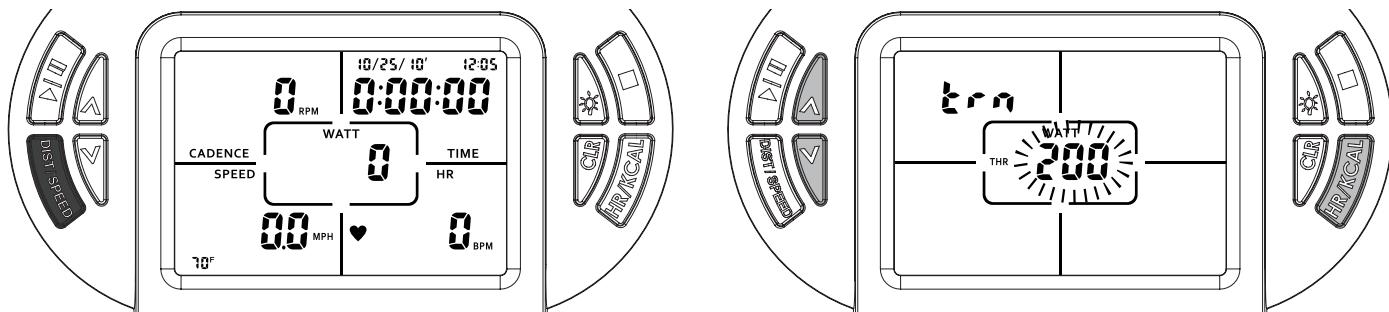


## SETTING YOUR TRAINING SETTINGS

### SETTING POWER TRAINING SETTINGS

Power training settings are used to adjust your power programs in Training Program mode.

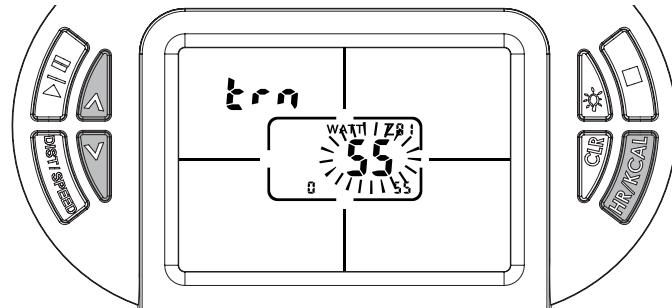
To enter the Training Settings Menu from the idle screen press and hold the DIST/SPEED button (2sec.). Use the Up and Down buttons to adjust the Threshold Watts and press the HR/KCAL button to confirm your selection.



## TRAINING SETTINGS

After you have set your Threshold watts you will set the 6 zones to be used in your programs. The adjustable setting for each zone is the top end of that zone and the bottom end will be the top end from the previous zone. Use the Up and Down buttons to adjust each zone and press the HR/KCAL button to move to the next setting:

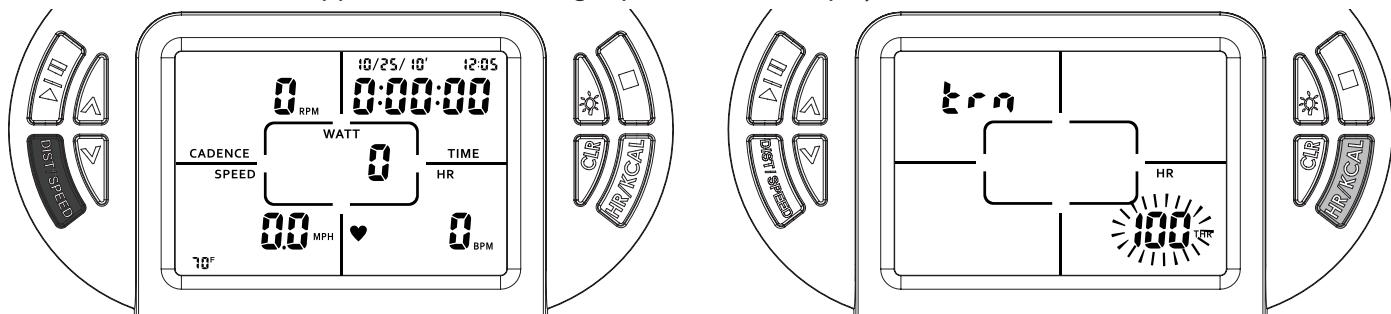
ZONE	BOTTOM END (% THRESHOLD WATTS)	TOP END	DEFAULT
01	0%	50-60%	55%
02	Top of Z 01	70-80%	75%
03	Top of Z 02	85-95%	90%
04	Top of Z 03	100-110%	105%
05	Top of Z 04	115-125%	120%
06	Top of Z 05	145-155%	150%



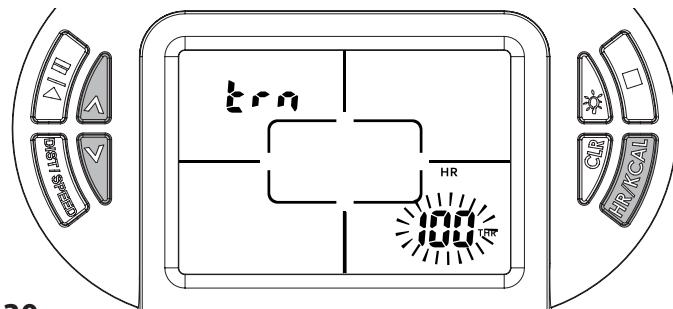
### SETTING HEART RATE TRAINING SETTINGS

Heart rate training settings are used to adjust your heart rate programs in Training Program mode.

Enter the Training Settings menu from the idle screen by pressing and holding the DIST/SPEED button and press the HR/KCAL button until HR appears in the lower right portion of the display:



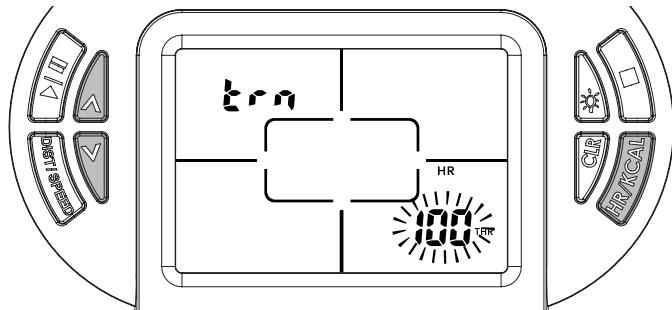
Adjust your threshold heart rate (BPM) with the Up and Down buttons and press the HR/KCAL button to confirm.



## TRAINING SETTINGS

After you have set your threshold heart rate you will set the 7 zones to be used in your programs. The adjustable setting for each zone is the top end of that zone and the bottom end will be the top end from the previous zone. Use the Up and Down buttons to adjust each zone and press the HR/KCAL button to move to the next setting:

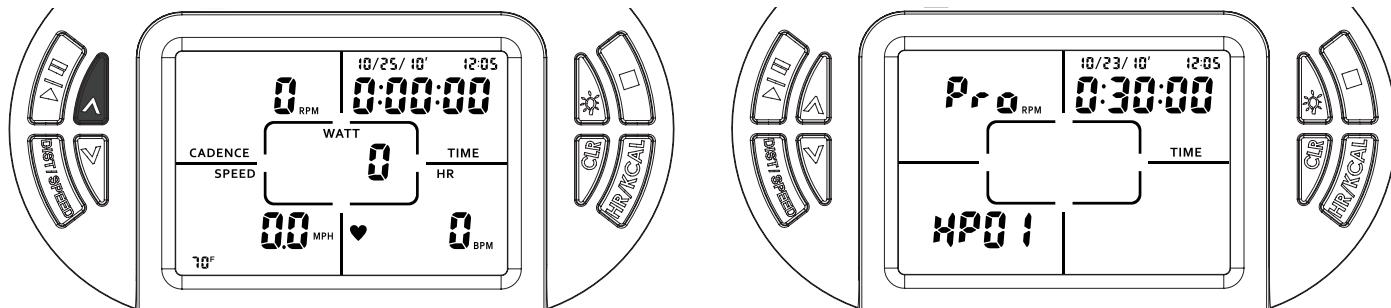
ZONE	BOTTOM END (% THRESHOLD HR)	TOP END	DEFAULT
01	0%	79-83%	81%
02	Top of Z 01	86-90%	88%
03	Top of Z 02	91-95%	93%
04	Top of Z 03	98-102%	100%
05	Top of Z 04	100-104%	102%
06	Top of Z 05	103-107%	105%
07	Top of Z 06	107-110%	109%



