

STAGES  
POWER METER &  
**SIC2 ECOSCRN  
CONSOLE**

[www.stagesindoorcycling.com](http://www.stagesindoorcycling.com)



## STAGES POWER METER & SIC2 ECOSCRN CONSOLE

### 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 your next ride stage. To reset the stage timer. To clear previous stage data. Press twice to reset the console after your ride.

### RIDE BUTTON

Press to see a 5 sec snapshot of your ride totals.



### KCAL

Compatible heart rate will appear here once paired

### AVERAGE DATA

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

### END BUTTON

To END your ride. To see your total end ride data in more detail, press END, STAGE, and END to toggle through intervals.

## STAGES POWER

We believe that all cyclists should see nothing less than accurate, consistent data. From every ride.

- Cyclist sees both current & stage average power output (kJ, watts), RPM, speed, heart rate (if a compatible strap is worn), time, distance, and Kcal burned.
- Unique Stage average metric allows instructor to create endless challenging workouts.
- Simple layout for feedback at a glance.
- Transfers data for tracking and links with many iOS or Android via Bluetooth and ANT+™
- No batteries required.
- SIC2 console comes native on the Stages SC3 indoor bike.

Stages Power technology provides the most accurate results, ensuring the truest rankings in even the most competitive group display workouts. Now studio riders can benefit from the precision of training with power, because improvement begins with the right information.



The console and power meter use ANT+™(TM) and Bluetooth. Visit [www.thisisant.com/directory](http://www.thisisant.com/directory) for compatible products and apps.

The benchmark in accurate power measurement for indoor cycling.

- The only indoor bike featuring power technology that was developed and refined in the professional peloton.
- Data capture via Bluetooth® or ANT+™ enabled sport devices (iOS and Android compatible).
- Power meter yields 2000+ hours battery life via 2 standard AA batteries.

