

TRAIN • EVOLVE • SUCCEED



WELCOME TO THE REVBOX COMMUNITY...

Congratulations on the purchase
of your new Revbox & Power App.

This step by step guide will explain
how to use the Revbox Power App
on your Phone or Tablet.

As technology is ever changing,
please contact us if you run into
any problems with the use or set up
of your Revbox Power App.

Using the Revbox Power App

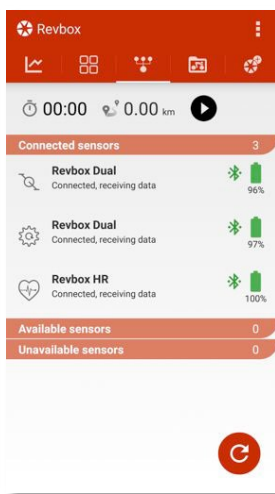
The Revbox Power App is available for Android phones and tablets from Google Play at no cost (<https://play.google.com/store/apps/details?id=nz.co.revbox.app>).

A version for iOS will be available soon.

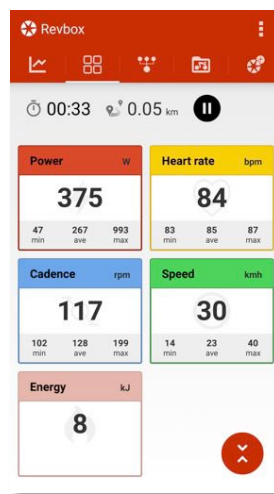
The Revbox Power App is only compatible with the official Revbox Erg Sensor Kit and Revbox Erg Heart Rate Monitor.

Overview

There are 6 main screens



Sensor Manager



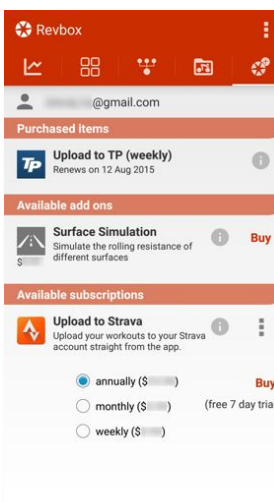
Workout Data Panels



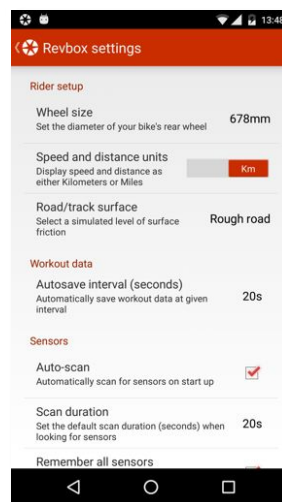
Workout Data Graphs

Started	Ended	Duration	Entries
15:09	15:13	3m 44s	553 entries
15:08	15:09	1m 19s	208 entries
15:02	15:05	3m 47s	569 entries
14:44	14:45	1m 29s	240 entries
14:38	14:40	2m 11s	342 entries

Workout History



Add-on Purchasing






Settings

Connecting to your sensors

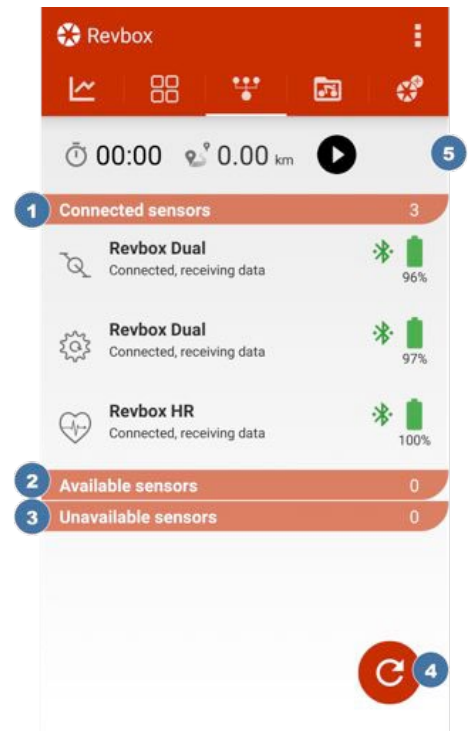
First install and set up your Revbox sensors according to the instructions. Activate the sensors by rotating your pedals a few times, and wearing your Heart Rate Monitor.

Launch the app, which by default, opens the Sensor Manager and begins a scan to find available Revbox sensors.

