

# Stages Dash™

## Owner's Manual

Stages Cycling, LLC  
[www.stagescycling.com](http://www.stagescycling.com)  
[Info@stagescycling.com](mailto:Info@stagescycling.com)  
1-800-778-7218

Offices:

Sales, Accounting, Customer Support: 606 SE 9<sup>th</sup> Ave,  
Portland, OR 97214

Design, Manufacturing, Engineering: 5335 Sterling Dr,  
Boulder, CO 80301



This product is ANT+™ certified and complies with the following specified ANT+ Device Profiles:



[www.thisisant.com/directory](http://www.thisisant.com/directory)

*TSS (TRAINING STRESS SCORE®)*, *NP (NORMALIZED POWER®)*, and *IF (INTENSITY FACTOR®)* are trademarks of TrainingPeaks, LLC and are used with the permission. Learn more at <http://www.trainingpeaks.com>.

T-score™ and Adjusted Power™ are trademarks of Today's Plan Pty Ltd.



{Translated language here}

# Contents

Device Description .....	4	Navigation in Ride.....	10
Dash Schematic.....	4	Viewing Data Pages .....	10
Charging Dash .....	4	Accessing the Ride Menu in a Ride.....	10
Installing the Mount.....	4	Ride Data Recording .....	10
Installing/Removing Dash .....	5	Data Pages .....	10
Initial Setup .....	5	Editing Pages.....	11
Power On/Off.....	5	Split Screen Mode.....	11
Connecting to GPS.....	6	Orientation .....	11
Activity Profiles .....	6	Adding/Deleting Pages .....	11
Changing Activity Profiles .....	6	Enable/Disable Pages.....	11
Renaming Activity Profiles .....	6	Data Fields .....	11
Enable/Disable an Activity Profile.....	6	Data Field Categories.....	11
Creating/Deleting an Activity Profile .....	7	Data Fields List.....	11
Backlight Setting .....	7	Displayed Units for Data Fields.....	13
Data Recording.....	7	Span .....	13
Power and Cadence Zeros.....	7	Totaling.....	14
Alerts .....	7	Editing Data Fields .....	14
Alert Categories.....	7	Resizing Fields.....	14
Alert Notice .....	8	Riding a Workout.....	14
Alert Trigger Types .....	8	Using Workout Target Fields .....	14
Movement Alerts .....	8	Upcoming Laps.....	14
Connecting to Sensors .....	8	Upcoming Text.....	15
Bluetooth and ANT+ Sensors .....	8	Navigating Laps.....	15
Manual Entry.....	8	Breadcrumb Trail .....	15
Stages Power Meter.....	9	Altitude Profile.....	15
NFC Tap to Pair.....	9	Training Zones .....	15
Dual Channel Reception.....	9	Power Zones .....	15
High Speed .....	9	Setting FTP .....	15
Zero Resetting a Power Meter .....	9	Power Zone Calculation Method.....	15
Sensors Already Saved to Dash.....	9	Stages Power Zones.....	15
Riding with Dash .....	9	Coggan Power Zones .....	15
Start a Ride.....	9	Heart Rate Zones .....	15
Pausing a Ride .....	9	Setting FThr.....	15
Ending a Ride.....	10	Heart Rate Zone Calculation Method.....	16
Laps .....	10	Stages Heart Rate Zones.....	16
		Friel Heart Rate Zones .....	16

20min Test.....	16	Weight .....	18
Estimate FTP or FThr .....	16	Age .....	18
Manual Entry of Power or Heart Rate Zones .....	16	Gender .....	18
Ride Uploading.....	16	Other Attributes .....	18
.fit Export.....	16	Language.....	18
USB.....	16	Updating Firmware.....	18
Stages Sync.....	17	Factory Reset .....	19
USB Mass Storage .....	17	Widgets.....	19
BLE.....	17	Text Editor .....	19
Ride History.....	17	Large Number Editor .....	19
Selecting a Ride .....	17	Small Number Editor .....	19
Records.....	17	Stages Link .....	19
Totals.....	17	Stages Link App.....	19
Settings.....	17	Stages Sync .....	19
Units.....	17	Technical Specifications.....	19
Sleep.....	18	Device Care .....	20
Backlight Level.....	18	Troubleshooting.....	20
Time Zone.....	18	Trademark and Licenses .....	20
Time Format.....	18	Warranty.....	<b>Error! Bookmark not defined.</b>
System Alerts .....	18	Index .....	21
Rider Attributes.....	18		

## ⚠ Warning

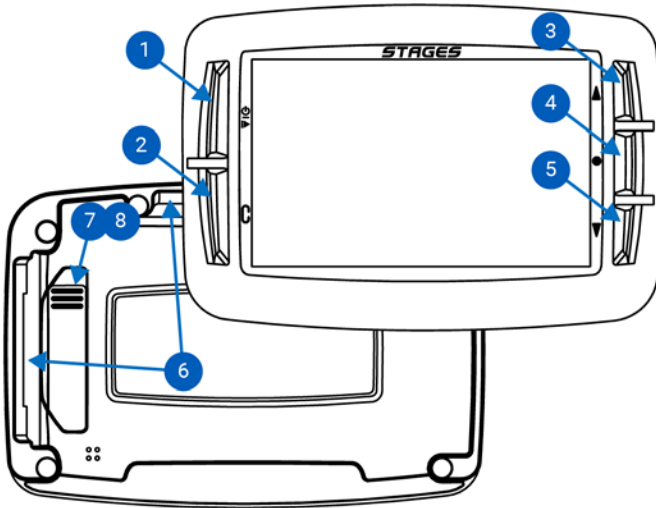
See Important Product Information insert provided with product for important safety and product information.

## ⚠ Warning

Recycling/Disposal of device and battery: This device includes a **lithium ion** battery. In compliance with your local laws and regulations, please contact local authorities for end of life disposal of this product and battery. See Important Product Information insert or Stages help site for further detailed information.

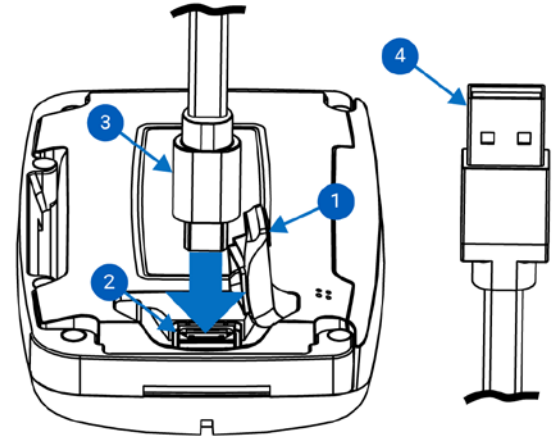
## Device Description

### Dash Schematic



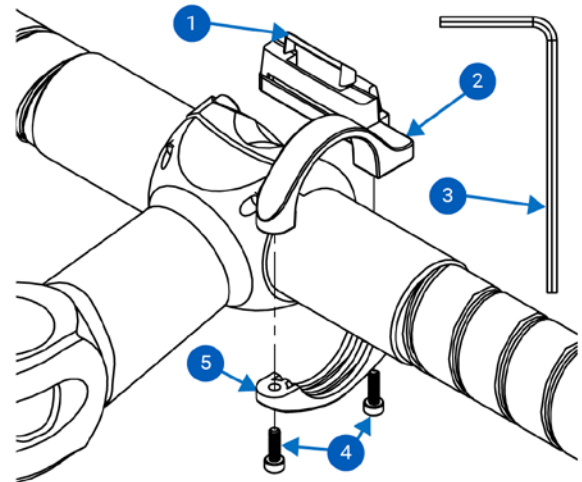
①		<b>On/Off - Start/Stop Button:</b> Press to power device on, then press to start/stop an activity. To power the device off, hold button for <b>3s</b> .
②		<b>Lap:</b> Select to mark a new lap, return to previous page within the menu
③		<b>Up:</b> Scrolls to previous menu item or page
④		<b>Enter:</b> Selects item in <b>menu</b> or activity page
⑤		<b>Down:</b> Scrolls to next menu item or page
⑥		<b>Mount Locations (x2):</b> Two rear mounting locations allow for use in <b>portrait or landscape</b> mode
⑦		<b>USB Dust Cover:</b> When installed properly, protects the <b>Micro-USB</b> Plug from the elements
⑧		<b>Micro-USB port:</b> For device charging and data transfer

## Charging Dash



To charge your **Dash**, lightly lift the rubber dust cover ① to allow access to the **Micro-USB** port ②, insert the **Micro-USB** plug ③, and insert **USB** plug into certified **USB 2.0 5V** wall-mounted charger or **USB 2.0** port on your computer ④.

