User manual — HOMEVELOX

App version: **1.1.0**

HOMEVELOX is a **desktop** application (Windows, macOS, Linux) for indoor cycling. With your smart trainer connected over Bluetooth it shows live metrics, **controls the resistance in ERG mode**, lets you build and ride interval workouts, and keeps track of your history and your fitness.

Everything runs **locally**: your data stays on your computer. The only connections to the outside world are optional and you turn them on yourself (Strava, intervals.icu, Garmin Connect, Whoop, Oura, Claude Desktop, Codex, or the AI chats where you choose to paste your data).

Contents

1. Getting started
2. Connecting your devices
3. The Dashboard
4. Creating a workout
5. Workout library
6. Riding a workout
7. History
8. Form
9. Profile
10. Integrations and settings
11. AI assistants (free chats, Claude, Codex)
12. Backup and migration
13. Keyboard shortcuts
14. Troubleshooting
15. Where your data goes

1. Getting started

Installation

Download the installer for your system from the download page at homevelox.com and install it. **macOS** (Apple Silicon and Intel), **Windows** and **Linux** are supported.

On the first launch, a new user gets a **guided tour** of the interface. You can skip it and retake it anytime from **Settings** → **Updates**, where you also find what's new in recent versions. After an update, what's new appears at the top of the Dashboard.

> **First launch:** on macOS the app is signed and notarized by Apple and opens with a double click; allow Bluetooth when macOS asks. On Windows the installer is not signed yet: if you see *"Windows protected your PC"*, click **More info** → **Run anyway**. You only do it once.

Users

On first launch you create your **user**. Several people can use HOMEVELOX on the same computer: each one has their own profile, activities, workouts, devices, connected accounts and settings (theme, language…). At startup you choose who's riding (**Who's riding today?**); if there's a single user without a password you go straight in.

On first access each user reads a summary of the **Terms of use** and the **Privacy policy** (with links to the full texts on homevelox.com) and accepts them with **I accept**; without accepting them you can only quit. If the terms change substantially, the app shows them once more. The acceptance date is in **Settings** → **User**.

HOMEVELOX updates itself when you ask it to, but a version two or more main versions behind (for example 0.7 once 0.9 is out) has to be updated to keep using the app: at startup a screen shows **Update now**. Your data isn't touched, it never happens during a workout, and without a connection the app works as usual. If the automatic update fails, the same screen takes you to the website to download the latest version.

The **password** is optional: it locks access from the app, but doesn't encrypt the files on disk. Data and the credentials of connected services (Strava, Dropbox and Google Drive tokens, intervals.icu and Garmin keys…) are plain files in your system user's folder, protected by your computer login like your other documents: anyone who can access your computer account can read them. Use a password for your computer account and, on laptops, disk encryption (FileVault on macOS, BitLocker on Windows). Credentials never end up in clear in backups. When you set a password the app shows you a **recovery code** once: write it down and keep it safe. If you forget the password, on the user screen press **Forgot your password?**, type the code and choose a new password (you also get a new code). You can add a **hint**, shown after a wrong password: anyone can see it, so it should only help you. If your password predates recovery codes, create one in **Settings** → **User** with **New recovery code**. The code is valid on this device and has nothing to do with the password of encrypted backups. In **Settings** → **User** you change your name and password, move to another user with **Switch user** (where you can also create a **New user**) and delete yours with **Delete my user**. You can only delete your own user, and never the last one left.

The menu

The menu is a **column on the left**: the riding pages at the top (Dashboard, Workouts, Routes, History, Form), the **Account and app** group at the bottom (Profile, Bikes, AI, Integrations, Settings) and your user. The button at the bottom **collapses it to icons only** (hover for the name); in small windows and during a workout it collapses by itself. Prefer the bar at the top? **Settings** → **Appearance** → **Menu layout** → **Horizontal**: the riding pages keep their names, the second group becomes icons on the right. On a **phone** the menu is a bar at the bottom: the five riding pages and **Menu**, which opens the others, and it hides while you ride to leave the whole screen to the player; with the phone in landscape it becomes a column of icons.

The first thing to enter: your FTP

Before using the app for real, set your **Functional Threshold Power (FTP)** on the **Profile** page. FTP is the reference used to compute:

- the **% FTP** targets of every step;
- the **7 power zones** (Z1–Z7);
- the **TSS** (Training Stress Score) of every activity;

- **Form** (Fitness, Fatigue, TSB);
- your **W/kg** category.

If you don't know your FTP, the Profile page suggests an estimate from your best 20-minute effort in the last 90 days, once there is enough data.

See Profile for details.

2. Connecting your devices

All connections are made from the **Dashboard** (the icon at the top left).

The roles

The app handles four independent devices, each with its own badge:

Role	What it is	What it's for
Smart trainer	your trainer (Zwift, Tacx, Wahoo Kickr, Elite…)	controlling the resistance and measuring power
Heart rate strap	heart-rate monitor (HXM, Polar…)	heart rate
Power meter	a separate power sensor	power, if the trainer doesn't provide it
Remote (Click, BC2)	a Zwift Click or CYCPLUS BC2 on your handlebar	shifting gear (or intensity in ERG) during a workout

Each badge shows its state: **Not connected**, **Connecting...**, **Connected**, or **Reconnecting...** if the signal is unstable. Once connected, it shows the **device name** and you can press ✕ to disconnect it.

> The *Power meter* badge is a **fallback**: if your trainer already sends power, you don't need an external meter.

Connecting

1. **Turn the device on** and make sure it isn't already connected to another app (close Zwift, TrainingPeaks, your vendor's software, etc.). Many smart trainers accept **only one BLE connection at a time**: it's the most common reason for "my trainer doesn't show up in the list".
2. Press **Search for devices**.
3. The devices found appear in the list. Press **Connect** next to the right one, assigning it to the appropriate role.
4. Data starts flowing into the metrics right away.

The same button starts and stops the search (**Search for devices** / **Stop searching**). The list only shows trainers, heart-rate straps, power meters and remotes; if your device doesn't appear, turn on **Show all Bluetooth devices**.

Saved devices

Every device you connect is remembered (one per role). In the **Saved devices** box on the Dashboard:

- **Connect at startup** reconnects them by itself every time you open the app;
- **Connect saved devices** reconnects them right away;
- **Forget** removes one.

If a device drops while you're using it (out of range, flat battery), the app tries to reconnect it by itself and the badge shows **Reconnecting...**.

Remotes and virtual shifting

Connect a **Zwift Click** or a **CYCPLUS BC2** like any other device, with the **Remote** role. The BC2 only shows up once woken: hold **+** and **–** together for about 5 seconds, then start the scan.

During a session the Click's **right button** (the BC2's **+** lever) shifts to a **harder gear**, the **left** one (the **–** lever) to an **easier** one. It works like MyWhoosh's virtual shifting, with any trainer that simulates grade:

- in **grade** steps, on **routes** and with **ERG off** you change **gear** (1 to 24, starting from 12): every gear above 12 adds 0.5% grade at the trainer, every gear below takes it away. The gear stays for the whole session;
- in **ERG** steps, where the trainer sets the watts, the buttons change the **intensity** by 5%.