- 1 Sensors that are currently providing data to the app
 -  Cadence sensor
 -  Revbox sensor
 -  Heart rate sensor
- 2 Sensors detected by the app that are not yet providing data will appear here
- 3 Sensors that the app has previously detected but are not currently available
- 4 Manually start/stop scanning for sensors
- 5 Workout time, distance and controls.

This panel appears when at least 1 sensor is providing data to the app.

Tap the button to start/pause/stop data capture for the current workout



Troubleshooting

Problem

Cadence and/or Revbox Erg sensors are not discovered

Possible causes

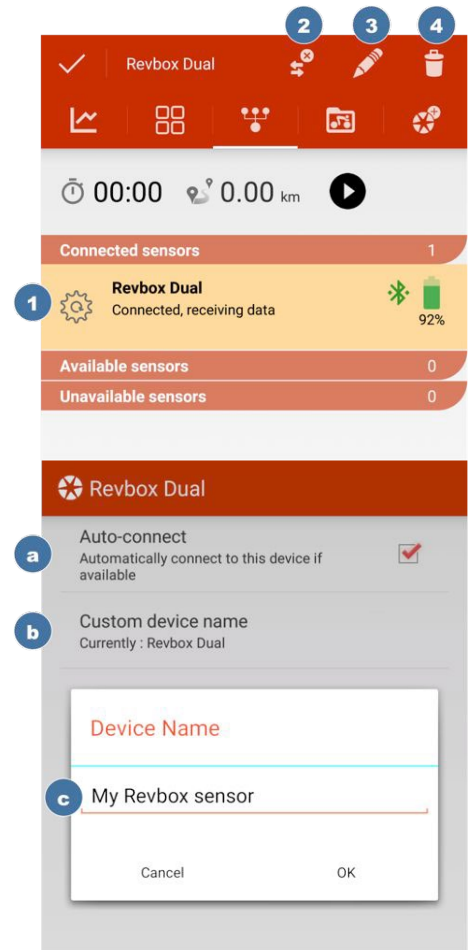
- Bluetooth is switched off on your device
- Sensor batteries are flat
- Sensors are not within 10mm of the corresponding magnet
- Sensors have not been activated by rotating the pedals and Revbox chainring hub
- Another app or device is currently connected to the sensors

Heart rate sensor is not discovered

- Bluetooth is switched off on your device
- Sensor battery is flat
- Heart rate strap and sensor are not correctly connected
- Sensor is upside down
- Heart rate strap is incorrectly positioned on your chest
- Sensor contact patches are not sufficiently moist

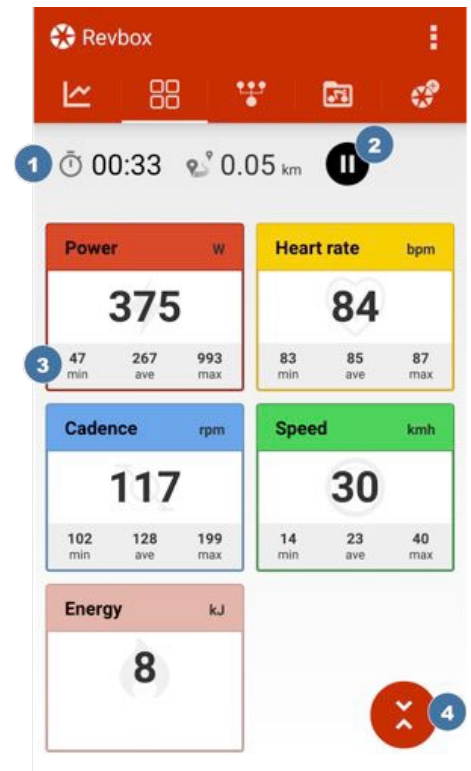
Managing your sensors

- 1 Tap on a sensor to select it
- 2 Disconnect from the selected sensor
- 3 Modify properties of the selected sensor
 - a Automatically connect to, and accept data from this sensor when it is discovered during a scan for sensors
 - b Tap to customize the name of the sensor
 - c Enter the new sensor name
- 4 Delete/forget the selected sensor



