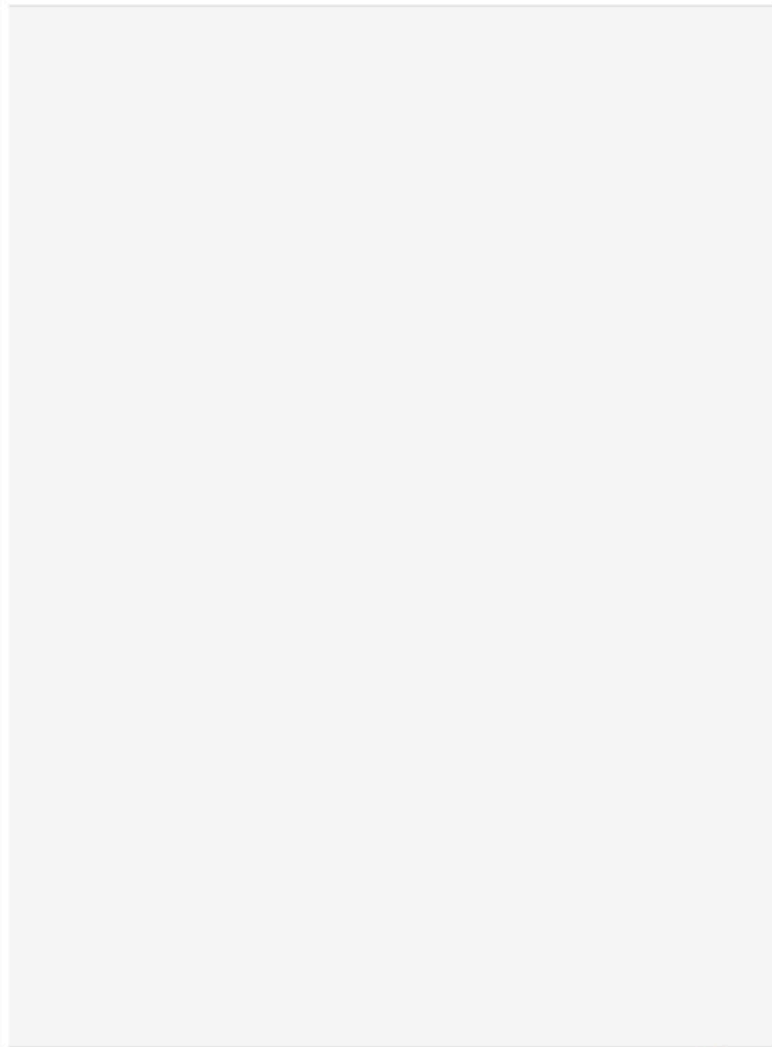


[Select Fields](#)

BATTERY

Battery % %

Phone Battery % %



Workout



History



Profile



Settings

[Select Fields](#)