You can also shift from the **keyboard**, with MyWhoosh's keys: **I** harder, **K** easier. So a USB keypad on the handlebar or a Bluetooth car button already set up for MyWhoosh works too (the computer sees them as keyboards: HOMEVELOX must be the window in front). The keys work away from the player page as well, while the session is open; in the FTP ramp they do nothing.

> The Click and BC2 protocols aren't public: the Click was tested on one unit with firmware 1.1.0, the BC2 support comes from the open-source BikeControl app and hasn't been tried on a real device yet.

Zwift Click V2 (experimental): only the **right side** connects, with **+** for a harder gear and **B** for an easier one. The left side can only be unlocked by the Zwift app. This hasn't been tried on a real device yet.

If the trainer doesn't support ERG

If the trainer is connected but **doesn't support ERG control**, the app tells you and the workout goes on anyway: it reads power and records the activity, but **doesn't control the resistance**. In that case the planned watts are a guide for you, not a command.

3. The Dashboard

It's the home page: it sums up your week and shows live metrics.

Last 7 days

At the top there are four boxes with the totals of the last 7 days, compared with the 7 days before:

- **Rides** — number of activities
- **Time** — total hours and minutes
- **Distance** — total km
- **TSS** — total training load

Next to them, the **See Form** → link takes you to the full analysis.

If your recent efforts point to a higher FTP than the one you set, a notice appears below the boxes with an **Update FTP** button (or **Dismiss**, until a new estimate comes in).

Readiness

If you connect intervals.icu, the Dashboard also shows today's **readiness**: a score that tells you how ready you are to train (see Form).

Today

If you have an active **training plan** (see Training plans), the **Today** card sits at the top of the Dashboard: today's sessions with duration and TSS, a **Ride** button for the trainer ones, or "Rest day" / "Race day!", and the **next session**. Once today's activity is recorded, the session turns **Done ✓**.

Live metrics

Four boxes with live data: **Power** (W), **Heart rate** (bpm), **Cadence** (rpm), **Speed** (km/h).

- For **Power** you can choose the averaging window: **3s** (reacts quickly, good for short intervals) or **10s** (steadier and smoother, good for aerobic work).
- **Speed** is **virtual**: it isn't GPS data nor the trainer's flywheel speed, it's computed from power, the weight in your profile and the step's grade, with the inertia of a real bike: it speeds up and slows down gradually, if you stop pedalling you coast, and downhill you pick up speed even without pushing (up to 80 km/h, as if you were braking). It gives you an idea of the speed you'd have on the road. That's why it can **differ from a bike computer** connected to the same trainer, which usually shows flywheel speed (it changes with gear and cadence), especially in ERG: same power, different speed and km. The **i** next to the value is a reminder.
- Distances in km mostly matter for activities imported from Strava; indoor sessions count virtual km.

4. Creating a workout

Go to **Workouts** → **+ New workout** (or **Create a new workout** from the Dashboard).

Structure of a workout

A workout is a sequence of **steps**. Each step has:

- **Name** (optional) — if you leave it empty, it shows as "Step 1", "Step 2", …
- **Duration** in seconds. Below the field you see a preview in `m:ss` format.
- **Power target** — see below.
- **ERG / Simulation** — how the trainer is controlled during that step (see below).
- **Route grade %** (optional, −15 to 20; negative = descent) — in **ERG** steps it's only used for virtual speed, distance and elevation; in **Simulation** steps it's the climb (or descent) the trainer simulates.

ERG steps and Simulation steps

- **ERG** (default): the trainer adjusts the resistance by itself to keep you on the target watts, whatever gear you're in.

- **Simulation**: the trainer simulates the given climb and you decide the watts, with gear and cadence, like on the road. The target becomes the **expected power**: it's used to estimate the load (TSS) and in ERG if the trainer doesn't support simulation.

How much the grade "weighs" on your legs depends on the **Trainer difficulty** in Settings (see section 10). In the workout bar, Simulation steps are striped.

How to write the target: absolute watts or % FTP

The **W / % FTP** selector decides how the number you type is read:

- **W** — absolute watts. If you switch to % FTP, the value is converted using the FTP in your profile.
- **% FTP** — a percentage of your FTP. Below the field you always see the approximate conversion to watts (e.g. `75% → ≈ 225 W` with an FTP of 300).

Tip: use **% FTP** for your workouts. When your FTP goes up, the steps adapt by themselves and the plan stays valid over time.

Repeat blocks

+ Add repeat block creates a group of steps repeated *N* times, typical of interval sessions: `3× [4 min at 80% + 3 min at 100%]` is built with a 2-step block and `3` repetitions.

Each step's tools

Next to each item there are four buttons:

Button	Action
↑	move the item up
↓	move the item down
⧉	duplicate the item (handy to add a repetition)
🗑	delete the item

Preview and estimated route

Above the list you see the workout **timeline** (one coloured bar per step) and an estimate of **distance, average speed and climbing**, computed from the planned watts and the weight in your profile. They are estimates: they give you a feel for the plan, they don't replace the road.

Saving

Save workout. These cases are checked, with a red message if something is wrong:

- the name can't be empty;
- there must be at least one step;
- every repeat block must have at least 1 repetition and at least one step;
- every step must have a duration and a target greater than zero.

After saving you go back to the library.

5. Workout library

The **Workouts** page lists all your workouts. For each one you see: number of steps, total duration, **planned TSS** (computed with your current FTP) and, if there is one, **the last time you rode it** (today, yesterday, 3 days ago… with a link to the history).

The buttons for each workout:

- **Start** — opens the player and starts the countdown.
- **Edit** — reopens the editor.
- **Duplicate** — creates a copy and opens it in the editor, so you can change the variant without touching the original.
- **Delete** — asks for confirmation **in the same row** (Yes / No). There's no system dialog: the button turns into the confirmation, to avoid deleting by mistake.

In the **Import** menu at the top right there's also **Import from intervals.icu** (see Integrations).

Importing a Zwift file (.zwo)

Import .zwo file (**Import** menu) turns a Zwift workout file into a workout in your library. Power values are in % FTP, ramps (warm-up, cool-down) become a staircase of roughly one-minute steps and repeated intervals become a repeat block. Free sections (FreeRide, MaxEffort) have no target: they become **Simulation** steps at 0%, where you set the watts with gear and cadence, and the app tells you. Their expected power is 65% FTP (FreeRide) and 120% FTP (MaxEffort); if the trainer has no SIM mode they run in ERG at that power. Elements it doesn't recognise are skipped with a warning.

