STAGESFLIGHT™   WELCOME ABOARD

CREATE YOUR ACCOUNT

Track your progress, book your bike, and personalize your experience. Reach your goal faster by creating your Stages Flight account in 3 easy steps.

1. Go to stagesflight.com
2. Click on "GET STARTED"
3. Fill in your information
4. Add the club Location ID to settings, under LOCATIONS
5. Respond to the email confirmation from Stages

Bf621

My club Location ID

FUNCTIONAL THRESHOLD POWER (FTP)

FTP: the best sustainable effort that a rider can maintain for one hour, as measured in WATTS. Options to establish your FTP:

1. Use the FTP estimator when setting up your account, or while booking a bike.
2. Complete a 3-20 minute in-class FTP calculation.

WHAT DO THE POWER ZONES MEAN?

ZONE	HOW DOES IT FEEL?	TIME SPENT IN ZONE
7) NMP	Everything I have!	Up to 30 seconds
6) Anaerobic	Going Breathless	Up to 3 minutes
5) VO2 Max	Very Hard effort	Up to 8 minutes
4) Threshold	Hard effort	30-60 minutes
3) Tempo	Moderate effort	Up to 2 hours
2) Endurance	Light effort	Several hours
1) Active Recovery	Easy	All day

PRO TIPS!

★ Are you able to easily spend more time in the zones than listed to the left? You're improving! Time to complete another in-class FTP calculation to determine your new FTP.

★ We recommend attending a live Stages Flight class before completing a Virtual Flight session. You will be able to recieve guidance from an instructor about setting up your bike correctly and complete an FTP calculation.

Turn over for more details about locking your FTP and what to do in a Virtual Flight class.

What to do in a Virtual Flight session

1) Register for your class online via the BALC Online Portal.

2) Pre-book a bike through the Stages Flight app or website at stagesflight.com

3) On arrival to Studio 2, find your bike and set it up to suit your needs.

4) Use fans if required, switches are located on the wall next to the door.

5) There is NO FTP calculation in a Virtual Flight session, therefore it is important you have locked your FTP through your profile before the session begins - see information below on locking your FTP.

6) Wait for the program to come up on the screen. You will need to listen to your own music for the ride.

7) Enjoy your workout!

8) At the end of the session, take some time to cool down and stretch before exiting the room. Make sure to wipe your bike with wipes provided.

Locking your FTP

1) Every new user will have a default FTP setting of 150 Watts. To save your FTP and lock it, click the 'HEART RATE AND WATT' option on the left hand menu in your Stages Flight account.

2) If you already know your FTP, enter it in the FTP field. Make sure that the 'LOCK FTP' is enabled and highlighted in BLUE. This means your FTP is now locked and future Stages Flight classes will NOT affect the FTP, leaving the update of the FTP value up to the user. As your fitness increases, you will be prompted to update your FTP to ensure you are being challenged in all of the classes you attend.

3) For those riders new to Stages Flight and FTP, the lock option should be DISABLED and turn to BLACK. Next time an FTP test is completed in class, it will update automatically. You will receive an email from Stages Flight letting you know of the update. We then encourage you to log back into your Stages Flight account and lock this updated FTP.

★ PRO TIP! If you have any questions, please speak to the instructors. They're here to help you get the most out of your Stages Flight class!