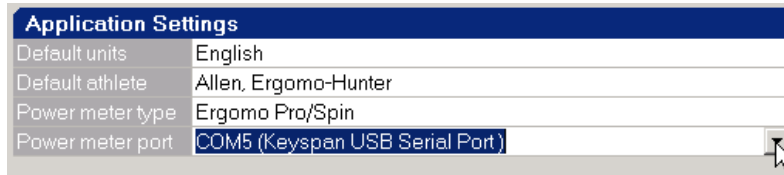


Setting up your ergomo Pro by using the ErgoRacer software.

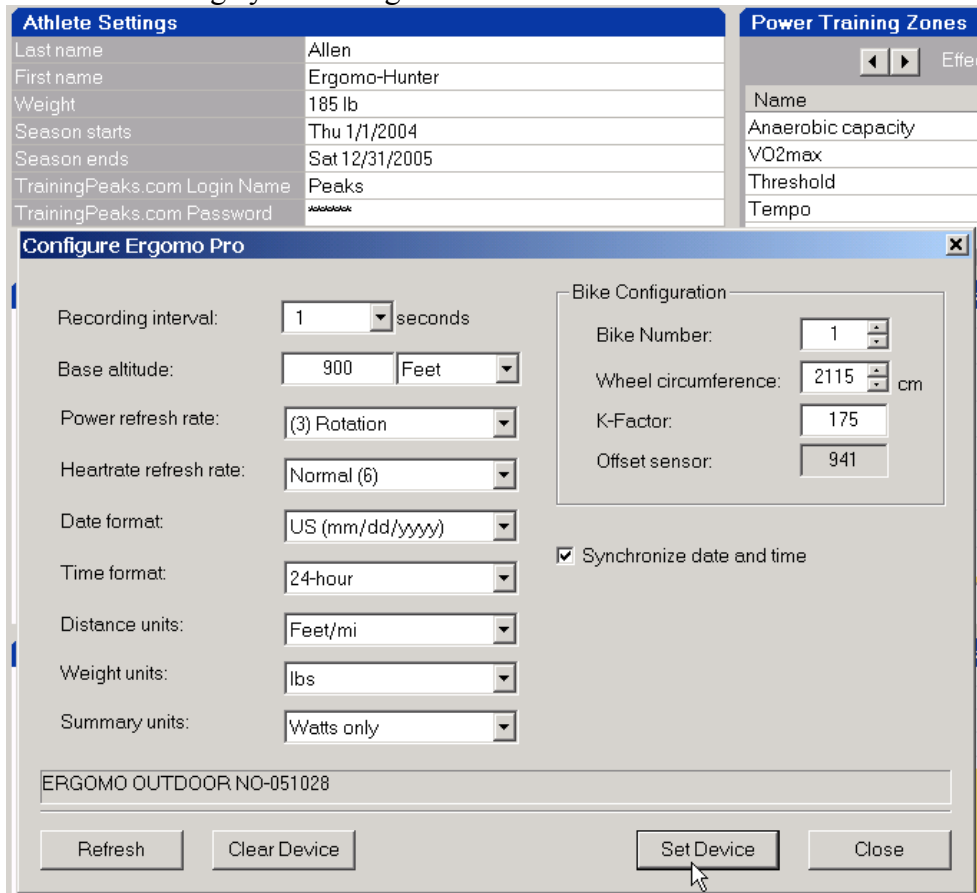
- Connect the ergomo Pro computer to your serial cable and plug into a free serial port on your PC.
- Open ErgoRacer Software and select an athlete.
- Be sure you have the correct Power meter type (ergomo pro/spin) and Com port selected.



- Now, push the button on the tool bar to 'Configure Device'. It is the middle one in the below picture.



- You will now see your 'Configure Ergomo Pro' screen and here you can change your settings.

