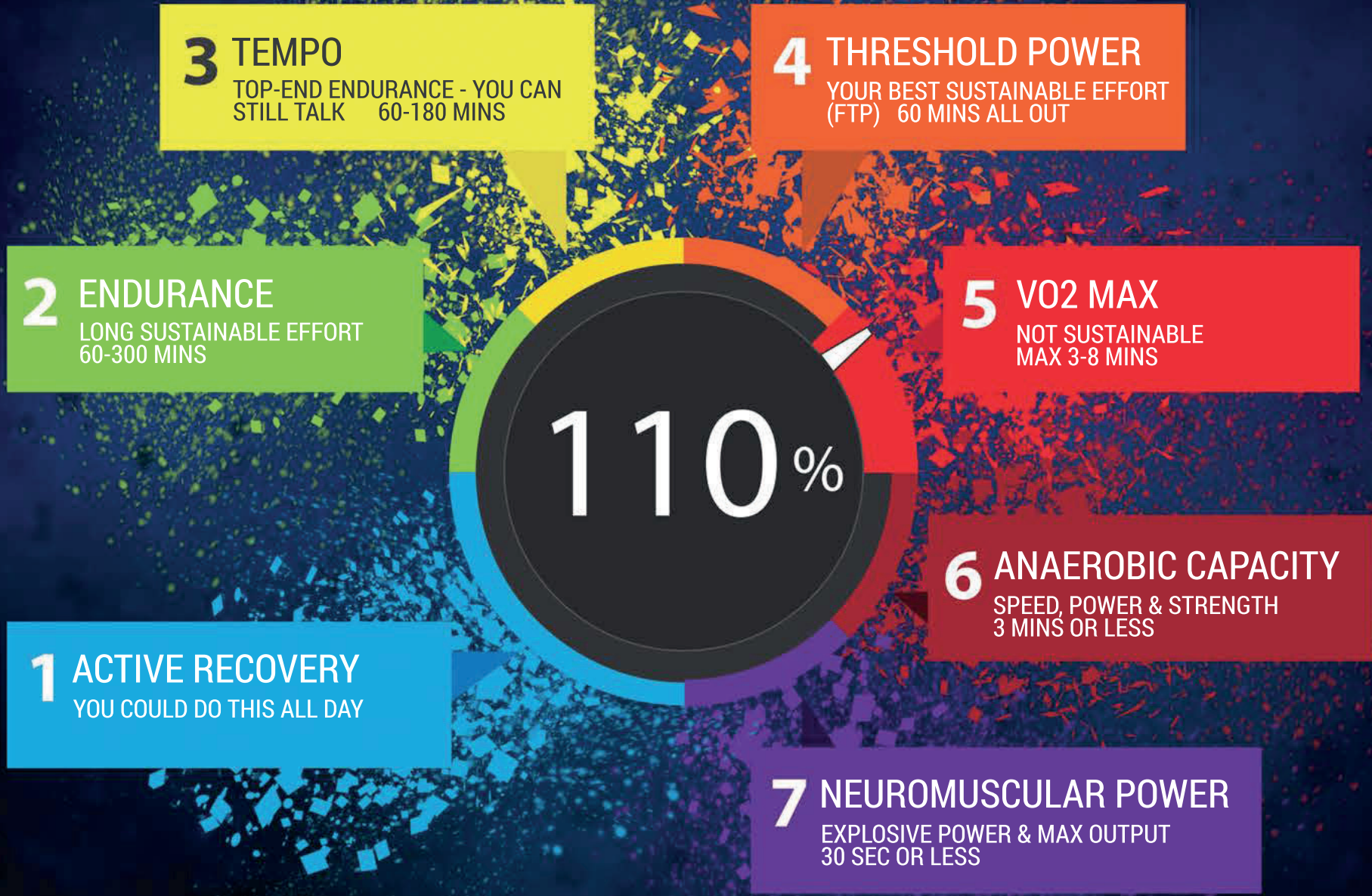


TRAIN WITH POWER

Riding with a power meter removes the guess work involved in estimating how well you are riding, how much work you've done, and how many calories you've burned. When you ride with a power meter, you get a quantitative number that tells you exactly how much effort you are expending, which enables you to track your progress and hit your goals.



Time spent in different exercise intensities results in different physiological adaptations. Use the colored training zones to match the Stages Flight target power during intensity profile rides prescribed by your instructor or coach. All zones are based on percentage of your best sustainable effort (FTP) and are unique to each cyclist.

