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SELECT A WORKOUT

Once you have [added a workout](#) to the Dash, you are ready to select the workout and follow the instructions during your ride. To begin a workout on the Dash, you can select a workout from one of the sections under **Main menu > Select a workout**.

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WORKOUT CALENDAR

Planned workouts from your Stages Link calendar will appear at **Main menu > Select a workout > Calendar**.

To add a workout to your Calendar, drag it from the **Workouts** library (on the right of the calendar) onto a day of the **Calendar** on the Stages Link website.

30 Apr	
Micro Intervals-2: 30x:20(:40) 1h:30m 82T	
Micro Intervals-2: 30 x :20(:40) -- 30 minutes of repeating :20 sec. at VO2 max power (Zone 5) followed by :40 sec.	

To sync your upcoming workouts, you must connect your Dash to the [Stages Link mobile app](#) or plug it in via USB and use the [Stages Sync](#) desktop application.

To sign up for a Stages Link account, [click here](#).

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WORKOUT ADDED VIA USB

Workouts added via USB will appear at **Main menu > Select a workout > Added via USB**.

To add a workout via USB:

1. Use the included USB 2.0 cord to attach the Dash to a USB 2.0 port.
2. Open the Dash as a USB mass storage device.
3. Drag a .FIT format workout file into the **add_files** directory of the Dash.
4. Once completed, safely eject the Dash from your device.

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PRESET WORKOUTS

The Dash comes preloaded with zone-based workouts that will give you targets to follow based on your [FTP](#) or [FThr](#) setting. A heart rate monitor or power meter is required to complete preset workouts.

To follow a Dash preset workout, select a workout from the list under **Main menu > Select a workout > Preset**.

See also: [Power Zones](#), [Heart Rate Zones](#).

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DEACTIVATE A WORKOUT

Once you have selected a workout, it will automatically begin when you start the next ride. If you have selected the wrong workout or do not want to complete the workout on the next ride, you can deactivate the workout before beginning the next ride.

To deactivate a workout, go to: **Main menu > Select a workout > Deactivate current workout.**

Note: This menu option will only appear when a workout has already been selected.

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RIDING A WORKOUT

Once you select a workout from the menu, that workout will begin when the next ride begins.

Each workout will populate targets within applicable data fields and you can set up specific ride pages to feature workout information, such as target fields and other metrics from the [Workout category](#).

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ADVANCING TO THE NEXT STEP

Within any workout, you may use the lap button to advance to the next lap in the workout. Based on your preference, you can also choose to have all or some laps auto-advance based on the programmed lap time. To set this preference, see: [Auto Lap Setting](#).

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GOING BACK A STEP

If you have ended a lap in error, you can return to the previous step by holding the lap button for 2 seconds. This will return you to the previous step in the workout, giving the prescribed lap time and target data for that step.

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TARGET INFORMATION

Workout target data will appear in the corresponding data fields for metrics that have set targets. For example, if a workout step has a power target of 150-200w, "150 – 200w" will appear beneath any data field that has power in it.

Target fields can also be added to your ride pages by adding metrics from the [Workout category](#).

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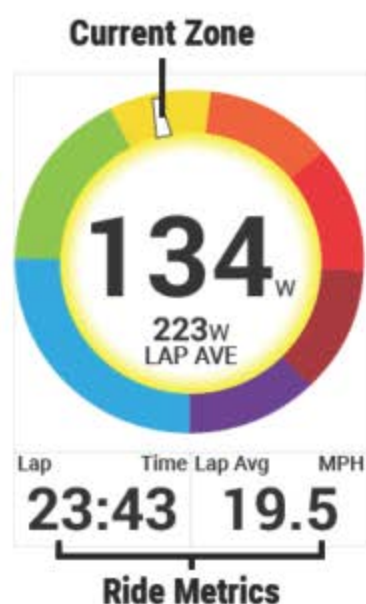
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COLOR WHEEL



The color wheel is a visual representation of your current zone. During a ride, the color wheel will show you which zone your current power or heart rate falls into. During a workout, the color wheel will highlight the workout target range on the zone dial. This allows you to quickly reference both your current output and the target range without losing focus on the road or trail ahead.

See also: [Power Zones](#) and [Heart Rate Zones](#).

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WORKOUT GRAPH

The workout graph gives a preview to the entire workout by color coding steps of the workout according to your zones. The workout graph can be found under the **Workout** category of the data fields menu.

