

# Quick Guide

# Easy Installation and Advanced Functionality

## Fast Facts:

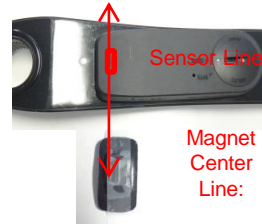
- Pioneer Power Meter Cranksets ship pre-set in the ANT+ Format
  - Simply install the crank on your bike and pair it to your ANT+ Cycle Computer as you would any other ANT+ device
  - When used with other ANT+ Cycle Computers as a Power Meter, Magnets are optional but will provide precision cadence if used.
- Dual Leg Units ship in a Dual Leg ANT+ Mode and will provide all ANT+ Power Metrics.
  - Confirming dual leg ANT+ Mode can be done by removing and replacing the batteries, you should see a solid orange light on each arm for 10 seconds.
  - Dual Leg units can be switched to independent Single Leg Mode if needed. ie. Left Arm on one bike, Right Drive Side on another bike. (page 6 )
- Single Leg units ship in a Single Leg ANT+ Mode and will provide all ANT+ Power Metrics.
  - Confirming single leg ANT+ Mode can be done by removing and replacing the batteries, you should see a blinking orange light on the arm for 10 seconds. (page 6)
  - Single leg units can be switched to Dual Leg Mode when you upgrade to a dual leg system.
- Pioneer's real-time and post ride "Pedaling Monitor" graphics and data are only available when using a Pioneer Cycle Computer and uploaded to Pioneer Cyclo-Sphere cloud analysis site.
  - A Pioneer Cycle Computer is required to switch the "Power Meter" in and out of the "Pedaling Monitor Mode" (page's 3 -5 in the SGY-PM910H2 users manual)
  - Confirming Pioneer Pedaling Monitor Mode can be done by removing and replacing the batteries, you should see a solid green light on each arm for 10 seconds.
  - Supplied magnets are required for the Pedaling Monitor configuration and must be magnet calibrated for proper data display (page 5)
- Zero Calibration is required to maintain maximum accuracy (page x)
  - Each power sensor "learns" up to 6 temperature ranges separated by 4 degree's Celsius / 7 degree's Fahrenheit
  - First year owners should calibrate before each ride to capture changing temperature conditions and ensure precision accuracy
- The SGX-CA500 Cycle Computer is unique in that it is both a multi-format receiver and a transmitter
  - Can receive ANT+ and Pioneer Pedaling Monitor Signals
  - Can transmit ANT+ Power Data to other ANT+ devices ie. ANT+ Computer, Zwift
  - Can transmit via ANT+ and update Pioneer Power Meter Firmware
  - Can upload ride data via wifi
  - Can update it's own firmware via wifi

# Easy Installation Power Meter Cranksets

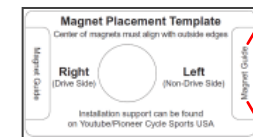
## SGY-PM90 and SGY-PM68 with Non-Pioneer ANT+ Cycle Computer

### 1.) Magnet Placement (Optional)

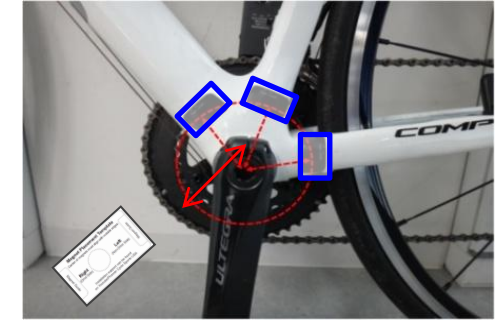
- Measuring from the center of the bottom bracket out, temporarily tape the magnet so that the center line of the magnet is:
  - Right Drive Side - 42mm
  - Left Side - 53mm
- Use the supplied Magnet Placement Template to help locate the optimum locations for magnet placement on the frame.
- Position the magnets so the sensor line and magnet center line are parallel when the sensor passes over.



Magnet Range  
1.5mm – 10.7mm



Magnet Template card



Center hole on bottom bracket and use supplied double sided tape to temporarily secure while locating optimum magnet location

### 2.) Confirm Magnet Placement

- Remove and replace both Left and Right batteries. Orange light will appear for 10 seconds.
- Rotate the crank slowly (30rpm). Check that the LED on each sensor lights green once for each revolution.
- Once confirmed, secure magnets for final placement.



LED's light green

If no **Green** LED, check and adjust magnet placement

### 3.) Pair to your ANT+ Computer

- Spin the crank 3 – 4 rotations to activate the Power Meter

ANT+™



See your ANT+ Cycle Computer Instructions for Power Meter Pairing and Zero Calibration procedures.

Left Sensor Arm



For additional Installation Instructions visit the following on-line support locations  
[www.pioneerelectronics.com/PUSA/Cycle+Sports/Products/Power+Meters](http://www.pioneerelectronics.com/PUSA/Cycle+Sports/Products/Power+Meters)  
[www.Youtube/Pioneer Cycle Sports USA](http://www.Youtube/Pioneer Cycle Sports USA)  
Please refer to the owners manual for detailed installation instructions.  
Visit <https://cyclo-sphere.com> for the latest firmware and updates.  
Customer Support – 1-800-421-1624  
E-Mail: [cycle-sports@pioneer-usa.com](mailto:cycle-sports@pioneer-usa.com)

Pioneer

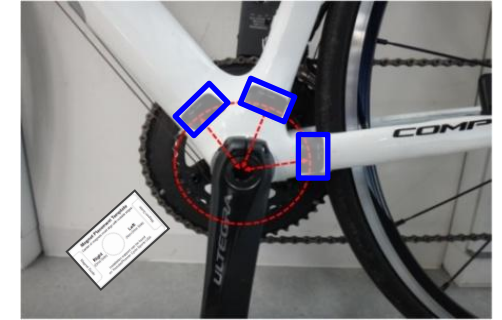
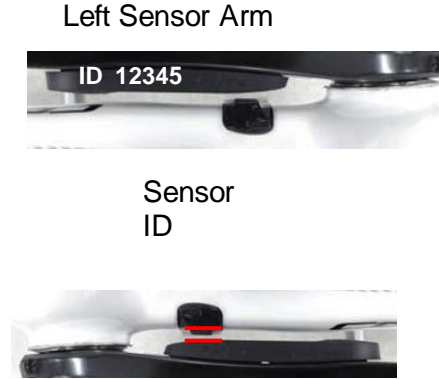
# Easy Installation Power Meter Cranksets SGY-PM90 and SGY-PM68 with Pioneer Cycle Computer

**ATTENTION:**  
New Installation Procedure.  
See Owners Manual.

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New Installation Procedure.  
See Owners Manual.

## • Magnet Placement

- Measuring from the center of the bottom bracket out, temporarily tape the magnet so that the center line of the magnet is:
  - Right Drive Side - 42mm
  - Left Side - 53mm
- Use the supplied Magnet Placement Template to help locate the optimum locations for magnet placement on the frame.
- Position the magnets so the sensor line and magnet center line are parallel when the sensor passes over.



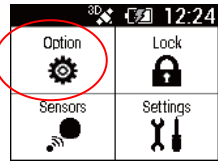
Center Magnet Placement Template hole on bottom bracket and use supplied double sided tape to temporarily secure while locating optimum magnet location.

## • Mode Selection & Pairing to the Pioneer Computer

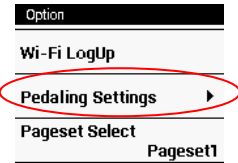
- Spin the crank 3 – 4 rotations to activate the Power Meter
- Pressing **Pedaling Monitor** will search sensor ID or local crank.



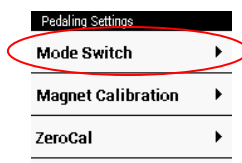
Press Menu



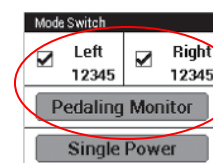
Press Option



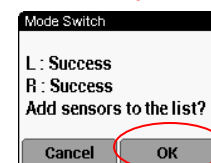
Press Pedaling Settings



Press Mode Switch

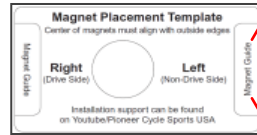
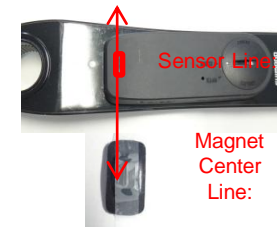


Check Left & Right, Enter ANT+ ID, Press Pedaling Monitor



Press OK

Magnet Range  
1.5mm –  
10.7mm



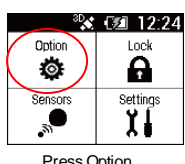
Magnet Template card

SGX-CA500 firmware must be 20150501.02.43 or higher.

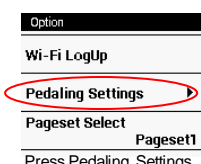
## • Magnet Calibration



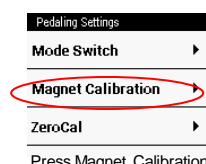
Press Menu



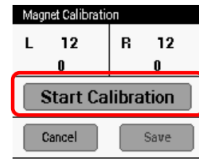
Press Option



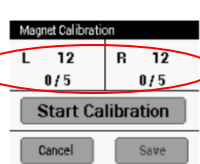
Press Pedaling Settings



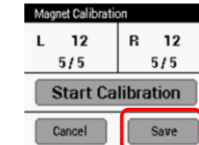
Press Magnet Calibration



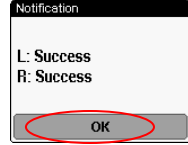
Press Start calibration Spin Crank Slowly Forward



Confirm 5 x per side Press Save



Confirm 5 x per side Press Save

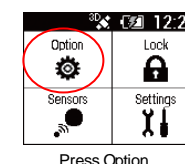


Press OK

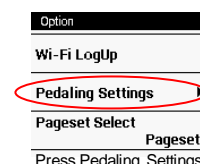
## • Zero Calibration – Position Left or Right crank arm to the 6 o'clock position



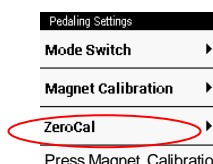
Press Menu



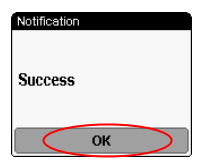
Press Option



Press Pedaling Settings



Press Magnet Calibration



Press OK

- Spin the crank **FORWARD** slowly (30 rpm) until both left and right sensors detect magnets at least 5 times for each side and press Save.
- Secure magnets for final placement.