CADENCE

Cadence rpm

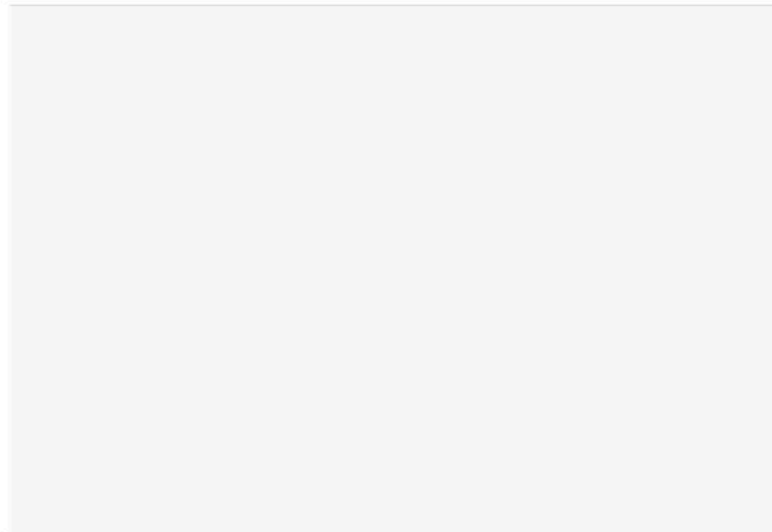
Avg Cadence (workout) rpm

Avg Cadence (lap) rpm

Avg Cadence (last lap) rpm

Max Cadence (workout) rpm

Max Cadence (lap) rpm



Workout



History



Profile



Settings

< Select Fields

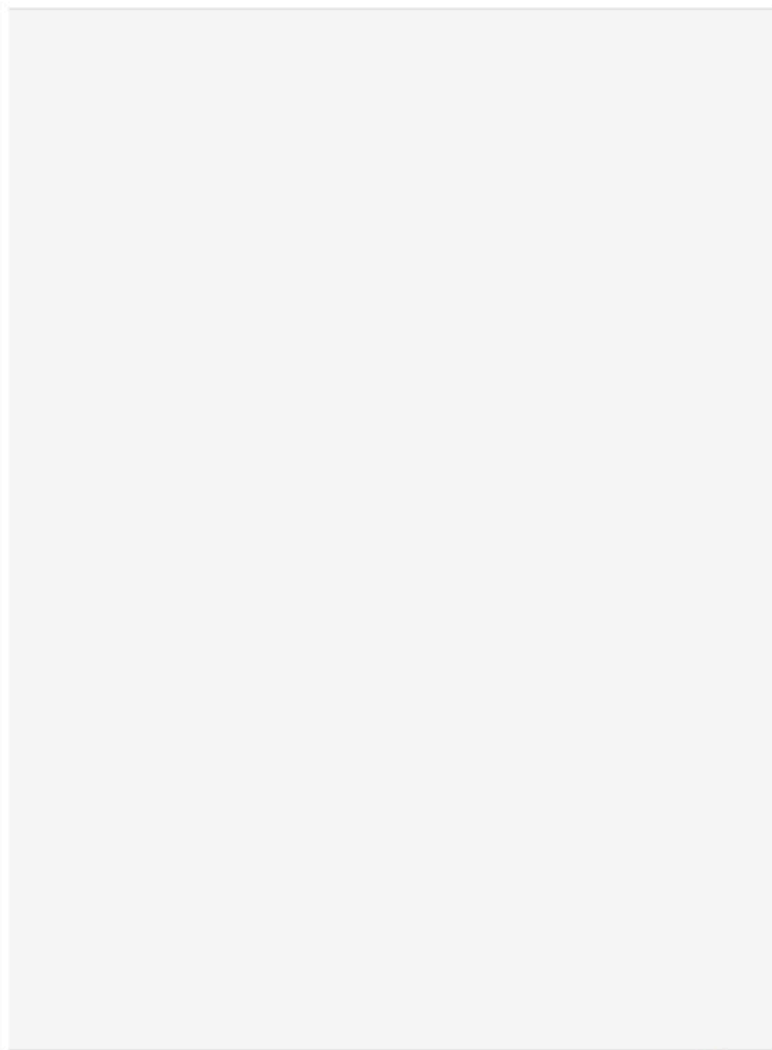
CALORIES

Calories (workout)

Cal

Calorie Burn Rate

CAL/HR



Workout



History



Profile



Settings

< Select Fields

CLIMBING

Total Ascent (workout)

ft

Total Descent (workout)

ft

Total Ascent (lap)

ft

Total Descent (lap)

ft

Total Ascent (last lap)

ft

Total Descent (last lap)

ft

Grade

%

Avg Grade (workout)

%

Avg Grade (lap)

%

Avg Grade (last lap)

%



Workout



History



Profile



Settings

[Select Fields](#)

DISTANCE

Distance (workout)

mi

Distance (lap)

mi

Distance (last lap)

mi



Workout



History



Profile



Settings

[Back](#)

GEAR SELECTION

Current Gear (visual)