To add a workout graph to your ride pages, see: [Edit Data Fields](#).

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WORKOUT COMPLIANCE

During a workout, your compliance with the prescribed workout targets can be shown with color coded borders for each metric.

See also: [Compliance Borders](#).

Workouts that are built in [Stages Link](#) and uploaded to your calendar will also provide additional compliance details in the form of a compliance score for each workout step and an overall score.

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COURSES

Courses are planned routes that help you follow a designated course on the Dash's built in maps. Compatible courses may also give turn by turn directions and notify you of key points along the route. Courses can be built within Stages Link or other 3rd party providers and synced to the Dash.

This section will outline how to use the courses feature, which adds additional functionality to existing [Maps](#) features to help you follow a planned route.

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ADDING A COURSE

Courses can be built in Stages Link or exported from a compatible course builder in the .GPX format.

Once you have a course built that you would like to ride, you have several methods available to sync your workout data to your Dash:

- [Stages Link Mobile App](#): Courses added to your Calendar or Favorites section will be synced when the Dash is connected to the Stages Link app via Bluetooth.
- [Stages Sync](#): Courses added to your Calendar or Favorites section will be synced when plugging in the Dash via USB and launching Stages Sync desktop application.
- [USB](#): USB drag and drop of .GPX course files into the **add_files** directory on the Dash file system.

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SELECT A COURSE

Once you have [added a course](#) to the Dash, you are ready to select the course and follow the the route during your ride. To start a course on the Dash, you can select a course from one of the sections under **Main menu > Select a course**.

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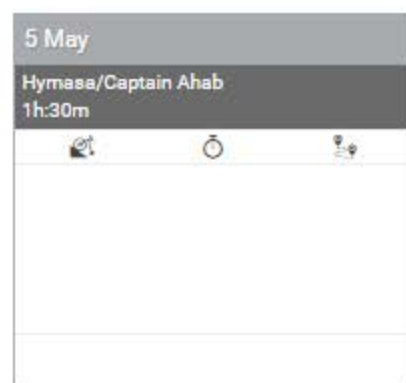
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COURSE CALENDAR

Planned courses from your Stages Link calendar will appear at **Main menu > Select a course > Calendar**.

To add a course to your Calendar, drag it from the **Courses** sidebar (on the right of the calendar) onto a day of the **Calendar** on the Stages Link website.



To sync your upcoming courses, you must connect your Dash to the [Stages Link mobile app](#) or plug it in via USB and use the [Stages Sync](#) desktop application.

To sign up for a Stages Link account, [click here](#).

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FAVORITE COURSES

Favorite courses from your Stages Link training calendar will appear at **Main menu > Select a course > Favorites**.

To add a course to your favorites, drag it from the **Courses** sidebar (on the right of the calendar) into the **Favorites** section on the Stages Link website.

To sync your favorite courses, you must connect your Dash to the [Stages Link mobile app](#) or plug it in via USB and use the [Stages Sync](#) desktop application.

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COURSES ADDED VIA USB

Courses added via USB will appear at **Main menu > Select a course > Added via USB**.

To add a course via USB:

1. Use the included USB 2.0 cord to attach the Dash to a USB 2.0 port.
2. Open the Dash as a USB mass storage device.
3. Drag a .GPX format course file into the **add_files** directory of the Dash
4. Once completed, safely eject the Dash from your device.

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DEACTIVATE A COURSE

Once you have selected a course, it will automatically begin when you start the next ride. If you have selected the wrong course or do not want to complete the course on the next ride, you can deactivate the course before beginning the next ride.

To deactivate a course, go to: **Main menu > Select a course > Deactivate current course.**

Note: This menu option will only appear when a course has already been selected.

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RIDING A COURSE

Once you select a course from the menu, that course will begin when the next ride begins. From the ride pages, you can view the course map, [elevation profile](#), and see turn by turn [navigation cues](#), if included in the course file.

See also: [Map key](#).

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NAVIGATION CUES AND POI

When included in the course file, Dash can notify you of turn by turn directions to aid in following your course. Course files may also include POI (points of interest) notifications, which can be programmed in to assist finding things along the course, such as scenic lookouts, rest stops, or stores.

A cue sheet page can also be added that shows a list of upcoming turns on the course.