For additional Installation Instructions visit the following on-line support locations  
[www.pioneerelectronics.com/PUSA/Cycle+Sports/Products/Power+Meters](http://www.pioneerelectronics.com/PUSA/Cycle+Sports/Products/Power+Meters)  
[www.YouTube/Pioneer Cycle Sports USA](http://www.YouTube/Pioneer Cycle Sports USA)  
 Please refer to the owners manual for detailed installation instructions.  
 Visit <https://cyclo-sphere.com/> for the latest firmware and updates.  
 Customer Support – 1-800-421-1624  
 E-Mail: [cycle-sports@pioneer-usa.com](mailto:cycle-sports@pioneer-usa.com)



# Mode Switching – Non-Pioneer Computer Users

## Single Leg and Dual Leg ANT+ Modes

### Switching Left and Right Sensors FROM Dual Leg to Single Leg Mode

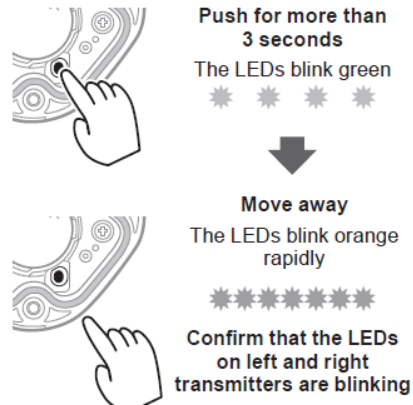
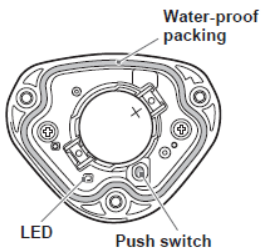
#### • Notes

- This method is for users who wish to separate a dual leg system and use single leg crank arms . I.e. 2 different bikes.
- The following method is for ANT+ Cycle Computer users who do NOT have a Pioneer Cycle Computer – See slide 5 for Mode Switching with a Pioneer Computer
- Dual Leg Ultegra SGY68-Series, DuraAce SGY90-Series completed cranks and SGY-PM9100C “Kits” ship pre-set in the Dual ANT+ Mode.
- To confirm Dual Leg ANT+ Mode, remove and replace the batteries, you should see a **SOLID Orange** light on both the Left and Right Sensors.

### Switching to Single Leg Mode

1. Spin the crank 3 – 4 rotations to activate the Power Meter
2. Press the push switch for 3 seconds and release
3. Both sensors should blink orange for 10 seconds

#### Switch the sensor mode.



- Before switching the mode, confirm that there is no other pedaling monitor near by. If this is not done at a sufficient distance away from other sensors, the other sensors are likely to malfunction.

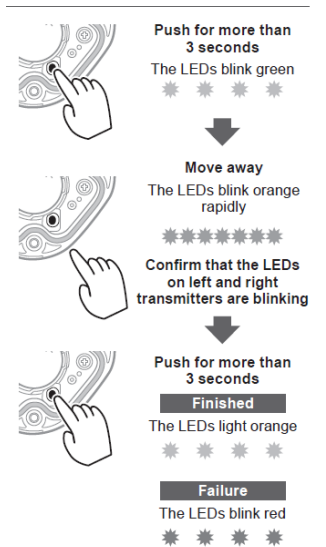
### Switching Left and Right Sensors FROM Single Leg to Dual Leg Mode

#### • Notes

- This method is for users who are upgrading from a single leg sensor with a second Left or Right leg sensor.
- The following method is for ANT+ Cycle Computer users who do NOT have a Pioneer Cycle Computer – See slide 5 for Pioneer Mode Switching with a Pioneer Computer
- Single Leg Ultegra SGYLT68-Series, DuraAce SGY-LT90-Series, and SGY-PMRTC “Kits” ship pre-set in the Single Leg ANT+ Mode.
- To confirm Single Leg ANT+ Mode, remove and replace the battery, you should see a **BLINKING Orange** light.

### Switching to Dual Leg ANT+ Mode

1. Spin the crank 3 – 4 rotations to activate the Sensors
2. Press the Push Switch for 3 seconds and release
3. Confirm both sensors are blinking
4. While blinking, press and hold the push switch for 3 more seconds and release
5. To confirm you have switched to Dual Leg, remove the batteries and replace, you should see a solid orange light on both sensors





# Power Meter Firmware Update using the SGX-CA500

Note: Firmware updates may take up to 2 hours. (It depends on the surrounding WiFi and Broadband level of interference)  
If the update process is interrupted, you may need to move to a less cluttered radio location and restart the update.

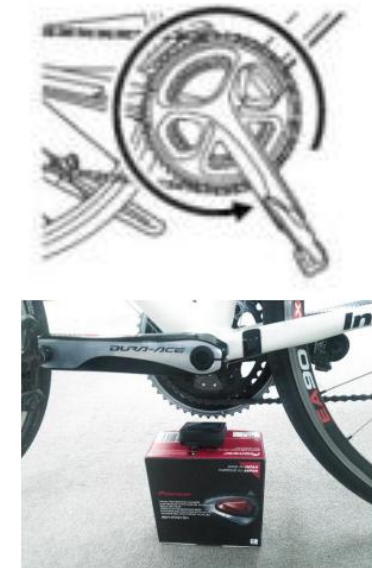
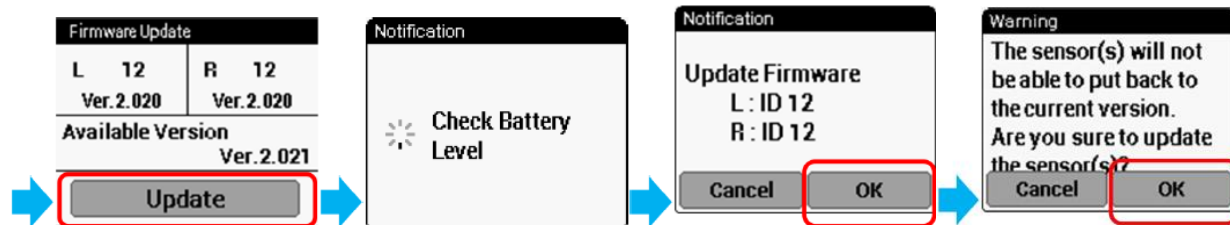
## Preparation:

- Update your SGX-CA500's firmware to the latest version. 4.023 or higher
- Be sure your SGX-CA500 is fully charged.
- Sensors must be in Pedaling Monitor Mode – Use your SGX-CA500 to put the sensors in Pedaling Monitor Mode
  - [MENU]-[Option]-[Pedaling Settings]-[Mode Switch]-[Pedaling Monitor]
    - If the sensors were purchased before Jun. 2015, use the push button on the right side transmitter to switch the mode to Pedaling Monitor Mode.
- Both Sensor batteries must have at least 2.9v
  - Battery Check - [MENU]-[Sensors ]--[Pedaling Monitor L]--[Battery]  
[MENU]-[Sensors ]--[Pedaling Monitor R]--[Battery]

## Update Procedure:

1. Rotate the crank slowly three or more times to wake up the sensors
2. From the SGX-CA500 - [MENU]-[Option]-[Pedaling Settings]-[Firmware Update

(2)Execute the [Update].



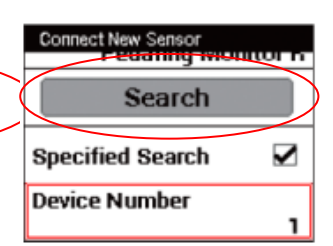
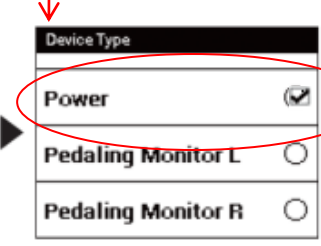
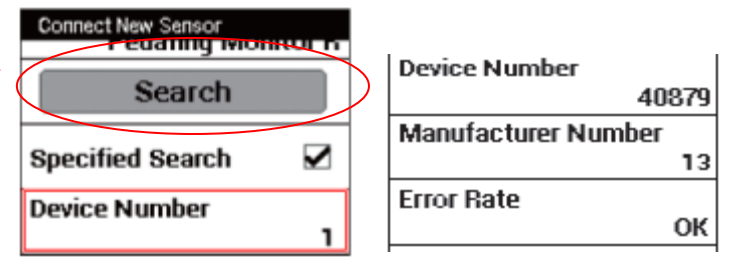
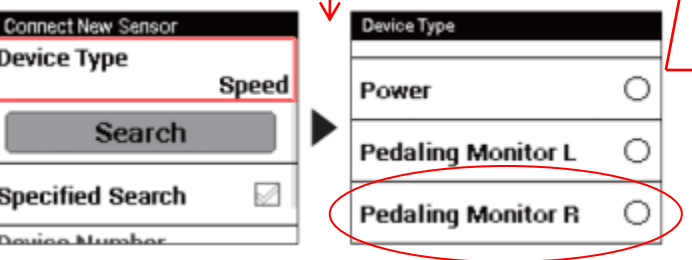
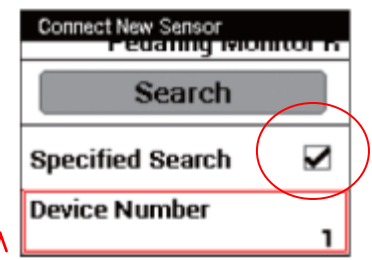
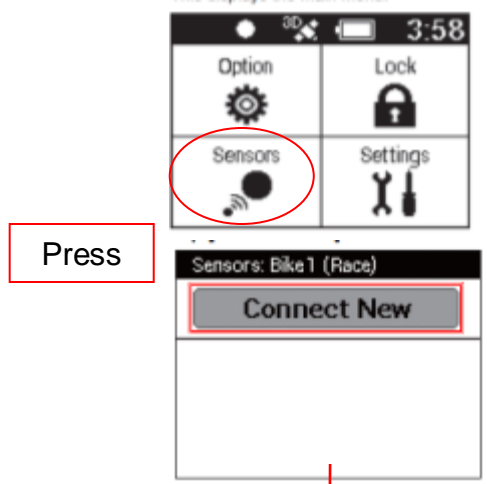
3. Place the SGX-CA500 within 10 inches from the sensor(s).