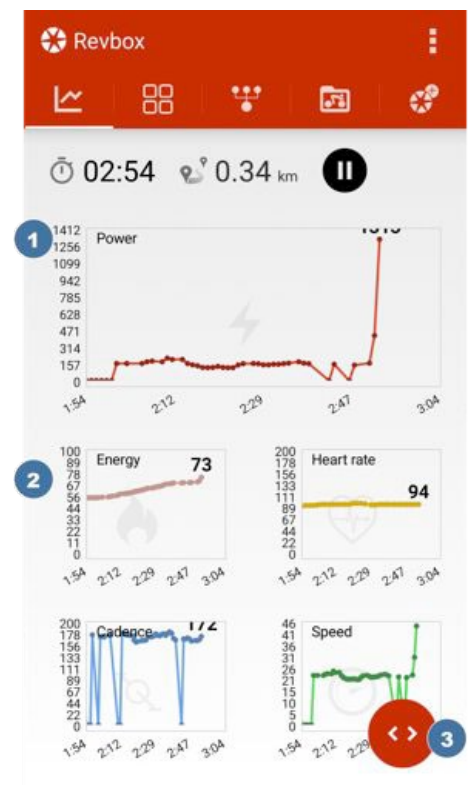
Current workout data: panel view

- 1 Elapsed time and distance travelled for current workout
- 2 Pause/restart/stop capturing workout data
- 3 Minimum/maximum/average of the value during the current workout
- 4 Hide/show the min/max/avg values



Current workout data: graph view

- 1 Expanded graph for selected value
 - 2 Graphs for secondary values
- Tap a graph to make it the expanded graph
- 3 Switch between showing data over the entirety of the current workout or a user-defined period (configured in app settings)



Viewing your saved workout data

- 1 Workouts are organised by date, with the most recent displayed first

Tap a date heading to expand/collapse the list of workouts for that date

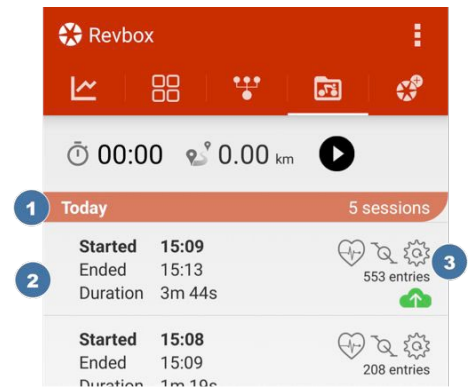
- 2 The start time, end time and duration of each workout is displayed

- 3 Icons indicate which sensors contributed data to the workout

The number of data values captured in the workout is shown

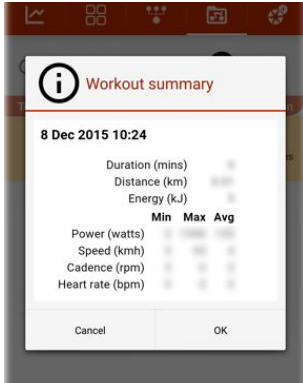


Indicates that the workout has been uploaded to an online service



Working with your data

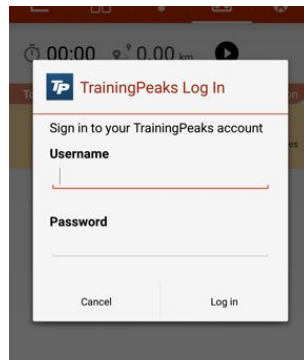
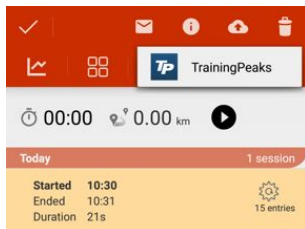
- 1 Tap on 1 or more workouts to select them
- 2 Send an email containing a summary of the selected workouts
- 3 View a summary of the selected workouts



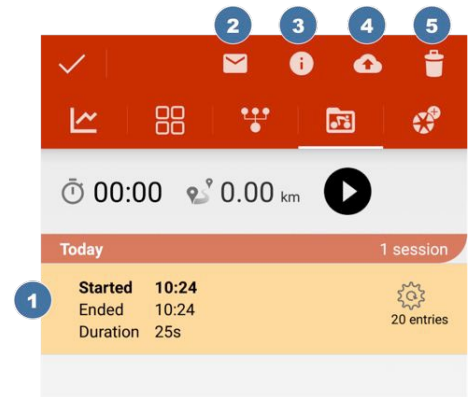
- 4 Upload selected workouts to an online service.