Cue sheet

0.1 mi Turn left on Valmont Rd

0.6 mi Turn right on King's Ridge Blvd

1.1 mi Turn right on 47th

2.3 mi Turn left on Jay Rd

3.1 mi Turn right on US-36 W / 28th St



To add a cue sheet page to your Dash, go to: **Main menu > Settings: Profile Name > Edit data pages > Add preset page > Navigation cues.**

See also: [Map and Courses settings.](#)

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OFF COURSE ALERTS

When following a course, the Dash can provide on screen and audio notifications that you have left the selected course. To update this setting, see the [Off Course Notifications](#) settings.

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IN RIDE MENU

The **Ride Menu** can be accessed at any time during a ride by pausing the ride or pressing the select button. The main menu will be accessible at any point within your ride. Use the lap/return button  to exit the menu and return to your ride.

Note: Some pages, such as [Maps](#), have additional functionality accessed by the select button. You will need to pause or navigate to a different page to access the **Ride Menu** from these pages.

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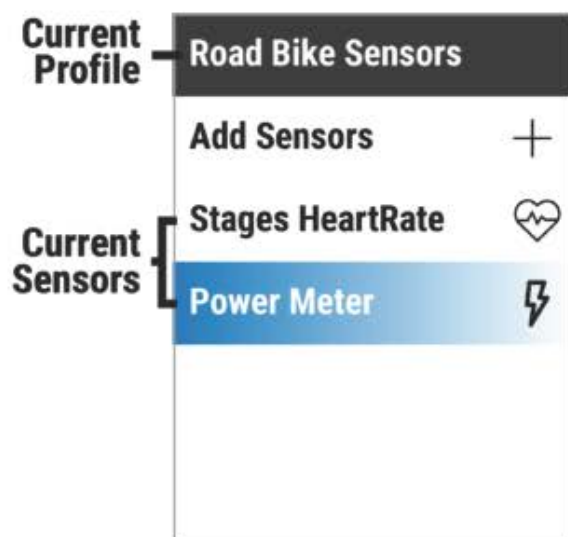
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MANAGE SENSORS



The manage sensors menu (**Main menu > Manage sensors**) allows you to add sensors (new sensors or sensors paired to a different profile), as well as view sensors added to the current activity profile. From this menu, you can also select a sensor to view additional information about this sensor, update sensor settings, or delete a sensor.

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ADD SENSORS

Find a new sensor or pick from a list of sensors already paired to other profiles on the Dash by selecting one of the following from the list at **Main menu > Manage sensors > Add sensors**.

Add Sensors Menu

Saved sensors	Pair any sensor currently paired to any other activity profile to the current profile by selecting it from the list.
Search via ANT	Initiates search for ANT sensors that are awake and nearby, listing them by name and signal strength. Add new sensors to the current profile or all profiles by selecting one from the list.
Search via Bluetooth	Initiates search for Bluetooth sensors that are awake and nearby, listing them by name and signal strength. Add new sensors to the current profile or all profiles by selecting one from the list.

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MANAGING EXISTING SENSORS

View settings or attributes of sensors already paired to the current activity profile by selecting the sensor from the list. Every sensor will have the following menu options available for sensor management:

Sensor Menu	
Rename	Opens the text editor to customize the name of the sensor.
Remove	Removes sensor from the current activity profile.
Delete	Deletes sensor from all activity profiles and from the Dash saved sensors.

When available from the sensor, the Dash will also register the following information:

Sensor Information	
Manufacturer	Manufacturer of the sensor, if known.
Communication protocol	Wireless communication protocol, if known.
Battery	Last reported battery percentage or voltage.
SN (serial number)	Serial number of the sensor, if known.
ANT ID	ANT+ ID number of the sensor, if applicable.

Additional settings and information are available depending on [sensor type](#).

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SENSOR TYPES AND SENSOR SETTINGS

The following sensor types are currently compatible with the Dash:

- [Power Meters](#)
- Heart Rate Sensors
- Cadence.
See also: [Cadence Source](#)
- Speed
- Speed/Cadence Sensors

Depending on the sensor type, additional information and settings may be available in a sensor menu, such as setting wheel size or speed source under the speed sensor menu.

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POWER METERS

Depending on the power sensor being used, the following additional options and information may appear under the sensor menu. To access this menu, go to **Main menu > Manage sensors >** and select your power meter.