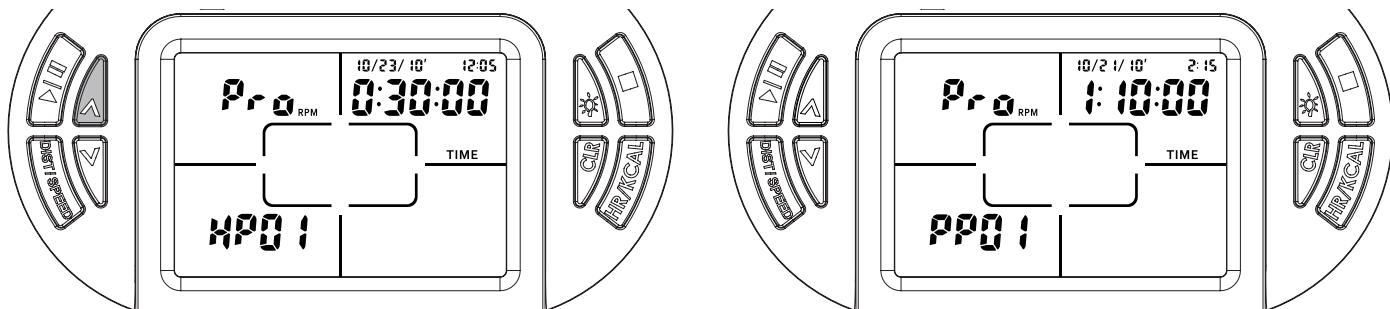
After setting your heart rate zones you will be prompted to enter heart rate limits to be used in Normal Exercise mode. Set the minimum and maximum heart rates using the Up and Down buttons and press HR/KCAL to confirm your selections.

## TRAINING PROGRAM MODE

To enter the Training Program mode from Normal Exercise mode, press and hold the Up button:



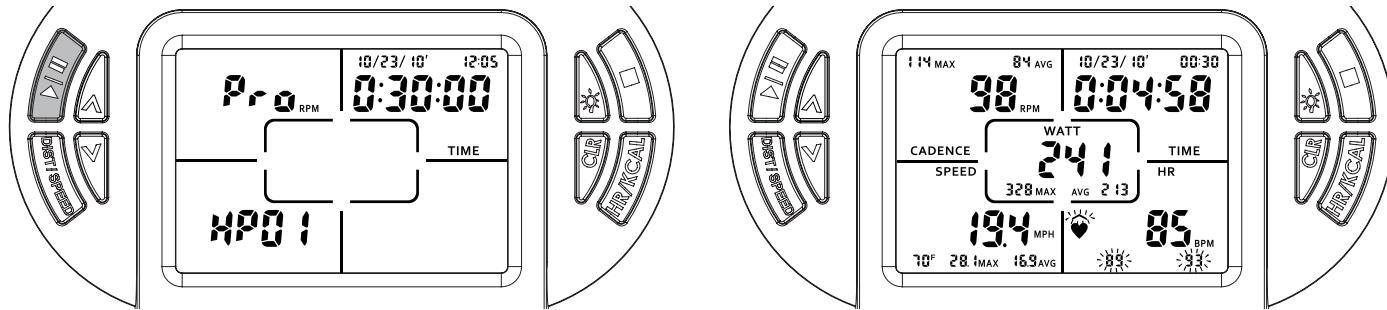
Use the Up or Down button to select your desired program:



**Note:** The date and time displayed when selecting a program is the date and time that the program was uploaded.

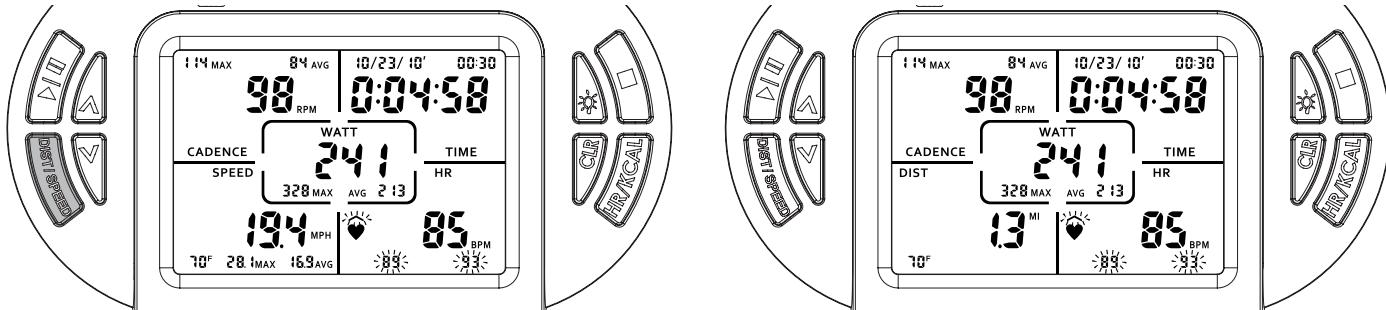
## TRAINING PROGRAM MODE

When you have selected the Program you would like to use press the Play/Pause button to start the program:

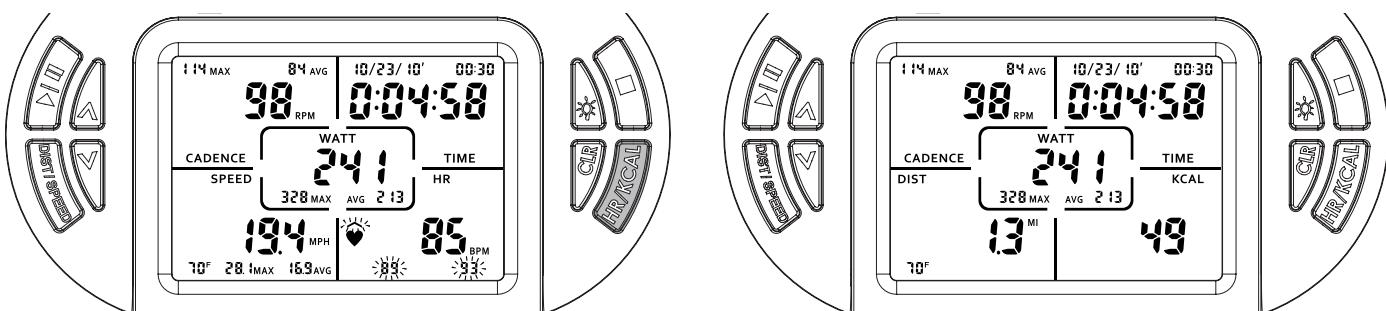


**Note:** During a defined program the time indicators count down the remaining time of the entire program (hh:mm) in the upper left and the remaining interval time (h:mm:ss) on the main display. When the interval timer reaches 0:00:00 the unit will beep and the new targets will appear and blink for five (5) seconds. HR Targets will display as above and Power Targets will appear at the bottom of the center portion of the display.