Current Gear



Workout



History



Profile



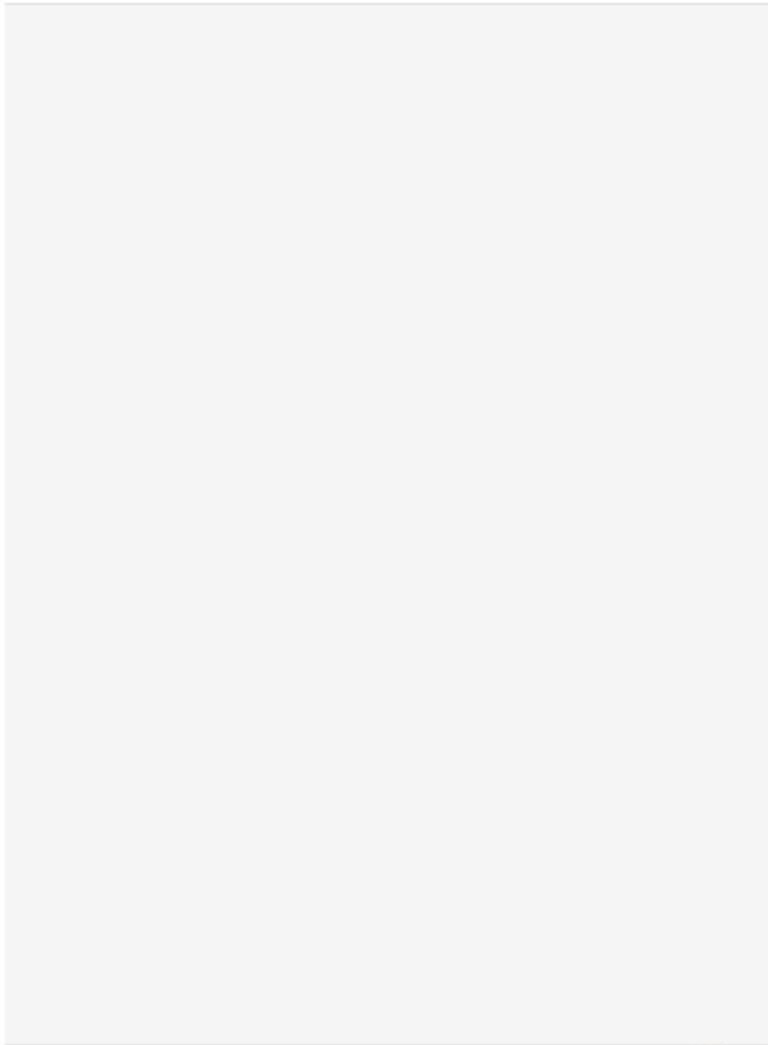
Settings

Heart Rate	bpm
Avg Heart Rate (workout)	bpm
Avg Heart Rate (lap)	bpm
Avg Heart Rate (last lap)	bpm
Max Heart Rate (workout)	bpm
Max Heart Rate (lap)	bpm
Heart Rate Zone	
Heart Rate Zone Graph	
Heart Rate % Max	%
HR Time In Zone 1	Duration

Max Heart Rate (workout)	bpm
Max Heart Rate (lap)	bpm
Heart Rate Zone	
Heart Rate Zone Graph	
Heart Rate % Max	%
HR Time In Zone 1	Duration
HR Time In Zone 2	Duration
HR Time In Zone 3	Duration
HR Time In Zone 4	Duration
HR Time In Zone 5	Duration

Lap

Workout Start Time



Workout



History



Profile



Settings

[Select Fields](#)

TIME

Time of Day

Workout Time (total)

Duration

Active Time (workout)

Duration

Paused Time (workout)

Duration

Current Lap Active Time

Last Lap Active Time

Shortest Lap Active Time



Workout



History



Profile



Settings

[Select Fields](#)

WEATHER

Temperature

Deg F

Max Temperature (workout)

Deg F

Min Temperature (workout)

Deg F

Avg Temperature (workout)

Deg F



Workout



History



Profile



Settings

Strava Live Relative Effort

Elapsed Segment Time

Ahead/Behind Time

Goal Duration

Distance Remaining mi

Estimated Duration Duration

This data represents the current Strava Live Segment. When not riding in a Strava Segment, data will show N/A. When multiple Segments overlap, data will represent the Segment currently visible on the Segments page.