# SGX-CA500

## Pairing with a Pioneer "Pedaling Monitor" or Other "Power Meter"

Pioneer "Pedaling Monitor" – 1<sup>st</sup> time pairing, see Mode Switching slide 5

Other ANT+ Power Meters



# SGX-CA500

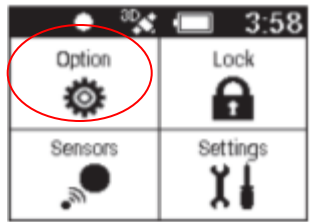
## Zero Calibration

Zero Calibration is required to adjust for changes in crank deflection at different temperatures. Pioneer power meters provide 6 temperature memories loaded each time temperature varies 4 degree's centigrade.



Point left crank arm  
to 6 o'clock

Point right crank arm  
to 6 o'clock



Select  
ZeroCal



Or



ZeroCal			
<b>Calibrate LR</b>			
	L	R	
Tan:	2 N	Tan:	2 N
Rad:	0 N	Rad:	0 N

You can check zero calibration status  
on Cyclo-Sphere in individual ride  
analysis under Device Information

- # of times zero calibrated
- Temperatures in memory

Device Information			
	Pioneer SGX-CA500 Serial Number : NCCZ001375WN		
	Pioneer SGY-PM910H Device Number : 420 / 420		
	Left	<u>Temperature learning conditions</u>	Right
	■■■■■□ (5 times)	Number of times learned	■■■■■□ (5 times)
	---	Learning accuracy	---
	72.7 [°F]	Most recently learned temperature	70.3 [°F]
	ANT+ Heartrate Sensor Device Number : 48330		



# SGX-CA500

## Wifi Ride Upload

### 1.) Connect to your WiFi Network



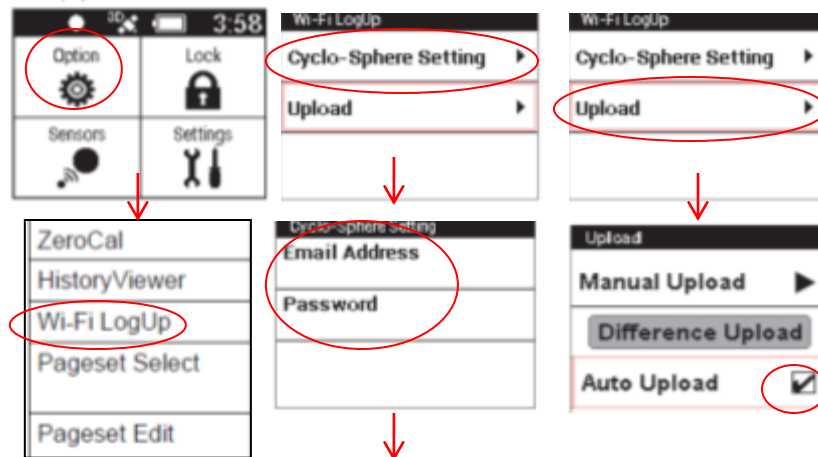
You can enter multiple wifi spots ie., your home, Starbucks...

### 2.) Create a Cyclo-Sphere Account With an E-mail and Password



<https://cyclo-sphere.com/>

### 3.) Provide your Cycle Computer with your Cyclo-Sphere E-mail and Password for Auto Upload



Hold Back Button to return to the upload section

### 4.) Charge your Computer before every ride...



Start



Train  
n  
Race

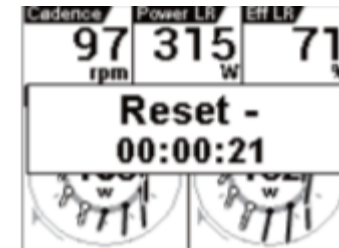


Stop



Reset  
X  
3 sec.

Ride data will auto-upload to Cyclo-Sphere when in range of your wifi networks.



# SGX-CA500 Training Menu

## Cyclo-Sphere Mobile Viewer

- The SGX-CA500 Training Menu has 3 Powerful Training Tools

### 1. Training Assist – Beginner to Advanced Cyclist

- A free interactive self coaching tool found on the Cyclo-Sphere Mobile Viewer – Not available on the PC site
- Training Assist has 28 unique training modules for riders of all skill levels and experience
- Training Assist was designed to help riders best utilize cycling technology on the bike from heart rate, speed and cadence sensors, to power meters and Pioneer exclusive Pedaling Monitor Technology.
- Riders 3 month power data is auto loaded to the SGX-CA500 via Cyclo-Sphere for clearly defined benchmarks and target goals
- New power achievements are auto uploaded back to Cyclo-Sphere
- After Ride Results offers charts, graphs and troubleshooting
- See Slide 11 for Training Assist Process

### 2. Interval Timer – Intermediate to Advanced Cyclist

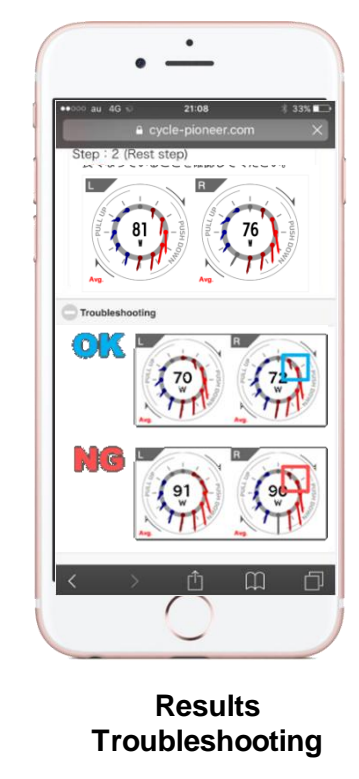
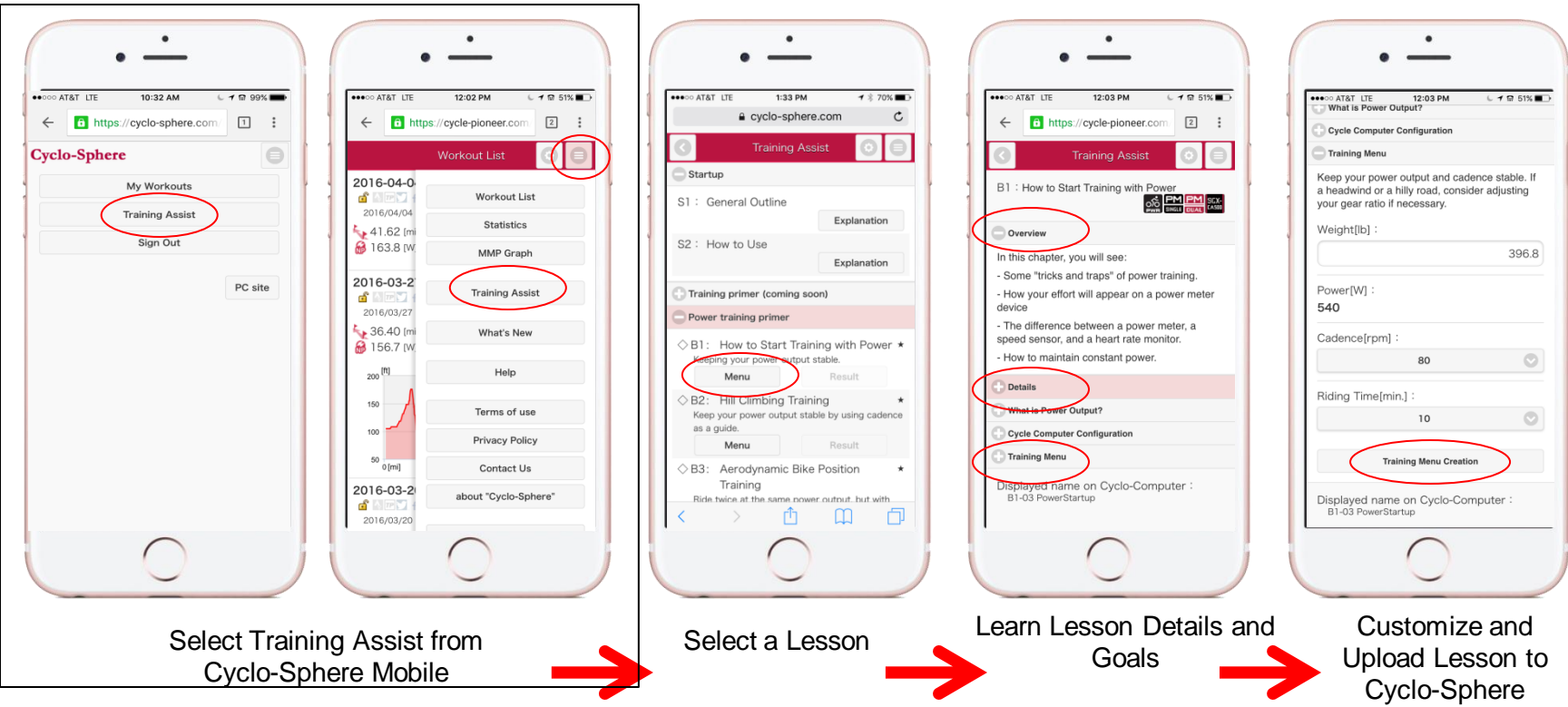
- SGX-CA500 only, no mobile device required.
- Create custom Interval Programs
- Includes Duration, Warm-Up, Power Target, Power Escalation, Set Count
- Create, Save and Edit
- Easily Select an Interval Training Program while on the road

### 3. Threshold Training – Intermediate to Advanced Cyclist

- SGX-CA500 only, no mobile device required
- Utilizes last 3 month power data from Cyclo-Sphere to provide easy on the road “Challenges” of maximum time intervals for 1, 3, 5, 10, and 20 min. MMP (Mean Maximum Power) records as well as 20 and 60 minute FTP Tests
- Uploads achievements over 100% as new benchmarks to Cyclo-Sphere
- Auto configures Targets for each Time Segment
- Includes warm-up and cool down.
- Auto logs finished Challenges as Laps for easy post ride analysis