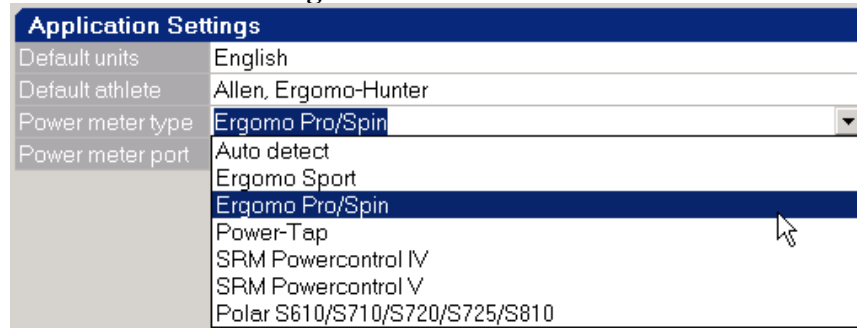



- Setting the device is easy. Just press the SET DEVICE button and the new settings will be automatically input into the ergomo pro.

- **NOTE: Your Weight and Threshold power will be automatically set up from the settings under your own personal ATHLETE SETTINGS in ErgoRacer.**

Downloading the ergomo Pro into the ergoRacer software.

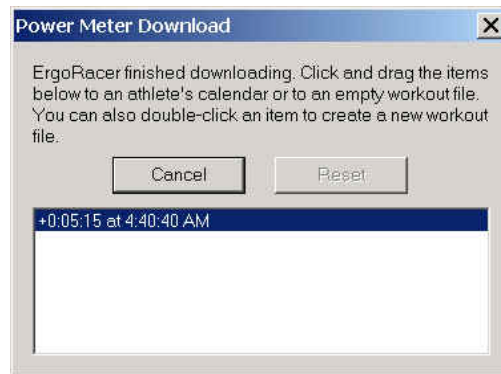
- Connect the data transfer cable into a free serial plug-in of your PC and the *ergomo*[®] computer.
- Start the *ergoRacer* Software on your PC.
- Once the software is loaded on your computer, you will need to >Create a new Athlete< before you do anything.
- Click on >File< and select >Create New Athlete<
- Type in your information. If you do not know your Fitness data yet, give it a guess. You'll be able to edit this info easily later as you get your Fitness information. All fields must be entered.
 - Under application settings be sure to select >COM 1< in the >Power meter Port< box.
 - You must have Ergomo Pro selected under >Power meter types<.**



- Push the download icon on the screen  in ergoRacer.
- Next you will see the software downloading your Ergomo Pro

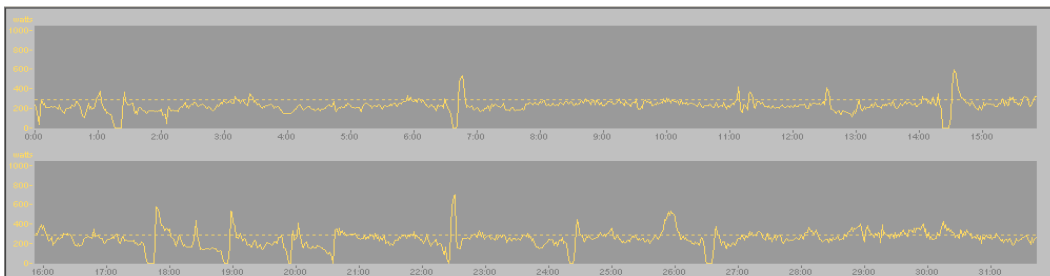


Once your download completes, you will see a box in the software that has your ride in it. It looks like this:



Opening a downloaded ride into ergoRacer.

- Double click on the ride information displayed and it will automatically import into the software as a New Ride. Or you can left click on the download and 'drag' and 'drop' into your >Calendar< on the correct day.
- Open the ride in the Calendar, by double clicking on the day, or if you just double clicked on the ride info, you will now see the graph of your ride with the Power line(yellow) drawn.



- It is **HIGHLY** recommended that you read the user's guide under the >HELP< button on ergoRacer software in order to help you further in the analysis of your ride.