Training plans (Plan tab)

On the **Workouts** page, next to **Library**, there is the **Plan** tab. A plan organises the weeks up to a **race** or a **goal** (for example "FTP to 240 W" or "hold 4 hours in Z2"):

- **races** with date, type, distance, elevation, priority **A** (the main goal), **B** or **C** and a personal objective;
- **goals** not tied to a race: FTP, W/kg, weight, endurance (the hours of your longest Z2 ride) or free text. The app shows the starting value and today's;
- macrocycle **phases**: base, build, peak, taper, recovery, transition;
- **weekly targets** (microcycle): TSS, hours, recovery week, notes;
- **sessions** day by day (up to three a day): **trainer** (with its steps, like a library workout), **outdoor** ride, **rest**, **other sport** and the **race** itself.

Only **one plan is active** at a time: activating another one archives the previous one, which you can still open at the bottom of the page with its final adherence.

> **First of all** set in the Profile how much time you have each day: the app and the AI assistant use it to check that the plan is doable.

Creating a plan

- **By hand**: **+ New plan**, then name, dates, races, goals and phases. You add the sessions in the calendar with each day's **+**; a trainer session uses the same editor as the workouts, or you can copy a library workout.
- **With an AI assistant**: Claude Desktop or Codex (see section 11), or a free chat in **AI** → **Plan**. The assistant reads your form and your time and proposes a **draft**.

Drafts appear at the top of the Plan tab: open them, check them and press **Activate plan** (or **Discard**). Until you activate it, a draft changes nothing.

The overview

At the top you find races and goals with the countdown and the **projected form** on race day (Fitness and Form computed with the planned load), the phase bar with today's line, the **weekly load** (coloured bars: planned; dark bar: done; dashes: target), the number of **sessions done** and the assistant's explanation (**Why this plan**).

Warnings point out what doesn't add up, without blocking anything:

- a day with more minutes than you have, or an outdoor ride on a day you can only ride indoors;
- a week over your maximum hours, or with a TSS more than 20% away from its target;
- rest and training on the same day, or 7 days in a row without rest;
- a hard session (TSS over 90) in the 5 days before an A race;
- available time not set in the Profile.

The weekly calendar

Seven columns (from Monday or Sunday, as you choose in the Profile) with arrows to change week. Above them you find the planned load, what you've **done** and the week's target (**Week targets** to change it). Each session shows its kind, duration and TSS, plus its status:

- ✓ **done**, ◐ **partly done** (below 70% of the planned TSS, or of the duration when there's no TSS), ✗ **missed**, struck through if you **skipped** it.

To **move** a session, drag it to another day, or open it and change the **Day**.

The session

Click a session to open it: edit it, press **Ride** to do it on the trainer (the recorded activity stays linked to the session), **Mark as skipped**, **Save to library** or **Delete**.

Activities are matched **automatically**: an activity on the same day is linked to the session, preferring rides recorded in HOMEVELOX for trainer sessions and imported ones (Strava, files) for outdoor rides, and the closest duration among several candidates. If the match is wrong, pick the right activity in **Linked activity** (those from 3 days before to 3 days after).

Routes: climbs and rides to ride (Routes menu)

The **Routes** menu collects **famous climbs** and **whole rides** to ride on the trainer in Simulation mode, with the real grades. A route comes from:

- **a GPX, TCX or FIT file** (also `.gz`): **Import GPX, TCX or FIT...**, several files at once too. Routes exported from Strava (Routes → Export GPX), Komoot, RideWithGPS, Garmin Connect, and your own recorded rides all work. Timestamps are not needed: the track with its altitude is enough;

- **a ride in your History** with GPS and altitude (for example one imported from Strava or from a file): in the activity detail, below the map, **Create a route to ride**.

- **the Great climbs catalog**, at the top of the page: famous climbs ready to ride, with the altitude taken from a digital terrain model (more reliable than GPS altitude) and a card with region, start and finish and a description. The catalog updates by itself, without updating the app: once a day HOMEVELOX checks for new or corrected climbs. New climbs are flagged by a number on the **Routes** menu and a **New** tag on their card, until you open them. Catalog climbs can't be edited or deleted: to make your own version use **Crop a section**. Climbs are grouped by **country** and then by **region**; the **Difficulty** buttons at the top show only one category (HC, 1st-4th, or uncategorized), with the number of climbs in each.

On import the track is resampled every 10 m and the altitude is **smoothed** over about 80 m: GPS and map altitudes are noisy and, without smoothing, the grade would jump by a few points every few metres.

A route's page shows:

- **distance, elevation** (gain and loss), **average grade**, **max grade** (over 100 m) and minimum and maximum altitude;
- the **elevation profile**, coloured by grade (descent, 0–3%, 3–6%, 6–9%, 9–12%, above 12%). Hovering shows the kilometre, altitude and grade of that point, and the marker also moves on the **map** (if the file has GPS). Above the map you can pick **Road** (light or dark, following the theme) or **Topographic** (with contour lines and relief); the choice applies to every map in the app;
- the **difficulty**: the **category** as on Strava and at the Tour (4, 3, 2, 1 and HC, from length × average grade; below 3% on average or 500 m the route is uncategorized), the **Fiets index** (elevation gain² / length, weighs steep climbs more), the **steepest ramp** over 500 m and over 1 km, the **steadiness** (how much the grade changes every 200 m: a steady 8% is easier than an 8% made of 4% and 13% sections) and the **hardest kilometre**. **For you** turns it into your FTP: how fast you climb the hardest kilometre at threshold, and how many watts (and W/kg) it takes to climb it at 10 km/h;
- the **kilometre-by-kilometre** profile, like the signs along climbs: one section per kilometre coloured by its average grade, with the percentage on top;
- the **estimated time** at three intensities (65%, 80% and 95% of your FTP), computed with the same physics as the virtual bike and the weight from your Profile, with the expected **TSS** and energy (kJ);
- **Your rides here**: every time you rode it, with time, power, W/kg (with your Profile's current weight), **VAM** (metres climbed per hour) and average HR. The **record** is the best time among the rides that reached the end; the ones stopped early are marked;
- **Crop a section**: pick start and end with the two sliders (the section is highlighted on the profile and the map) and save it as a **new route**. This way you get just the climb out of a long ride;
- the editable name, and **Delete** (only for your own routes).

Rides on a catalog climb stay linked to that climb even when an update corrects it.

Riding a route

Ride the route opens the player in route mode. It no longer goes by time but by distance: the virtual bike moves according to your watts and weight, and the trainer simulates the grade of the point you are on, scaled by the **trainer difficulty** in Settings (as in Simulation steps). The grade updates as you move on, and the session ends by itself when you reach the end.

During the session you see:

- the **profile** with your position (the part already ridden is dimmed);
- the current **grade** (and the one sent to the trainer) and the average of the **next 500 m**;
- the **kilometres and metres of climbing to go**, with the kilometres to the finish in big;
- power, average, speed, kilometres ridden out of the route total, cadence and heart rate;
- the **map** following your position (if the route has GPS).

Pause, auto-pause, the start countdown and the session that stays alive when you change page work as in workouts; while paused you don't move. If the trainer does **not** simulate grade, it runs in ERG at 75% of your FTP (change it with **Intensity**), while speed and position still follow the grade; with no controllable trainer you choose the resistance.