Workout



History



Profile



Settings

Target Power w

Target Speed mi



Workout



History



Profile



Settings

< Select Fields

POWER

Avg Pedal Smoothness (workout) %

Avg Pedal Smoothness (lap) %

Avg Pedal Smoothness (last lap) %

Torque Effectiveness %

Torque Effectiveness (workout) %

Torque Effectiveness (lap) %

Torque Effectiveness (last lap) %

Pedaling LR Efficiency %

Avg Pedaling LR Efficiency (workout) %

Avg Pedaling LR Efficiency (lap) %



Workout



History



Profile



Settings

< Select Fields

SPEED

Current Speed (vs workout avg) mi

Avg Speed (lap) mi

Avg Speed (workout) mi

Avg Speed (lap) mi

Avg Speed (last lap) mi

Avg Speed (fastest lap) mi

Max Speed (workout) mi

Max Speed (lap) mi



Workout



History



Profile



Settings

< Select Fields

POWER

Power FTP

Power/FTP % %

Power/FTP % (workout) %

Power/FTP % (lap) %

Power/FTP % (last lap) %

Power (3 sec)/FTP % %

Power (5 sec)/FTP % %

Power (20 sec)/FTP % %

Power (30 sec)/FTP % %

Power Pedaling

Pedal Smoothness %



Workout



History



Profile



Settings

< Select Fields

POWER

Power Pedaling

Pedal Smoothness %

Avg Pedal Smoothness (workout) %

Avg Pedal Smoothness (lap) %

Avg Pedal Smoothness (last lap) %

Torque Effectiveness %

Torque Effectiveness (workout) %

Torque Effectiveness (lap) %

Torque Effectiveness (last lap) %

Pedaling LR Efficiency %



Workout



History



Profile



Settings

< Select Fields

POWER

Power Torque

Torque Nm

Torque Avg (workout) Nm

Torque Avg (lap) Nm

Torque Avg (last lap) Nm

Torque Avg (3 sec) Nm

Torque Avg (5 sec) Nm

Torque Avg (20 sec) Nm

Torque Avg (30 sec) Nm

Power Zones



Workout



History



Profile



Settings

< Select Fields

POWER

Power Zones

Power Zone

Power Zone Graph

PWR Time In Zone 1 Duration

PWR Time In Zone 2 Duration

PWR Time In Zone 3 Duration

PWR Time In Zone 4 Duration

PWR Time In Zone 5 Duration

PWR Time In Zone 6 Duration

PWR Time In Zone 7 Duration



Workout



History



Profile



Settings

< Select Fields

POWER

Power Avg over time

Avg Power (3 sec) W

Avg Power (5 sec) W

Avg Power (20 sec) W

Avg Power (30 sec) W

Avg Power (1 min) W

Avg Power (5 min) W

Avg Power (20 min) W

Avg Power (30 min) W

Avg Power (1 hr) W



Workout



History



Profile



Settings

< Select Fields

POWER

Power Max over time

Max Power (20 sec) W

Max Power (5 sec) W

Max Power (20 sec) W

Max Power (30 sec) W

Max Power (1 min) W

Max Power (5 min) W

Max Power (20 min) W