TRACK YOUR PROGRESS | PERSONALIZE YOUR EXPERIENCE
BOOK YOUR BIKE | REACH YOUR GOALS FASTER

CREATE YOUR ACCOUNT AT [STAGESFLIGHT.COM](https://stagesflight.com)

STAGESFLIGHT

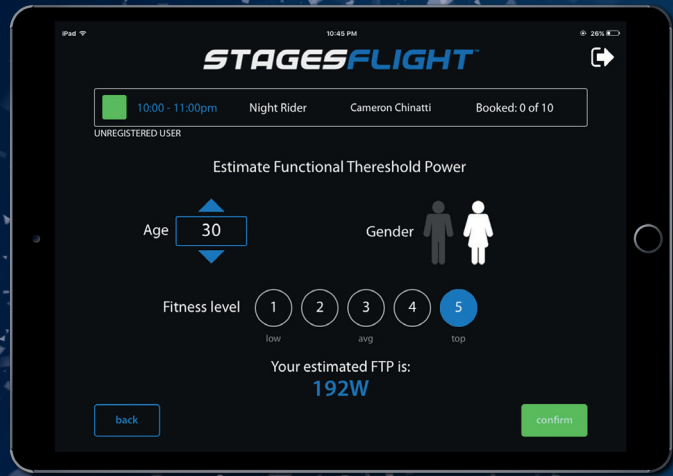
Powered by **VISMOX**

STAGESFLIGHT™

KNOW YOUR NUMBERS: 4 CHOICES TO YOUR NEXT FTP

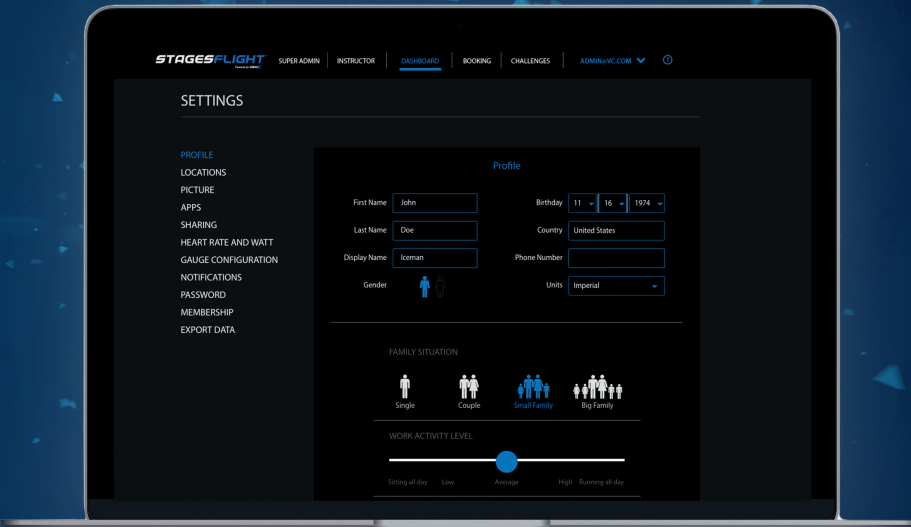
1. BOOKING APP : FTP ESTIMATOR

Book your bike and estimate your FTP by answering a few simple questions.



2. COMPLETE YOUR USER PROFILE AT STAGESFLIGHT.COM

Same estimator as the Booking App only now you can track your progress! (Get notified when your FTP improves)



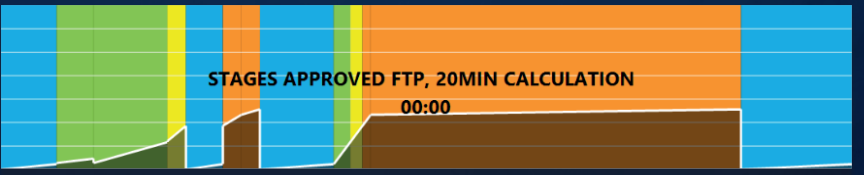
3. 3-MINUTE IN-CLASS CALCULATION

Ride as hard as you can for 3 minutes. We'll do the math and calculate your FTP for you.



4. UP TO 20-MINUTE IN-CLASS CALCULATION

The longer the calculation interval, the more accurate your FTP will be. A real challenge!



FTP is the best sustainable effort that you can maintain for one hour, as measured in WATTS. This sustainable 100% resides in the middle of your orange zone

There are 4 ways to determine one's FTP number using StagesFlight, ranging from quick + pain-free to all-in, and invested.

CHOOSE YOUR CHALLENGE!