## Installing the Mount



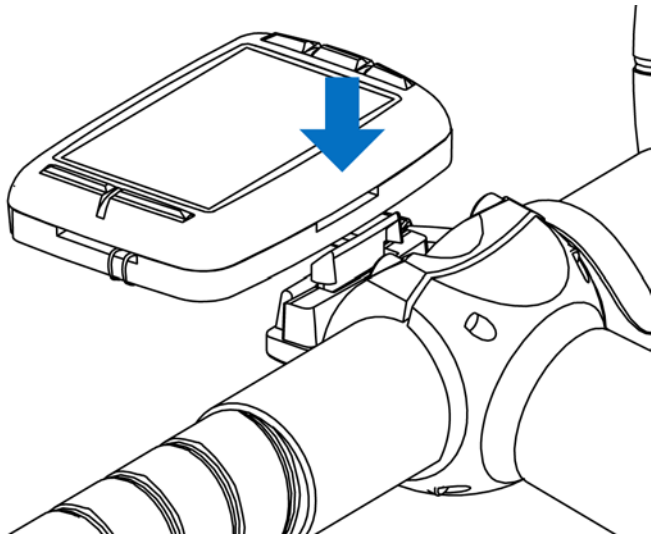
①	Thumb Tab
②	Main Arm
③	<b>2.5mm</b> Hex Key (not provided)
④	<b>M2.5</b> Cap Head Screws (x2)
⑤	Handlebar Clamp Ring

1. Position **Handlebar Clamp Ring** ⑤ to the right of the stem and between any cables and the **31.8mm** handlebar
2. Insert the two **M2.5** screws ④ into the holes of the clamp ring ⑤ and use a **2.5mm** hex key ③ to loosely tighten ring on handlebars
3. Adjust mount to preferred angle

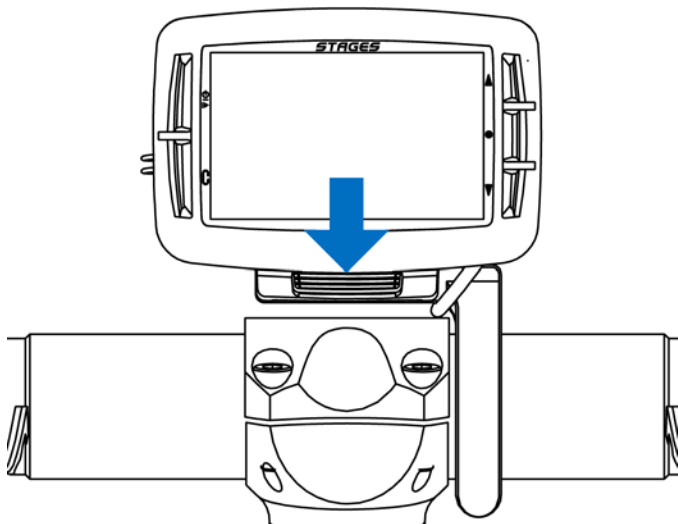
- Tighten screws ④ to **2 Nm**.

⚠WARNING: DO NOT OVERTIGHTEN SCREWS.

## Installing/Removing Dash

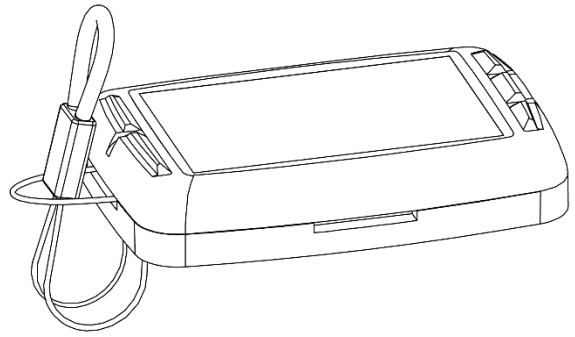


- Install mount to proper specification (see [Installing the Mount](#)).
- Orient device in either **portrait or landscape** position and line up with mount.
- Make sure lip of the mount is behind the aluminum mounting rail.
- Slide Dash downward until the thumb tab audibly clicks tab into place.

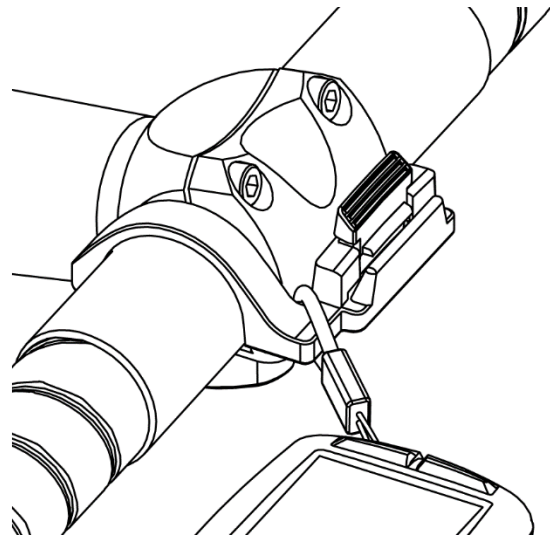


- Check to make sure the thumb tab is properly seated in the mounting slot.
- To remove, pull back on thumb tab and pull up on dash. The **Dash** should come out easily, if you are forcing it, pull further back towards the bike with the thumb tab.

To install the included safety lanyard (recommended):



- With the **Dash** removed from the mount, insert the loop end of the lanyard into the hole on the unused mounting location on the **Dash**.
- Pull the lanyard cord end through the loop.



- Slip the elastic side of the lanyard over the thumb tab and mount arm.
- Make sure the lanyard is completely clear of the thumb tab.
- Install the **Dash** onto mount ([Installing/Removing Dash](#)).

## Initial Setup

When powering on the **Dash** for the first time, you will be prompted with a few questions to set up the **Dash**. These settings can always be changed from the [Settings](#) menu.

## Power On/Off

- To power **ON** the **Dash**: Press **⏻**.
- To power **OFF** the **Dash**: Press and hold **⏻** for **3s**.

## Language Selection

Select your preferred **language** for set up. If your **language** is not listed, it may be available to download from [www.stagescycling.com](http://www.stagescycling.com).

See Also: [Settings](#) > [Language](#)

## Time Zone Selection

Select your default **time zone**.

See Also: [Settings](#) > [Time Zone](#)

## Units

Select your preferred **units** for display. Display **pages** can later be configured to show a combination of **units** based on your preference.

See Also: [Settings](#) > [Units](#)

## Power Meter?

If you will be using a **power meter** with **Dash**, select yes. Your selection here will help Dash set up your default **activity profiles**.

See Also: [Connecting to Sensors](#)

## Heart Rate Monitor?

If you will be using a **heart rate** monitor with **Dash**, select yes. Your selection here will help **Dash** set up your default **activity profiles**.

See Also: [Connecting to Sensors](#)

## Connecting to GPS

To locate **GPS** satellites, Dash must be in clear view of the sky.

1. Turn on the **Dash**.
2. Place Dash in clear view of the sky.
3. Unless **GPS** is disabled, **Dash** should lock on to **GPS** satellites in a minute or less.

Note: When you connect your **Dash** to **GPS** for the first time, have travelled a long distance since last **GPS** connection, or have drained the **battery** completely, it may take up to 3 minutes to lock on to **GPS** satellites.

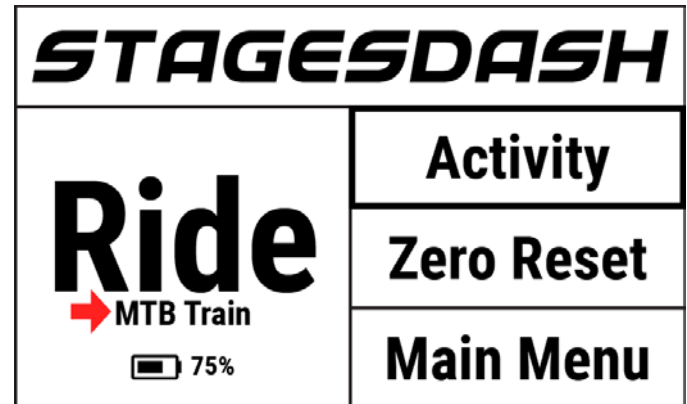
See Also: [Activity Profiles](#) > [Data Recording](#) > [Continuous with GPS Off](#)

## Activity Profiles

An Activity Profile is a group of paired sensors (See [Connecting to Sensors](#)), [Data Pages](#), and specific

**settings** that allow you to set up the **Dash** for different types of riding, different bikes, or both. Up to 12 unique **activity profiles** can be configured.

## Changing Activity Profiles



From Home Screen:

1. From the home **screen**, select **Activity** and use the enter button ● to toggle selection.
2. The selected **activity profile** will be visible in **Ride** panel of the home **screen**.

From Main Menu:

1. Go to **Main Menu** > **Activity Settings** > **Enter to change** > **Select Activity Profile**.
2. From here, the chosen **Activity Profile's menu** will be displayed.
3. Use the **lap** button ⌂ to return to the previous **screen** once any changes are completed.

## Renaming Activity Profiles

1. Go to **Main Menu** > **Activity Settings** > **Select Activity Profile** > **Rename**.
2. Enter new **Activity Profile** name (max 10 characters).