Max Power (30 min) W

Max Power (1 hr) W

Power Torque



Workout



History



Profile



Settings

< Select Fields

POWER

Avg Power (last lap) %

Max Power (workout) %

Max Power (lap) %

Training Stress Score®

Normalized Power® W

Normalized Power® (lap) W

Normalized Power® (last lap) W

Intensity Factor®

Variability Index

Kilojoules (workout) kJ



Workout



History



Profile



Settings

< Select Fields

POWER

Power Balance

Left/Right Balance %

Left/Right Balance Avg %

Left/Right Balance Lap %

Left/Right Balance Last Lap %

Left/Right Balance Rolling Avg (3 sec) %

Left/Right Balance Rolling Avg (5 sec) %

Left/Right Balance Rolling Avg (20 sec) %

Left/Right Balance Rolling Avg (30 sec) %

Power Avg over time



Workout



History



Profile



Settings

Target Power

w

Target Cadence

rpm

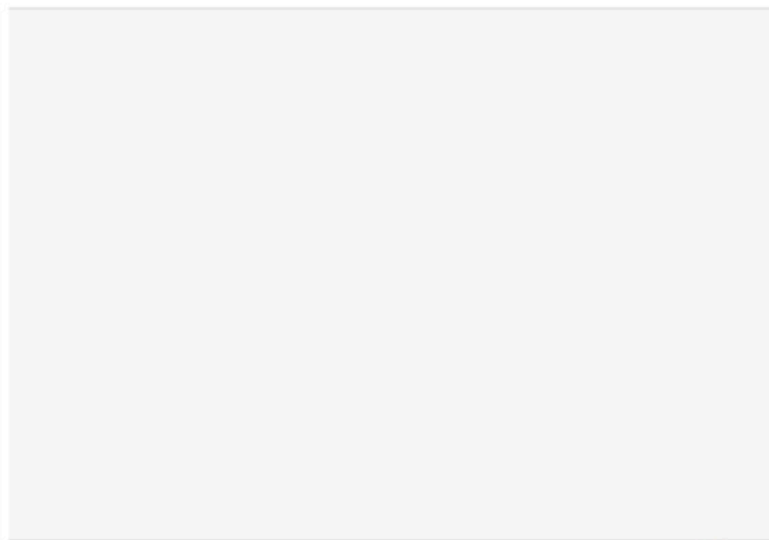
Target Heartrate

bpm

Remaining Time/Distance - Interval

Remaining Time/Distance - Workout

Interval Count



Workout



History



Profile



Settings

Power

Power (vs workout avg)

%

Power (vs lap avg)

%

Power To Weight (Watts/Kg)

W/kg

Power To Weight (workout Watts/Kg)

W/kg

Power To Weight (lap Watts/Kg)

W/kg

Power To Weight (last lap Watts/Kg)

W/kg

Avg Power (workout)

%

Avg Power (lap)

%

Avg Power (last lap)

%



Workout



History



Profile



Settings

[Back](#)

MUSCLE OXYGEN

Current Oxygen Saturation %

Min Saturated Hemoglobin (workout) %

Avg Saturated Hemoglobin (workout) %

Max Saturated Hemoglobin (workout) %

Min Saturated Hemoglobin (lap) %

Avg Saturated Hemoglobin (lap) %

Max Saturated Hemoglobin (lap) %

Current Hemoglobin Total Concentration g/dL

Min Total Hemoglobin (workout) g/dL

Avg Total Hemoglobin (workout) g/dL



Workout



History



Profile



Settings

[Back](#)

MUSCLE OXYGEN

Min Saturated Hemoglobin (lap) %

Avg Saturated Hemoglobin (lap) %

Max Saturated Hemoglobin (lap) %

Current Hemoglobin Total Concentration g/dL

Min Total Hemoglobin (workout) g/dL

Avg Total Hemoglobin (workout) g/dL

Max Total Hemoglobin (workout) g/dL

Min Total Hemoglobin (lap) g/dL

Avg Total Hemoglobin (lap) g/dL

Max Total Hemoglobin (lap) g/dL



Workout



History



Profile



Settings

[Select Fields](#)

KICKR

Target ERG Power

W

KICKR Level

Brake %



Workout



History



Profile



Settings

[Select Fields](#)

MAP

Distance Remaining (selected course)

mi

Distance Next Cue

mi

GPS Heading

GPS Accuracy



Workout



History



Profile



Settings