Select 1 of the services for which you have purchased an upload subscription (see additional features)

On the first occasion you use this feature you will be prompted to enter your username and password for the service

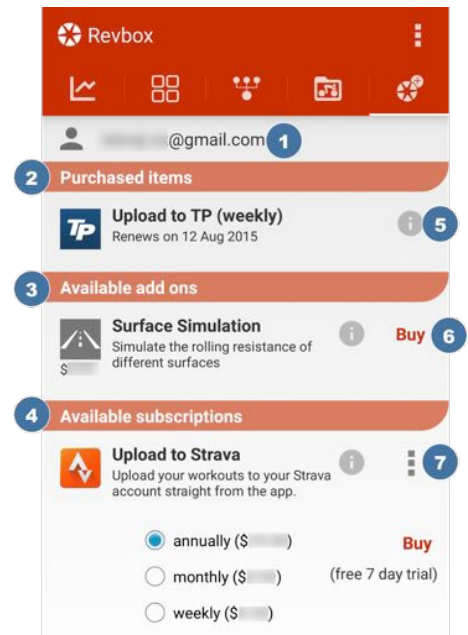


- 5 Delete selected workouts



Additional features (in-app purchases)

- 1 The Google Play account that will be used for purchases
- 2 A list of features that you have already purchased
- 3 A list of of add-on features that are available for purchase
- 4 A list of subscription features that are available for purchase
- 5 Tap for more information about the feature
- 6 Tap to buy or subscribe to the feature
- 7 Tap to view the options for a subscription feature



Surface simulation

A one-time purchase that allows you to configure a simulated level of rolling resistance for your workouts. This affects your workout data to reflect the differing levels of resistance that would be provided by different surfaces, ranging for rough asphalt to indoor track.



Upload to your TrainingPeaks account

A subscription feature available on a monthly or annual basis.

Allows you to upload your workout data to your TrainingPeaks account directly from the app.



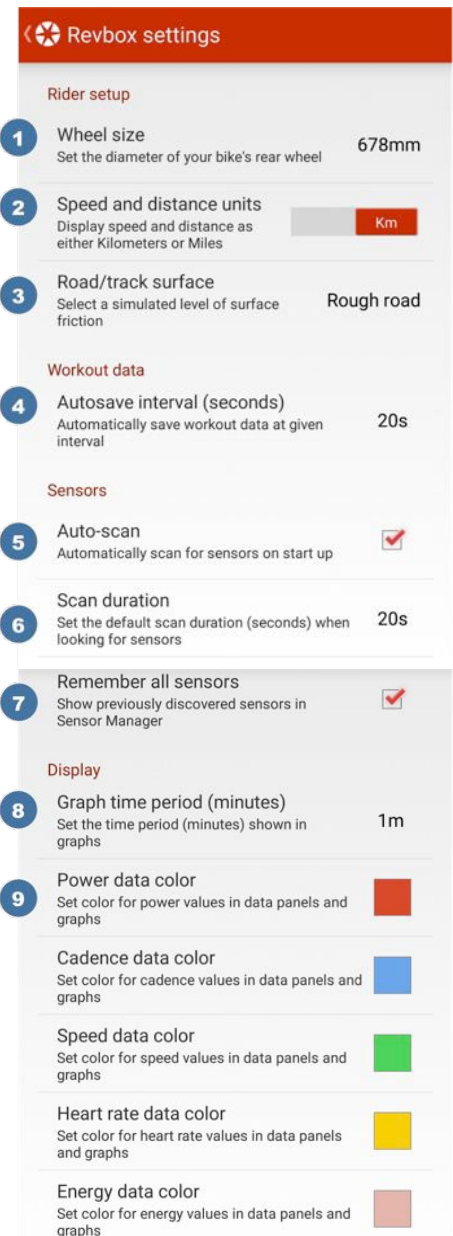
Upload to your Strava account

A subscription feature available on a monthly or annual basis.

Allows you to upload your workout data to your Strava account directly from the app.

App settings

- 1 Diameter of your usual rear bike wheel. This affects speed and distance values in your workouts
- 2 Choose between Miles and Kilometers for display of speed and distance values
- 3 Simulate a level of rolling resistance (paid feature)
- 4 Set how frequently data is autosaved during a workout
- 5 Choose whether the app automatically scans for sensors when it is launched
- 6 Set how long the app will scan for sensors. Active sensors are normally detected within 20-30 seconds, although it may take longer
- 7 Choose whether the app will remember sensors that it has previously detected
- 8 Set the history period for data graphs (when they are not showing the entirety of the workout)
- 9 Configure the colors associated with each type of workout data value



www.revbox.training

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