



Vasa PM3 Power Meter Quick Start Guide

The Vasa PM3 Power Meter with ANT+ and BT Wireless Connectivity is compatible with most ANT+ cycling computers, multisport watches, and several 3rd party iOS and Android applications like TrainerDay® and TrainerRoad®.

Please note that the setup, connection instructions, and key feature sets will vary when connecting to these devices and applications. If you have questions about compatible devices and apps, please get in touch with Vasa customer service at: info@vasatrainer.com

Vasa recommends using the TrainerDay® Platform as the preferred Vasa PM3 Power Meter application. There are built-in Vasa SwimErg features inside the TrainerDay® application optimized for use with the Vasa SwimErg and the Vasa PM3 Power Meter. Detailed connection steps are included on Page 2 of this quick start guide.

Connecting to ANT+ Devices (ie: Garmin® Cycling Computers)

1. Turn on the ANT+ receiving device and disable any GPS connectivity. This is important to ensure you receive speed and distance data from the Vasa PM3 Power Meter.
2. On the ANT+ receiving device, locate the area where you add sensors and Search All. (NOTE: where you find this will vary from device to device.)
3. Pull on the drive cords of the Vasa SwimErg while the ANT+ receiving device searches for new sensors.
4. Once found, the Vasa PM3 Power Meter will show up as a power sensor with a 2-5 numerical ID.
5. Recommended: Rename the newly added sensor on your ANT+ receiving device and call it Vasa or SwimErg, etc.
6. Required: Set the wheel circumference on the newly added Vasa Sensor on your ANT+ receiving device to 100mm. To do this, edit the settings on that sensor directly on the ANT+ receiving device (steps vary from device to device). This is crucial to ensure that the correct speed and distance data is captured and recorded.
7. Start Swimming! Once you have connected the Vasa PM3 Power Meter to your ANT+ receiving device, power on the Vasa PM3 Power Meter, disable the GPS on the ANT+ device, verify a connection established, and start your workout.
8. Analyze your workout performance. Use the device manufacturer's software for post-workout analysis or upload to other 3rd party platforms like TrainingPeaks®, Strava®, or Intervals.icu® for more detailed analysis. See the device manufacturer's instructions for connecting to these 3rd party programs.

Connecting to TrainerDay® via iOS and Android (preferred):

1. On a desktop computer or tablet, go to www.TrainerDay.com/Vasa and create an account with your code emailed by Vasa at the time of purchase. If you did not receive a code, contact Vasa Customer Service at: **info@vasatrainer.com**
2. Enter your special code and complete the sign-up process. (Note you will need to enter your Credit Card and payment information, but billing won't begin until after your 90-day Premium Trial. You can cancel your recurring billing at any time.)
3. When setting up your TrainerDay® account, setting up an FTP for swimming is important. If you are unsure of your swimming FTP, set it at 20 for now, and then you can adjust it later.
4. Download the TrainerDay® app onto your mobile device and log in with your username and password. Once logged in, go to settings and set your Sport Type to SwimErg.
5. Connect your Vasa PM3 Power Meter. Go to settings and then Add Devices within the mobile app. Turn on the Vasa PM3 Power Meter and pull the drive cords a few times to wake it up. The Vasa PM3 Power Meter will show up as a Smart Trainer with the title of **Vasa SwimErg**. No other configuration is necessary.

NOTE: You can also connect other devices like heart rate monitors. We recommend a wrist or arm type like the Wahoo® TIKR FIT over the traditional chest strap models for increased comfort.

6. Start Swimming! Once your devices are connected, you are ready to go. All you need to do is power on your PM3 Power Meter, launch the TrainerDay® App, choose your sport as SwimErg, verify a connection is established, select a workout from the library or press the Quick Start button and start swimming.
7. Analyze your workout performance. You can do this right in the TrainerDay® application or upload to other 3rd party platforms like TrainingPeaks®, Strava® or Intervals.icu®.

Advanced TrainerDay Setup Instructions:

1. On the desktop computer or tablet, you can create workout lists in the TrainerDay® app to better organize your workouts. We recommend creating one called SwimErg and adding any workouts you would like to perform on your SwimErg mobile app.
2. On the desktop computer or tablet, search the Vasa SwimErg premium library and add any of those workouts to your SwimErg list or create your workouts using the easy-to-use structured workout builder.
3. Configure your workouts on the desktop computer or tablet to auto-upload to programs like TrainingPeaks®, Strava®, Intervals.icu®, and more. This is great for analyzing your workout performance and progress over time.