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CADENCE SOURCE

Since some users may have two sources for cadence, such as a cadence sensor or a power meter, the Dash allows you to choose which sensor to display in the cadence field. Pick from **Power** or **Speed/Cadence** (includes cadence only sensors).

Cadence source can be set at **Main menu > Settings: Profile Name > Cadence source**.

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POWER SOURCE

Since some users may have two sources for power, such as a power meter and a smart trainer, the Dash allows you to choose which sensor to display in the power field. Pick from **Power** or **Trainer**.

Power source can be set at **Main menu > Settings: Profile Name > Power source**.

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DISPLAY MODE

The Dash offers two color schemes designed for day and night use. Choose between **Day mode** and **Night mode** depending on your most common use for your profile.

Display Mode can be set at **Main menu > Settings: Profile Name > Display mode**.

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EDIT PROFILE NAME

[Edit profile name](#)


Portrait Preset

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To edit the name of an activity profile, you must first select the desired profile to edit, then go to: **Main menu > Settings: Profile Name > Edit profile name.**

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DELETE PROFILE

To remove an activity profile, you must first select the desired profile for removal, then go to: **Main menu > Settings: Profile Name > Delete: Profile Name.**

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DUPLICATE PROFILE

On the Dash, you are able to duplicate a profile in order to create two similar profiles with slightly different settings. In order to duplicate a profile, make sure you have selected the desired profile, then go to: **Main menu > Settings: Profile Name > Duplicate: Profile Name.**

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DASH SETTINGS

Under **Dash settings**, you can adjust a wide range of settings, including user information and device settings. Here you will also pair your phone and adjust your preferences for operating the device when using maps or workouts.

To access the Dash settings menu, go to: **Main menu > Dash settings**.

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PHONE

From the **Phone** settings, you can pair your phone to the Stages Link mobile app, enable or disable phone notifications, as well as access the app by scanning the QR code. To access the Phone settings, go to: **Main menu > Dash settings > Phone**.

To pair your phone, you must first install the [Stages Link mobile app](#).

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DISPLAY QR CODE

From the [Stages Link mobile app](#), you can pair your Stages Dash to your mobile device via Bluetooth. This allows for syncing of Dash settings, uploading activity files, as well as receiving phone notifications on your Dash while riding.

To pair a Dash using the QR code:

1. Select **Dash Manager** from the app menu.
2. Select **Pair a Dash**.
3. Select your Dash model.
4. Scan the QR code found at **Main menu > Dash settings > Phone > Display pairing code**.

Once your phone is paired, you may set up other phone options under [Phone Notifications](#).

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USER SETTINGS

Under **User settings**, all of your personal settings will be stored to customize the Dash to your individual body metrics. To use many of the Dash's training metrics, it is important that you have accurate settings for FTP (when using a power meter), FThr and Max HR (when using a heart rate monitor), and other personal settings.

Most of this information can be automatically synced from your Stages Link account, but may also be set manually on the Dash by checking over your settings at **Main menu > Dash settings > User settings**.

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FTP

Functional Threshold Power (**FTP**) is the maximum wattage you can sustain for a long duration, usually 1 hour. This number is the basis for setting your power training zones and calculating several power based metrics, such as TSS, T-Score, and IF. If you are training with a power meter, you should enter an FTP value here.

To update your FTP setting, go to: **Main menu > Dash settings > User settings > FTP**.

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FTHR

Functional Threshold Heart Rate (**FThr**) is the maximum heart rate (bpm) you can sustain for a long duration, usually 1 hour. This number is the basis for setting your heart rate training zones and calculating heart rate based metrics. If you are training with a heart rate monitor, you should enter an FThr value here.

To update your FThr setting, go to: **Main menu > Dash settings > User settings > FThr.**

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MAX HR

Max Heart Rate (**Max HR**) is the maximum heart rate measured during training or exercise. This number is used for the training metric % **Max HR** and also can be used in lieu of [FThr](#) for some training metrics. If you do not know your maximum heart rate, it can be estimated as 220 minus your age.

To update your Max HR setting, go to: **Main menu > Dash settings > User settings > Max HR.**

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POWER ZONES

The power zones used on the Dash will automatically update based on your [FTP setting](#).

Zone	Name	% of FTP
Zone 1	Recovery	0-59%
Zone 2	Endurance	60-79%
Zone 3	Tempo	80-90%
Zone 4	Threshold	91-104%
Zone 5	VO2	105-120%
Zone 6	Anaerobic	121%+

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HEART RATE ZONES

The heart rate zones used on the Dash will automatically update based on your [FThr setting](#).