See Also: [Using the Text Editor](#), [Stages Link™](#)

## Enable/Disable an Activity Profile

Enabled **Activity Profiles** have a ✓ listed next to them in the **activity profile list**.

To **enable** or **disable** an **activity profile**, go to: **Main Menu** > **Activity Settings** > **Select Activity Profile** > **Status Enable/Disable**

- **Enable:** Enabled **activity profiles** are available for use on rides and can be selected from the home **screen**.
- **Disable:** Disabled **activity profiles** will still be saved on the device and can be selected from the **activity**

menu to use in a **ride**, but will not be visible from the home **screen** for quick selection.

### Creating/Deleting an Activity Profile

To add or delete an **Activity Profile**, use the **Dash Manager** in [Stages Link](#).

### Backlight Setting

The **LCD backlight** setting for your **activity profile** can be found by going to: **Main Menu > Activity Settings > Select Activity Profile > Backlight > Enabled Option:** ▶

<b>Off</b>	No Backlight
<b>On</b>	Backlight always on
<b>Auto</b>	Automatically turns on backlight based on ambient light
<b>Auto + 10 Seconds</b>	Automatically turns on <b>backlight</b> based on ambient light and stays on for <b>10s</b> on button press
<b>10s Button Push Only</b>	Backlight stays on for <b>10s</b> on button press

See Also: [Backlight Level](#)

### Data Recording

Data **recording** options determine when the **Dash** unit will automatically stop **recording** data during a **ride**.

To update these settings, go to: **Main Menu > Activity Settings > Select Activity Profile > Recording > Enabled Option:** ▶

<b>GPS Pause</b>	Records all data when user is moving ( <b>GPS</b> detected movement), pauses <b>recording</b> when user is stopped or when user presses the start/stop button ▶
<b>Sensor Pause</b>	Records all data when user is moving, or when <b>power</b> , <b>cadence</b> , or <b>speed</b> are detected. Pauses when all are <b>0</b> or when user presses the start/stop button ▶
<b>Continuous</b>	Records all data regardless of user activity, can only be <b>paused</b> when the user presses the start/stop button ▶
<b>Continuous with GPS Off</b>	Disables the <b>GPS</b> chip and <b>records</b> all data regardless of user activity (good for indoor riding), can only be <b>paused</b> by push of the start/stop button ▶

### Power and Cadence Zeros

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 > Activity Settings > Select Activity Profile > Recording > Enabled Option:** ▶

<b>Include</b>	Includes zero values in average calculations for <b>power (W)</b> and <b>cadence (RPM)</b>
<b>Ignore</b>	Excludes zero values in average calculations for <b>power (W)</b> and <b>cadence (RPM)</b>
<b>Ignore Power</b>	Excludes zero values in average calculations for <b>power (W)</b> , includes values for <b>cadence (RPM)</b>
<b>Ignore Cadence</b>	Excludes zero values in average calculations for <b>cadence (RPM)</b> , includes values for <b>power (W)</b>

See Also: [Connecting to Sensors](#)

### Alerts

**Alerts** notify the rider when specific conditions are met and can be set for various data related triggers (to set device alerts, see [System Alerts](#)). **Alerts** are specific to each **activity** type and can be set within the **activity profile settings**.

1. Go to: **Main Menu > Activity Settings > Select Activity Profile > Alerts**.
2. **Notice** shows which **alert** is currently being edited.
3. To select an **alert** to edit, press the enter button ● on **Notice** and select the **Alert** from the List.

### Alert Categories

<b>Time</b>	Alert triggered each user specified amount of time
<b>Kilojoule</b>	Alert triggered every time a specified amount of <b>kJs</b> are accumulated
<b>Calorie</b>	Alerts triggered every time a specified amount of <b>Calories</b> are burned
<b>Power</b>	Alert triggered every time <b>power</b> is out of specified range.
<b>Heart Rate</b>	Alert triggered when <b>HR</b> is out of specified range
<b>Speed</b>	Alert triggered when <b>speed</b> is out of specified range

<b>Cadence</b>	Alert triggered when <b>cadence</b> is out of specified range
<b>Movement</b>	Alert triggered when a change in <b>movement</b> occurs

### Alert Notice

- **Tone:** Short beep whenever **alert** is triggered.
- **Overlay:** On **screen** message for **3s** or until button press.
- **Both:** Short beep and on **screen** message for **3s** when **alert** is triggered.
- **None:** No **alert** set.

### Alert Trigger Types

- **Every:** Triggers whenever a set **total** is reached.
- **Above/Below:** Triggers whenever data is collected outside of the set range.

### Movement Alerts

- **Ride Start Alert:** Asks the user to start a **ride** when **riding** conditions are met (speed greater than **10kph**).
  - **Both:** Audio **tone** and on **screen** message for **3s** when **alert** is triggered.
  - **Overlay:** On **screen** message for **3s** when alert is triggered, or until any button push.
  - **None:** No notification for **alert** at any time.
- **Pause Tone:** Audio **tone** when **pause** or resume is detected.
- **Pause Overlay:** On **screen** message is displayed for **3s** when **pause** or resume is detected.

## Connecting to Sensors

**Sensors** include **power meters**, **heart rate** monitors, smart phones, or any other wireless transmitting device that use **ANT+** or **Bluetooth®** to transfer data.

For the Dash to find and connect to a **sensor** during a **ride**, the **sensor** must first be paired to the current **Activity Profile**. Once a **sensor** is paired to an **activity profile**, the **Dash** will remember it until it has been deleted from the **activity profile's sensor** list.

When pairing a **sensor**, first select the **Activity Profile** in which you will be using the **sensor**.

To select a different **Activity Profile**, see [Changing Activity Profiles](#).

## Bluetooth and ANT+ Sensors

1. The **Dash** can be paired to **Bluetooth** and **ANT+** sensors, including **power meters**, **heart rate** monitors, **speed** and **cadence sensors**, as well as smart trainers and other bio-sensors. To pair to a **Bluetooth** or **ANT+** sensor:
  2. First activate or wake the **sensor** up
    - **Heart rate** monitor: Put the **sensor** on.
    - **Speed/Cadence sensors:** Either move or pass by the corresponding magnet.
    - **Power meter:** Rotate the **sensor**.
  3. Go to **Main Menu > Activity Sensors > Add Sensor > BLE or ANT Sensors**.
    - A list of **sensors** available to the **Dash** will populate
  4. Select a **sensor** and then choose from the following options:
    - **Cancel:** Cancels selection and **sensor** will not be added.
    - **Confirm:** Adds **sensor** to the currently selected **activity profile**.
    - **Enabled Activities:** Adds **sensor** to all currently **enabled activity** profiles.
    - **Add to All:** Adds **sensor** to every **activity profile**.

### Manual Entry

**ANT+** sensors have simple **ANT+** IDs that can be entered and saved to the **Dash** without using the search function. If the sensor has a visible **ANT+** ID, it can be added directly into the **activity sensors** list:

1. Go to: **Main Menu > Activity Sensors > Add Sensors > Manual Entry**.
2. Select **Sensor Type**, then use the arrow buttons ▲ ▼ to select the correct **sensor category**.
3. Press the enter button ● to **confirm** selection, then select **Confirm**.
4. Locate the **ANT+** ID number on your **sensor** and enter it into the number field.
  - Use the arrow buttons ▲ ▼ to change the digit and then use the enter button ● to advance to the next digit.
  - Note that if your **sensor** ID is shorter than the number of **fields**, it should be preceded by 0s.

See Also: [Large Number Editor](#)



## Stages Power Meter

Stages Power Meters paired to Dash have additional functionality available explained in the following sections:

### NFC Tap to Pair

You can pair your Stages Power meter via BLE, ANT+, or NFC (tap to pair). To use tap to pair:

1. Go to: **Main Menu > Activity Sensors > Add Sensors.**
2. Touch the back of the Dash to your Stages Power meter.
3. Wait for the beep to confirm the pairing is completed.

### Dual Channel Reception

When you pair to a Stages Power Meter, the Dash automatically pairs to BLE and ANT simultaneously and records data from both to ensure the best data connectivity. If you wish to use a 3<sup>rd</sup> party app to connect to a Stages Power Meter via Bluetooth, you will need to disable the Bluetooth connection to your power meter.

To enable or disable the Bluetooth connect, go to: **Main Menu > Activity Sensors > Select Stages Power Meter > Bluetooth > Enabled / Disabled**

<b>Zero Reset</b>	<b>Rename</b>	<b>Disabling Bluetooth allows use of your Stages Power Meter with Phone based Apps</b> <b>► Enabled</b> <b>Disabled</b>
<b>Remove Sensor</b>	<b>Delete Sensor</b>	
<b>Bluetooth Enabled</b>	<b>Upgrade Firmware</b>	

### High Speed

High speed mode is a special feature available only on Stages Power meters connected via Bluetooth®. It is not recommended to use this mode for normal riding, as it will drain battery from the power meter quickly and uses up a significant amount of memory on the Dash. It is most useful for brief recordings, such as analyzing short efforts (e.g. durations under 3 minutes).