The saved activity has the route's **real altitude** (also in FIT/TCX files exported or uploaded to Strava), the map in the detail and a link to the route. The FIT file (manual upload, Strava upload, intervals.icu) also carries the GPS track, marked as a **virtual activity**: Strava shows the map and classifies it as a *Virtual Ride*, so it never lands on real-world segments. The TCX export has no way to mark a ride as virtual and stays without GPS.

6. Riding a workout

Press **Start** on a workout. Before you begin, connect the trainer from the **Dashboard**: it's not too late to connect it once the session has started, but it saves time.

Before the start, the player shows today's **readiness**, if available. If the workout is worth more TSS than it recommends, you can lower the intensity with one click (**Set intensity to …%**).

While HOMEVELOX is open the **screen stays on**: no screensaver or display sleep while you ride.

The preparation countdown

The first **Start** (from a standstill, not when resuming) shows a **15-second countdown** with the text "*Get ready, hop on the bike...*". It's the time to get in the saddle and clip in: workout, recording and ERG control don't start until it ends. To cancel, press **Cancel**.

In the last 3 seconds of the countdown a warning **beep** plays, different from the one at step changes, and the start is marked by a **long, high beep**, like the start of a race.

During the workout

The screen shows:

- At the top, the **workout profile**: one bar per step, as tall as it is intense and coloured with its zone. Steps already done fade out, the current one is in full colour with a glow, and a small marker shows where you are.
- The **current step card**, coloured with the target's zone: step number, zone, name, **countdown** (it turns red in the last 3 seconds, with beeps) and a progress bar for the step. At every step change the name slides in.
- The **step strip**: completed steps stay small and ticked (✓), the current one is highlighted, the next ones show watts (or grade, for a Simulation step; ERG steps with a grade show it too) and duration, so you know what's coming. It scrolls by itself to keep the current step in view.
- **Overall progress**: elapsed and remaining time for the whole workout.
- **Three power boxes**: **Target** (the requested watts), **Actual** (what you're producing) and **Session average**.

- **Deviation from target**: within ±10% it stays neutral, above 10% it turns amber, above 20% red. The first 5 seconds after a step change aren't counted, because the trainer is still adjusting the resistance.
- **Cadence, Heart rate, Speed** live.
- **ERG badge** at the top: it tells you whether the trainer supports ERG control and is actively applying it. If the trainer is connected but isn't ERG-capable, the workout carries on in "recording only" mode: the planned watts are a guide, not a command. In Simulation steps the badge becomes **SIM on** and instead of the Target you see the step's grade and the grade sent to the trainer; the deviation from target and the gear tip don't appear, because there you choose the watts.
- **ERG off** (tick box under the controls, shown when the trainer supports both ERG and Simulation; remembered for the next sessions, also switchable during a session): ride any workout, even an imported one, without ERG and without changing its steps. The trainer simulates the step's route grade (flat if it has none, scaled by the **Trainer difficulty**) and you follow the target watts with your gears: target and deviation stay on screen and are recorded. It doesn't apply to FTP tests.

Leaving the player without losing the session

A started session **doesn't end** when you leave the player: for example, while paused you can go to the **Dashboard** to reconnect your heart-rate strap. At the top of every page a **Workout in progress** (or **FTP test in progress**) banner appears with **Back to the session**, and you find it exactly where you left it. The session ends only with **End**. While a session is open you can't start another one.

Intensity: the button that saves the session

The **–** and **+** buttons (or the ↑ ↓ arrows, or the remote in ERG steps) change the **intensity** in **5%** steps, and apply to **the whole workout in progress**. Useful to finish a session that's too hard without stopping.

When intensity isn't at 100% you'll see the **plan** (the original watts) in grey next to the actual target, so you don't lose the reference. The **reset** link takes you back to 100%.

Controls

Button	What it does
Start / Resume	starts (or resumes after a pause)
Pause	pauses the workout
Skip step	jumps straight to the next step
End	ends the session and saves the activity

The **"Auto-pause when you stop pedalling" checkbox** pauses by itself when it detects you're not pedalling, and resumes when you start again. You can turn it off.

Sounds and voice announcements

- **End of step**: three beeps in the last 3 seconds, then a "go" tone at the step change.
- **End of workout**: a short rising arpeggio.
- **Voice announcements**: a voice tells you how long is left in the step ("*5 minutes to go*", "*one minute to go*", "*30 seconds to go*") and announces the end of the workout. Announcements come at 10, 5 and 2 minutes, 1 minute

and 30 seconds, but only in steps at least twice as long: in a 3-minute step you only hear "one minute" and "30 seconds", in a 30-second interval no announcement at all.

The voice is your operating system's, in the app language. The **"Voice announcements of the time left" checkbox** turns them off (the choice is remembered); if the system offers no speech synthesis the checkbox doesn't appear and you only get beeps.

The gear tip

If your actual power stays **above the target** by more than 10% for a few seconds, the app shows a notice: **try an easier gear**. In ERG a gear that's too "big" doesn't let the trainer go down to the requested watts, because the flywheel doesn't slow down enough. A lighter gear almost always fixes it.

At the end

When the workout is over you see **"Workout complete"** and right below:

- the **Journal**, where you can set an **RPE** (rate of perceived exertion, Borg 1–10 scale) and write **notes** about the session — you can save and edit them later;
- the buttons to **export as FIT or TCX** and **upload to Strava or intervals.icu** (see History);
- the **Back to the library** link.

After an FTP test you also see the **test result**, with the button to apply the new FTP to your profile.

Keyboard shortcuts are disabled while you type in the journal notes, so you don't hit the space bar by mistake while typing.

7. History

The **History** page collects everything you've done: indoor sessions recorded by the app and outdoor activities imported from Strava, from Garmin Connect or from files (FIT, TCX, GPX).

At the top you choose the view: **Calendar** (default) or **List**. The app remembers your last choice.

The calendar

One month at a time, with weeks from Monday to Sunday. Move with the ‹ › arrows next to the month name, or with the ← and → keys; **Today** brings you back to the current month. Today's date is shown in orange.

- Each ride is a **pill** with name, duration and TSS: a click opens the details. A blue border marks an indoor session, an orange one an imported activity (from Strava or a file); **FTP tests** have a filled pill.
- With an **active plan**, the sessions still to do (from today on) show up as dashed **yellow** pills: a click opens the session. They don't count in the totals; the **Week** column shows them apart as **planned**. The **Show the plan's upcoming workouts** box, above the calendar, hides or shows them.
- The last column, **Week**, adds up that week's hours, km and TSS.
- At the top right you find the month's total (rides, hours, km, TSS).
- Coming back from an activity's details, the calendar reopens the same month.

- With a narrow window the calendar becomes an agenda: for each week only the days with rides, and the weekly total below.

The list

Activities are **grouped by month**, with a total for each month (rides, hours, km, TSS). You can also delete an activity from here.

Filters

They apply to both views.

