

RECORD DATA FROM BODY BIKE CONNECT



ANT+ DEVICE



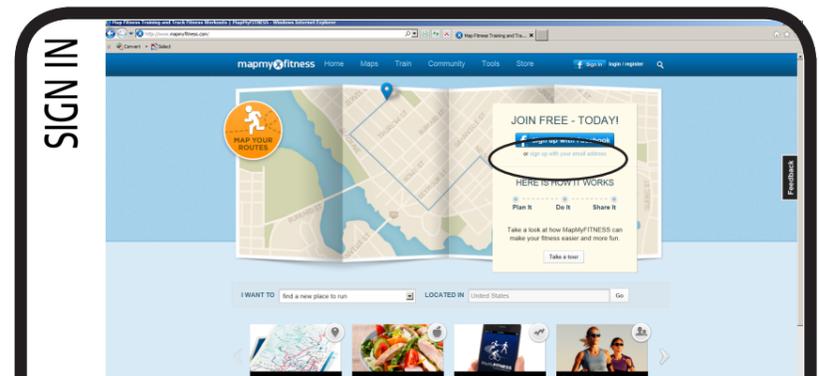
BODY BIKE Connect transfers wireless data by a protocol called ANT+. First you need a device able to receive the ANT+ signal. This could be an iPhone or iPad hooked up with an ANT+ key. You can purchase this at www.wahoofitness.com

ANT+ SOFTWARE



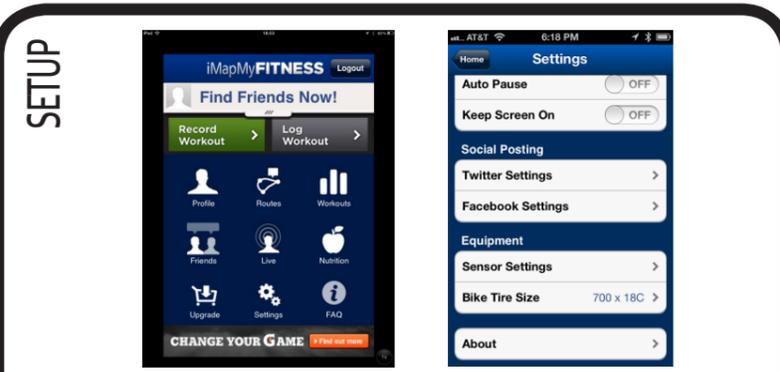
At this moment there are several options to receive and process the data and more are arising every day. Some are targeting data storage and others are choosing to use the data to create games or the like. One option is 'MapMyFitness'. Download the free application 'MapMyFitness' from app store.

SIGN IN



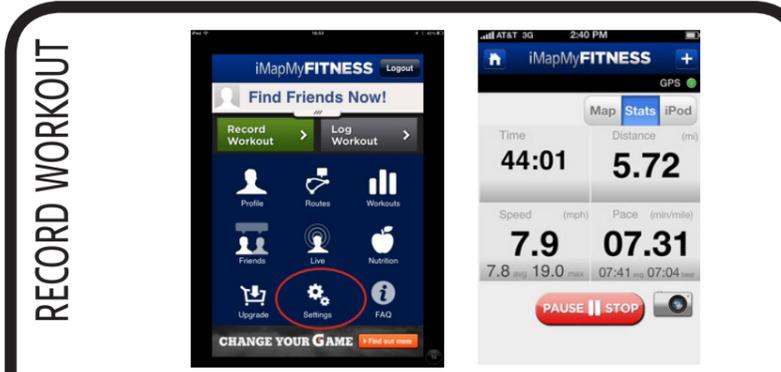
Create an account on www.MapMyFitness.com. The application will ask you to do so when running it. Use your email and a password. Add your individual settings such as weight etc.

SETUP



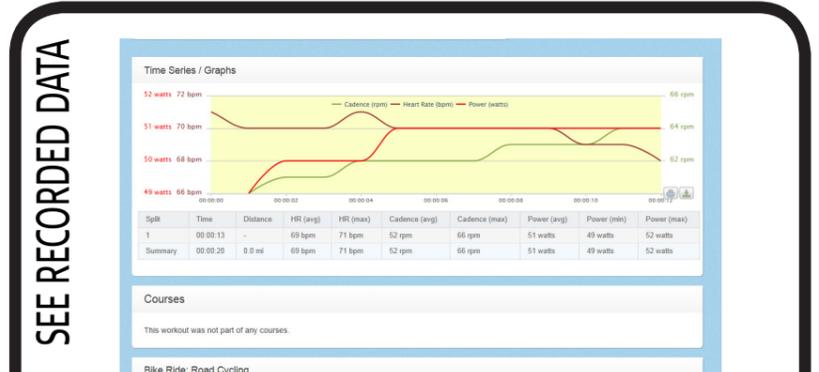
Run the application. Go to settings and sensor settings. Choose bike power and press connect. Make sure the control box is active by pedalling a few times on the bike. The application will pick up the signal from the bike and show you how many watt you are performing. In the same way you can connect a heart rate transmitter.

RECORD WORKOUT



Go back to the application's front page and press record workout. Tap the screen to change the values shown or just put the phone away (keep the application running) to record from a distance. When done training, press the pause button and click 'save workout'. You can keep it to yourself or post your workout on e.g. Facebook.

SEE RECORDED DATA



You can see your workout in the application or you can go to www.mapmyfitness.com. On the webpage you log in and afterwards scroll down to the bottom of the page to see recent workouts. Press one to see details recorded.