To turn high speed mode on or off, go to: **Main Menu > Activity Settings > Select Activity Profile > High Speed**

## Zero Resetting a Power Meter

The zero reset process, also referred to as calibration or zero offset calibration, resets the zero value on your power meter for improved accuracy. Please refer to the manufacturer for instructions on the zero reset process for your power meter. To initiate a zero reset from the Dash:

1. Ensure sensor is transmitting and paired to Dash.
  - For a Stages Power meter, orient the power meter vertically with no weight on the pedals.
2. Select **Zero Reset** from the home screen, or go to: **Main Menu > Activity Sensors > Select Power Sensor > Zero Reset.**
3. A screen prompt will return **Success** with the value(s) from the power meter or **Failure** if it cannot complete the zero reset process.

## Sensors Already Saved to Dash

Once a sensor is paired to any activity profile, it will appear in the list of saved devices found here: **Main Menu > Activity Sensors > Add Sensor > Saved Sensors.**

A previously paired sensor does not need to be present to pair to an additional Activity Profile. Simply select it from this list and the sensor will be added to the current activity profile. Sensors already paired to Dash will not appear in ANT or BLE search lists!

## Riding with Dash

### Start a Ride

First confirm that the desired Activity Profile is selected and listed under the word Ride on the home screen. If not, see [Changing Activity Profiles](#).

- Press the ► button to begin recording.
- During a ride, all the settings in the current Activity Profile apply; see [Activity Profiles](#) for more information.

### Pausing a Ride

Pressing the start/stop button ► will manually pause the ride. When a ride is paused, no data is recorded from sensors, so all averages and totals will not change. This can be useful when stopping for longer periods.

- To resume a ride, simply press start/stop ► again or select **Resume Ride** from the on screen message.

- After being **paused** for a long duration, the **Dash** will automatically go to **sleep**. Press **⏻/▶** to wake up the **Dash** and resume the **ride** where you left off or **save** the **ride** if it has already been completed.
- All previously recorded data will be retained upon entering **sleep** mode and can be saved or deleted by ending the **activity**. However, after 3 hours of **sleep**, the **Dash** will save the current **ride** and power off completely.

See Also: [Sleep](#)

**Note:** Manually **pausing** a **ride** with the start/stop button is slightly different than pauses triggered by conditions in the **ride**, see [Data Recording](#) for more information.

### Ending a Ride

Pressing **▶** will display a **Ride Paused** on screen message with the following options:

- **Resume Ride:** Continues recording **ride**.
- **End Ride and Save:** Displays a brief **ride** summary and saves the **activity** to memory. Once **ride** is saved, a more in-depth summary of the **ride** is available that can be navigated using arrow buttons **▲▼**.
- **End Ride and Delete:** Discards the **ride** from memory, returns to home **screen**.

### Laps

Laps allow the rider to keep track of specific segments of a **ride** through use of the **lap** button **⌂**. At **ride** start, the first **lap** also starts recording **Lap Totals** and **Averages**. Each time the rider presses the **lap** button, the **lap** re-starts and begins recording averages and totals from the beginning of the current **lap**. Laps are very useful for **riding** a **workout**, as well as keeping track of more specific parts of rides, such as pacing up a climb.

- Upon pressing the **lap** button, a new **lap** will begin automatically and any **lap**-based data **fields** will restart to include only the current **lap**.
- A small summary of the previous lap will be shown with an overlay message.
- All **lap** data will be saved into the **ride** file for post-**ride** evaluation.

### Navigation in Ride

#### Viewing Data Pages

By default, all rides begin on Page 1. Use the arrow buttons **▲▼** during a **ride** to change data pages in the current [Activity Profile](#).

#### Accessing the Ride Menu in a Ride

The **settings** that can be changed are available in a smaller Ride menu.

- To access the **Ride Menu** during a **ride**, Press **▶** to **Pause the Ride > Ride Menu**.
- To exit the **Ride Menu** and return to the **ride screen**, press the **lap** button **⌂** or select **Ride**.

<b>Ride</b>	<b>Road Race Sensors</b>	▲ <b>▶ Find sensors</b> <b>Stages 57234</b> <b>Stages HR</b> ▼
<b>Backlight 15s + Auto</b>	<b>Recording Cont.</b>	
<b>Screen 80%</b>	<b>Alerts</b>	
<b>Units ft/mi/lb</b>	<b>High Spd OFF</b>	

From the **Ride Menu**, you can:

- [Manage sensors](#)
- Change [Backlight Setting](#) or [Level](#)
- Adjust [Recording Settings](#)
- Change [Alerts](#)
- Change [Units](#)
- [Enable/Disable High Speed Mode](#)

Note: Not all **Main Menu** options are available in a **ride**.

### Ride Data Recording

**Ride** data is recorded to the Dash as frequently as it is available. For more information on when data recording is **paused**, see [Data Recording](#). The **Stages .rde** file, when used with [Stages Link](#), allows more data than standard file formats to be saved. See [fit Export](#) for conversion to the industry standard **FIT** file.

### Data Pages

Data Pages consist of up to 16 **fields** of customizable size and content. Each **activity profile** is allowed up to 5

data pages, with a wide range of configuration options to view all of your preferred data **metrics** with ease.

### Editing Pages

All pages in an **activity profile** can be customized by changing the **field size**, **metric**, **span**, and **totaling** of the field. Data pages can be edited within the unit, as well as in **Stages Link** in the **Dash** Manager Tab. Configuring pages in **Stages Link** is a simple process that allows for you to preview each configuration before syncing them to the **Dash**.

To edit pages of the current **Activity Profile**, go to: **Main Menu > Activity Settings > Edit Pages**

See Also: [Changing Activity Profile](#)

### Split Screen Mode

Creates data pages with a split view so that half of the **screen** stays the same while the other half changes as you change pages. Note that split **screen** mode permanently changes the layout of your data pages, so it is recommended to set up an **Activity Profile** dedicated to this mode before using this option.

To **enable** split **screen** mode, go to: **Main Menu > Activity Settings > Select Activity Profile > Edit Pages > Split Scn > On**

### Orientation

Page layout can be set to **Landscape** or **Portrait**.

- **Landscape:** 4x4 grid of data **fields**
- **Portrait:** 2x8 grid of data **fields**

Note that changing the **orientation** permanently changes some data **fields** to fit the page, so it is recommended to set up an **Activity Profile** dedicated to this mode before changing this option.

To change your **screen orientation**, go to: **Main Menu > Activity Settings > Select Activity Profile > Edit Pages > Orientation > Landscape or Portrait**

### Adding/Deleting Pages

To add or delete a page, use the **Dash** Manager in **Stages Link**.

### Enable/Disable Pages

Pages can be **disabled** to avoid having to view them when in a **ride**. **Enabled** pages are indicated by a ✓ in the page list.

To **disable** a page, go to: **Main Menu > Activity Settings > Edit Pages > Disable/Enable**

### Data Fields

Data **fields** make up the **ride** data pages and can be customized by size and data displayed.

### Data Field Categories

A **metric** refers to data recorded from a **sensor** or **GPS** that gives information about the **ride** to the rider.

**Metrics** have been categorized to make them easier to find when editing a **field**. The categories are:

- **Power:** All **metrics** related to data gathered from a **power meter**.
- **Heart Rate:** All **metrics** related to data gathered from a **heart rate** monitor.
- **Time/Cadence:** All **metrics** related to a timer or **cadence sensor**.
- **Movement:** All **metrics** related to **GPS** data or **speed sensor**.
- **Shifting:** All **metrics** related to electronic shifting.
- **Workout:** All **metrics** related to **workout** targets and laps.
- **Widgets:** All preset **fields**.
- **Special:** All **metrics** related to the **Dash** or other **sensor** types.