Zone	Name	% of FThr
Zone 1	Recovery	0-64%
Zone 2	Endurance	65-84%
Zone 3	Tempo	85-91%
Zone 4	Threshold	92-99%
Zone 5	VO2	100-104%
Zone 6	Anaerobic	105%+

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WEIGHT

Body weight is required to calculate certain training metrics, such as watts per kilogram (**w/kg**) or calories burned.

To set your body weight, go to: **Main Menu > Dash settings > User settings > Weight**.

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GENDER

To set your gender, go to: **Main menu > Dash settings > User settings > Gender.**

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NOTIFICATIONS

The notifications menu allows you to fully customize which items trigger pop up messages the display and make sounds. Notification set ups can be customized under **Main menu > Dash settings > Notifications**.

For notifications, choose between:

- **Both:** Both an audible tone and pop up overlay message on the display.
- **Overlay:** Pop up overlay message on the display only.
- **Tone:** Audible tone only.

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LAP NOTIFICATION

The lap notification is triggered by the press of the lap button during a ride or an automatic lap change during a structured workout. If enabled, the lap overlay provides a summary of the previous laps.

To update your lap notification setting, go to **Main menu > Dash settings > Notifications > Lap**.

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RIDING DETECTED NOTIFICATION

The riding detected notification is triggered when movement is detected by GPS or a connected sensor, such as speed sensor or power meter.

To update your riding detected notification setting, go to **Main menu > Dash settings > Notifications > Riding detected**.

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GPS FOUND NOTIFICATION

The GPS found notification is triggered when the Dash obtains a GPS lock.

To update your GPS found setting, go to **Main menu > Dash settings > Notifications > GPS found**.

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RIDE PAUSED NOTIFICATION

The ride paused notification is triggered when the Dash's [Recording](#) setting triggers an automatic pause (such as due to lack of movement/0 mph speed).

To update your ride paused setting, go to **Main menu > Dash settings > Notifications > Ride paused**.

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SENSOR NOTIFICATION

The sensor notification is triggered when any sensor [paired to the current profile](#) connects or disconnects from the Dash.

To update your sensor notification setting, go to **Main menu > Dash settings > Notifications > Sensor**.

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KEY PRESS TONES

Key press tones are audible tones produced when you press any button on the Dash.

To turn key press tones on or off, go to **Main menu > Dash settings > Notifications > Key Press**.

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DASH BATTERY NOTIFICATION

The Dash battery notification is triggered when the Dash's battery is critically low.

To update your Dash battery notification setting, go to **Main menu > Dash settings > Notifications > Dash battery**.

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WORKOUT SETTINGS

Workouts on the Dash can be configured to operate based on your personal preferences. Learn more about each custom workout setting within this section.

To update your workout settings, go to: **Main menu > Dash settings > Workout.**

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COMPLIANCE BORDERS

The compliance borders setting allows you to enable or disable color coded data field borders that indicate whether you are in compliance with your workout targets. Compliance borders will apply to power, power zone, heart rate, and heart rate zone fields.

To update your workout field colors setting, go to: **Main menu > Dash settings > Workout > Compliance borders.**

Compliance Borders	
	Within target range
	+/- 5% of Target Range
	>5% above or below target range

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AUTO LAP SETTING

The workout auto lap setting determines which steps of your workout will advance automatically and which will require a lap button press.

To update your workout auto lap setting, go to: **Main menu > Dash settings > Workout > Auto lap.**

Auto Lap Options	
Off	Do not auto advance any workout steps.
Active workout steps	Only advance <i>active</i> workout steps (requires button press to complete warm up, cool down, and rest laps).
All workout steps	Auto advance all workout steps.

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STEP NOTIFICATIONS

The workout step notification settings allows you to choose whether to receive notifications when a new workout step begins. This can be used in conjunction with the workout auto lap feature.

To update your workout step notification setting, go to: **Main menu > Dash settings > Workout > Step notification.**

Step notification options	
Both	Shows both the overlay message and plays an audible tone for each new workout step.
Overlay	Shows an overlay message containing the workout step description.
Tone	Plays an audible tone for each new workout step.
Off	No additional notification for workout steps.

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MAP AND COURSES SETTINGS

The Dash map can be configured based on your personal preferences. Learn more about each custom map setting within this section.