# SGX-CA500 Training Assist Process



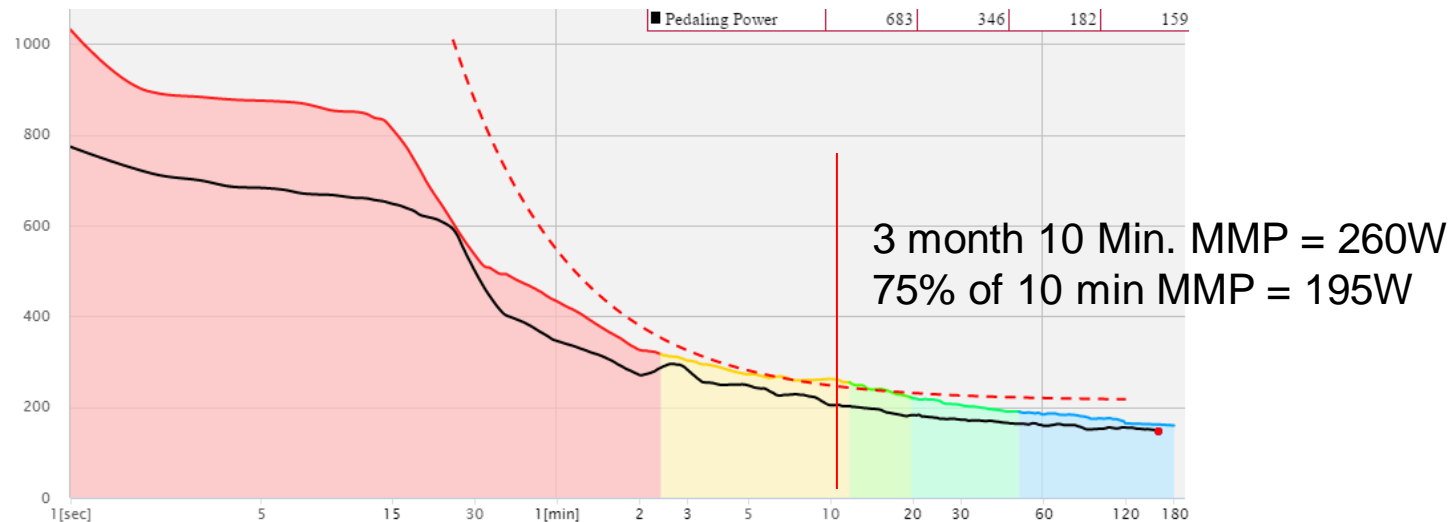
- Cycle Basics
  - Time
  - Speed
  - Cadence
  - Heart rate
  - Intervals
  - Climbing
- Power Training
  - Power
  - Aerodynamics
  - MMP
  - FTP
- Pedaling Techniques
  - 3 O'Clock
  - 6 O'Clock
  - Upstroke
  - High Cadence
  - Efficiency



# SGX-CA500

## Real-Time Interval Intensity – Pioneer Exclusive!

- **Data Field - Power Training / Data Type – Real-Time Interval Intensity**
- Interval Intensity is a percentage based on a riders average power over time divided by the riders historical MMP for the same duration of time.
  - Ex: For a rider with a 30 minutes MMP Power Value of 250W, a 200W average for 30 minutes would be 80% of that riders MMP.
- Provides a real-time Interval Intensity percentage of a riders MMP for continuous intervals of time, from start of ride to end.
- Based on riders 3 month MMP Chart from Cyclo-Sphere
- Holding a continuous 70% – 80% Interval Intensity is a good recommended range for most riders wishing to maximize their ride effort
- Automatically uploads and benchmarks new MMP records over 100%
- Requires Firmware ver. 20160706

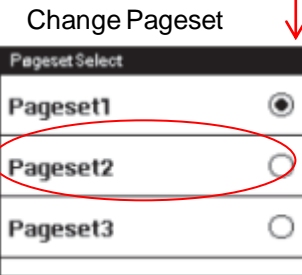
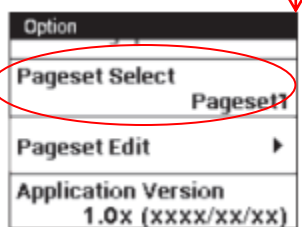
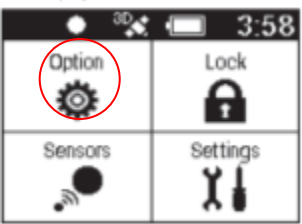




# SGX-CA500

## Pageset Select / Pageset Edit

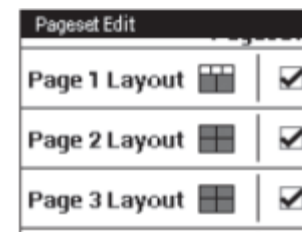
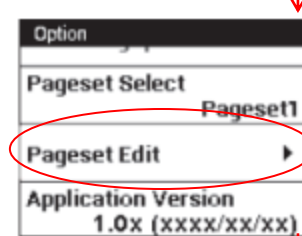
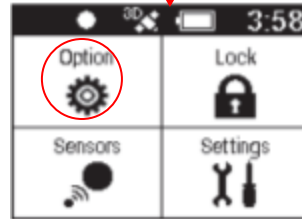
### Pageset Select



Edit Pageset 1

Or →

### Pageset Edit



Select from 1 – 6 Pages

### Press and Hold

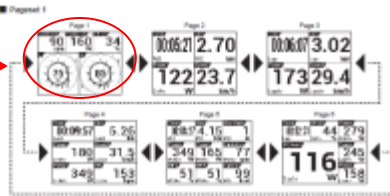


Item	Parameter
View Mode	- Vector Chart - Torque Chart
View Side	- Left - Right - Right & Left

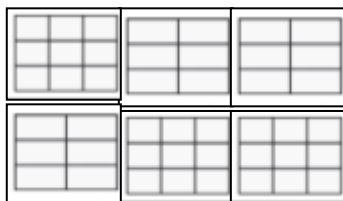
Grey data fields = Vector & Torque Graphics  
For Pioneer Power Meter

Item	Unit	Display Type	Label	Symbol
Line Type	Line Type	Line Type	Line Type	Line Type
Line Color	Line Color	Line Color	Line Color	Line Color
Line Width	Line Width	Line Width	Line Width	Line Width
Line Style	Line Style	Line Style	Line Style	Line Style
Line Dash	Line Dash	Line Dash	Line Dash	Line Dash
Line Weight	Line Weight	Line Weight	Line Weight	Line Weight
Line Color	Line Color	Line Color	Line Color	Line Color
Line Width	Line Width	Line Width	Line Width	Line Width
Line Style	Line Style	Line Style	Line Style	Line Style
Line Dash	Line Dash	Line Dash	Line Dash	Line Dash
Line Weight	Line Weight	Line Weight	Line Weight	Line Weight
Line Color	Line Color	Line Color	Line Color	Line Color
Line Width	Line Width	Line Width	Line Width	Line Width
Line Style	Line Style	Line Style	Line Style	Line Style
Line Dash	Line Dash	Line Dash	Line Dash	Line Dash
Line Weight	Line Weight	Line Weight	Line Weight	Line Weight
Line Color	Line Color	Line Color	Line Color	Line Color
Line Width	Line Width	Line Width	Line Width	Line Width
Line Style	Line Style	Line Style	Line Style	Line Style
Line Dash	Line Dash	Line Dash	Line Dash	Line Dash
Line Weight	Line Weight	Line Weight	Line Weight	Line Weight

Grey & White data fields =  
200 Unique Metrics – All ANT+  
Connected Devices



Default Pageset 1 for Pioneer Power Meter use



Default Pageset 2 for ANT+ / Other Power Meter

- Number of data fields: 2
- Number of data fields: 3
- Number of data fields: 4
- Number of data fields: 5
- Number of data fields: 6
- Number of data fields: 9

Select up to 16 Layout Options per page  
Grey = Graphic or Numerical  
White = Numerical Only

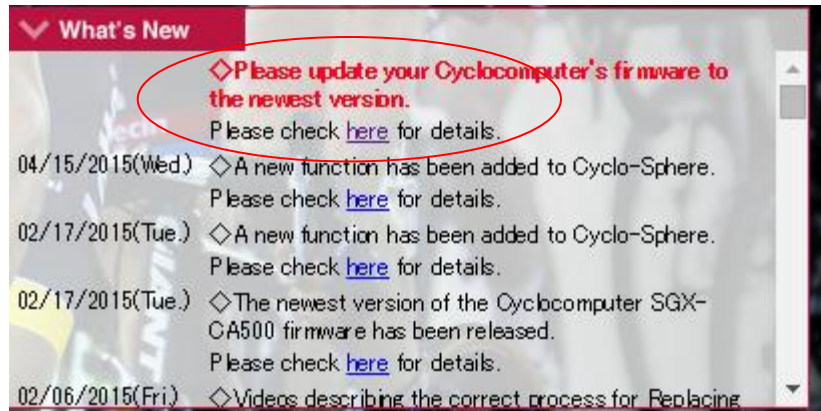
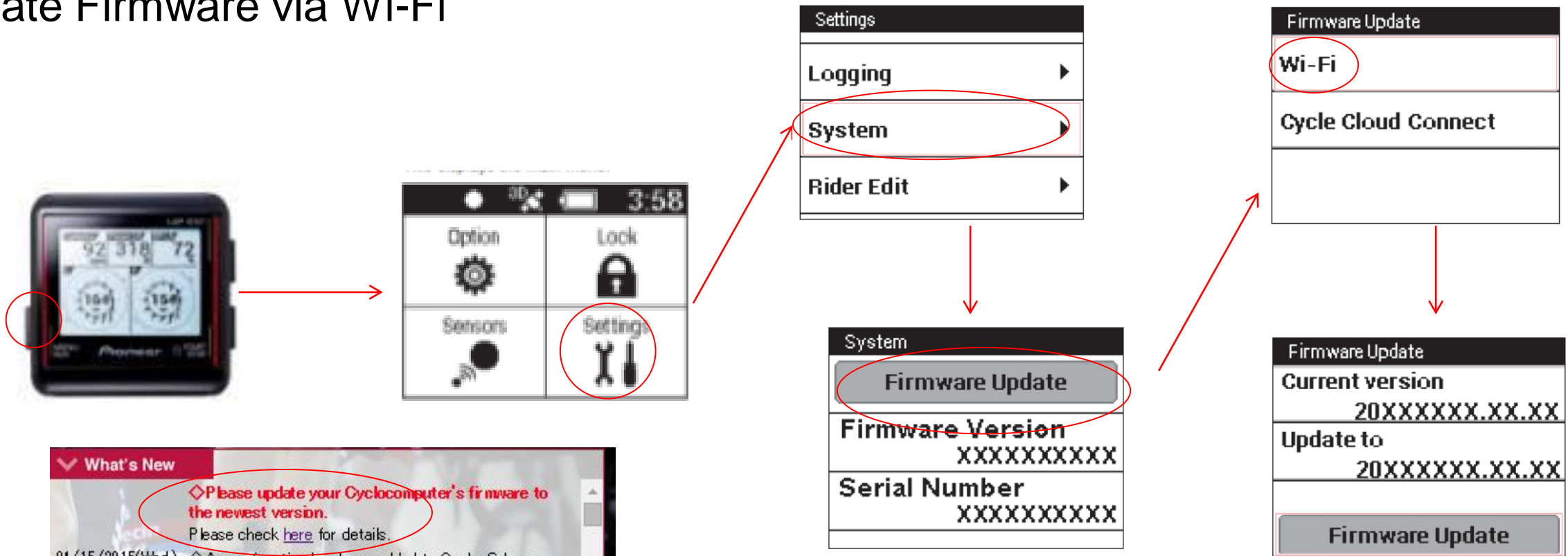




