



# ANT+ Quick Start Guide

## Set Up Receiver

General steps for setup mirror those for pairing sources of bike power. Specific setup and configuration options vary among the growing number of training software platforms and devices, so consult the instruction manuals or online support for further setup details regarding a specific product.

### If sending data **DIRECT TO SOFTWARE** (i.e Trainer Road, Wahoo Fitness, etc.)

1. Create account at desired site
2. Position computer, tablet or smartphone within range (<30') of Vasa ANT+ Power Meter
3. Insert ANT+ stick or dongle into computer or smartphone
4. Launch training application
5. Turn on Vasa ANT+ Power Meter
6. Within the Devices tab of the training application, pair ANT+ Power Meter (it will be handled as bike power)
7. **IMPORTANT: Set wheel circumference to Manual and to 100 mm**

*\* Note: after initial pairing, pairing should occur automatically*

### If sending data to a **RECEIVING DEVICE** (i.e Garmin 910XT, Garmin Edge 800, etc.)

1. Turn on Vasa ANT+ Power Meter
2. On multisport watches, enable Bike mode
3. If available, create a new Bike Profile
4. Pair ANT+ Power Meter (it will be treated as bike power)
5. **IMPORTANT: Set wheel circumference to Manual and to 100 mm**
6. Disable GPS (Optional)
7. Customize display to show power and other data of interest.

*\* Note: after initial pairing, pairing should occur automatically*

## Start Swimming!

- Turn on Vasa ANT+ Power Meter.
- Launch software with ANT+ stick / turn on receiving device.
- Start software / receiving device
- Begin swimming!

Here are some ways to enjoy structured workouts on the Swim Erg with ANT+ Power Meter:

- Join the Vasa Team at **Trainer Road** for workouts specifically designed for the Vasa Swim Erg
- Build custom workouts with intervals by time or distance with power or stroke rate goals.
- Use **Trainer Road** desktop application "Create Custom Workout"
- Use **Garmin Connect** "Work-out Creator"