

# epicRIDES™ PowerProfiles™

**pre-programmed time based  
workouts for indoor trainers**

## HEALTH WARNING

Not all exercise programs are suitable for everyone, so please consult your physician before beginning this or any exercise program. You should always warm up for a few minutes before beginning any exercise program. You should never exercise beyond the level at which you feel comfortable. If at any time you feel that the recommended intensity is too difficult, reduce the resistance or shift to a lower gear. Take additional time to rest between sections if needed. If at any time you feel discomfort or you are exercising beyond your limit, you should slow down or discontinue the exercise immediately.

THE USER ASSUMES ALL RISKS OF INJURY IN USE OF THIS PROGRAM.

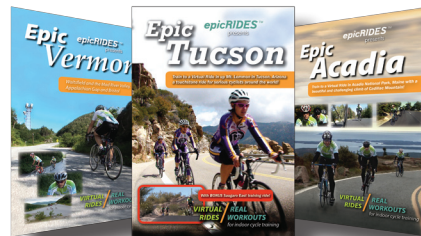


**for the  
CycleOps PowerBeam Pro  
and 400 Pro Indoor Trainer**



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[www.epicplanet.tv](http://www.epicplanet.tv)



**VIRTUAL / REAL  
RIDES / WORKOUTS**  
for indoor cycle training

## **epicRIDES PowerProfiles**

epicRIDES PowerProfiles are downloadable pre-programmed time-based workouts compatible with a specific bicycle trainer and programmed to run in a manual synchronization with its companion **epicRIDE** DVD.

This PowerProfile is programmed for the Saris CycleOps PowerBeam Pro indoor trainer, the Saris CycleOps 400 Pro Indoor Cycle and PowerAgent software.

### **Set-Up Instructions**

Follow these instructions to download your PowerProfile workout to your computer and install it on your PowerBeam Computer.

1. Download your PowerProfile from the epicPLANET.tv web site: <http://www.epicplanet.tv>
2. Start your PowerAgent software.
3. Upload the PowerProfile workout using the **File/Import Workout** command
4. Connect your PowerBeam Computer to your PC via the supplied USB cable
5. Upload your PowerProfile workout to your PowerBeam Computer using the **File/Transfer Workouts** command.
6. Disconnect your PowerBeam Computer from your PC and install on your indoor bike

## **Running your PowerProfile Workout**

Your PowerProfile Workout runs in a manual synchronization with the ride on the DVD. This simply means that you manually start the DVD and workout in quick sequence and from there, both being time-based media, they will run in synchronization.

1. Load and run your **epicRIDES** DVD to the Main Menu.
2. Select the matching PowerProfile Workout on your PowerBeam Computer.
3. Select **Play** on your DVD player to start the ride.
4. Select **Go to Workout** on your PowerBeam Computer.
5. Enjoy your ride!

Note: You can adjust the slope of any particular segment while you are riding by having the Slope display selected and the using the up and down arrows on the PowerBeam computer.

Note: If you find that your workout segments run ahead or behind the video or that one particular segment is not precisely the correct length of time, you can adjust the workout timing using the PowerAgent software.

## **About the CycleOps PowerBeam Pro and 400 Pro Indoor Trainer**

The CycleOps PowerBeam Pro allows you to precisely control your training by adjusting PowerTap accu-

rate power levels from 30 to 1000+ watts or slopes up to 10%. Take it to the next level with PowerAgent Workout Creator Software to target your personalized power training zones.

Closed loop resistance control allows you to target and lock in exact power output or slope for precise interval training with instantaneous resistance changes. Workout parameters can be adjusted on the fly with the PowerBeam Pro Console, or pre-programmed with the included PowerAgent Workout Creator.

Workouts can be uploaded from the PowerAgent software to the PowerBeam Pro console. The console then controls the intensity of the workout as you ride. With its easy to see backlit LCD display, the PowerBeam console displays and records Power (current, average and max), Heart rate (current and average), Cadence (current and average), Speed (current, average and max), Energy expenditure (total kJoules), Ride distance (miles or km), and Ride time along with a Programmable odometer.

For specific information about PowerBeam Pro operation please consult the PowerBeam Pro Operation Manual or the CycleOps web site at:

<http://www.saris.com>

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