During the defined program press the DIST/SPEED button to toggle between viewing your speed and the distance traveled during your workout:

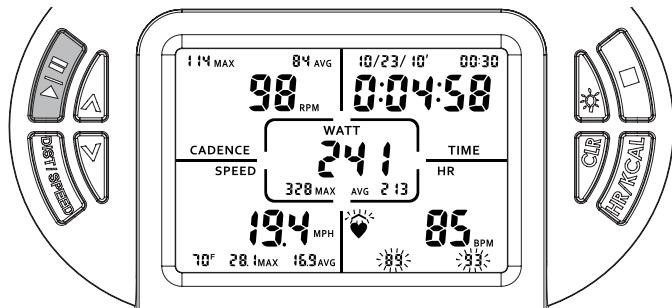


You can also toggle between your heart rate reading and calories expended reading by pressing the HR/KCAL button:

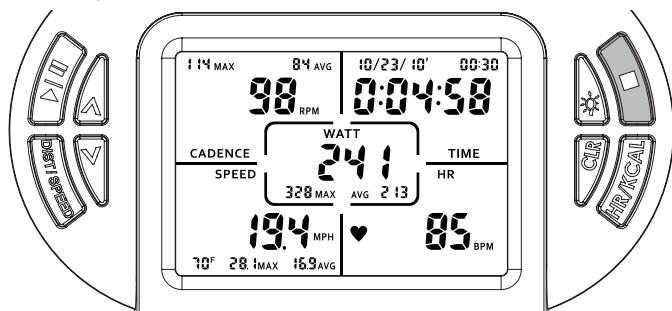


## TRAINING PROGRAM MODE

Press the Play/Pause button during the defined program to pause the program and data collection. If no action is taken while the workout is paused the Power Pilot will power off after one (1) minute and save the current data file and you will need to restart the workout by powering the unit back on and pressing Play/Pause. To resume your workout within one minute press the Play/Pause button:



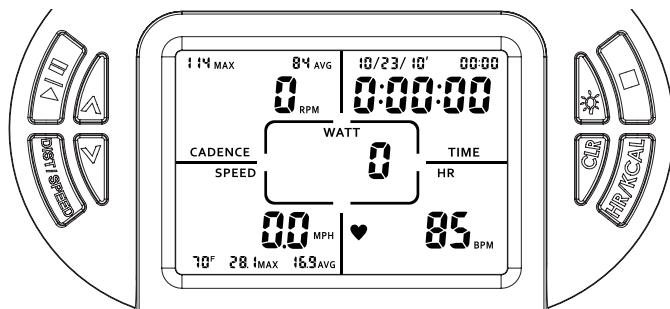
To stop your workout press the Stop Button:



The Light Button can be used at any time to turn the backlight on. The backlight will remain on if you are pressing buttons on the Power Pilot, but will turn off after five (5) seconds if no buttons are pressed.

**Note:** Use of the backlight will drain batteries significantly faster.

When the Program is finished the Power Pilot will display the collected data from your workout and your data will be saved for later use:



Press and hold the Up button (2 sec.) to return to program selection. Press and hold the Up button (2 sec.) again to return to Normal Exercise mode.

## STORED DATA SUMMARY

Your LeMond Power Pilot will collect and display the following data from each workout you perform:

- Date (mm/dd/yy) and time (hh:mm - 24 hour) the workout was performed
- Total elapsed time of the workout
- Maximum and average pedal RPM
- Maximum and average Watt output
- Maximum and average speed
- Maximum and average heart rate
- Total distance
- Total calories expended

The above information is viewable on your Power Pilot in the Stored Data Display screen. To use the data display function press and hold the Down button.

Once in the Data Display mode use the Up and Down buttons to scroll through stored workouts. To view Total Distance press the DIST/SPEED button. To view Calories press the HR/KCAL button.

If you would like to delete an individual data file on your Power Pilot find the data summary for that file and press and hold the CLR button.

**Note:** *Deleting unwanted data files using this method will reduce USB download times. (p. 39)*

## DETAILED DATA STORAGE

In addition to this summary information the Power Pilot records the following variables once a second for the entire duration of your workout:

- Time (H:MM:SS)
- Speed
- Distance
- Power
- Heart Rate
- Cadence
- Calories
- Torque
- Target

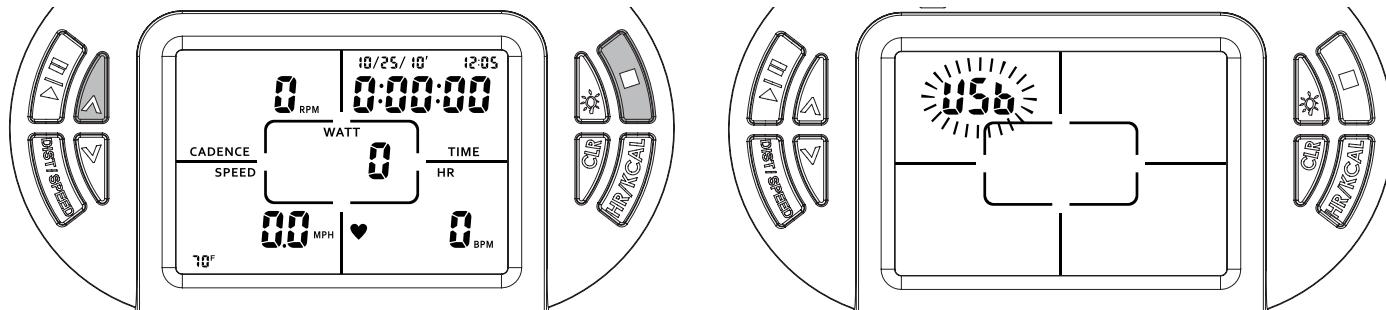
Your data will be stored in a .csv file and named MMDDYX. For example, the first workout performed on October 11, 2010 would be titled "101100.csv." the second workout on that day would be "101101.csv", and so on.

To transfer the .csv files from the Power Pilot you will need a USB flash drive. These files can be manipulated in Excel or loaded directly into TrainingPeaks.

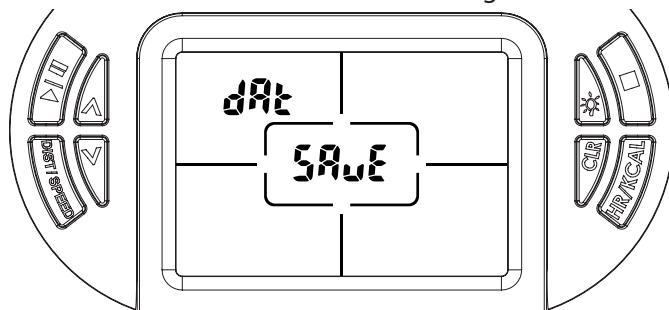
**Note:** *We recommend that you have a dedicated USB flash drive for use with your LeMond Power Pilot as we cannot guarantee the integrity of other data not related to the Power Pilot.*

## SAVING DATA TO A USB FLASH DRIVE

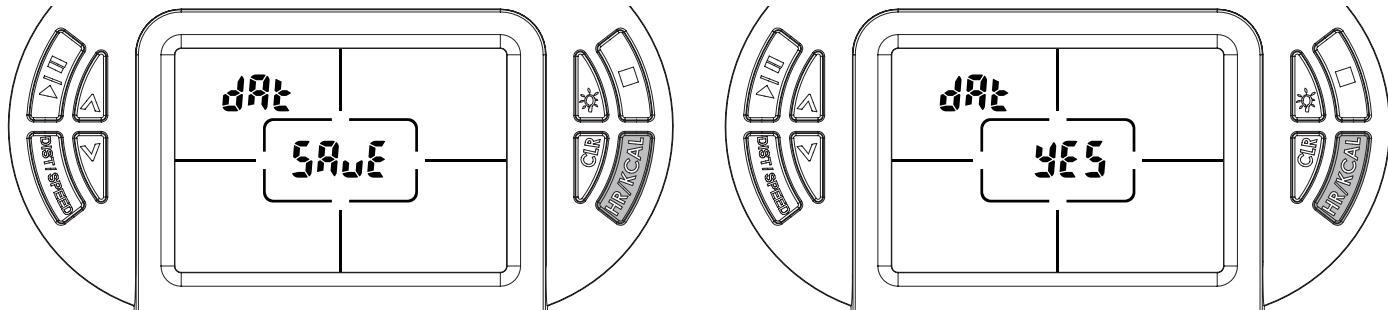
To save your workout data to a USB flash drive power the unit on and install the flash drive into the USB port on the right side of the Power Pilot then press the Up and Stop buttons simultaneously:



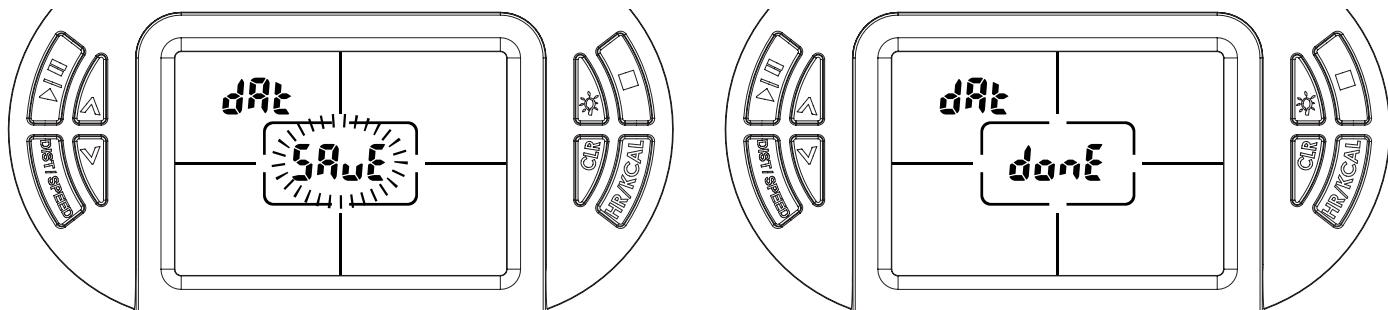
USB will flash until the flash drive is recognized and will then display:



To save your data to the flash drive press the HR/KCAL button. If you are sure you want to save your data press the HR/KCAL button again:



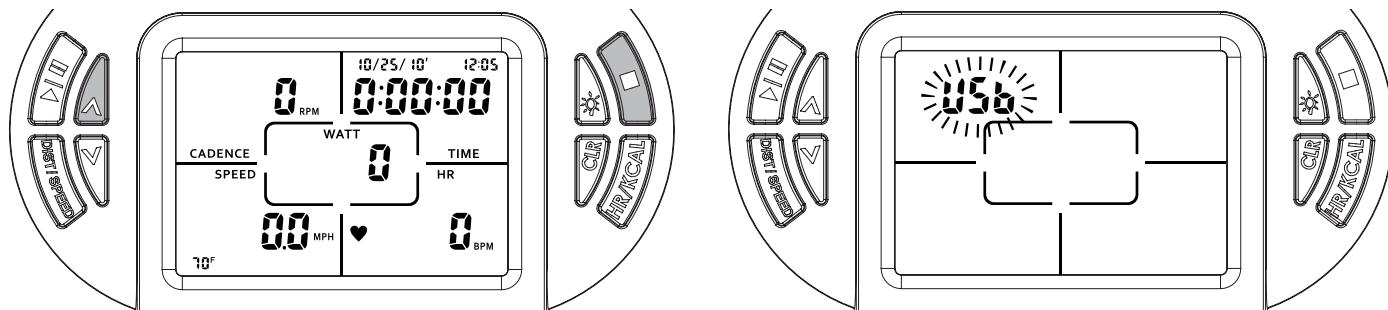
While your data is saving the word "Save" will blink on the display, and when the save is complete the display will read "Done."



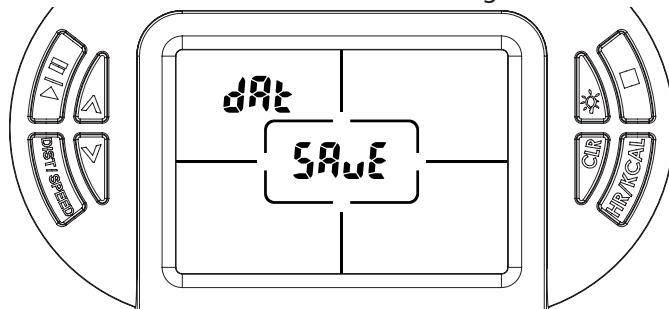
## DELETING DATA FROM THE POWER PILOT

**Note:** This function deletes all workout data from your Power Pilot console. If you would like to delete individual workout files please refer to p. 37

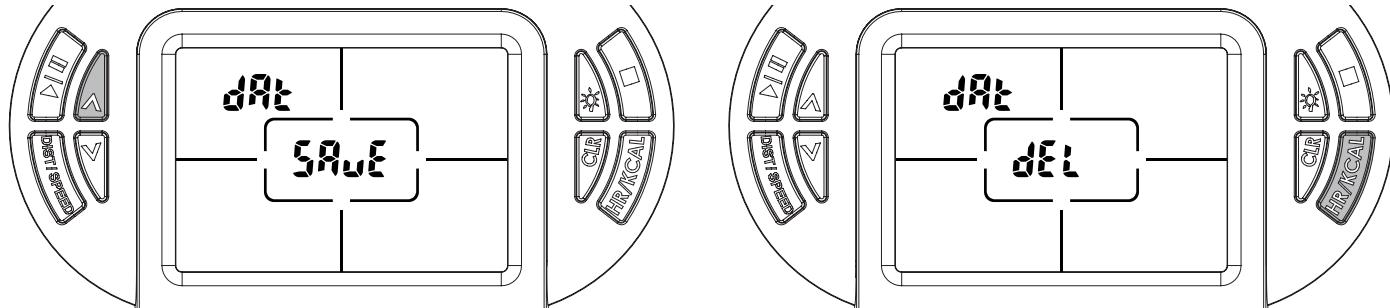
To delete *all* data files on your Power Pilot power the unit on and install a USB flash drive into the USB port on the right side of the unit then press the Up and Stop buttons simultaneously:



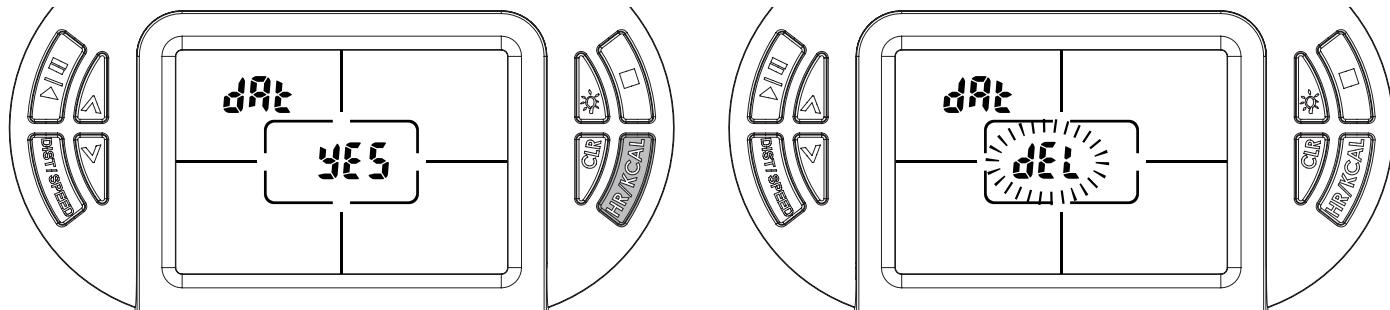
USB will flash until the flash drive is recognized and will then display:



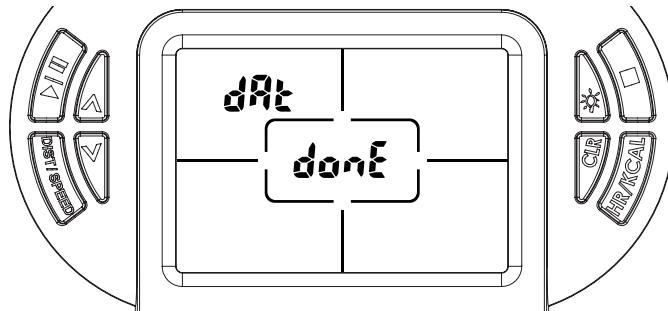
Press the Up button to select Delete and press the HR/KCAL button.