### Data Fields List

The following items can be selected for any data **field**. Some **metrics** cannot fit in the smallest **1x1 field**, so they do not have that size as an option:

Power		
Item	Displayed	Definition
Power	W	Power reading in watts
LR Balance	LR Bal	Left/Right power balance (%:%)
Power Zone	P Zn	Current power zone based on programmed zones and FTP setting
w/kg	W/lb or W/kg	Ratio of power to user set body weight
Pedal Smooth	Pdl Sm	Pedal smoothness calculation (%:%) from Left – Right power data
Torque Eff.	T Eff	Torque effectiveness calculation (%:%) from Left - Right power data
Norm Power	NP	<i>NORMALIZED POWER</i>
Adjusted Power	Adj W	Adjusted power
<i>INTENSITY FACTOR</i>	<i>IF</i>	<i>INTENSITY FACTOR</i> calculation from <i>NORMALIZED POWER</i> to FTP ratio
<i>TSS</i>	<i>TSS</i>	<i>TRAINING STRESS SCORE</i>
T-Score	T Scr	T-score calculation from power data
Energy	kJ	Total work in kilojoules from power data
%FTP	% FTP	Power reading in percent of set <u>FTP</u>
PM Battery	PM Bat	Power meter battery level (%)

Heart Rate		
Data Field	Displayed	Definition
Heart Rate	bpm	Heart rate from heart rate data
%FThr	%FT hr	Heart rate reading in percent of set <u>FThr</u>
%hrMax	%hr Mx	Heart rate as a percent of user set max heart rate
HR Zone	HR Zn	Heart rate zone based on zone settings and FThr
HR-P Eff.	HRP Eff	Heart rate efficiency as a ratio of <i>NORMALIZED POWER</i> to heart rate
Hr-TSS	HR TSS	<i>TRAINING STRESS SCORE</i> calculation from heart rate data
Hr-TScore	HR TSc	T-score calculation from heart rate data
HR Batt	HR Bat	Heart rate monitor battery level
Calories	Cal	Estimated calories burned from heart rate data

Time/Cadence		
Data Field	Displayed	Definition
Ride Time	H:MM:SS	Recorded ride time
Time of Day	H:MM:SS AM or PM	Time of day (no AM / PM for 24h time)
Elapsed Time	H:MM:SS Elapsed	Elapsed time, including time spent stopped or <b>paused</b>
Cadence	rpm	Cadence in rotations per minute
Time Pedaling	H:MM:SS Pdl	Time spent pedaling during ride
Time Coasting	H:MM:SS Cst	Time spent coasting during ride

Movement		
Data Field	Displayed	Definition
Distance	mi or km	Elapsed distance
Speed	mph or kph	Current speed
Elevation	ft or m	Current elevation
Total Ascent	ft or m ↑	Total ascent during ride
Total Descent	ft or m ↓	Total descent during ride
VAM	VAM	Average ascent speed in vertical meters per hour
Vertical Speed	f/s or m/s ↑	Vertical speed in feet or meters per second
Gradient	% ↑	Current gradient
Heading	NSEW	Heading based on GPS data

Workout*		
Data Field	Displayed	Definition
Target Power	W	Target power during workout
Target P Zone	P Zn	Target power zone during workout
Target HR	bpm	Target HR during workout
Target HR Zone	HR Zn	Target heart rate zone during workout
Target Cadence	rpm	Target cadence during workout
Planned Lap Time	H:MM:SS	Planned lap time during workout
Time Left in Lap	To Go	Time left in lap during workout
Current Lap #	Lap	Current lap number during ride
RPE	RPE	Rate of perceived exertion

\*All workout metrics will have the word "Target" beneath them in the data field.

Special		
Data Field	Displayed	Definition
Battery	% Bat	Battery remaining on Dash
Temperature	°F or °C	Temperature reading from internal sensor
Latitude	Lat	Current Latitude coordinate from the GPS
Longitude	Lon	Current Longitude coordinate from the GPS
Satellites	nSV	Number of Satellites connected
GPS Accuracy	GPS	GPS accuracy level
SMO2	% O2	Percent of muscle oxygen saturation based on SMO2 sensor data
tHb	g/dL	Total hemoglobin mass based on SMO2 sensor data

### Displayed Units for Data Fields

The following data fields can be displayed in multiple unit configurations:

Metric	ft/mi/lb	m/km/kg	m/km/lb
W/kg	W/lb	W/kg	W/lb
Distance	mi	km	km
Speed	mph	kph	kph
Elevation	ft	m	m
Total Ascent	ft ↑	m ↑	m ↑
Total Descent	ft ↓	m ↓	m ↓
Vertical Speed	f/s ↑	m/s ↑	m/s ↑
Temperature	deg F	deg C	deg F

See also: [Units](#)

### Span

Span is the period of time over which the metric is calculated. Some metrics include limited options for **Span**, while the full list of span options includes:

- 1 Second
- 3 Second
- 10 Second (Power and Heart Rate)
- 30 Second (Power and Heart Rate)
- 1 Minute
- 1 Hour (kJs, Calories, TSS, T-Score)
- Lap
- Ride

Span is indicated in the data field unless it is for Ride or 1s, for those metrics by convention span is left out as it is clear if the data pertains to the whole ride or is instantaneously changing.

## Totaling

Totaling is the way in which a metric is calculated over the setting span. List of possible totaling values:

- **Average:** The average rate of a metric over the selected span, e.g.: 3s Average Power.
- **Maximum:** The maximum average of the metric over the selected span, e.g.: Max 30s Power.
- **Total:** The accumulated total amount of a metric over the selected span, e.g.: **kJs** in this Lap.
- **Per H:** The rate at which something is accumulating in an hour (**kJs**, Calories, **TSS**, **T-Score**) , e.g.: Calories per Hour.

For example, if the metric **Power** is selected, and the **Span** selected is 1 minute, **Totaling** could show either a current 1 minute average or a maximum 1 minute power achieved during the ride.

## Editing Data Fields

From the **Edit Data Fields** menu, both the individual data field metrics and the page layout can be updated.

To access a data field menu:

1. Go to: **Main Menu > Activity Settings > Select Activity Profile > Edit Pages.**
2. Use the arrow buttons ▲▼ to scroll to the page you would like to edit and press the enter button ● to edit the selected page.
3. Use the arrow buttons ▲▼ to scroll to the metric field you would like to update and press the enter button ● to enter the menu for the selected field.

## Resizing Fields

1. From the data field menu, select **Field Size.**
2. This will return to the data page with **Height** and **Width** options shown in an overlay message to adjust the field size.
3. Select either **Height** or **Width** and press enter ● to toggle through the options for height and width.
4. Once you are happy with the field size, select **Confirm** to save changes and return to the data field menu.

**Tip:** Start editing the field size from the upper left corner and move across the page from there. Since resizing fields requires shifting other fields on the page, starting in this corner will ensure that previously adjusted fields aren't affected by field size changes that follow.

## Riding a Workout

Workouts are ordered laps with prescribed effort that help a rider train properly. [Stages Link](#) can provide workouts and sync them to the [Dash](#) via [USB \(Stages Sync™\)](#) or [Bluetooth \(Stages Link App\)](#).

All workout data is saved directly to the ride file when riding the workout.

To select a workout to ride:

1. Go to: **Main Menu > Workouts.**
2. Choose from:
  - **Training Calendar:** Lists all workouts coming up from your [Stages Link](#) training calendar by date.
  - **Workouts:** Lists all workouts unassociated with a training calendar like a 20min FTP Test.
3. Select a workout from either of these lists to view an on [screen](#) message with a description of the workout.
4. Select **Ride** to begin a ride with the selected workout file.

## Using Workout Target Fields

To set up a target field, select metrics from the **Workout** category of the [Data Fields](#) menu.

Workout category options:

1. **Target Lap:** Current workout lap
2. **Target Power:** Current workout power range
3. **Target Heart Rate:** Current workout heart rate range
4. **Target Cadence:** Current workout cadence range
5. **Target RPE (Rate of Perceived Exertion) :** Current workout effort prescription
6. **Target Lap Time:** Current lap time prescription
7. **Upcoming Laps**
8. **Upcoming Text**


## Upcoming Laps

The upcoming lap data field will display a preview of the current and next steps of a workout (depending on the size of the data field). This will include the Lap, Time, Power, Heart Rate, Cadence, and **RPE** prescribed for the lap.

## Upcoming Text

Workout files can also have a short text associated with them, which can be used for additional advice, reminders, or the whole workout can be based on this text. Using the Upcoming Text field shows the descriptions associated with a workout on **screen** for current and upcoming laps

## Navigating Laps

Within a workout, laps can be programmed to automatically end after completing the duration or to continue until lap press. At any point during any lap, you can advance from the current lap to the next lap of the workout by pressing the lap button .

## Breadcrumb Trail

The breadcrumb trail is a widget that can be added to a data page which shows the path ridden so far in the ride. This can be useful for finding your way back to the start.

## Altitude Profile

The altitude profile shows an altitude plot of your current ride.

## Training Zones

Training zones divide up levels of effort into categories based on physiological effects of each intensity level. Zones are used when programming specific workout targets and can be set separately for both power and heart rate. You can utilize training zones when training with a power meter or heart rate monitor.

To edit or view training zones for power or heart rate, go to: **Main Menu > Zones**.

### Power Zones

Power zones are calculated based on percentage of your Functional Threshold Power (FTP) and are commonly used for workout targets in order to give a range of intensity for an interval.

To view or edit your power zone settings, go to: **Main Menu > Zones > Power**.

### Setting 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 > Zones > Power > FTP**.

See Also: [Small Number Editor](#)

### Power Zone Calculation Method

The **Dash** comes preloaded with two options for calculating power training zones based on FTP.

To update your zone calculation preference, go to: **Main Menu > Zones > Power > Method > Stages or Coggan**.

### Stages Power Zones

Zone	% of FTP
Zone 1	0-59%
Zone 2	60-79%
Zone 3	80-90%
Zone 4	91-104%
Zone 5	105-120%
Zone 6	121%+

### Coggan Power Zones

Zone	% of FTP
Zone 1	0-55%
Zone 2	56-75%
Zone 3	76-90%
Zone 4	91-105%
Zone 5	106-120%
Zone 6	121-150%
Zone 7	150%+

### Heart Rate Zones

Heart rate zones are calculated based on percentage of your Functional Threshold Heart Rate (FThr) and are commonly used for workout targets in order to give a range of intensity for an interval.