# SGX-CA500 Firmware Update

## Update Firmware via Wi-Fi

Menu



Cyclo-Sphere will announce new firmware and provide details of the updates.

# Mode Switch & FW Update Conditions

Right LED	Left LED	Right Side Push Button	SGX-CA500	FW Updater tool
<b>L, R or L&amp;R Green</b> Pedaling Mode		N/A Sensors are in Pedaling Mode Push Button has no function	Mode Switch L, R, or L&R to Single or Dual ANT+ Will Update Sensors to Latest firmware	N/A Sensors must be in ANT+ Mode
<b>Solid Orange</b> Dual ANT+ Factory	<b>Solid Orange</b> Dual ANT+ Factory	Puts Dual L&R into Single ANT+ Modes Use on 2 bikes / cranks Pull Batteries and Replace, Spin Crank, Hold push button for 3 Sec then release – pg. 23 OM	Mode Switch L, R, or L&R to Single ANT+ or Pedaling Monitor	Enter Ant ID's into L & R
<b>Blinking Orange</b> Single ANT+ Factory	<b>Blinking Orange</b> Single ANT+ Factory	Puts Single L & Single R into Dual ANT+ Mode Kit Upgrade from Single to Dual Pull Batteries and Replace, Spin Crank, Hold push button for 3 Sec. release, right blinks green then fast flashing orange, Press 3 Sec again while flashing fast orange then release – pg. 19 OM	Mode Switch L, R, or L&R to Dual ANT+ or Pedaling Monitor	Enter Ant ID's into L, R or L & R
<b>Solid Orange</b> Dual ANT+	<b>Blinking Orange</b> Single ANT+	N/A Rare, Required a SGX-CA500 to switch the Left Leg to Single when right side was not in range or battery out leaving Right in Dual	Mode Switch Both L&R to Dual or Single ANT+ To Re-Sink Pair	Both must be in same ANT+ Mode
<b>Blinking Orange</b> Single ANT+	<b>Solid Orange</b> Dual ANT+	N/A Rare, Required a SGX-CA500 to switch Right Leg to Single while left leg was out of range or battery out leaving Left In Dual	Right side is in ANT+ Single but must Mode switch right into ANT+ Single again to erase last dual Pairing. Then Mode switch both to desired Mode	N/A Both must be in same ANT+ Mode
<b>Blinking Green</b>		N/A	Sensor(s) are in Update Mode. Must complete FW Update Move away from Wifi Interference	
<b>Blinking Red</b>		N/A Right Side, Left Side Sensor in unknown Dual Mode	N/A	N/A
<b>Solid Red</b>		N/A <b>Damaged, Send for Service</b>	N/A	N/A

\* Before Mode Switching, the ANT+ Transmit feature must be off - Menu / Settings / Device

 Standard Factory Setting Possibilities

 Separated System Firmware update not completed

 Service Situation



# Cyclo-Sphere



Date	Time	Distance	Elevation Gain	Work
06-15-2014	00:09:14	17.9	11.70	88.0
06-09-2014	0:50:15	17.9	11.70	88.0
06-08-2014	0:07:07	17.9	11.70	88.0
06-07-2014	2:07:36	232.8	66.80	161.7
Sunday card	06-01-2014	0:24:03	74.3	137.70
Long beach	05-31-2014	2:12:01	275.4	45.90
Montreal	05-28-2014	0:08:57	100.5	18.20
Raceway m	05-25-2014	1:02:30	97.5	30.40
Dog Beach	05-23-2014	2:43:39	204.1	56.50

## Cyclo-Sphere

Register Sign In

What's New

- Please update your Cyclocomputer's firmware to the newest version. Please Check [here](#) for Details.
- 06/10/2014 (Tue) Notice of Update on Cyclo-Sphere Website. We have corrected a problem which caused Work to be displayed incorrectly.
- 06/04/2014 (Wed) The newest version of the Cyclocomputer 3031-CAS500 firmware has been released. Please Check [here](#) for Details.
- 06/04/2014 (Wed) The newest version of the Cyclocomputer 3021-CAS500 firmware has been released.

<https://cyclo-sphere.com>

To register as a user, please enter the following information. Items marked with an \* are required.

Email Address: [input field]

Email Address (confirm): [input field]

Password: [input field]

Password (confirm): [input field]

Username: [input field]

Language: [dropdown menu]

Authentication: [input field]

Register

Basic E-Mail and Password User name... You're In!

\* Cyclo-Sphere is optimized for Pioneer Cycle-Sports computers and Power Meters but works great with any ANT+ Cycle Computers, Power Meters, Cadence / Speed, and Heart Rate Sensors.

How to Use Cyclo-Sphere

FAQ

Glossary

$$Eff = \frac{\sum_{i=0}^{11} F_{xi}}{\sum_{i=0}^{11} F_i}$$


# Search / Files

Calendar Date  
Ride Access

Quick Return to **My Workouts**

Return to **Default Layout**  
Windows can be moved during  
analysis

**Download Files**  
Converts Pioneer .db files into .FIT files  
and “downloads” them to your PC for  
later “upload” to other Cycling analysis  
websites ie. Training Peaks, Garmin,  
Strava, MapMy Ride, etc.

**Pioneer Cyclo-Sphere**

Navigation icons: Home (bicycle), Add (+), Refresh (circular arrow), Up (up arrow), Down (down arrow), Settings (gear), and Logout (door with X).

User: DB41

**Calendar**

Analysis

June 2014

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

**Search**

Workout Name :  **Reset**

Date : 01/05/2013 - 06/15/2014 **Reset**

**Search** **Show All** **Reset All**

Other search options

**Download Workouts**

Workout Name	Start Time	Status
06-15-2014 09:12:57 am	2014-06-15 09:12:57	
06-09-2014 06:49:54 pm	2014-06-09 18:49:54	
06-08-2014 03:57:18 pm	2014-06-08 15:57:18	
06-07-2014 02:06:39 pm	2014-06-07 14:06:39	
Sunday quick run	2014-06-01 16:16:54	
Long beach reverse	2014-05-31 09:27:20	
Memorial Day Power Ride	2014-05-26 09:08:08	
Recovery ride	2014-05-25 09:09:41	
Dog Beach	2014-05-23 10:53:49	
06-04-2014 06:17:04 am	2014-05-04 06:17:04	

Format: @.FIT

**Download** **Close**

**Upload Files**  
Allows “uploading” of .FIT files stored on your PC for Cyclo-Sphere  
analysis and auto-forwarding to Strava

**Upload Workouts**

Choose Files No file chosen

Filename	Status

Forward :  Strava

**Upload** **Close**

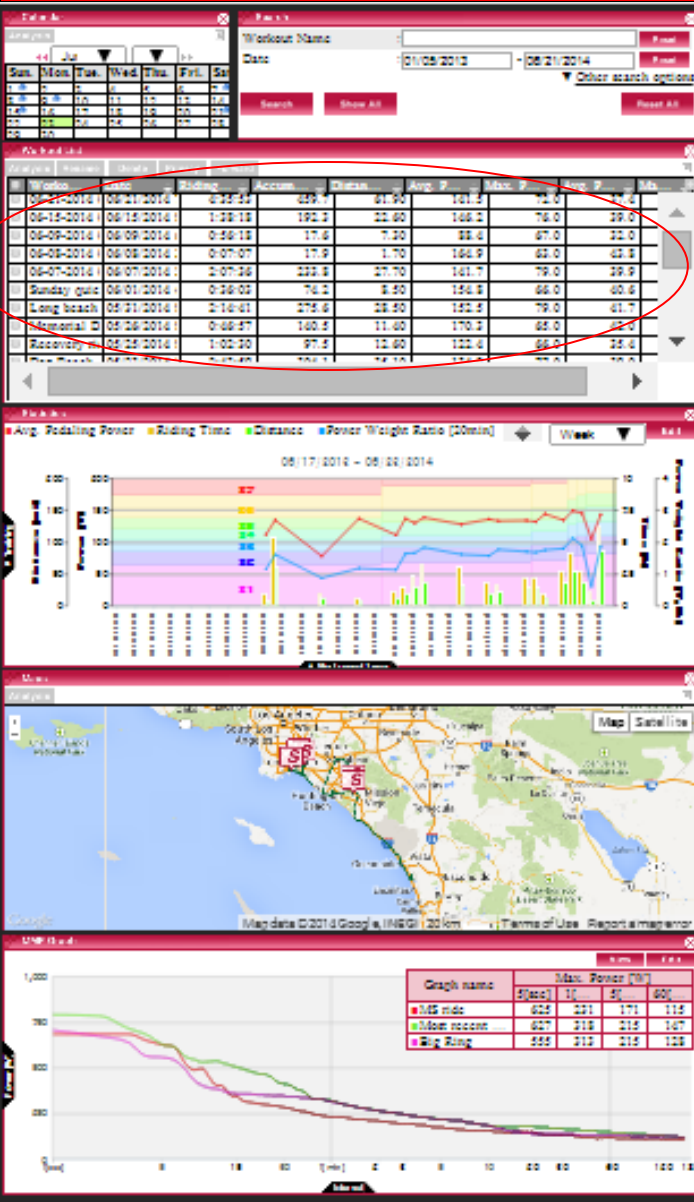
Organize New folder

Favorites: Desktop, My Documents, Downloads, Recent Places

Name
06-07-2014 02-06-39 pm.fit
06-08-2014 03-57-18 pm.fit
06-09-2014 06-49-54 pm.fit
06-15-2014 09-12-57 am.fit