- **Search by name** — text search across activities.
- **All / Indoor / Imported** — separates sessions recorded by the app from imported ones (from Strava or from files).

Each row

Name, date and time, duration, average power, average heart rate, **TSS** and RPE if set. The label next to the TSS tells you how it was computed. Without power, the TSS recorded by the device is used if the FIT file has it (Garmin, Karoo…); otherwise you see **hrTSS**, an estimate from the time spent at each heart rate against your FTHR (and resting HR, if you entered it): with the same average HR, an interval ride counts more than a steady one. You'll also see *uploaded to Strava*, *imported from Strava* or *imported from file*.

Click the card to open the details; **Delete** asks for confirmation on the card itself.

Activity details

Opening a ride you find **Export FIT**, **Export TCX**, **Upload to Strava** and **Upload to intervals.icu** at the top, then four tabs. Tabs with no data don't appear: a ride without power has no Power tab. Notes you've typed but not saved yet stay when you switch tab.

Crop removes a warm-up or a forgotten stop (the car ride home): pick start and end with the two sliders, check the preview of duration, distance and averages, and press **Save**. Charts, numbers, Form, exports and uploads use only the chosen part; the cut data stays in the file and **Restore** brings back the whole ride.

Overview

- the ride's numbers and the map, if there's GPS;
- the **power**, **heart rate**, **cadence**, **speed** and **elevation** curves;
- the comparison **planned target vs actual power**, when the activity was ridden from a workout in the library;
- the **intervals**: for player sessions, the workout's work sections; for free and imported rides, efforts of at least 1 minute above 90% of FTP. For each one duration, target, power (and %FTP), average and max HR, cadence and **HR recovery** (beats dropped in the minute after). Below, the last interval compared with the first. Hovering a row moves the charts' cursor to that interval;

Power

- the **power curve** (best power) for the standard windows;

- the **W′ balance**: the "anaerobic battery" that drains when you go above critical power (CP) and recharges below it. CP and W′ are estimated from your best 5', 10' and 20' of the last 90 days; if there aren't enough, CP = FTP and a typical W′ (20 kJ, shown as *estimated from FTP*). The minimum tells how close you got to your limit;
- the **accuracy against the target**: average gap in watts and percentage of seconds within 5% of the target;

Analysis

- the **time-in-zone distribution**, both for the 7 power zones and for the heart-rate zones;
- **aerobic efficiency** (rides of at least 20 minutes with power and heart rate): **Pa:HR decoupling** compares power/HR of the first and second half, excluding the first 10': below 5% your aerobic base holds the duration, above 8% your heart drifted a lot. It applies to steady endurance rides; if the **variability index** (NP / avg power) is above 1.10 it is only indicative. The **efficiency factor** (NP / avg HR) compared across similar rides tells whether your aerobic fitness is improving;
- **cadence**: time in each 10 rpm band with its average power, time spent coasting and average cadence by power zone;
- **plan adherence**, step by step, when the ride comes from a workout;
- **The times you did this workout** (only when the ride comes from a library workout done at least twice): one row per run with power, NP, HR, EF, TSS and RPE, and the comparison with the previous and the first time, for example *power +0%, HR −6 bpm, efficiency +4%*: the same watts with fewer heartbeats means you're improving;

Notes

- the **journal** with RPE and notes.

> Zone and TSS values of a past activity use **the FTP you had on that day**, not today's. If your FTP has changed, the numbers stay consistent with the time of the session.

Export FIT or TCX

Export FIT (Garmin Connect) saves a `.fit` file, Garmin's native format, wherever you choose and shows you the path with a **show in folder** link. It's the recommended format for Garmin Connect (Import Data, from the website), TrainingPeaks, Golden Cheetah and the like: it carries power, heart rate, cadence, distance, virtual elevation and the ride's summaries, and it's recognised as **indoor cycling**.

Export TCX saves the same workout as a `.tcx` file, for software that only reads that.

Upload to Strava

Upload to Strava requires the Strava connection (see Integrations). If your bikes have been read from Strava, you can choose **which bike** to assign to the activity; the default is set in Integrations. Once uploaded, the activity shows a link to open it on Strava.

If Strava isn't connected (since 2026 the Strava API requires a subscription) you get **Upload to Strava (manual)** instead: the app saves the FIT file where you choose and opens the strava.com upload page in your browser, where you just drag the file. Manual uploads on strava.com are free for everyone.

Upload to intervals.icu

Upload to intervals.icu appears if you've saved your intervals.icu API key (see Integrations). It sends the activity as a FIT file, with the name and the journal notes; once uploaded it shows a link to open it on intervals.icu. Rides imported from Strava don't have this button: if you've connected Strava to intervals.icu, it already gets them from there.

> If intervals.icu already receives your activities from Strava, uploading the same session to both Strava and intervals.icu can create a duplicate on intervals.icu: in that case use only one of the two buttons.

Upload to Wahoo

Upload to Wahoo appears if you've connected Wahoo (see Wahoo), only for activities recorded with HOMEVELOX. It sends the same FIT file as the export: after a few seconds the ride is in the Wahoo app's history and the card shows **Uploaded to Wahoo**.

Importing from Strava

The **Import from Strava** item of the **Import** menu, at the top, opens the import panel. You can import:

- **The activities you pick**: tick the ones you want in the list of the latest 60 and press **Import selected**; **Load the previous 60** goes further back in time, and you can search by name;
- **All bike rides** of one year or two consecutive years.

The bulk import shows how many activities will be imported, skips the ones already there and estimates how long it will take. If there are more than 90, the app warns you that it will pause and resume by itself when Strava allows it — you can keep using the app in the meantime.

This panel uses the Strava API, so it needs the connection (and, since 2026, a Strava subscription). Without one, use **Import from file** or **Import from Garmin**.

Importing from Garmin Connect

The **Import from Garmin** item of the **Import** menu, at the top, imports your bike rides straight from your Garmin Connect account, with the original file recorded by the device (power, HR, cadence, GPS track). It needs the connection with your personal key (see Garmin Connect in Integrations); Strava isn't needed.

Choose the period (**Last 7 days**, **Last 30 days**, **Last year** or **All history**) and press **Show rides**: the list of your bike rides appears, indoor and Zwift included (running, swimming and other activities don't show up), with date, duration and distance. Then you choose what to import:

- **Import the latest**: the most recent ride not yet in your history;
- **Import selected**: tick the rides you want (or **Select all new**);
- **Import all new**: every ride in the list not yet in your history.

Rides already in your history are marked in the list and can't be ticked: those already imported from Garmin, those that came from Strava or from files and the HOMEVELOX sessions uploaded to Garmin Connect (recognized by their start time). Like the file import, it keeps going if you change page; if Garmin limits the requests, the import stops and you can resume it later: rides already imported will be skipped.

