

# 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.

# Garmin

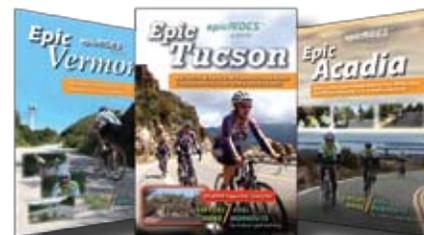


**for  
Garmin Edge and Forerunner  
Cycle Computers**



PO Box 10093  
Pensacola, FL 32504

[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 or device and programmed to run in a manual synchronization with it's companion *epicRIDE* DVD or Download.

These PowerProfile is programmed for the Garmin Edge and Forerunner Computers models 300 and above which support **Advanced Workouts**.

### **Set-Up Instructions**

Follow these instructions and our video tutorials to download your PowerProfile workout to your computer and install it on your Garmin Device.

1. Download your PowerProfile from the epicPLANET.tv web site: <http://www.epicplanet.tv>
2. Unzip your PowerProfile package.
3. You PowerProfile package contains two types of workouts we have devised to sync with a specific epicRIDES videos - Training Guide Workouts (with TG in filename) and Step by Step workouts (with SBS in filename).
4. **See our video tutorials on our website on how to upload these workouts to your Garmin device.**

**Please note: For specific instructions on how to use Garmin Devices, Sporttracks software, or the Sporttracks Garmin Fitness Plugin please consult the manufacturer's websites:**

**[www.garmin.com](http://www.garmin.com)  
[www.zonefivesoftware.com/sporttracks/](http://www.zonefivesoftware.com/sporttracks/)  
[www.zonefivesoftware.com/sporttracks/plugins/?p=garmin-fitness](http://www.zonefivesoftware.com/sporttracks/plugins/?p=garmin-fitness)**

### **Running your PowerProfile Workout**

Your PowerProfile Workout runs in a manual synchronization with the ride on the DVD or download. This simply means that you manually start the DVD or download and workout in quick sequence and from there, both being time-based media, they will run in synchronization. **Please consult our video tutorials on running these workouts.**

There are two types of workouts we have devised to sync your Garmin device: workouts to a specific Training Guide Workout (with TG in filename) and Step by Step workouts (with SBS in filename).

**Please consult our video tutorials on use and installation instructions.**

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## **Remember!**

**“TG” workouts  
Training Guide  
based**

**“SBS” workouts  
are based on the  
video on screen  
prompts**



**Training Activity**  
ROLLING HILLS

**Interval Timer**  
CLIMB 00:21

**Training Zone**  
2-4 +/-4%  
TZ AV GR

**Average Grade (for segment)**

**Current Ride Position**

**Terrain Profile**

**Ride Timer**  
00:06:22

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