

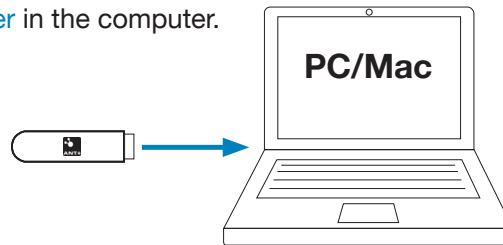


# ANT+ POWER METER & TRAINERROAD

## Connection Steps

### STEP 1

Insert your **ANT+ USB receiver** in the computer.



### STEP 2

Run the **TrainerRoad** application.

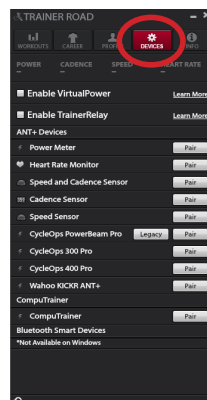
*NOTE: You will first need to download and establish an account at <http://www.trainerroad.com/install>.*

*NOTE: If Garmin ANT Agent is running, you will need to disable.*

### STEP 3

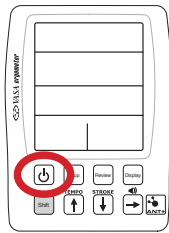
Select the “**DEVICES**” tab.

*NOTE: If the application does not see the ANT+ receiver, click on “Search for ANT+ USB”.*



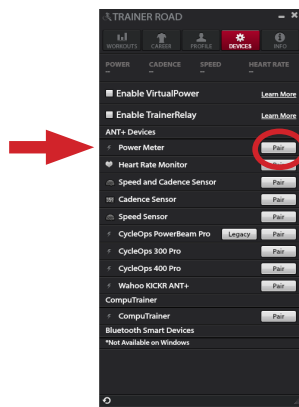
#### STEP 4

Turn on the [Vasa Wireless Power Meter](#).



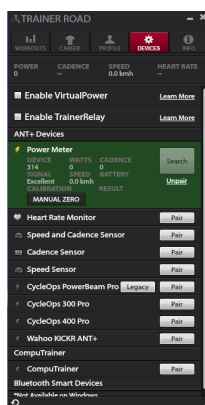
#### STEP 5

Locate “Power Meter” in the “ANT+ Devices” category. Select “Pair”.



#### STEP 6

Confirm connection. Once successful, the TrainerRoad application will display a green background with a yellow lightning bolt to indicate the devices are paired.

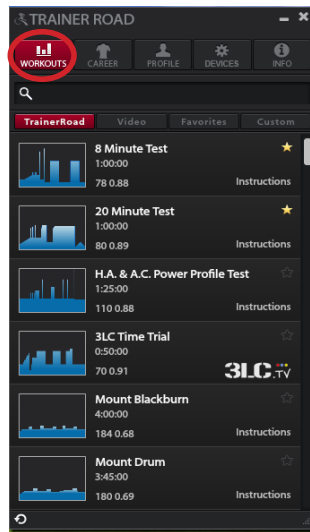


**IMPORTANT:** You must set the wheel circumference to 100mm (settings).

# Workout Selection

## STEP 1

Select the “WORKOUTS” tab.



## STEP 2

Choose one of four workout option tabs & open the desired workout:

- **TrainerRoad** - A wide variety of preset cycle workouts.
- **Video** - More preset cycle workouts with the added video element.
- **Favorites** - Your GO TO “favorites” all in one place.
- **Custom** - Design your own.

*NOTE: The preset workouts are designed for cyclists so watts, distances, etc. may need to be modified to better suit your training goals.*