From the original file HOMEVELOX also takes what the device calculated, and shows it in the ride's **Analysis** tab, under **From the device**: aerobic and anaerobic training effect, Garmin load, standing time (with standing and seated power and cadence), temperature, the HR thresholds set that day and the connected sensors with their battery at the start and end of the ride. On the power chart the standing sections are grey and, if the meter records it (Favero Assioma, Garmin Rally pedals…), the **Power** tab has the **PCO** chart, how far from the pedal centre you push, in mm. For rides imported earlier, the **Add device data to N rides already imported** button downloads the files again and adds only this data. The same goes for FIT files imported from file, COROS or Karoo, when they contain it.

Importing from COROS

The **Import from COROS** item of the **Import** menu works like the Garmin one: choose the period, press **Show rides** and import the latest, the ones you tick or all the new ones, with the watch's original file (power, HR, cadence, GPS track). COROS must be connected in Integrations (see COROS). Rides already in your history are skipped. COROS allows **50 files every 24 hours**: past that, the import stops and you resume it the next day, skipping the ones already imported.

Importing from the Karoo (Hammerhead)

The **Import from Karoo** item of the **Import** menu works like the Garmin one: choose the period, press **Show rides** and import the latest, the ones you tick or all the new ones, with the Karoo's original file (power, HR, cadence, GPS track). Hammerhead must be connected in Integrations (see Hammerhead (Karoo)). Rides already in your history, even if they came from Strava, Garmin or a file, are skipped.

Importing from files (no Strava subscription)

The **Import from file** item of the **Import** menu, at the top, opens the panel to import **FIT**, **TCX** or **GPX** files (also `.gz` compressed) from Strava, Garmin Connect, Wahoo, Zwift and the like. Press **Choose files...** and select one or more.

- **A single Strava ride**: on strava.com open the activity, ⋯ menu → **Export Original** (or **Export GPX**).
- **Your whole Strava history**: on strava.com go to **Settings** → **My Account** → **Download or Delete Your Account** → **Request Your Archive**. Strava emails you a zip: choose it in the panel as it is, without extracting it. The app reads the activity list with names and types and imports only the **bike rides**.

Activities already in your history are skipped: those already imported from Strava, and also the sessions recorded by HOMEVELOX and uploaded to Strava (recognized by their start time). The import continues even if you close the panel or change page; at the end you see how many activities were imported, skipped or failed. Rides with GPS get the route map in the detail.

Bikes and components (Bikes menu)

Keep an eye on the parts that wear out: chain, cassette, chainrings, tyres, brake pads. Create a bike with **New bike** (put the km it already had before HOMEVELOX in **Km already ridden**) or, if Strava is connected, use **Import from Strava**: name and total km come over, and rides imported from Strava get the right bike on their own.

With **Add component** pick the type, the install date, the km the part has already done and when to replace it (a suggested value you can change). Km are counted from the activities assigned to the bike from the install date on, so they update on their own. The bar turns yellow at 80% of the limit and red past it. **Count trainer sessions too** decides whether trainer workouts count: yes for the chain, no for tyres (on a direct-drive trainer there is no rear wheel).

When you change a part press **Replace**: the old one goes to the history (**Replaced**) with the km it did, and a new one starts from zero.

New activities get the **default bike**. You change an activity's bike from its detail in History, with the **Bike** field: rides done before you created the bike are assigned this way. If you connected Claude Desktop or Codex (chapter 11), you can also ask them how many km the components have.

8. Form

The **Form** page shows your fitness state, computed from your activities' TSS with the **Performance Management Chart** model.

The three numbers

Indicator	Meaning
Fitness (CTL)	how trained you are, 42-day moving average
Fatigue (ATL)	how tired you are, 7-day moving average
Form (TSB)	the difference between the two: your remaining "battery"

The **state** is read from the TSB:

TSB	State	Meaning
> +25	**Very rested**	long taper, fitness is dropping
+5 … +25	**Fresh**	a good time for a race or a test
–10 … +5	**Neutral**	load and recovery in balance
–30 … –10	**Productive load**	you're building fitness
< –30	**Overreaching**	watch out for the risk of overtraining

The chart and the ranges

Above the numbers there's the chart with the three curves. The buttons at the top right change the visible range: **6 weeks, 3 months, 6 months, 1 year, All**.

The series is **always computed from the start of your history** and only then cut to the chosen range: moving averages need the past to be correct.

Period summary

The box for the chosen period shows the total TSS, the hours and the number of activities. The main numbers at the top are **today's** instead, and don't change with the range.

If you see nothing, it's because **there are no activities with power data yet**: record a session or import one from Strava.

Analysis over time

Below the chart, when there's enough data, you find:

- **Load distribution** (Foster): the **monotony** of the last 7 days (average daily TSS ÷ how much it varies from day to day, rest days count as 0), the **strain** (weekly TSS × monotony) and the **ramp rate** (how much Fitness rose in 7 days), with the strain of the last 8 weeks. Monotony above 2 means days that are all alike: alternate hard, easy and rest days. A ramp rate above 8 a week is hard to sustain: plan a recovery week;
- **Aerobic efficiency over time**: the **efficiency factor** (NP ÷ average HR) of endurance rides (at least 45', between 55% and 80% of FTP, steady pace), one dot per ride with the average of the last 5, and the last 6 weeks compared with the 6 before. If it rises, you produce more watts with the same heartbeats;
- **Rider profile**: your best 5", 1' and 5' of the last 90 days and your FTP, in W/kg, compared with Allen and Coggan's table (empty bar = untrained, full = world class). It gives your type (**sprinter**, **pursuiter**, **time trialist** or **all-rounder**) and the duration to train more. It needs your weight in the Profile, and it's only meaningful if in those 90 days you made truly maximal efforts at every duration;
- **Fatigue resistance**: your best 5' and 20' of the last 90 days when fresh and those started after already spending **1000 or 2000 kJ** (about 2-3 and 4-6 hours of endurance), with the percentage you can hold. Above 95% you handle fatigue well; below 90% you need more long rides with efforts at the end. Activities already saved are processed once, in the background, the first time you open the app after the update;
- **Readiness and performance** (with wellness data): compares the efficiency of rides done on good-readiness days with those on low-readiness days, each against your own normal of the 6 weeks before. It tells whether, **for you**, the readiness score really predicts how you'll ride. At least 3 rides per group are needed;
- **Records**: the shortest time over 1, 5, 10, 20, 40, 50, 100 km, 100 miles and 200 km in outdoor rides (indoor ones have virtual speed and don't count; neither do averages above 90 km/h, a sign of a car), and the highest power over 5", 1', 5', 20' and 60' in W and W/kg. Each record opens its ride; the menu picks **All time**, **Last 365 days** or **This year**.

Readiness

Readiness is a 0 to 100 score computed every day. It compares today's data with **your own** normal:

- **HRV**, **resting HR** and **sleep**, which come from intervals.icu (see below);
- your **training load** (Form and Fatigue);
- the morning **check-in**, if you fill it in.