To view or edit heart rate zone settings, go to: **Main Menu > Zones > Heart Rate**.

### Setting FThr

Functional threshold heart rate (FThr) is an approximation of your highest sustainable heart rate for an hour effort. This number is the basis for setting your heart rate training zones, as well as calculating several heart rate based metrics that can be displayed in your

data fields. If you are training with a heart rate monitor, you should enter an FThr value here.

To enter your FThr, go to: **Main Menu > Zones > Heart Rate > FThr.**

See Also: [Small Number Editor](#)

### Heart Rate Zone Calculation Method

The Dash comes preloaded with two preset options for calculating heart rate training zones based on FThr.

To update your zone calculation preference, go to: **Main Menu > Zones > Heart Rate > Method > Stages or Friel.**

#### Stages Heart Rate Zones

Zone	% of FThr
Zone 1	0-64%
Zone 2	65-84%
Zone 3	84-91%
Zone 4	92-99%
Zone 5	100-104%
Zone 6	105%+

#### Friel Heart Rate Zones

Zone	% of FThr
Zone 1	0-81%
Zone 2	82-89%
Zone 3	90-93%
Zone 4	94-99%
Zone 5	100-102%
Zone 6	103-106%
Zone 7	107%+

### 20min Test

If you do not know your FTP or FThr, you can choose the 20min Test from the [Workouts](#) list in order to calculate your values. This is a commonly used test to estimate functional threshold power by performing a 20-minute all-out effort. This test will require the usage of a power meter or a heart rate monitor.

- For FTP, your FTP will be 95% of your 20min power average.
- For FThr, your FThr will be your highest 20min average heart rate.

To perform the test, go to: **Main Menu > Workouts > Select Workout > 20min Test.**

### Estimate FTP or FThr

If you are new to training with a power meter or heart rate monitor, [Stages Link](#) will estimate your values during account creation. When you are ready, we recommend performing a threshold test. Having an accurate threshold value will assure that training zones and other metrics are calculated correctly.

See Also: [20min Test](#)

### Manual Entry of Power or Heart Rate Zones

Custom zones can also be configured in [Stages Link](#) and synced to your [Stages Dash](#).

### Ride Uploading

Rides are stored on the [Dash](#) in an [.rde \(Stages Ride File\)](#) 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 (“Data Broker” services) of ride files to 3<sup>rd</sup> party sites for premium users.

#### .fit Export

The [Dash](#) records data into an [.rde \(Stages Ride File\)](#) file format that allows it to log more data than other bike computers. Since this format is designed to be used with [Stages Link](#) and may not work with all other third party sites, an option is included to convert all files to the [.fit](#) format upon completion of the activity. With this option enabled, all files will be stored on the device as [.fit](#) in the [fit files USB](#) directory on the device.

REMINDER: [Stages Link](#) provides Data Brokering services to premium users, which allows the automatic uploading of rides to supported 3<sup>rd</sup> party sites.

To change [.fit](#) export setting, go to: **Main Menu > Settings > .fit Export.**

- Keep [.rde](#): Saves only the [Stages Ride File](#).
- Keep [.fit](#): Saves only the [.fit](#) file and deletes [Stages Ride File](#).
- Keep Both: Keeps both [.fit](#) and [.rde](#) (not recommended).

### USB

To download your ride data via [USB](#), use the provided [USB 2.0](#) cord to plug the [Dash](#) into a [USB 2.0](#) port on your computer. This will enable [USB Mode](#) on your [Dash](#)



allowing you to select files manually from the **Dash** storage in the *activities* folder.

### 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** will upload all new files from the device to **Stages Link**. For more information, see [Stages Sync](#).

### 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 **.rde** format and saved into the *Activities* directory.
- If **.fit Export** is enabled, rides will be saved into the *fit files* directory.

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

### BLE

To utilize **Bluetooth** data transfer on your **Dash**, you must first install the [Stages Link App](#) to your compatible mobile device.

1. Download and install the **Stages Link** app.
2. Initiate phone pairing on the **Dash** by going to: **Main Menu > Activity Sensors > Phone**.
3. On your mobile device, enable **Bluetooth** and search for available devices.
4. Select **Stages Dash** from the **Bluetooth** menu.
5. Confirm pairing from the **Bluetooth** on **screen** message on the **Dash** display.

## Ride History

The ride history section includes individual ride and lap totals information, personal records, and cumulative totals from all rides.

To view the ride history menu, go to: **Main Menu > Ride History**.

### Selecting a Ride

Completed ride data can be viewed in the ride history. Each ride history summary will include a ride total summary, as well as individual lap summaries.

To view a summary of a past ride, go to: **Main Menu > Ride History > Select ride**.

### Records

The records page brings up a list of your all-time best efforts.

To view all-time records, go to: **Main Menu > Ride History > Records**.

### Totals

The totals page brings up a list of all totals completed, such as time, distance, and calories burned to date.

To view all-time totals, go to: **Main Menu > Ride History > Totals**.

## Settings

<b>Units</b> ft/mi/s	<b>Sleep</b> Never	<b>Screen</b> 20%	<b>Time Fmt</b> 24h
<b>Time Zone</b> Mtn Std Time		<b>System</b> Alerts	<b>.fit Export</b> Enabled
<b>Weight</b> 140lb	<b>Age</b> 31	<b>Gender</b> Female	<b>Language</b> English
<b>About</b>	<b>Factory</b> Reset	<b>Firmware</b> 1.0.01	

The settings menu is where you will find system settings, rider attributes, and other items that apply to all aspects of the **Dash** and are not specific to certain **activity** profiles.

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

### Units

**Dash** allows for Imperial, metric, or a mix of both units. For a complete list of units, see [Displayed Units for Data Fields](#).

- **ft/mi/lb** – Imperial units for all data fields.
- **m/km/kg** – Metric units for all data fields.
- **m/km/lb** – Mixed units uses metric units for distance calculations and imperial units for body weight and temperature.

To update your default units setting, go to: **Main Menu > Settings > Units**.

## Sleep

When not in a ride, or a ride is **paused**, the **Dash** will enter a sleep state after a period of inactivity. Options for sleep time are:

- 5 Minutes
- 30 Minutes
- Never

To update your sleep time preference, go to: **Main Menu > Settings > Sleep.**

## Backlight Level

The backlight brightness can be set by updating to your preference from off to 100% brightness.

To update your backlight brightness level, go to: **Main Menu > Settings > Screen.**

## Time Zone

The time zone for the device can be updated by going to: **Main Menu > Settings > Time Zone > Select time zone.**

## Time Format

The time format can be either 12h based or 24h based.

To update your time format preference, go to: **Main Menu > Settings > Time Fmt.**

## System Alerts

System Alerts are tones and on **screen** notifications for various operations on the Dash.

To update your system alerts, go to: **Main Menu > Settings > System Alerts.**

<b>GPS Overlay</b>	<b>Pause Tone</b>	<b>Tone</b> <b>► Overlay</b> <b>Both</b> <b>None</b>
<b>Sensor Both</b>	<b>Key Press Off</b>	
<b>Lap Both</b>	<b>Battery Both</b>	
<b>On/Off None</b>		

All alerts have the following notification options:

1. **Tone:** Audio tone alert.
2. **Overlay:** On **screen** message alert.
3. **Both:** Audio tone and visual alert.
4. **None:** No notification for alerts.

Alert Categories:

<b>GPS</b>	GPS fix and signal loss alerts
<b>Pause</b>	Button press and ride pause alerts Related: <a href="#">Data Recording</a>
<b>Sensor</b>	Sensor pairing alerts Related: <a href="#">Connecting to Sensors</a>
<b>Key Press</b>	Key press tones
<b>Lap</b>	Lap button press alerts
<b>Battery</b>	Low battery alert for Dash unit
<b>On/Off</b>	Power on/off alerts

## Rider Attributes

Your personal attributes can also be found within the settings menu.

### Weight

To set your weight, go to: **Main Menu > Settings > Weight.**

### Age

To set your weight, go to: **Main Menu > Settings > Age.**

### Gender

To set your gender, go to: **Main Menu > Settings > Gender.**

### Other Attributes

For training attributes, see [FTP](#) and [FThr](#).

## Language

To set your language preference, go to: **Main Menu > Settings > Language.**

Additional languages are also available for download. For more information, visit [www.stagescycling.com](http://www.stagescycling.com).

## Updating Firmware

**Dash** firmware updates can be completed via **Bluetooth** or **USB** connection to your computer. Updating firmware is an important way to stay on top of new features, bug fixes, and improvements. A [Stages Link](#) account is recommended in order to take advantage of the full range of features built into both **Stages Dash** and **Stages Link**. **Stages Dash** owners will always be able to access **Dash** management features in **Link** for free.

- To update via **Bluetooth**, see [Stages Link App](#).
- To update via **USB** connection, see [Stages Sync](#).