Confirm your selection with the HR/KCAL button. While your data is being deleted "del" will blink on the screen:



When your data has been successfully deleted the display will read:

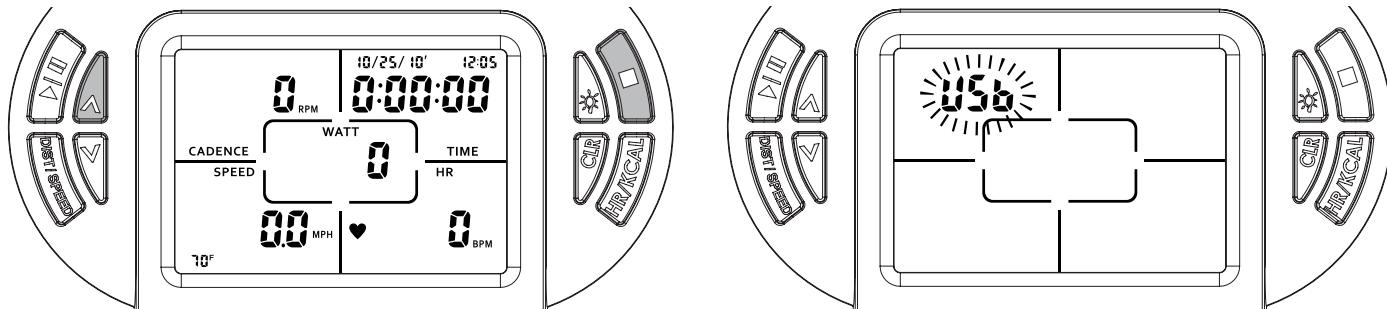


## LOADING TRAINING PROGRAMS FROM A USB FLASH DRIVE

Your LeMond Power Pilot shipped from the factory with two (2) pre-loaded Training Programs. However, if your coach or trainer sees it fit to build programs customized to your fitness needs you can load them onto the Power Pilot by following these steps.

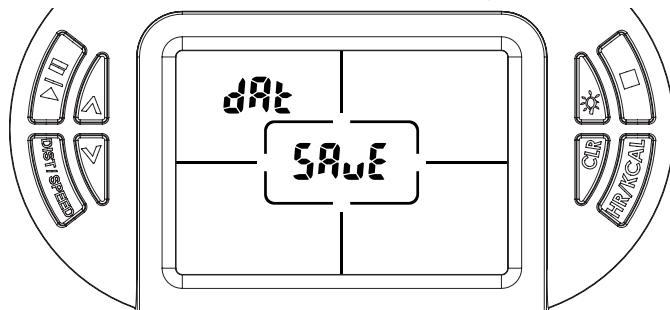
First, transfer the program you would like to load onto a USB flash drive.

Power on your Power Pilot and install the USB flash drive into the USB port on the right side of the unit then press the Up and Stop buttons simultaneously:

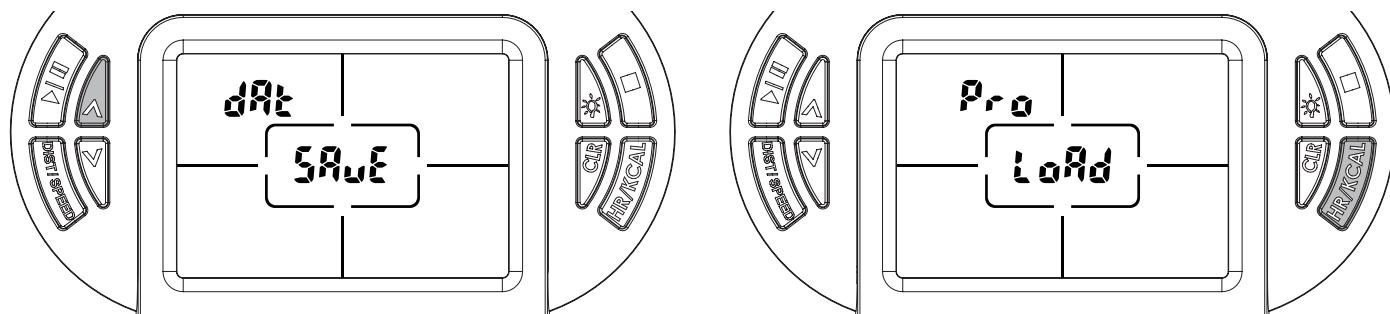


## TRAINING PROGRAM STORAGE

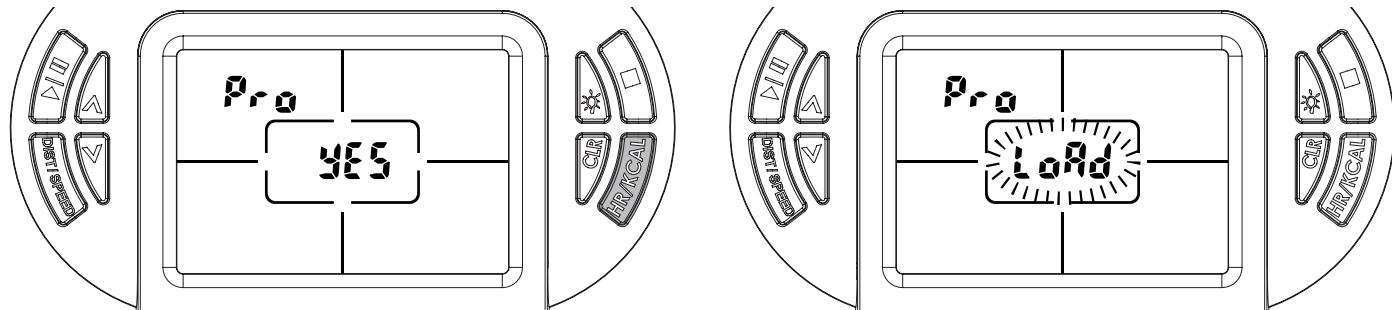
USB will flash until the flash drive is recognized and will then display:



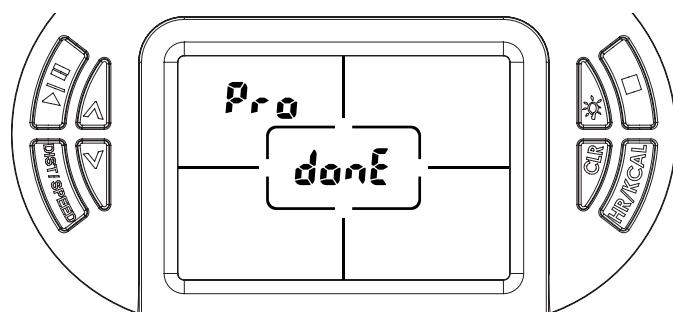
Press the Up button until you see "Load" displayed in the center of the screen and press the HR/KCAL button:



You will be prompted to confirm your selection by pressing the HR/KCAL button. While the program is loading "Load" will blink on the display:

