 3 seconds, or with third push.

## To end the workout/turn console off & enter Display Results Mode:

- Push the END button and hold for 3 seconds.
- The console shows total Calories, Total Time and Distance, and the Max and Average values for Speed, Watts, Heart Rate and RPM.
- Tap the AVG/MAX button to change between the Max and Average values.
- After 1 minute, the console sets the values back to zero and turns off.
- Push the END button and hold for 3 seconds to turn off before the minute is up.

## Use Telemetry Heart Rate

- The console is equipped with a wireless HR receiver. It will pick up standard HR 5 kHz straps (i.e. "Polar"), as well as Ant+ Sport wireless straps. It is not compatible with certain proprietary coded devices such as Polar WIND and Suunto ANT. The best rule of thumb is that if a piece of cardio on the workout floor will pick it up, then so will the MPower™ Echelon Console.

## To Pick Up Heart Rate Transmission

- The MPower™ Echelon Console will search for a HR signal when it is first turned on. In order to conserve battery life, it will STOP searching after 30 sec if it does not find a signal.
- Best protocol to get HR signal properly:
- Ensure HR strap is on and functioning prior to turning on console.
- Immediately stand on the pedals and lean towards the console to get strap as close as possible.
- Watch the HR window on the display, once a number appears in this window, strap has been detected and unit will display HR for the remainder of the ride.

**Watts:** Watts is a predicted measurement of energy expenditure, (i.e., power). It is measured by calculating the applied resistance and the RPM of the flywheel.

**Speed/Distance:** Speed and distance are calculated directly from watts. The higher the wattage, the greater the speed and distance will be. Speed is calculated using the following assumptions: typical road bike in a mid-gear, flat road, no wind, and average-sized rider.

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## For Instructors, Maintenance Teams and Service Providers



### Calibrating the Echelon Console

- Turn on console,
- Enter service mode by holding down "Stage" and "End" buttons for 5 seconds. Scroll to "Calibrate" menu,
- Tap "Backlight" to do UP Calibration, follow prompts to perform calibration
- Once completed display will read UP PASS
- Tap "End" to move to Current Angle.
- Tap "Backlight" button to check Current Angle, this should display 0.0 or very close
- Tap "Backlight" then tap "End" to check Rider Calibration, this should be ON
- Tap "END" button to turn Rider Calibration "On" or "Off " **NOTE – Preferred setting is "ON"**
- Tap "Backlight" to exit.

### Turning Gear Feature On and Off

- Turn on console,
- Enter service mode.
- Tap "End" button to scroll to Gear option.
- Tap backlight to enter Gear.
- Tap "End" button to switch between On and Off.
- Tap backlight to set desired setting.

### Change Display Between Kilometers and Miles

- Turn on console,
- Enter service mode, scroll to Units menu option
- Tap backlight to enter Units.
- Tap "End" to change between KM and MPH.
- Tap backlight to set desired unit of measurement.
- Tap backlight to exit service mode.

### Check Battery Levels

- Turn on console,
- Enter service mode by holding down "Stage" and "End" buttons for 5 seconds.
- Scroll to "Batteries" menu,
- Tap backlight button, display will flash a number that is the remaining % of battery life.
- If battery read is below 20% both batteries should be replaced.

**NOTE:** *The percentage reading of battery life does not always re-set when a battery is replaced. If the battery has full power, the system will work even if the battery indicator shows low.*

### Troubleshooting:

1. **Console will not turn on:** Check batteries and all plug connections.
2. **Speed seems inaccurate:** Display possibly set to wrong unit of measurement. See "Change Between Kilometers and Miles" above.
3. **Watts seem inaccurate:** Go to Service Mode menu and select Calibration. Do the calibration procedure. Ensure brake is completely up (turned all the way to the left) when calibrated. *(Keep in mind there is some variability between bikes, and between rider perception and correct wattage values.)*
4. **RPM will not display:** Ensure RPM sensor is close enough to the flywheel so it can detect the magnet in the flywheel. Ensure plug is secure in back of console.
5. **Watts will not display:** Ensure plug is secure in back of console. Ensure RPM sensor is working – Watts will not display if RPMs are not picked up.
6. **Console display reads "Using Prior Cal":** The bike is recognizing the prior calibration. To begin again, hold the END button for 3-5 seconds and begin the set up process again.
7. **Heart Rate not picking up – HRM device must be on prior to turning on the console.** Console will only look for HRM signal approximately 30 seconds, after that it will cease looking. To reconnect you must restart the console and begin a new ride.