Power Sensor Options	
Zero Reset	Initiates a zero reset for a connected power meter. Note: Power meter must be connected to Dash to perform a zero reset.
Auto Zero	Setting for some crank-based or wheel hub-based power meters which allow them to automatically zero reset under certain circumstances. Turn on or off (recommended) here.
Crank Length	Crank length is a required setting for pedal-based power meters. Choose from 160mm, 165mm, 170mm, 172.5mm, 175mm, 177.5mm, or 180mm.

See also: [Power Zones](#)

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PROFILE SETTINGS

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Edit Data Pages

Power Mode:
Performance

Backlight: Auto

Recording:
Continuous

P+C Zeros: Ignore



Each activity profile contain unique settings to best suit different riding conditions or usages. Within the Profile Settings menu (**Main menu > Settings: Profile Name**), you can customize your profile by adjusting settings, adding pages, and setting a variety of other preferences. All of these settings will only effect the currently selected profile. To adjust other profiles, go to **Main menu > Change profile**.

All profile settings and data page layouts and customization can also be completed on the [Stages Link website](#) or in the [Stages Link app](#).

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CHANGE PROFILE

Click the **Change profiles** button on the main menu to switch profiles or add a new profile to your Dash.

New profiles can be set up as **Speed**, **Heart Rate**, or **Power** focused, or start from scratch with a blank profile.

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EDIT RIDE DATA PAGES

From the Profile Edit the contents and layout of any data page in the current profile by selecting it from the list of pages. Once you have selected a page, you can choose to edit the layout or change the ride metrics.

Individual ride pages can be modified under **Main Menu > Settings: Profile Name > Edit Ride Data Pages**. Select a page from the list to begin making changes.

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ADD/REMOVE RIDE PAGES

From the **Edit data pages** Menu (**Main menu > Settings: Profile Name > Edit data pages**), you can add preset and custom pages, as well as remove unwanted pages from your profile.

Add/Remove pages options	
Add preset page	Pick from categories of pre-built pages to add to your profile. These pages can still be modified within the Edit Pages menu.
Add custom page	Start a new page from scratch by choosing how many fields to include, then customizing each data field.
Delete page	Choose any page from this profile to delete. Note: This option will permanently delete this page from your ride profile.

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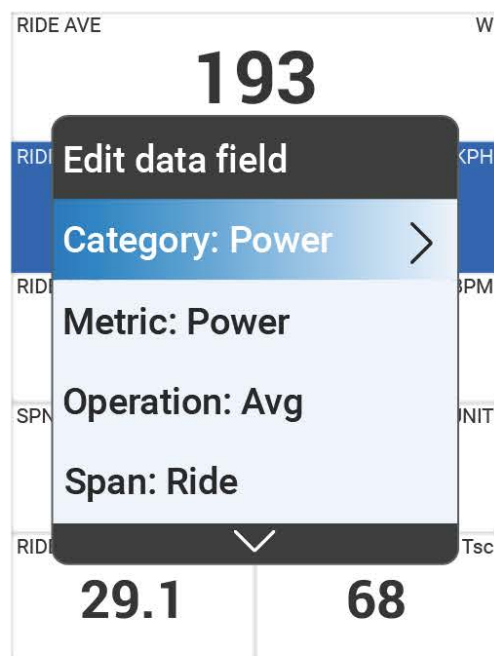
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EDIT DATA FIELDS



Each individual data field is highly customizable, allowing you to select a metric, operation, span, and field size. Data fields can be customized on the Dash unit, in the [Stages Link app](#), and on the [Stages Link website under the “Dash” tab](#).

To update a data field on the Dash, go to **Main menu > Settings: Profile Name > Edit data pages > Select page > Select data field**.

Data Fields Menu	
Category	Choose a category to narrow down the metrics list
Metric	Choose a metric
Operation	Choose an operation, such as average or max.
Span	Choose a time span to calculate your operation, such as instant, lap, or ride (entire ride).

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LIST OF METRICS BY CATEGORY

Power Category

Power Fields	Unit
Power	W
Power Zone	P zone
Watts per kilogram	w/kg
% Funct. Threshold Power	% FTP
Left/Right Balance	LR Bal
Pedal Smoothness	Pdl Sm
Torque Efficiency	T Eff
Normalized Power® *	NP
Adjusted Power	Adj W
Torque	Nm
Training Stress Score® *	TSS
TSS per hour	TSS/h
Intensity Factor® *	IF
T-Score	T scr
T-score per hour	Tsc/h
Kilojoule	kJ
Kilojoules per hour	kJ/h
Calories	Cal/h
Power Color Wheel	—
Power Zone Color Wheel	—