# Workout List



CLICK HERE

Change Metric in column

CLICK HERE

Add Column

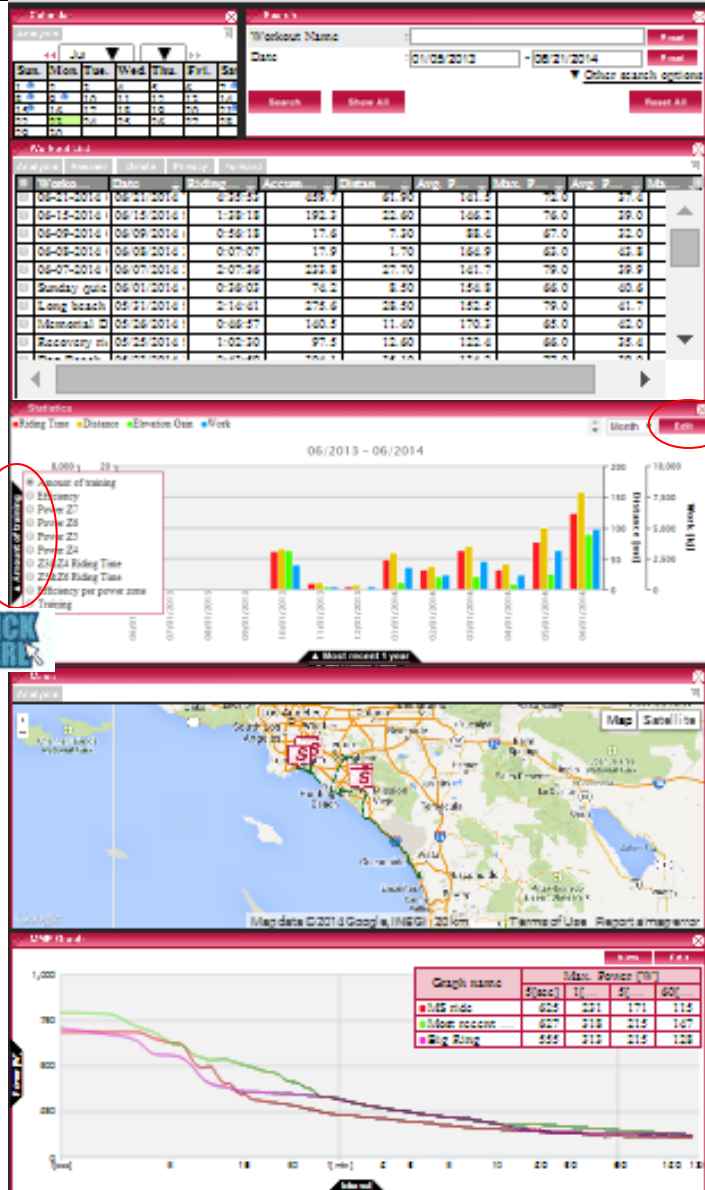
**Workout List**

Analysis Rename Delete Privacy Forward

Workout N...	Date	Riding Time	Accumulat...	Distance [mi]	Avg. Power...	Max. Pedali...	Avg. Pedal...	Max. ...
<input type="checkbox"/>	06-21-2014 07:10:	06/21/2014 7:10:4	4:35:53	459.7	61.90	Distance [mi]	Avg. Power...	37.4 704.0
<input type="checkbox"/>	06-15-2014 09:12:	06/15/2014 9:12:5	1:38:18	192.3	22.60	Workout Name		39.0 673.0
<input type="checkbox"/>	06-09-2014 06:49:	06/09/2014 6:49:5	0:56:18	17.6	7.30	Date		32.0 473.0
<input type="checkbox"/>	06-08-2014 03:57:	06/08/2014 3:57:1	0:07:07	17.9	1.70	Riding Time		43.8 501.0
<input type="checkbox"/>	06-07-2014 02:06:	06/07/2014 2:06:3	2:07:36	233.8	27.70	Elapsed Time		43.8 501.0
<input type="checkbox"/>	Sunday quick rur	06/01/2014 4:16:5	0:36:03	74.2	8.50	Distance [mi]		39.9 504.0
<input type="checkbox"/>	Long beach reve	05/31/2014 9:27:2	2:14:41	275.6	28.50	Public Flag		40.6 659.0
<input type="checkbox"/>	Memorial Day Po	05/26/2014 9:08:0	0:46:57	140.5	11.40	Max. Pedaling Efficiency [%]		41.7 746.0
<input type="checkbox"/>	Recovery ride	05/25/2014 9:09:4	1:02:30	97.5	12.60	Avg. Pedaling Efficiency [%]		42.0 738.0
<input type="checkbox"/>	Dog Beach	05/23/2014 10:53:	2:43:59	304.1	35.10	Max. Power [W]		42.0 738.0
<input type="checkbox"/>	05-04-2014 09:27:	05/04/2014 9:27:0	0:55:42	118.9	12.60	Avg. Power [W]		35.4 674.0
						Avg. Cadence [rpm]		39.0 669.0
						Avg. Cadence [rpm]		39.4 630.0
						Max. Speed [mph]		
						Avg. Speed [mph]		
						Max. Heart Rate [bpm]		
						Avg. Heart Rate [bpm]		
						Max. Altitude [ft]		



# Statistics – Ride Group Charts & Graphs



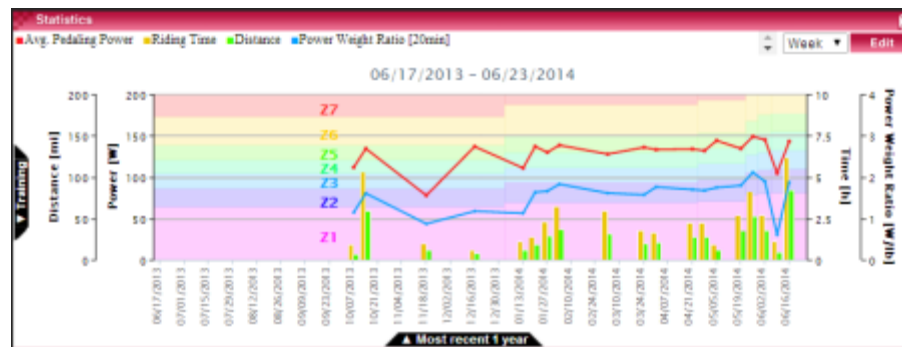
This window allows users to create or edit parameter groups. It features a 'Group name' field and a list of checkboxes for various FTP and Weight categories. A red box highlights the 'New parameter group' checkbox.

Create New  
Parameter Group  
Chart

Edit Groups

Manual FTP Entry

Manual Weight  
Entry



Color Coded  
Power Zones

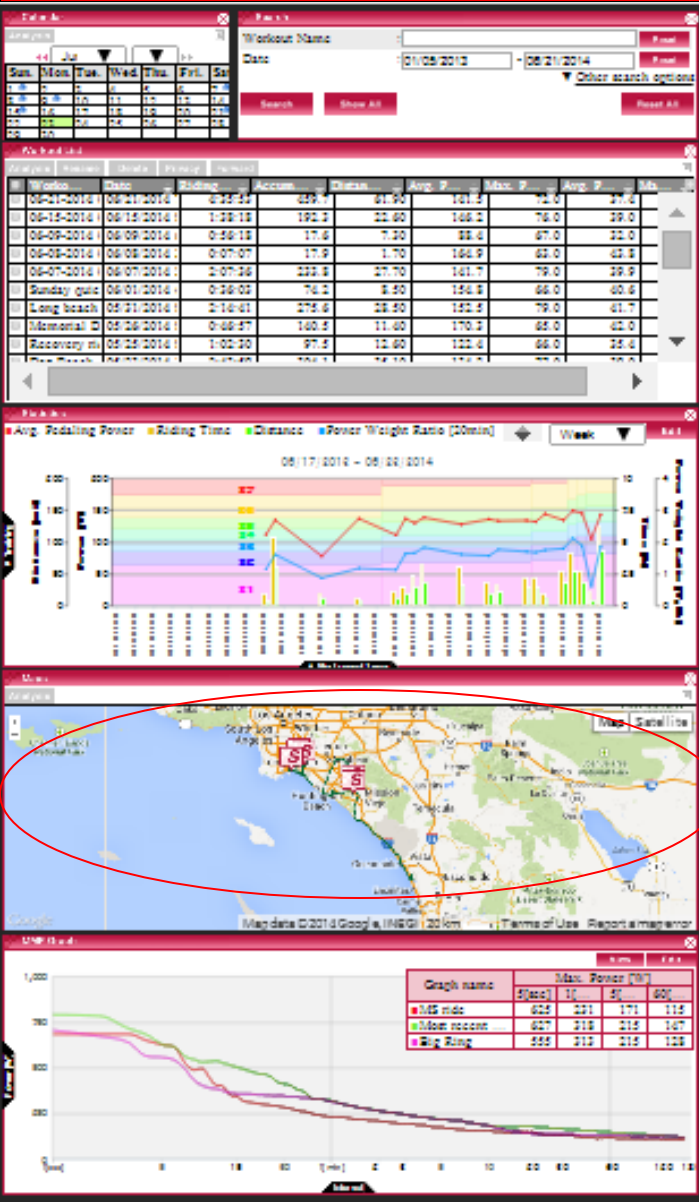
Z1 / Z2 / Z3 / Z4 / Z5 / Z6 / Z7

Level of power:  
Categorized according to comparison with FTP values.