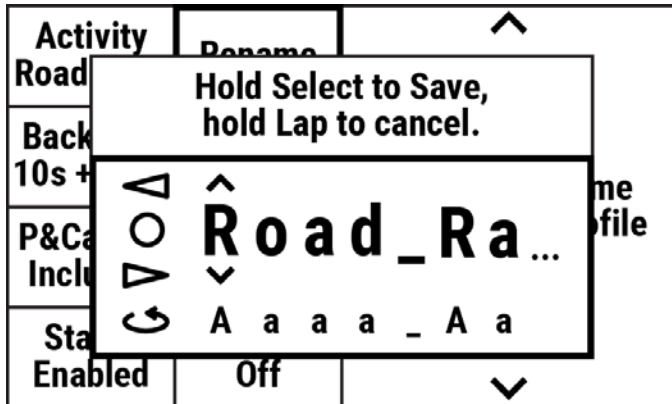
## Factory Reset

Factory reset will restore all factory defaults and take you through the initial setup menu again. Using this option will remove all saved sensors, user data, and ride totals from the device.

To perform a factory reset, go to: **Main Menu > Settings > Factory Reset.**

## Widgets

### Text Editor



The text editor widget allows customization of [Activity Profile](#) and [Sensor](#) names. While using the text editor, the button functions are as follows:

▲	Scrolls letter selection up
▼	Scrolls letter selection down
●	Advances to the next character
↻	Changes the list of letters to choose from
●	Long Press: Save and Exit
↻	Long Press: Cancel and Exit

Once you have completed your changes, press and hold the lap button ● to save your changes.

Additionally, activity profile and sensor names can be edited on [Stages Link](#) in the **Dash** manager tab.

### Large Number Editor

The large number editor functions exactly like the text editor, but is restricted to numerical inputs.

### Small Number Editor

The small number editor allows the user to quickly edit numbers less than 1000. To use the small number editor, press the arrow buttons ▲ ▼ to change the digit, then use the enter button ● to save.

## Stages Link

The **Dash** is designed to fully integrate with the [Stages Link](#) online training platform. Through the **Dash** tab on [Stages Link](#), you may set up **activity** profiles, customize data pages, update settings, as well as use the training platform to follow a training plan, sync workouts, and analyze rides. **Dash** updates can then be synced to **Dash** via [Stages Sync \(USB\)](#) or the [Stages Link app \(Bluetooth\)](#).

To learn more, go to [www.stagescycling.com/Link](http://www.stagescycling.com/Link) or to create an account, go to [www.stages-link.com](http://www.stages-link.com).

## Stages Link App

The [Stages Link](#) app is a mobile application that works in conjunction with the **Dash** and your [Stages Link](#) account and utilizes the **Dash's Bluetooth** connection to your smart phone. The [Stages Link](#) app can be used to automatically upload completed activities, sync workouts, update **Dash** settings (changed in the app or on [Stages Link](#)), and update **Dash** firmware.

To download the [Stages Link](#) app, go to: [www.stagescycling.com/LinkApp](http://www.stagescycling.com/LinkApp)

Once installed, follow on **screen** instructions to pair the **Dash** with your device. To enable phone pairing on the **Dash**, go to: **Main Menu > Activity Sensors > Phone.**

## Stages Sync

[Stages Sync](#) is a desktop application for both **Mac®** and **Windows®** operating systems that works in conjunction with the **Dash** and your [Stages Link](#) account via **USB** connection to your computer. The [Stages Sync](#) desktop application can be used to upload completed activities, sync workouts, update **Dash** settings (changed in [Stages Link](#)), and update **Dash** firmware.

To download [Stages Sync](#), go to: [www.stages-link.com/sync](http://www.stages-link.com/sync)

## Technical Specifications

<b>Weight</b>	120g
<b>Resolution</b>	240x400
<b>Battery</b>	Rechargeable lithium-ion battery
<b>Battery Life</b>	24-30h, typical usage
<b>Charging Information</b>	Input: 5V, Rate: 500mA, Charge time: 3h, Capacity: 1700mAh
<b>Radio Information</b>	2.4 GHz ANT+, Bluetooth LE, NFC

## Device Care

**Operating use temperature range:** Recommend from -20C to 50C (-4F to 122F).

**Charging temperature range:** Recommend from -20C to 40C (-4F to 104F).



**Periodic cleaning:** Use only a water dampened cloth to wipe off dirt and debris. Never use any harsh cleaning chemicals that may damage the plastic housing. No submersion, no spraying of any liquid or water into device seals, and no harsh scrubbing/scratching of surfaces.

**Maintenance:** Internal items of the Dash unit cannot be serviced. No items are serviceable and no attempt should be made to adjust or alter any internal items.

**Water resistance:** The Stages Dash is designed to provide excellent water resistance and tested to resist dust and water ingress up to the IP67 standard (up to 1 meter). This provides outstanding water resistance for cycling conditions on-road and off. Please keep in mind this is an electronic device and the overall condition and age of a specific device can diminish its water resistance.

**⚠ Battery Warning:** Only power adaptors with output of 5VDC, and maximum 500mA, should be used to avoid device damage and/or electrical fire. The use of USB splitters and hubs, or other voltage DC output than 5VDC, should be used with extreme caution. It's also recommended to use only direct plug-in sources, or splitters and hubs with only one device inserted for charging.

## Troubleshooting

If the device or display is frozen, you can perform a hard reset by pressing and holding the power button  /  for 10 seconds. To reset the device back to factory defaults, see [Factory Reset](#).

To search our full list of troubleshooting topics, frequently asked questions, or submit a support request, please visit: [support.stagesdash.com](http://support.stagesdash.com).

## Trademark and Licenses

The Stages Dash™ and Stages Power® devices may be protected by USA or foreign patents or patents pending.

This document may contain trademarks or registered trademarks of Stages Cycling, LLC as represented by the use of ™ and ® respectively. All rights reserved. Stages Dash™, Stages Link™, Stages Sync™, and Stages Power® are trademarks of Stages Cycling, LLC.

ANT+™ is a trademark of Dynastream Innovations Inc. Bluetooth® is a registered trademark of Bluetooth SIG, Inc.

Mac® is a registered trademark of Apple Inc.

Windows® is a registered trademark of Microsoft in the US and other countries.

Other trademarks and names are owned by their respective owners.

## Legal and Regulatory Information

This is viewable within the Dash unit by going to:

**Main Menu > Settings > About.**

## Warranty

For warranty details, visit our website FAQ page at <http://www.stagescycling.com/support>.

Copyright © 2017 Stages Cycling, LLC

# Index

Activity Profiles, 6, 7, 8, 9, 10, 11, 13, 18  
Age, 18  
Alerts, 7, 8, 17  
    System Alerts, 7, 17  
auto-pause. *See* Sensor Pause  
Backlight, 7, 17  
Calories, 12  
Charging, 4  
Data Fields, 10, 11, 12, 13, 17  
Data Pages, 6, 10  
Data Recording, 6, 7, 10, 17  
    High Speed, 8  
    Power and Cadence Zeros, 7  
Factory Reset, 18, 19  
Firmware, 18  
FThr, 12, 15, 18  
FTP, 11, 13, 14, 15, 18  
Gender, 18  
GPS, 6, 7, 11, 12, 13, 17  
Heart Rate Monitor. *See* Sensors  
Language, 5, 6, 18  
Laps, 10, 14  
LR Balance, 11  
Mount, 4  
NORMALIZED POWER, 11, 12  
Orientation, 11  
Pedal smoothness, 11  
Power Meter. *See* Sensors  
Ride History, 16  
    Records, 7, 16  
    Totals, 10, 16  
Sensors, 6, 7, 8, 9, 17  
    ANT, 8, 9, 19  
    Bluetooth, 8, 13, 18, 19  
    Heart Rate, 6, 7, 11, 12, 14, 15  
    Power Meter, 6, 9  
Sleep, 10, 17  
Sensor Pause, 7  
Span, 13  
Stages Link, 6, 7, 9, 10, 11, 13, 15, 18, 19  
Stages Sync, 18, 19  
Time Zone, 6, 17  
Torque effectiveness, 11  
Totaling, 13  
Training Zones, 14  
    Heart Rate Zones, 15  
    Power Zones, 11, 14  
T-Score, 11, 14  
TSS, 11, 12, 14  
Units, 6, 12, 17  
VAM, 12  
Warranty, 21  
Weight, 18  
Workout, 11, 12, 13, 14, 15  
Zero Reset, 9

## Important Product Information

Stages® Cycling, LLC

[www.stagescycling.com](http://www.stagescycling.com)

[Info@stagescycling.com](mailto:Info@stagescycling.com)

Customer Support: 606 SE 9<sup>th</sup> Ave, Portland, OR 97214


1-800-778-7218

Product Name: Stages Dash™

Model Name: SDLO


FCC ID: ZBM-SDL1

IC ID: 9327A-SDL1

All warnings and cautions indicated by this icon  below must be followed and understood before using this product. Failure to following warnings may result in injury to persons or property, with potential for events resulting in death.