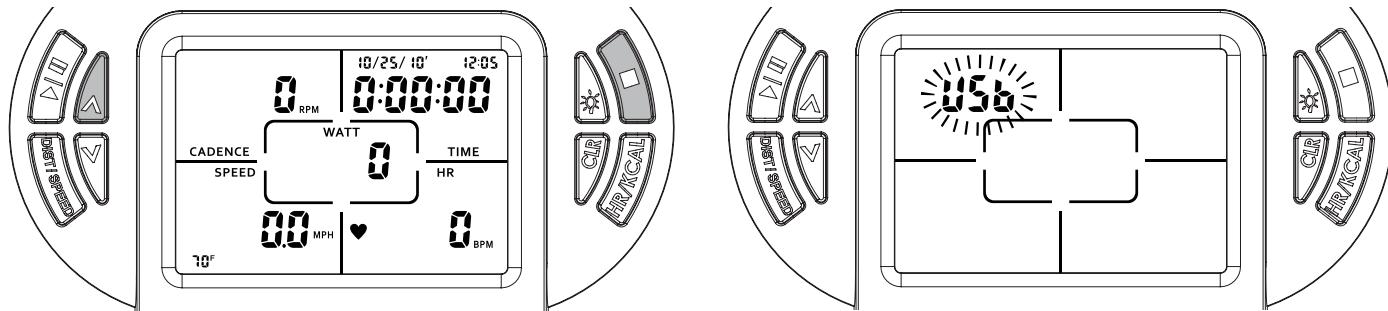


When the program(s) are successfully loaded the display will read "Done":



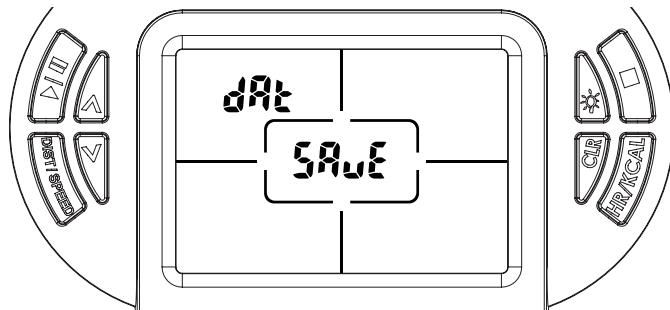
## DELETING TRAINING PROGRAMS FORM YOUR POWER PILOT CONSOLE

To delete training programs from your Power Pilot power the unit on and install a USB flash drive into the USB port on the right side of the unit then press the Up and Stop buttons simultaneously:

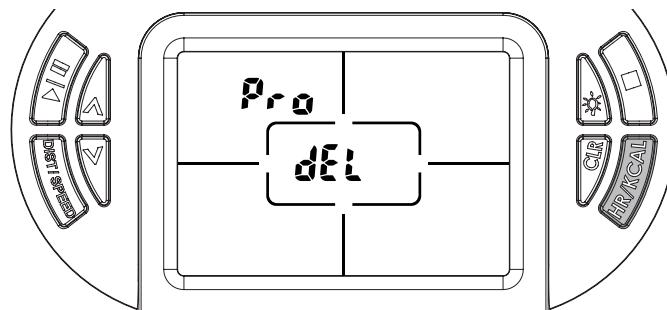
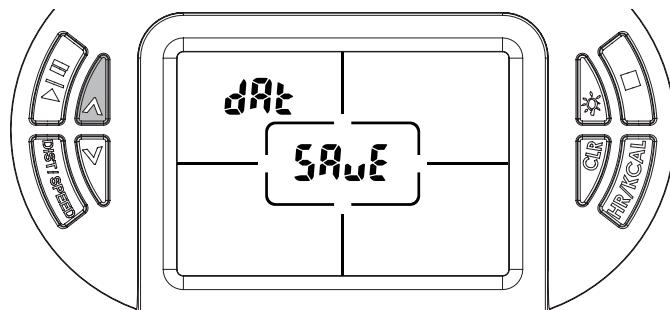


**Note:** To exit the Program Delete mode press the Stop button. Then press the Up and Stop buttons to exit to Normal Exercise mode.

USB will flash until the flash drive is recognized and will then display:

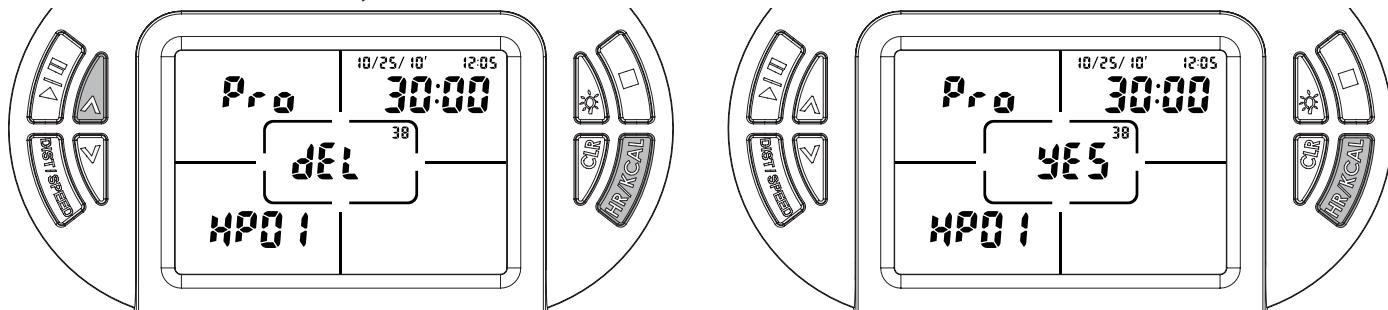


Press the Up button until you see "Pro" displayed in the upper left and "Del" in the center of the screen and press the HR/KCAL button:

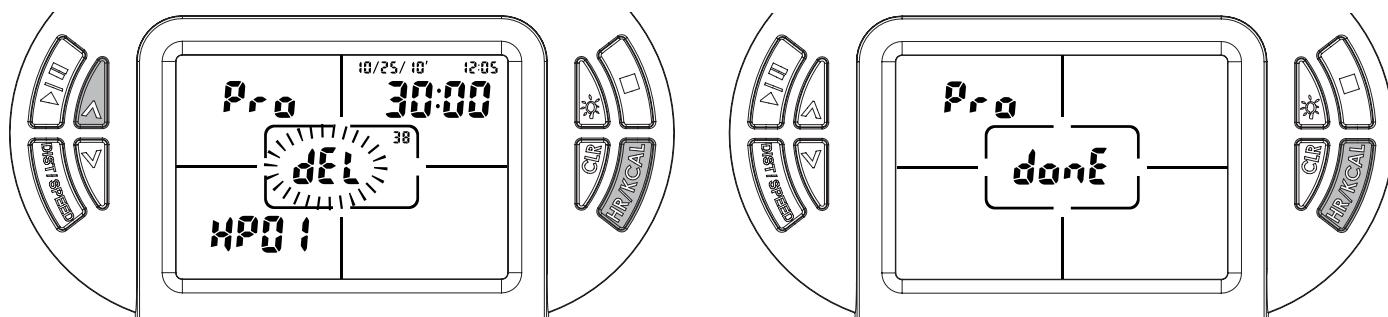


## TRAINING PROGRAM STORAGE

Use the Up and Down buttons to select the program you would like to delete. (The available exercise records will be shown in the upper right corner of the center of the display.) Select the record you would like to delete by pressing the HR/KCAL button. Confirm your selection with the HR/KCAL button. Confirm your selection with the HR/KCAL button.