Heart Rate Fields	Unit
Heart Rate	bpm
% Functional Thres HR	% FThr
% Max Heart Rate	%HR Max
Heart Rate Zone	HR Zn
Calorie	Cal
Calories per hour	Cal/h
Heart Rate Color Wheel	—
Heart Rate Zone Color Wheel	—

Movement Category

Movement Fields	Unit
Distance	mi <i>or</i> km
Speed	mph <i>or</i> km/h
Elevation	ft <i>or</i> m
Total Ascent	ft <i>or</i> m
Total Descent	ft <i>or</i> m
Vertical Ascent Meters	VAM
Gradient	%
Heading	NSEW

Time and Cadence Category

Time and Cadence Fields	Unit
Total Ride Time	HH:MM:SS
Lap Time	HH:MM:SS
Time of Day	ToD
Elapsed Time	t El
Cadence	rpm

Course Category

Course Fields	Unit
Map	—
Distance to next	mi <i>or</i> km

Ascent to end	ft <i>or</i> m
---------------	----------------

Workout Category

Workout Fields	Unit
Workout step duration	—
Workout step target	—
Lap	—
Workout graph	—
Workout intensity	—
Next step	—
Previous step	—
Secondary step target	—

Widget Category

Widget	Unit
Map	—
Workout Graph	—
Power Color Wheel	—
Power Zone Color Wheel	—
Heart rate color wheel	—
Heart rate zone color wheel	—

Special Category

Special Fields	Unit
Dash Battery	% Bat
Ambient Temperature	°F <i>or</i> °C

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BACKLIGHT

The backlight can be set to **Auto**, which adjusts based on the light sensor, or to a preset brightness percentage (in values **10-100%**).

This setting is specific to each activity profile, allowing you to configure custom settings for indoor versus outdoor riding and various other conditions. You can change this setting under **Main menu > Settings: Profile Name > Backlight**.

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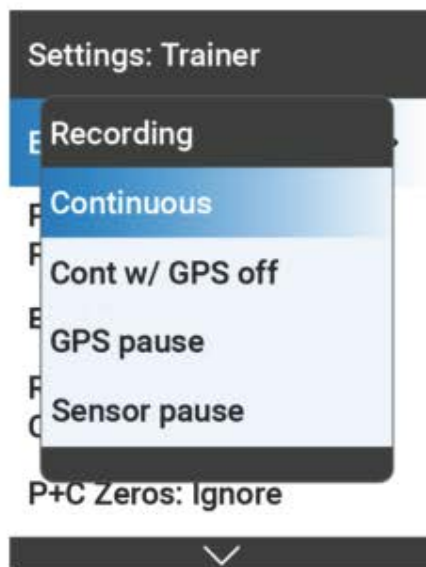
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RECORDING



The recording setting determines if/when the Dash will pause during your activity. In this section, you can set your specific preference based on the current activity profile, allowing you to use different recording settings for each profile. You can access the Recording setting under **Main menu > Settings: Profile Name > Recording**.

Recording Settings	
Continuous	Records all data regardless of user activity, can only be paused when the user presses the start/stop button
Continuous with GPS Off	Disables the GPS chip and records all data regardless of user activity (good for indoor riding), can only be paused by push of the start/stop button
GPS pause	Records all data when movement is detected (via GPS), pauses recording no movement is detected or when the start/stop button is pressed.
Sensor pause	Records all data when movement is detected (via GPS), or when power, cadence, or speed (via speed sensor) is detected. Pauses when all are 0 or when

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POWER AND CADENCE ZERO VALUES

While riding, Dash can either include zero values (which occur while coasting) in average calculations or ignore them. These settings apply only to activity data collected while using a power meter or cadence sensor.

To update these settings, go to: **Main menu > Settings: Profile Name > P+C Zeros.**

Zero Value Settings

Include	Includes zero values in average calculations for power (W) and cadence (RPM)
Ignore	Excludes zero values in average calculations for power (W) and cadence (RPM)
Ignore power	Excludes zero values in average calculations for power (W), includes values for cadence (RPM)
Ignore cadence	Excludes zero values in average calculations for cadence (RPM), includes values for power (W)

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ORIENTATION

Upon creating a new profile, the page layout can be set to **Landscape** or **Portrait**.

M50 Grid Sizes

Portrait: 2×5

Landscape: 3×4

L50 Grid Sizes

Portrait: 2×7

Landscape: 4×4

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