### Battery warnings and device care:


This device contains a lithium-ion battery. The below guidelines must be followed in order to maintain expected useful life of the device, and to reduce risk of damage to device or personal injury.

 **Battery Warning:** Only power adaptors with output of 5V DC, and maximum 500mA, should be used to avoid device damage and/or electrical fire. The use of USB splitters and hubs, or other voltage DC output than 5VDC, should be used with extreme caution. It's also recommended to use only direct plug-in sources, or splitters and hubs with only one device inserted for charging.

**Operating use temperature range:** Recommend from 0C to 55C (32 to 131F).

**Charging and storage temperature range:** Recommend from 10C to 40C (50F to 104F).

- Keeping clean and drying the device from moisture is recommended. Keeping USB port and cover dry and free of debris is critical to the life of product and safety of consumers.
- Internal items of the Dash unit cannot be serviced. No items are serviceable and no attempt should be made to adjust or alter any internal items.
- Do not expose device to high heat environments over the recommend temperatures, which includes leaving the device in an unattended vehicle in direct sunlight.
- Never expose this device or battery to open flames, incineration, sharp or piercing objects, chemicals, or the battery to water.
- Never expose battery to children, or allow them to chew or swallow any portion as chemical burns, injury, or death may result.

 **Recycling/Disposal of device and battery Warning:** This device includes a lithium ion battery. This device must not be mixed with general household waste. For proper treatment, recovery and recycling, please take this product(s) to designated collection points where it will be accepted free of charge. In compliance with your local laws and regulations, please contact local authorities for end of life disposal of this product and battery. WEEE and other compliance information is available, see Stages Cycling® help site for further information.

### Health Warning:

Before beginning exercise or modifying any exercise program, consult your physician. If you have a pacemakers or other internal electronic devices, also consult your physician before using any wearable exercise device.

### Navigation Hazards:

The Stages device may have features that show and recommend off-road/trail routes, please use extreme caution when following directions that are not navigationally marked or suggest routes that are dangerous. Always be aware of safety hazards whether on-road or off-road. This device does not authorize anyone to disregard traffic laws or other regulations. Always be aware of hazards while momentarily viewing on-screen data. Come to a complete stop before using this device, which includes any manipulation of menus or data viewing.

### Environmental:

#### California Proposition 65

The enclosed hardware and its packaging contain chemicals the State of California has found to cause cancer, birth defects or reproductive harm.

### FCC Compliance Statement:

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause

harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference, and
- (2) This device must accept any interference received, including interference that may cause undesired operation.

Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

#### **Industry Canada Statement:**

This device complies with Industry Canada license-exempt RSS standard(s). Operation is subject to the following two conditions:

- (1) this device may not cause interference, and
- (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :

- (1) l'appareil ne doit pas produire de brouillage, et
- (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

#### **CE Compliance Statement:**

Europe – EU Declaration of Conformity

This device complies with the essential requirements of the RED Directive 2014/53/EU. The following test methods have been applied in order to prove presumption of conformity with the essential requirements of the RED Directive 2014/53/EU:

ETSI EN 300330-1 V2.1.1

EN 300328 V2.1.1

EN 301489-1 V2.2.0

EN 301489-3 V2.1.1

EN 301489-17 V3.2.0

EN 300440 V2.1.1

EN 62479:2010

EN 60950-1

This device is a 2.4 GHz wideband transmission system (transceiver), intended for use in all EU member states and EFTA countries, except in France and Italy where restrictive use applies. In Italy the end-user should apply for a license at the national spectrum authorities in order to obtain authorization to use the device for setting up outdoor radio links and/or for supplying public access to telecommunications and/or network services. This device may not be used for setting up outdoor radio links in France and in some areas the RF output power may be limited to 10 mW EIRP in the frequency range of 2454 – 2483.5 MHz. For detailed information the end-user should contact the national spectrum authority in France. Hereby, Stages Cycling declares that these products are in compliance with the essential requirements and other relevant provisions of [Directive 2014/53/EU](#).

European Union Directive 2011/65/EU on the Restriction of the Use of Certain Hazardous Substances in Electrical and Electronics Equipment, commonly known as RoHS 2.

#### **Warranty:**

(1) One year limited warranty. In all cases a Return Authorization Number (RA#) must be issued by Stages Cycling before any product is returned for warranty inspection and service.

#### **HOW CONSUMER LAW RELATES TO THIS WARRANTY**

THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS, AND YOU MAY HAVE OTHER RIGHTS THAT VARY FROM STATE TO STATE (OR BY COUNTRY OR PROVINCE). OTHER THAN AS PERMITTED BY LAW, STAGES CYCLING DOES NOT EXCLUDE, LIMIT OR SUSPEND OTHER RIGHTS YOU MAY HAVE. FOR A FULL UNDERSTANDING OF YOUR RIGHTS YOU SHOULD CONSULT THE LAWS OF YOUR COUNTRY, PROVINCE OR STATE.

#### **WARRANTY LIMITATIONS THAT MAY AFFECT CONSUMER LAW**

TO THE EXTENT PERMITTED BY LAW, THIS WARRANTY AND THE REMEDIES SET FORTH ARE EXCLUSIVE AND IN LIEU OF ALL OTHER WARRANTIES, REMEDIES AND CONDITIONS, WHETHER ORAL, WRITTEN, STATUTORY, EXPRESS OR IMPLIED. STAGES CYCLING DISCLAIMS ALL STATUTORY AND IMPLIED WARRANTIES, INCLUDING WITHOUT LIMITATION, WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE AND WARRANTIES AGAINST HIDDEN OR LATENT DEFECTS, TO THE EXTENT PERMITTED BY LAW. IN SO FAR AS SUCH WARRANTIES CANNOT BE DISCLAIMED, STAGES CYCLING LIMITS THE DURATION AND REMEDIES OF SUCH WARRANTIES TO THE DURATION OF THIS EXPRESS WARRANTY AND, AT STAGES CYCLING'S OPTION, THE REPAIR OR REPLACEMENT SERVICES DESCRIBED BELOW. IN NO EVENT WILL THE VALUE OF THE WARRANTY PROVIDED EXCEED THE ORIGINAL PURCHASE PRICE. SOME STATES (COUNTRIES AND PROVINCES) DO NOT

ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY (OR CONDITION) MAY LAST, SO THE LIMITATION DESCRIBED ABOVE MAY NOT APPLY TO YOU.

**WHAT IS COVERED BY THIS WARRANTY?**

Stages Cycling warrants the Stages Cycling-branded hardware product and accessories contained in the original packaging ("Stages Cycling Product") against defects in materials and workmanship when used normally in accordance with Stages Cycling's published guidelines for a period of ONE (1) YEAR from the date of original retail purchase by the end-user purchaser ("Warranty Period"). This warranty only applies to the original owner and is not transferable.

**WHAT IS NOT COVERED BY THIS WARRANTY?**

This warranty applies to Stages Cycling branded products including but not limited to crank arms when packaged or sold with Stages Cycling hardware. Manufacturers, suppliers, or publishers, other than Stages Cycling, may provide their own warranties to you but Stages Cycling, in so far as permitted by law, provides their products "AS IS". Stages Cycling does not warrant that the operation of the Stages Cycling Product will be uninterrupted or error-free. Stages Cycling is not responsible for damage arising from failure to follow instructions relating to the Stages Cycling Product's use. Stages Cycling's published guidelines include but are not limited to information contained in technical specifications, user manuals and service communications.

**This warranty does not apply: (a) to consumable parts, such as batteries or protective coatings that are designed to diminish over time, unless failure has occurred due to a defect in materials or workmanship; (b) to cosmetic damage, including but not limited to scratches and dents; (c) to damage caused by use with another product; (d) to damage caused by accident, impact, abuse, misuse, fire, earthquake or other external cause; (e) to damage caused by operating the Stages Cycling Product outside Stages Cycling's published guidelines; (f) to damage caused by service, modifications or alterations performed by anyone other than Stages Cycling or an authorized Stages Cycling Service Provider (h) to defects caused by normal wear and tear or otherwise due to the normal aging of the Stages Cycling Product, or (i) if any serial number has been removed or defaced from the Stages Cycling Product.**

**IMPORTANT RESTRICTION**

Stages Cycling may restrict warranty service to the country where Stages Cycling or its Authorized Distributors originally sold the Stages Cycling Product.

**KCC Statement [in Korean]:**

**NCC Statement [in Chinese]:**

**Software license Agreement:**

Please read and understand the below statement. By using the Stages Dash electronic device, you are agreeing to these terms and conditions. Stages Cycling, LLC is allowing the use of this device, a limited license to use the software provided within this device. All rights and ownership are the property of Stages Cycling, LLC, protected under US copyright and international copyright laws. You are not allowed to modify, reverse engineer, translate all or parts of this software, or reconfigure or export into other useable forms. All source code and architecture are the property of Stages Cycling, LLC. Exporting this software, or device holding this software, is not allowed to any country in violation of export control laws of the USA or in violation of other countries applicable export control laws.