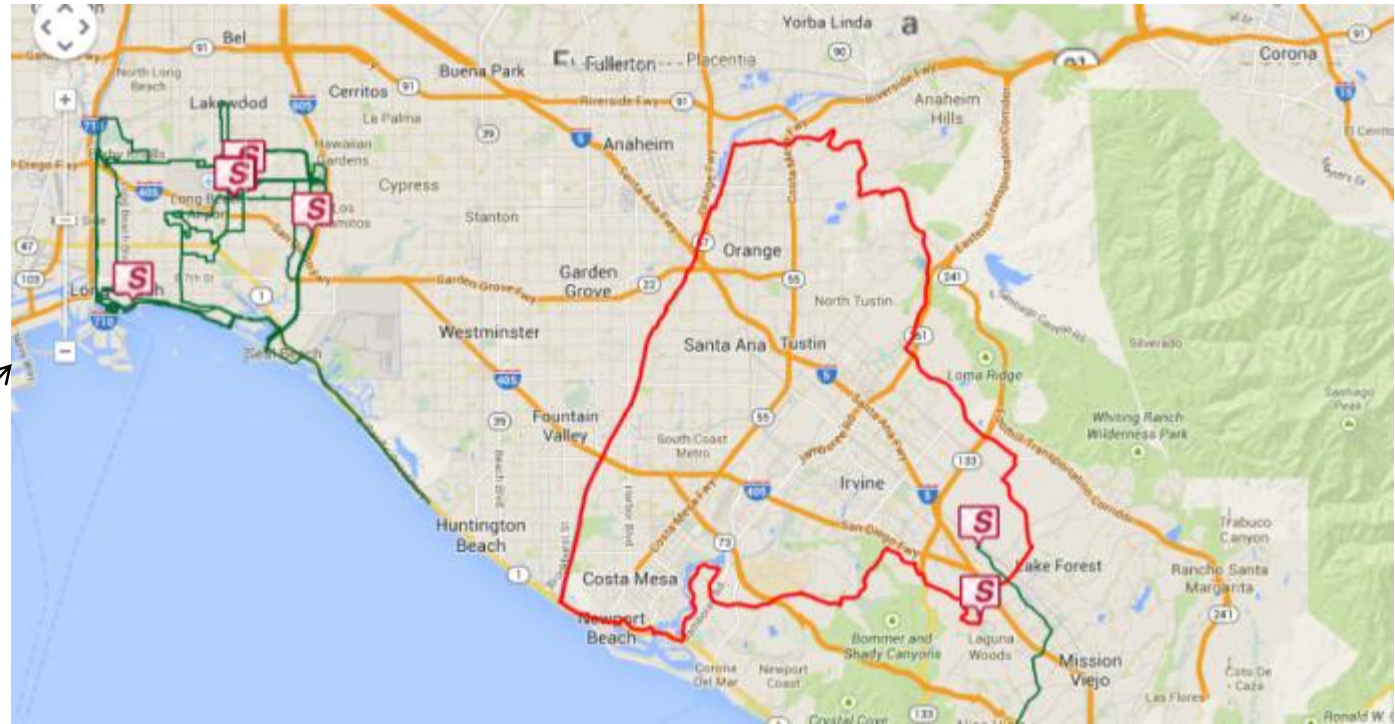
- Z1 : - 55%
- Z2 : 56% - 75%
- Z3 : 76% - 90%
- Z4 : 91% - 105%
- Z5 : 106% - 120%
- Z6 : 121% - 150%
- Z7 : 151% -

User Created  
"Training"

# GPS – Maps & Route History



Green = All Rides

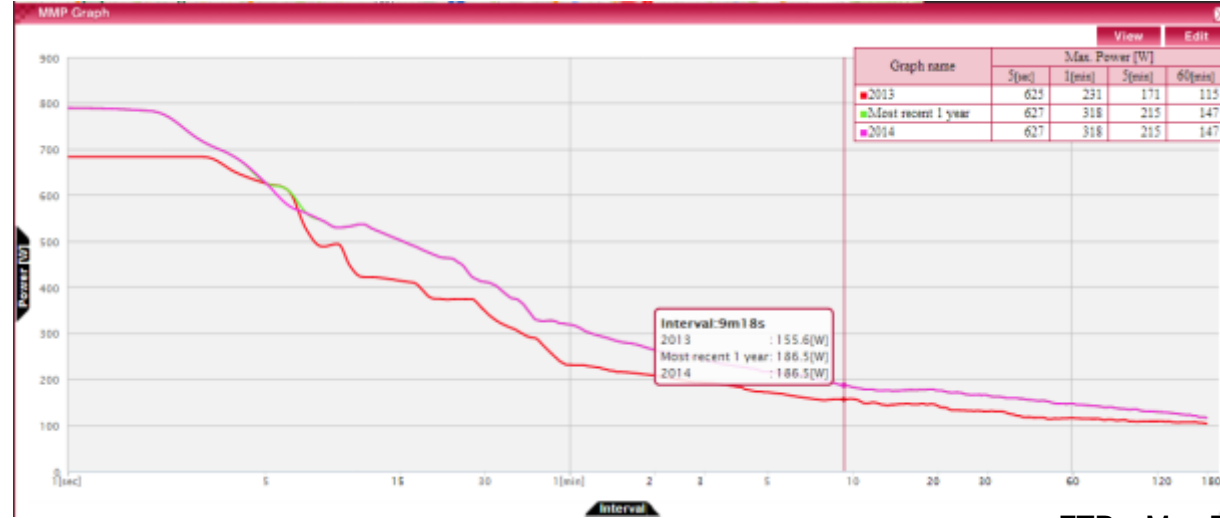


Red = Selected Ride

# MMP – Mean Maximum Power

The screenshot shows the Pioneer cycling software interface. At the top, there's a 'Workout Name' field and a 'Date' range from 01/08/2013 to 08/21/2014. Below that is a calendar view. The main part of the interface is a table of workouts with columns for Date, Riding, Accans, Distanc, Avg. P, Max. P, and Avg. P. Below the table is a power graph showing power (W) over time (min) for a specific workout. The graph has multiple colored lines representing different rides or ride groups. At the bottom, there's a map showing the location of the ride. A red circle highlights a small graph in the bottom right corner of the interface, which is a summary table of Max. Power [W] for different intervals and years.

Graph name	5[sec]	1[min]	5[min]	60[mins]
MS ride	625	231	171	115
Midweek recovery	627	318	215	147
Big Ring	555	312	215	128



MMP = Mean Maximum Power  
For increasing intervals of time

FTP = Max Power Avg. over 1 hour

The 'Select a graph to display' dialog box shows a list of graphs with checkboxes. The following graphs are selected:

- Most recent 1 year
- Most recent 1 week
- Most recent 1 month
- Bales Tour of Long Beach
- 2013
- March 14
- 2014

Buttons: View, Cancel

Select Up to 4 Rides or Ride Groups  
To view and compare

The 'New graph' dialog box shows options for creating a new graph. The 'New graph' checkbox is checked. The 'Graph name' field is empty. The 'by setting the condition' radio button is selected, with 'lately' set to 'month(s)'. The 'Date' field is empty. The 'by selecting workouts' radio button is unselected. The following workouts are listed with checkboxes:

- Most recent 1 week
- Most recent 1 month
- Most recent 1 year
- Bales Tour of Long Beach
- MS ride
- 2013
- March 14
- 2014
- Big Ring

Buttons: Delete, Update, Close

Create a Ride or Ride Group for Analysis  
and comparison to other groups



# Individual Ride Analysis

Day	Sun	Mon	Tue	Wed	Thu	Fri	Sat
01/08/2013							
08/21/2014							

Ride Summary

Laps Segments

**Summary**

- Workout Name: 06-21-2014 07:10
- Start Time: 06/21/2014 7:10
- End Time: 06/21/2014 11:55
- Riding Time: 4:35:53
- Distance: 85.90 [mi]
- Elevation Gain: 2651.4 [ft]
- Accumulated Stress: 499.7
- Intensity: 1.00
- Interval Intensity: 123.3 [%]
- Work: 1784.7 [kcal]
- Avg. Cadence: 74.7 [rpm]
- Avg. Speed: 13.4 [mph]
- Max. Heart Rate: 142 [bpm]
- Avg. Heart Rate: 129 [bpm]
- Max. Pedaling Power: 704.8 [W]
- Avg. Pedaling Power: 141.2 [W]
- Avg. Pedaling Efficiency: 72.0 [%]
- Power Balance (L): 52.1 / 47.9 [%]
- Avg. Left Pedaling Power: 72.9 [W]
- Avg. Right Pedaling Power: 68.8 [W]
- Avg. Left Pedaling Effici: 37.8 [%]
- Avg. Right Pedaling Effici: 37.0 [%]
- Avg. Left Torque: 7.3 [Nm]
- Avg. Right Torque: 6.9 [Nm]
- Max. Grade: 24.7 [%]
- Avg. Grade: 5.0 [%]
- Avg. Temperature: 75.6 [F]

**Lap List**

Lap	Time	Distance [mi]	Power [W]
All Laps	4:35:53	85.90	147.0
Lap 1	0:57:41	8.50	173.1
Lap 2	0:28:17	8.20	148.3
Lap 3	0:22:06	8.20	162.1
Lap 4	0:22:34	8.20	131.0
Lap 5	0:23:11	8.20	144.0
Lap 6	0:24:26	8.20	126.3

**Line Graphs**

Select Metrics



Ride MMP Vs. Other

**Workout List**

Analysis	Rename	Delete	Privacy	Forward
<input checked="" type="checkbox"/>				
06-21-2014 07:10	06/21/2014 7:10:			4:35:53
<input type="checkbox"/>				
06-15-2014 09:11	06/15/2014 9:12:			1:38:18
<input type="checkbox"/>				
06-09-2014 06:41	06/09/2014 6:49:			0:56:18
<input type="checkbox"/>				
06-08-2014 03:57	06/08/2014 3:57:			0:07:07
<input type="checkbox"/>				
06-07-2014 02:06	06/07/2014 2:06:			2:07:36
<input type="checkbox"/>				
Sunday quick rur	06/01/2014 4:16:			0:36:03
<input type="checkbox"/>				
Long beach rever	05/31/2014 9:27:			2:14:41
<input type="checkbox"/>				
Memorial Day P	05/26/2014 9:08:			0:46:57
<input type="checkbox"/>				
Recovery ride	05/25/2014 9:09:			1:02:30
<input type="checkbox"/>				
Dog Beach	05/23/2014 10:53:			2:43:59
<input type="checkbox"/>				
05-04-2014 00:27	05/04/2014 0:27:			0:55:42

