

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

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.
- ★ The LOCK FTP in settings, under HEART RATE AND WATT: When *disabled* (default & recommended), FTP will adjust upon completion of in-class calculations. When *enabled*, in-class calcs will not auto-update, and FTP will only update manually.