"Del" will blink on the display while the program is being deleted. When the program(s) are successfully deleted the display will read "Done":

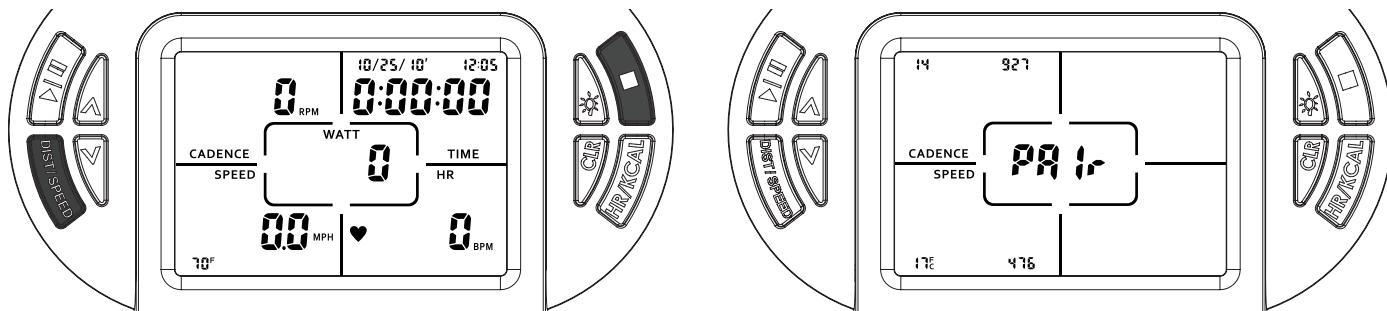


Your LeMond Power Pilot is designed to receive wireless signals from the pulley and cadence sensors as well as send data wirelessly to an ANT+ enabled watch. From the factory your Power Pilot will be paired with the included sensors. However, if you have difficulty receiving signals from one or both of the sensors your may need to re-pair them with the console.

**Note:** Please consult the documentation included with your ANT+ watch for model specific instructions for pairing with the LeMond Power Pilot.

## PAIRING INSTRUCTIONS

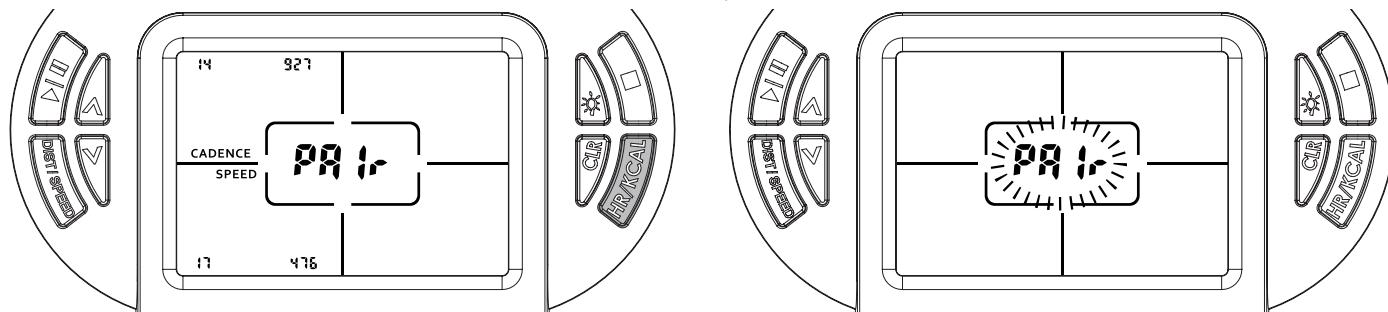
To enter Pairing Mode press and hold the DIST/SPEED and Stop buttons.



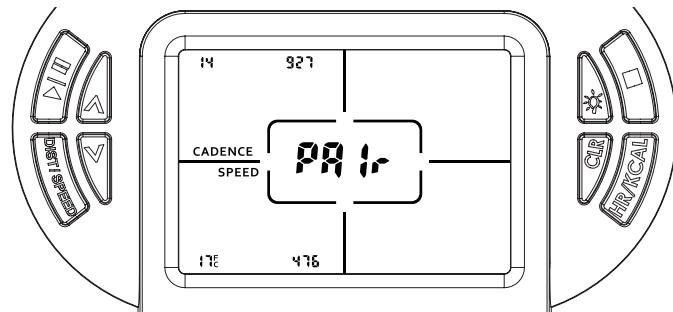
## WIRELESS PAIRING

In Pairing Mode you will see the ID codes of both the cadence and speed sensors displayed for reference. If you need to re-pair your sensors press the HR/KCAL button. "Pair" will blink on the display until pairing is complete.

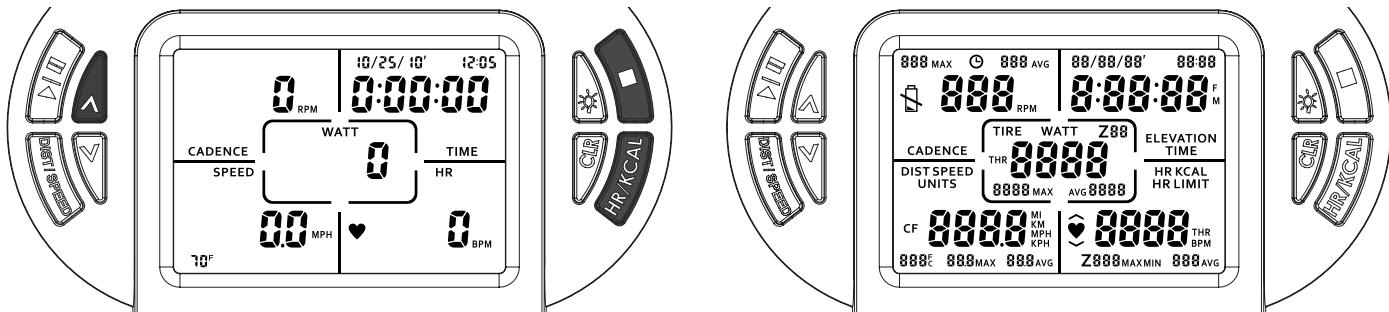
**Note:** Both sensors must have been active within the last twenty (20) minutes in order to pair. Pedal to activate sensors.



If pairing is successful the display will show the IDs of both sensors. If there is a problem you will see "Fail" on the screen with an error code next to it. Proceed to troubleshooting if necessary.



If, for some reason, you need to reset your LeMond Power Pilot press and hold the Up, Stop, and HR/KCAL buttons simultaneously. The unit will restart and the display will be full, then change to normal idle mode after two (2) seconds. This will return the Power Pilot console to original factory settings.



## TIRE RUNOUT TABLE

TIRE SIZE	TIRE RUNOUT (MM)
700 X 56	2325
700 X 50	2293
700 X 44	2224
700 X 38	2180
700 X 35	2168
700 X 32	2155
700 X 28	2136
700 X 25	2105
700 X 23	2097
700 X 20	2086
27 X 1 3/8	2169
27 X 1 1/4	2161
27 X 1 1/8	2155
27 X 1	2145
26 X 2.125	2070
26 X 1.9	2055

TIRE SIZE	TIRE RUNOUT (MM)
26 X 1.5	1985
26 X 1.25	1953
26 X 1.0	1913
26 x 1/650C	1952
Tubular (Wide)	2117
Tubular (Narrow)	2105
26 X 1 3/8	2068
24	1916
24 x 1	1753
20 X 1.75	1491
20 X 1 1/4	1618
18 x 1.5	1367
17 x 1 1/4	1325
16 x 1 3/8	1282
16 x 1.5	1079



### **Error Code 01 - USB Connect Failure**

1. Ensure that the USB Flash Drive is fully inserted into the USB slot.
2. Check that the USB Flash Drive functions properly when inserted into a computer.
3. Remove all data from the USB Flash Drive and try again.
4. Try a different USB flash drive.
5. If the problem persists please contact the LeMond Service Department at (425-482-6773).



### **Error Code 02 - Data Save Failure**

1. Ensure that the USB Flash Drive is still fully inserted into the USB slot.
2. Check that the USB Flash Drive functions properly when inserted into a computer.
3. Remove all data from the USB Flash Drive and try again.
4. Try a different USB flash drive.
5. If the problem persists please contact the LeMond Service Department at (425-482-6773).