FIND YOUR GLOBAL FTP

FTP = the best sustainable effort that you can maintain for 45-60 minutes
FTP would be expressed in Watts, which is an ideal reference value for your Indoor Cycling class

MEN - FITNESS LEVEL 1 1 - 3 hour cycling per week

AGE	< 35	40	45	50	55	60	65	70+
50 kg	125	122	119	116	113	110	107	104
55 kg	137	134	131	128	125	122	119	116
60 kg	150	146	142	138	134	130	126	122
65 kg	162	158	154	150	146	142	138	134
70 kg	175	171	167	163	159	155	151	147
75 kg	187	182	177	172	167	162	157	152
80 kg	200	195	190	185	180	175	170	165
85 kg	212	207	202	197	192	187	182	177
90 kg	225	219	213	207	201	195	189	183
95 kg	237	231	225	219	213	207	201	195
100 kg	240	234	228	222	216	210	204	198

WOMAN - FITNESS LEVEL 1 1 - 3 hour cycling per week

AGE	< 35	40	45	50	55	60	65	70+
50 kg	100	98	95	93	90	88	85	83
55 kg	110	107	104	101	98	95	92	89
60 kg	120	117	114	111	108	105	102	99
65 kg	130	127	124	121	118	115	112	109
70 kg	140	137	134	131	128	125	122	119
75 kg	150	146	142	138	134	130	126	122
80 kg	160	156	152	148	144	140	136	132
85 kg	170	166	162	158	154	150	146	142
90 kg	180	176	172	168	164	160	156	152
95 kg	190	185	180	175	170	165	160	155
100 kg	200	195	190	185	180	175	170	165

MEN - FITNESS LEVEL 2 3 - 5 hour cycling per week

AGE	< 35	40	45	50	55	60	65	70+
50 kg	150	146	142	138	134	130	126	122
55 kg	165	161	157	153	149	145	141	137
60 kg	180	176	172	168	164	160	156	152
65 kg	195	190	185	180	175	170	165	160
70 kg	210	205	200	195	190	185	180	175
75 kg	225	219	213	207	201	195	189	183
80 kg	240	234	228	222	216	210	204	198
85 kg	255	249	243	237	231	225	219	213
90 kg	270	263	256	249	242	235	228	221
95 kg	285	278	271	264	257	250	243	236
100 kg	300	293	286	279	272	265	258	251

WOMAN - FITNESS LEVEL 2 3 - 5 hour cycling per week

AGE	< 35	40	45	50	55	60	65	70+
50 kg	125	122	119	116	113	110	107	104
55 kg	137	134	131	128	125	122	119	116
60 kg	150	146	142	138	134	130	126	122
65 kg	162	158	154	150	146	142	138	134
70 kg	175	171	167	163	159	155	151	147
75 kg	187	182	177	172	167	162	157	152
80 kg	200	195	190	185	180	175	170	165
85 kg	212	207	202	197	192	187	182	177
90 kg	225	219	213	207	201	195	189	183
95 kg	237	231	225	219	213	207	201	195
100 kg	240	234	228	222	216	210	204	198

MEN - FITNESS LEVEL 3 5 - 8 hour cycling per week

AGE	< 35	40	45	50	55	60	65	70+
50 kg	175	171	166	162	157	153	148	144
55 kg	193	188	183	178	171	168	163	158
60 kg	210	205	200	195	190	185	180	175
65 kg	227	222	216	211	205	200	194	189
70 kg	245	239	233	227	221	215	209	203
75 kg	262	255	248	241	234	227	220	213
80 kg	280	273	264	257	250	243	236	229
85 kg	297	290	283	274	267	260	253	246
90 kg	315	307	299	291	283	275	267	259
95 kg	332	324	316	308	300	292	284	276
100 kg	350	341	332	323	314	305	296	287

WOMAN - FITNESS LEVEL 3 5 - 8 hour cycling per week

AGE	< 35	40	45	50	55	60	65	70+
50 kg	138	135	131	128	124	121	117	114
55 kg	151	147	143	139	135	131	127	123
60 kg	165	161	157	153	149	145	141	137
65 kg	179	175	170	166	161	157	152	148
70 kg	193	188	183	178	173	168	163	158
75 kg	206	201	196	191	186	181	176	171
80 kg	220	215	209	204	198	193	187	182
85 kg	234	228	222	216	210	204	198	192
90 kg	248	242	236	230	224	218	212	206
95 kg	261	254	247	240	233	226	219	212
100 kg	275	268	261	254	247	240	233	226