Histogram

Scatter Chart

Pedaling Monitor Pioneer Power Meter Only

Line Graphs

Select Metrics

Pedaling Graph Pioneer Power Meter Only



GPS Route



Satellite View

# Auto "Forward" to STRAVA, Training Peaks, Facebook & Twitter

My Workouts



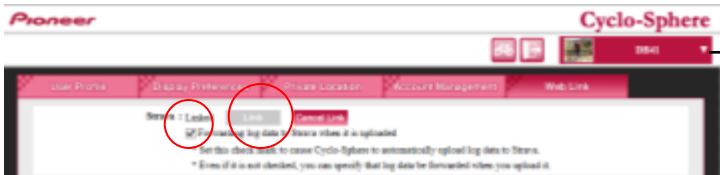
Profile Settings



Web Link

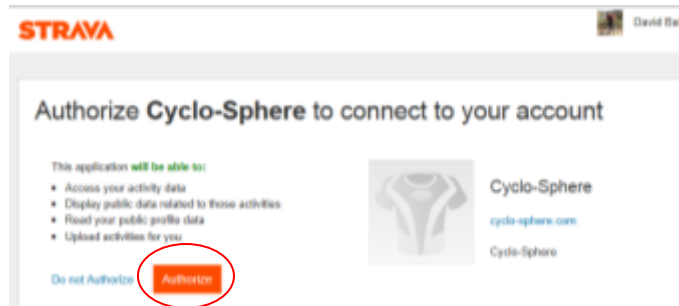


Link and Forward to Strava



Enter Strava Account address and password.

Authorize



Strava Ride Analysis





# Post Ride Analysis to STRAVA, Training Peaks, Facebook & Twitter

## Post a single event

Workout List						
	Analysis	Rename	Delete	Adjust	Post	
<input type="checkbox"/>	Date	Work...	Rid...	Dist...	Av...	Av...
<input checked="" type="checkbox"/>	04/11/201	605 N 30	2:02:09	31.20	158.8	
<input type="checkbox"/>	04/04/201	04.04.2015	2:30:16	40.00	153.7	

STRAVA Training Peaks Twitter Facebook Share via link

Transfer selected workout(s) to STRAVA™

Comment:  
605 N 30

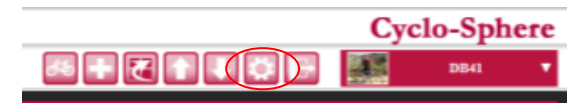
Transfer Close

## Auto-Forward

### My Workouts



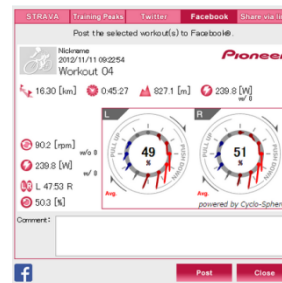
## Profile Settings



### Web Link



### Twitter and Facebook



**STRAVA** :  Link  (David)  
 Automatically transfer ride log data to STRAVA™ after uploading  
 Check here to automatically transfer log data to STRAVA™ after uploading it to Cyclo-Sphere.  
 Log files transferred to STRAVA™ will be made public on STRAVA™

**TRAININGPEAKS** :  Link   
 Automatically transfer ride log data to TrainingPeaks™ after uploading.  
 Check here to automatically transfer log data to TrainingPeaks™ after uploading it to Cyclo-Sphere.  
 Log files transferred to TrainingPeaks™ will be made public on TrainingPeaks™

**Twitter** :  Link  (@BatesDBates)  
 Automatically post ride log data to Twitter when uploading.  
 Check here to have ride log data posted automatically to Twitter when uploading.  
 To post to Twitter, "Share via link" must be enabled.  
 Please check the checkbox of (When a workout is transferred or posted to other web services, "Share via link" is enabled) below.

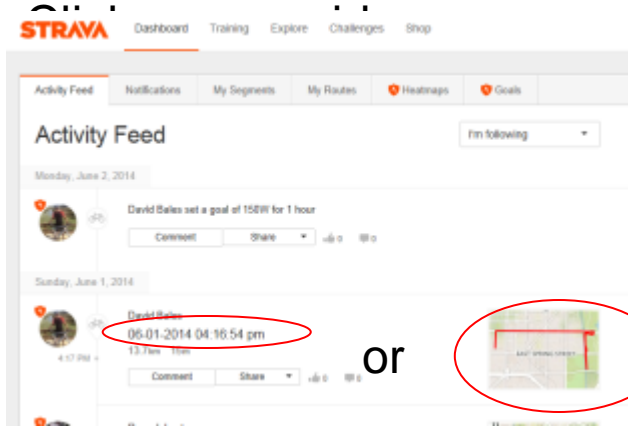
**Facebook** :  Not linked    
 Automatically post ride log data to Facebook® when uploading.  
 Check here to have ride log data posted automatically to Facebook® when uploading.  
 To post to Facebook, "Share via link" must be enabled.  
 Please check the checkbox of (When a workout is transferred or posted to other web services, "Share via link" is enabled) below.

- Select Auto Forward
- Select Private or Public

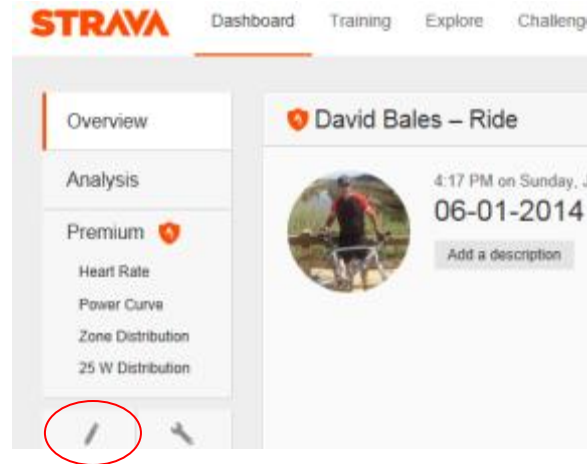


# Make STRAVA Public

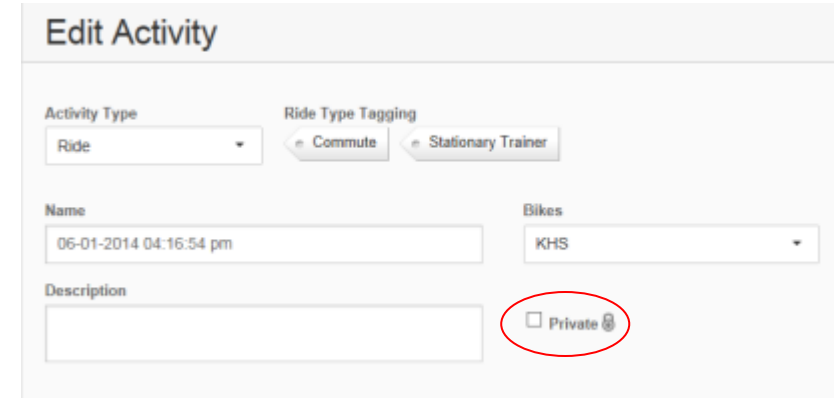
Laptop / PC:  
Go to Dashboard Activity Feed



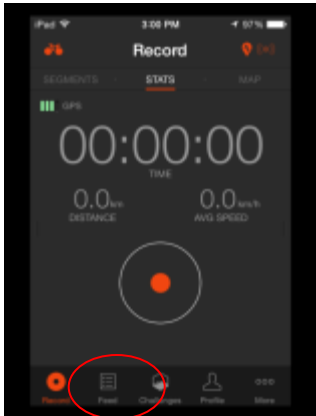
Click on the “Edit this Activity” pen



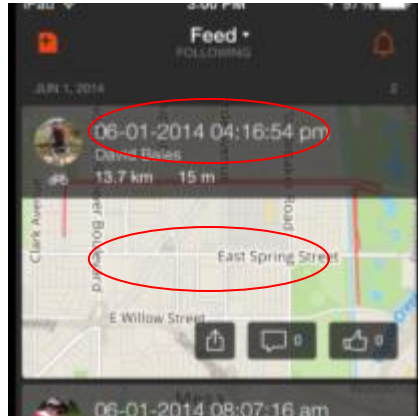
Un-Click Private



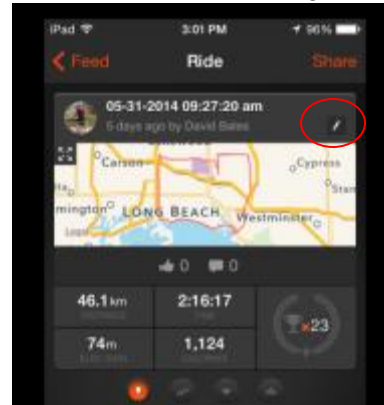
Strava App:  
Click Feed



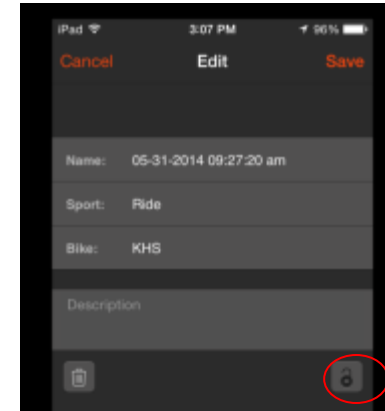
Click the  
date or Map



Click on the  
“Edit this Activity” pen



Click on the lock icon



# Resources



N. America Site  
[www.pioneerelectronics.com/PUSA/](http://www.pioneerelectronics.com/PUSA/)  
[www.powerisking.com](http://www.powerisking.com)



Global Site:  
<http://pioneer-cyclesports.com/us-en/>



<https://cyclo-sphere.com/>



Magnet Calibration Installation Video  
<http://www.youtube.com/watch?v=w4kF4Zx1bqk&feature=youtu.be>



Facebook  
Pioneer Cycle Sports USA

Comments and Questions, E-Mail to:  
[cycle-sports@pioneer-usa.com](mailto:cycle-sports@pioneer-usa.com)

Pioneer Cycle Customer Service  
1 (800) 421-1624