Score	Level	Advice
75–100	**Ready**	a good day for hard work or a test
55–74	**OK**	train as planned
35–54	**Caution**	ease off a little: –5% intensity or a shorter workout
0–34	**Recovery**	only active recovery in Z1-Z2, or rest

Along with the score you see today's **recommended load** (up to ~N TSS) and the suggested intensity. Readiness appears on the Dashboard, here in Form (with its trend over the period) and in the player before you start.

The **check-in** (**How do you feel today?**) asks about your **legs** (Fresh, Normal, Heavy, Wrecked) and your **motivation** (High, Good, Low, None). It stays on your computer.

At first the score is **calibrating**: it takes a few days of HRV or resting HR to learn your normal, and with fewer than 14 days of HRV it's marked as provisional. It's an estimate based on your data, not medical advice.

Wellness

The **Wellness** panel shows weight, resting HR, HRV, sleep (duration, score and quality), steps, VO2max (from Garmin, the cycling one), how you felt that day and, from Whoop, Oura and Garmin, also SpO2, respiration and strain, from Garmin also Body Battery (the day's highest) and average stress (0-100), with the 7-day average. The data comes in two ways:

- **intervals.icu**, which collects it from your watch or ring (Garmin, Polar, Apple Watch through third-party apps, Whoop, Oura…);
- **straight from Garmin Connect, Whoop or Oura Ring**, if you connect them in **Integrations**. If the same value for the same day comes both ways, **the device's wins**: there are no duplicates, each day has a single value for each metric. That's the typical case of a Garmin linked both to intervals.icu and to HOMEVELOX.

The data updates by itself every time HOMEVELOX starts and then **every hour** while the app is open (intervals.icu first, then the devices), or right away with **Update from intervals.icu** and **Update from Garmin/Whoop/Oura**. If your recent weight or resting HR differ from your Profile, the panel offers **Update profile**.

9. Profile

At the top you find the summary numbers and your athlete data. Below, four rows that open when you press the title: **FTP** (suggestion and history, with the suggested value already visible), **Time to train** (with the weekly total), **Zones and levels** (Power, HR and W/kg tabs) and **Calculators** (TSS and zone from watts / bpm).

The **Profile** page holds your athlete data. It's the basis of almost every calculation in the app, so fill it in carefully.

Basic data

- **FTP** — threshold power in watts. The most important number in the app.
- **Weight**, **Height**, **Age**, **Sex** — used for W/kg, max HR estimates and distances.
- **Max heart rate**, **Resting heart rate**, **FTHR** (threshold heart rate) — for the HR zones.

When an HR field is empty, an estimate appears under it with a **use it** button: max HR is the highest held for at least 5 seconds in the rides of the last year, FTHR the best 60' average HR; without rides with a heart-rate strap the general rules apply (220 – age, 92% of max HR). Resting HR is never estimated: only the one measured by your devices in Wellness is offered. With your weight you also see a **VO_2max estimated from FTP**, a rough indication.

Press **Save profile** to confirm.

Time to train

The **Time to train** row tells the training plans and the AI assistant how much time you have:

- **The week starts on** Monday or Sunday (used by the plan calendar);
- the **minutes** for each weekday (0 = no training) and the **outdoors too** tick for the days you can ride outside;
- the **maximum hours per week** (optional);
- **notes for planning**, for example "Saturday mornings only".

FTP history

Changing the FTP in the basic data adds an entry dated today by itself; past values are **added to the history** with their date, in the **FTP** row. This does two things:

- zones and TSS of **past** activities are recomputed with the FTP you had on that day;
- the form curve stays historically correct.

The same row holds the **FTP suggested by your data**, which compares several estimates:

- **FTP test** — the result of your latest guided test (see below), if it's from the last 42 days: it takes precedence over everything else;
- **Best 20'** — your best 20-minute effort in the last 90 days × 0.95;
- **Best 60'** — your best one-hour effort, taken as is;
- **Critical Power** — computed from your best 5' and 20': it serves as a cross-check.

The recommended estimate is highlighted and you can accept it with one click. When it's at least 3% above your current FTP, a notice also appears on the Dashboard.

The FTP test

From the **FTP test** page (linked from Profile and Workouts) you can choose between three tests.

Ramp test (20-30 minutes):

1. 5 minutes of warm-up;
2. the ramp: power goes up every minute (about +6% of your current FTP), in ERG;
3. when you can no longer hold the target press **I'm done**. If your cadence drops below 50 rpm for a few seconds the test stops by itself;
4. 5 minutes of cool-down (you can skip them or press End).

The result is **75% of your best 1-minute power** during the ramp.

20-minute test (about 1 hour): 10' of warm-up, three 1' openers, a 5' "blow-out" at threshold pace with recoveries, then **20' of free effort** and 10' of cool-down. FTP = **95% of the 20' average**. If you stop (or skip the step) before 19 minutes the test isn't valid. Tip: start at the reference shown and only push harder in the last 5'.

During a test's **effort** the **Skip step** button is disabled (skipping would make the test invalid): to get out use **I'm done** (ramp test) or **End**. Warm-up, openers and recoveries can be skipped as usual.

8-minute test (about 45 minutes, Carmichael protocol): 10' of warm-up, **two free 8' efforts** separated by 10' of recovery, 10' of cool-down. FTP = **90% of the better of the two**; an effort counts if it lasts at least 7'30".

In **free efforts** the trainer simulates a flat road and you decide the watts with gear and cadence: instead of the target you see the **average of the current effort** and a reference power. That's why the 20' and 8' tests need a trainer that supports **grade simulation**; if yours doesn't, the page tells you and won't start them. The **I'm done** button and the automatic stop on low cadence only exist in the ramp test. Every test needs power data for at least 90% of the effort.

At the end of the test you see the estimated FTP, the comparison with your current one and the **Update FTP** button, which adds the entry to the history. During the test auto-pause and intensity are disabled. Tests stay in History with their result: you can also apply it later from the activity's details (it takes effect from the day of the test).

Power zones (7 zones, Coggan model)

Zone	Name	% FTP	What it's for
Z1	Active Recovery	0–55%	easy spinning, recovery
Z2	Endurance	56–75%	aerobic base, long rides
Z3	Tempo	76–90%	sustained effort, hard aerobic
Z4	Lactate Threshold	91–105%	maximum sustainable for ~60 min
Z5	VO_2max	106–120%	high-intensity intervals
Z6	Anaerobic Capacity	121–150%	long sprints
Z7	Neuromuscular Power	>151%	all-out sprints, explosiveness

For each zone you see the **watts** that match your FTP and how much time you spent in it in your recent sessions.

Heart-rate zones

There are **two methods**, and you can switch between them:

- **% FTHR** (5 zones) — Coggan's method, it needs your FTHR. It's the most common one in cycling.
- **% HRR / Karvonen** (5 zones) — it needs **max HR** and **resting HR**; the calculation takes your resting heart rate into account, so it's more personal.

The two methods can be compared in the same table.

W/kg and goal

The app computes your **watts/kg** and places you in a category (from "Untrained" to "Pro"). If you're short of the next level, it tells you **how many watts you need** at the same weight to reach it.

