



# Erg IQ

v1.0.1

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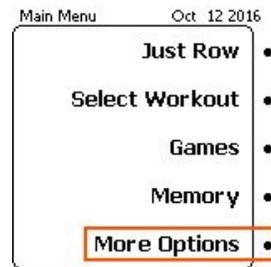
# Pairing Your Device

Pairing your Connect IQ enabled device will consist of two steps. The first step is to turn on the ANT+FE broadcast from your performance monitor. The second step is to pair the Erg IQ application to the performance monitor to record all your workout metrics. Once completed, just use the fitness equipment as you normally would.

## Concept2 PM5

### STEP 1

Turn on the performance monitor and select “More Options”.



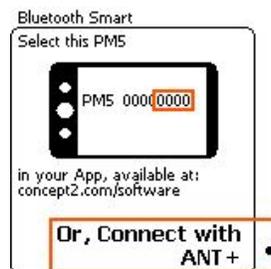
### STEP 2

Click “Turn Wireless ON”.



### STEP 3

Make a note of the last four numbers after the PM5 as shown in the image, this will be needed later on the Garmin device. Click “Or, Connect with ANT+” to continue.



## STEP 4

This screen will display, it is expected that nothing will be shown in the list. This enables the ANT+FE connection and the light on the back of the PM5 should now be blinking.

Link ANT+FE Device



## Garmin Connect IQ Enabled Device

### STEP 1

Start the Erg IQ application, the initial screen should be similar to the image shown (formatting will be different depending on your device).



### STEP 2

Once the application has found a compatible ANT+FE device, a dialogue to pair will be presented. The pairing number should match the number you took note of while enabling the fitness equipment. Select "Confirm" to complete the pairing.



NOTE: If you enabled a pairing ID in the user settings, this screen will not display and you can proceed to step 3.

### STEP 3

When the pairing has been successfully completed you will see a “Row” or “Ski” displayed as indicated in the image.



### Additional Notes

If either the fitness equipment stops broadcasting or the watch application exits, these steps will need to be completed again. This typically will occur before a workout if the fitness equipment goes into powersave mode and turns off.

When completing a workout, make sure that your fitness equipment has instructed the Erg IQ application that the workout has completed. If you exit the Erg IQ application before this has happened you may end up with an incomplete set of workout data.

- **Concept2 Performance Monitors** - When the row/ski workout is complete, navigate back to the PM main screen which should cause the monitor hourglass save screen to be shown. The watch should have a corresponding save screen appear. It is safe to exit the Erg IQ application at this point.

# Application Settings

The settings provide the user a limited set of customization options that affect how the application works during their workout. These options can be set in Garmin Express (GE) or Garmin Connect Mobile (GCM).

## Background Color

Similar to the native applications, Erg IQ can be customized to use either a light (white) or dark (black) background.

## Heart Rate Source

Heart rate can be recorded from the fitness equipment or the Garmin device. If the Garmin device is chosen as the heart rate source for Erg IQ, you will still need to configure your fitness equipment with a heart rate monitor if you wish for a heart rate to be displayed on the screen.

Erg IQ has been designed to provide a color guide to indicate which heart rate range you are currently exercising in. These are the default ranges defined in Garmin Connect or Garmin Connect Mobile and will be automatically used without any need for further configuration or management.

## Display Stroke Rate Range

Stroke rate range can be enabled for a color indicator representing if you are exercising in the correct rate range. Once enabled it will require a minimum and maximum range be defined. During your workout it will be blue when below range, green when within range, and red to indicate your exercising above the specified range.

## Erg Pairing ID

This setting will allow the application to remember a specific fitness equipment device. The number shown on the pairing screen may be entered into this user setting and will automatically pair with the specified ID.

## MO2 Pairing ID

This setting will enable using a SmO2 sensor with the ErgIQ application. Determine what the ANT ID is for your SmO2 sensor and enter it to enable the feature. Return the setting to zero to disable the feature.