To update your map and courses settings, go to: **Main menu > Dash settings > Map and Course.**

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MAP ORIENTATION SETTING

The map orientation setting determines which direction the map is oriented on the display. The map can be set to rotate based on current heading or remain facing north at all times.

To update your orientation setting, go to: **Main menu > Dash settings > Map and courses > Orientation.**

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ELEVATION PROFILE SETTING



The elevation profile setting enables or disables the elevation profile at the bottom of the map (while riding a course).

To update your elevation profile setting, go to: **Main menu > Dash settings > Map and courses > Elevation profile.**

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BREADCRUMB TRAIL SETTING

The breadcrumb trail setting enables or disables a drawn breadcrumb that outlines the path of your current ride on the map.

To update your breadcrumb setting, go to: **Main menu > Dash settings > Map and courses > Breadcrumb trail.**

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NAVIGATION CUES SETTING

The navigation cues setting disables or enables navigation cues and points of interest built into your courses. You may enable each individually or disable both from this menu.

To update your navigation cues setting, go to: **Main menu > Dash settings > Map and courses > Navigation cues.**

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OFF COURSE NOTIFICATIONS

The off course notification setting determines if you will be notified when the GPS detects that you are off course. You may choose an audible tone, overlay message, both, or no notification.

To update your off course notifications setting, go to: **Main menu > Dash settings > Map and courses > Off course notifications.**

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DEVICE SETTINGS

Device Settings



Units



Language: English

Sleep: 20 min

Time format: 12h

Factory Reset



The **Device** settings menu allows you to update settings that affect the entire device, such as time zone, language, units, and other global settings.

You can access all device settings under **Main menu > Dash settings > Device**.

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UNITS

In the **Units** setting, you can configure separate unit selections for various metrics. Choose from imperial or metric for each item on the list. To update your unit settings, go to: **Main menu > Dash settings > Device > Units**.

Units	
Distance	km or mi
Elevation	m or ft
Weight	kg or lb
Temperature	°C or °F

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LANGUAGE

The Dash's language setting is set in the initial start up, but can be updated at any time under **Main menu > Dash settings > Device > Language**.

Languages Available:

- English
- Français (French)
- Deutsch (German)
- Italiano (Italian)
- Español (Spanish)
- 简体中文 (Simplified Chinese)
- 繁体中文 (Traditional Chinese)
- 한국어 (Korean)
- 日本語 (Japanese)
- Čeština (Czech)
- Dansk (Danish)
- Nederlands (Dutch)
- Norsk Bokmål (Norwegian)
- Polski (Polish)
- Svenska (Swedish)
- Hrvatski (Croatian)
- Suomi (Finnish)
- Ελληνικά (Greek)
- Magyar (Hungarian)
- Português (Portuguese)
- Slovenčina (Slovak)
- Slovenščina (Slovenian)
- Русский (Russian)
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TIME ZONE

The Dash will update your time zone update automatically based on GPS location (requires GPS lock).

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TIME FORMAT

The time format setting allows you to choose between 12 hour and 24 hour time formats. To update your time format setting, go to: **Main menu > Dash settings > Device > Time format.**

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UPLOADING RIDES

Rides are stored on the Dash in the .FIT format. Completed activities can be uploaded and synced via Bluetooth ([Stages Link app](#)) or USB ([Stages Sync](#) or USB Mass Storage drag and drop). Additionally, Stages Link allows the automatic uploading of ride files to 3rd party websites and applications in order to seamlessly integrate with other services.

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BLUETOOTH

The Dash can be paired to your mobile device and automatically upload completed activities via Bluetooth. To enable uploads via Bluetooth, you will need to download and install the [Stages Link mobile app](#).

See also: [Dash Settings: Phone](#).

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USB

When plugged in via USB, you may sync the Dash with your Stages Link account using the Stages Sync application, or simply drag and drop files via USB mass storage.

Stages Sync

Download and install the [Stages Sync](#) desktop application to your computer to automatically sync your files to Stages Link. Once installed, Stages Sync can upload all new files from the device to Stages Link.

USB Mass Storage

When plugged into your computer, the Dash will enter USB mode automatically and display **USB Enabled** on the screen. On your computer, follow on screen prompts to view the contents of the device. By default, files are saved in the **.FIT** format and saved into the *Activities* directory. From here, you can access your files for uploading to Stages Link or other 3rd party training websites.

⚠️ WARNING: CHANGING OR DELETING FILES IN OTHER FOLDERS MAY EFFECT THE OPERATION OF YOUR DEVICE.

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