### **Error Code 03 - File Delete Failure**

1. Ensure that the USB Flash Drive is still fully inserted into the USB slot.
2. Check that the USB Flash Drive functions properly when inserted into a computer.
3. Remove all data from the USB Flash Drive and try again.
4. Try a different USB flash drive.
5. If the problem persists please contact the LeMond Service Department at (425-482-6773).



### Error Code 04 - File Load Failure

1. Ensure that the USB Flash Drive is still fully inserted into the USB slot.
2. Check that the USB Flash Drive functions properly when inserted into a computer.
3. Remove all data from the USB Flash Drive and try again.
4. Try a different USB flash drive.
5. If the problem persists please contact the LeMond Service Department at (425-482-6773).



### Error Code 05 - \*.fit Delete Failure

1. Ensure that the USB Flash Drive is still fully inserted into the USB slot.
2. Check that the USB Flash Drive functions properly when inserted into a computer.
3. Remove all data from the USB Flash Drive and try again.
4. Try a different USB flash drive.
5. If the problem persists please contact the LeMond Service Department at (425-482-6773).



### Error Code 06 - Cadence Sensor Pairing Failure

1. Make sure that the Cadence Sensor is active by pedaling.
2. Make sure that the Cadence Sensor and the Magnet are in close enough proximity to function properly.
3. Change the battery in the Cadence Sensor.
4. If the problem persists please contact the LeMond Service Department at (425-482-6773).



### **Error Code 07 - Pulley Sensor Pairing Failure**

1. Make sure that the Pulley Sensor is active by pedaling.
2. Make sure that the Pulley Sensor is fully installed onto the Revolution.
3. Change the battery in the Pulley Sensor.
4. If the problem persists please contact the LeMond Service Department at (425-482-6773).



### **Error Code 08 - Pulley and Cadence Sensor Pairing Failure**

1. Make sure that the Sensors are active by pedaling.
2. Make sure that the Cadence Sensor and the Magnet are in close enough proximity to function properly and that the Pulley Sensor is fully installed on the Revolution.
3. Change the batteries in both Sensors.
4. If the problem persists please contact the LeMond Service Department at (425-482-6773).



### **Cadence sensor or Pulley sensor not reading**

1. Make sure you pushed the Play/Pause button to start your workout.
2. Try re-pairing the sensors according to the instructions on p. 50.
3. Change the batteries in the sensor(s).
4. If the problem persists please contact the LeMond Service Department at (425-482-6773).



### **Distance readings seem inaccurate**

1. Check to make sure that your tire runout is set properly in System Settings. (p. 23)
2. If the problem persists please contact the LeMond Service Department at (425-482-6773).



### **Speed readings seem inaccurate**

1. Check to make sure that your tire runout is set properly in System Settings. (p. 23)
2. If the problem persists please contact the LeMond Service Department at (425-482-6773).



### **Heart Rate is not registering**

1. Make sure that the Heart Rate Strap is making good contact.
2. Make sure that you are within 65cm of the console.
3. If the problem persists please contact the LeMond Service Department at (425-482-6773).

The FIT1/e installed in the LeMond Power Pilot console is pre-certified to meet the following regulatory standards

**FCC CLASSIFICATION**

This device has been tested and found to comply with Part 15 of the FCC interference limits for Class B devices. Operation is subject to the following two (2) conditions: 1) This device may not cause harmful interference and 2) This device must accept any interference received including interference that may cause undesired operation.

These limits are designed to provide reasonable protection against harmful interference in a residential installation.

This equipment generates, uses and can radiate radio frequency energy and may cause harmful interference to radio communications if not installed and used in accordance with the instructions. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet that is on a different circuit from the receiver.
- Consult the dealer or an experienced radio/TV technician for help.

This product does not contain any user-serviceable parts. Unauthorized repairs or modifications could result in permanent damage to the equipment, and void your warranty and your authority to operate this device under Part 15 regulations.

### INDUSTRY CANADA COMPLIANCE

This device complies with Industry Canada license-exempt RSS-210.

Operation is subject to the following two (2) conditions: 1) This device may not cause harmful interference and 2) This device must accept any interference received including interference that may cause undesired operation.

**CE DECLARATION OF CONFORMITY**

This device is declared to be in conformance with the essential requirements and other relevant provisions of Directive 1999/5/EC, as a low-powered unlicensed transmitter:

- EN 60950-1:2006+A11 Safety of Information Technology Equipment
- EN 300 44 0-2:2009 V.1.3.1 Electromagnetic compatibility and Radio Spectrum Matters (ERM): Short range devices.
- EN 301 489-3:2002 v 1.4.1 Electromagnetic compatibility and Radio Spectrum Matters (ERM): Short range devices.
- EN 50371:2002 Generic Compliance Standard

**AUSTRALIA & NEW ZEALAND**

This device complies with AS/NZS 4268:2008+A1 Radio equipment and systems – Short range devices.

This is to certify that the LeMond® Power Pilot™ is warranted by LeMond Fitness Inc. to be free of all defects in materials and workmanship. This warranty does not apply to any defect caused by negligence, misuse, accident, alteration, improper maintenance, or an "act of God."

The LeMond Power Pilot Warranty assumes that the recommended service guidelines have been followed by the customer, and covers the following:

- One (1) Year warranty for the original purchaser. Please retain your purchase invoice for proof of purchase.

Contact our Customer Service Department to report any problems. When calling, please be prepared to provide the customer service representative with the following information:

- Your name, shipping address, and telephone number
- The serial number
- The date of purchase
- Your billing address

If warranty replacement parts are shipped to you, you may be required to return the inoperable part. To facilitate this process, the following policy has been established:

- Please call our Customer Service Department (425-482-6773) to receive a return goods authorization prior to shipment.
- LeMond Fitness will incur all ground freight charges for warranty parts ordered for a machine that is less than 90 days old.
- You are responsible for freight charges on warranty parts for machines that are more than 90 days old.
- If an inoperable warranty part must be returned to our Customer Service Department, we will pay the shipping cost and provide detailed return shipping instructions. These instructions will be sent along with your warranty replacement part.

LeMond Fitness Inc. neither makes, assumes nor authorizes any representative or other person to make or assume for us, any other warranty whatsoever, whether expressed or implied, in connection with the sale, service, or shipment of our products. We reserve the right to make changes and improvements in our products without incurring any obligation to similarly alter products previously purchased.

In order to maintain your product warranty and to ensure the safe and efficient operation of your machine, only authorized replacement parts can be used.

## WARRANTY REGISTRATION

**PLEASE FILL OUT & RETURN TO REGISTER YOUR FITNESS PRODUCT FOR WARRANTY**

To validate your warranty please fill out the form on the next page and mail it to the address on the back within sixty (60) working days of purchase.

NAME OF PURCHASER \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ COUNTRY \_\_\_\_\_

PHONE (    ) \_\_\_\_\_ FAX (    ) \_\_\_\_\_

Please send me special offers, timely fitness tips and health information\*

\*EMAIL \_\_\_\_\_

STORE PURCHASED FROM \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

SERIAL NO. \_\_\_\_\_

MODEL NO. \_\_\_\_\_

SIGNATURE \_\_\_\_\_

DATE OF PURCHASE \_\_\_\_\_



Mail/Fax Warranty to:



15540 Woodinville-Redmond Rd NE  
Building A, Suite 100  
Woodinville, WA 98072 USA  
(425) 482-6724 (fax)



15540 Woodinville-Redmond Road NE  
Suite A100  
Woodinville, WA 98072 USA  
[www.LeMondFitness.com](http://www.LeMondFitness.com)  
Telephone (+1) 425.482.6773  
Fax: (+1) 425.482.6724

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