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.
  o Step 1: Push light (center button on bottom)
  o Step 2: Turn resistance to zero (turn red knob all the way to the left).
  o 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.