Calculators

The page also includes some quick calculators (FTP estimate from a test, max HR estimate, etc.) for those who want to work the estimates out by hand.

10. Integrations and settings

In Integrations and in the backup section, explanations sit behind the **i** symbol next to each item: hover over it or press it to read them.

The connections with external services (**Strava**, **intervals.icu**, **Garmin Connect**, **COROS**, **Wahoo**, **Whoop**, **Oura Ring**, **Dropbox**, **Google Drive**) live in **Integrations** (in the menu's **Account and app** group, along with Profile, AI and Settings), split into three groups: *Activities and workouts*, *Wellness* and *Cloud backup*. Each service has its own card: the name and status (**Connected** / **Not connected**) at the top, then what it brings into HOMEVELOX (the items are ticked once it's connected) and, when connected, the account or the last sync. **Connect** (or **Manage**, if it's already connected) opens the card full width with the fields to connect it and its controls; **Close** folds it again. On a narrow screen the cards stack one below the other. **Settings** keeps users, appearance and language, the trainer options, backup and updates; your athlete data lives in **Profile**.

Trainer: difficulty

The **Trainer difficulty** (0 to 100%, 50% by default, like in Zwift) decides how much of a Simulation step's gradient the trainer makes you feel: at 50% an 8% climb rides like a 4% one. Virtual speed and elevation always use the real grade. With the trainer connected, the section also tells you whether it supports grade simulation.

Strava

To upload activities to Strava you need **your own personal OAuth app**:

1. Register an app at strava.com/settings/api.
2. Set **Authorization Callback Domain** to `localhost` .
3. Paste the **Client ID** and **Client Secret** here and press **Save credentials**.
4. Press **Connect to Strava**: the browser opens for the authorization (on Android the Strava app, if it's installed).
5. When it's done you're back in the app, which shows as connected.

> **Subscription**: since 2026 Strava grants API access only to subscribers, even for your own personal app. Without a subscription Strava marks the app as **inactive**: connecting works, but every read or upload stops with *Your Strava API app is inactive*. Once you subscribe, reactivate it at strava.com/settings/api.

Without a Strava subscription route your rides through a service that is already connected to Strava on its own (it uses its own approved app, so no subscription is needed):

- **your bike computer's or watch's app** (Garmin Connect, Wahoo, Karoo, COROS): connect it to Strava from its settings. From HOMEVELOX send your trainer ride with **Upload to Wahoo**, or upload the FIT file to Garmin Connect, and it reaches Strava by itself. Import your outdoor rides into HOMEVELOX with **Import from Garmin**, **Import from Karoo** or **Import from COROS**;
- **intervals.icu**: it receives your rides from the bike computer and from HOMEVELOX (**Upload to intervals.icu**) and gives you the analysis you'd do on Strava;
- **by hand**: **Upload to Strava (manual)** saves the FIT and opens Strava's upload page; **Import from file** in History reads the archive exported from Strava (see History).

To **read your bikes** the app also needs permission to access your profile. If you don't see them, press **Disconnect** and then **Connect to Strava** again, leaving profile access enabled in the browser.

In the **Bikes** section you see your bikes with their total km, the main one is marked as **primary**, and you can choose the **default bike** assigned to activities uploaded from HOMEVELOX (you can also change it for a single activity).

intervals.icu

To import your workouts from intervals.icu and upload your sessions there:

1. Generate a **personal API key** at intervals.icu/settings.
2. Paste it here and press **Save API key**.

The **Remove** button deletes it.

With the same key HOMEVELOX also reads your **wellness data** (see Form).

Garmin Connect

With the Garmin Connect **personal key** (Personal API, free) HOMEVELOX reads **directly** from your Garmin account:

- **wellness**: overnight HRV, resting HR, sleep and sleep score, overnight SpO2 and respiration, weight, steps. It feeds **Form**, **readiness** and the **AI analyses**;
- your **bike rides**, to import in **History** with **Import from Garmin** (see Importing from Garmin Connect).

To connect it:

1. Open connect.garmin.com → Settings → Personal API Token and create a key, choosing its expiry (30, 90, 180 days or one year).
2. **Copy it right away**: Garmin shows it only once.
3. In **Integrations** paste it, enter in **Key expiry date** the date you chose on Garmin (preset to one year from today) and press **Connect Garmin**: HOMEVELOX checks it and imports the last year of wellness.

Then wellness updates by itself at every start and every hour, or with **Sync now**. Garmin doesn't tell HOMEVELOX when the key expires, so it asks you: with the date, the **Dashboard** shows a reminder **30, 15, 5 and 1 day** before it expires (and a red one once it has expired). **Renew the key** opens the Garmin card in Integrations; **Ignore** hides the reminder until the next threshold. If you connected Garmin before this feature, press **Set the expiry date** in the card; change the date with **Edit**. When it expires, create a new one and paste it again; **Disconnect** forgets the key, the data already imported stays.

> **No duplicates with intervals.icu**: if your Garmin is also linked to intervals.icu, the same data arrives two ways. HOMEVELOX keeps a single record per day and, for each value read from Garmin, uses that one: the intervals.icu value for the same day is replaced, never added or duplicated. Data Garmin doesn't provide (feelings, VO2max…) keeps coming from intervals.icu.

The key is **read-only**: Garmin doesn't allow uploading activities or workouts with it, so HOMEVELOX sessions still go to Garmin Connect by hand with the FIT file (**Export FIT** in the activity detail). The key stays on your computer and never goes into backups.

COROS

HOMEVELOX connects to COROS in one click, with no keys or apps to create: in **Integrations** press **Connect COROS**, sign in on the COROS page that opens in your browser and authorize HOMEVELOX. Then you can:

- **send workouts to your watch**: **Send to COROS** on the Library cards and on a plan session's page. Choose **In the calendar on** (from today up to 90 days ahead) or **Only in the workout library**. Power goes in watts with your current FTP (a ±5% band around the target), ramps become one-minute steps, cadence and grade go into the description. Then sync your watch from the COROS app;
- **send routes to your watch**: **Send to COROS** on the page of a route or climb with a GPS track. After a few minutes it is in the Routes of the COROS app, from where you sync it to your watch for navigation;
- **import your rides** in **History** (see Importing from COROS);
- read your **wellness**: overnight HRV, resting HR and sleep, updated at every start and every hour like Garmin, Whoop and Oura (at most the last two months at a time).

COROS doesn't allow deleting from HOMEVELOX: a workout or route sent by mistake is removed in the COROS app. **Disconnect** forgets the connection; what you already sent stays on COROS. **Save diagnostics** writes the list of COROS functions and a sample of its answers to a file: it's only needed if something isn't read correctly and we ask you to send it. The connection stays on your computer and never goes into backups.

Wahoo

HOMEVELOX sends what you do on the trainer to Wahoo, in one click and with no keys: in **Integrations** press **Connect Wahoo**, sign in on the Wahoo page that opens in your browser and authorize HOMEVELOX. Then you can:

- **upload your rides**: **Upload to Wahoo** in the detail of an activity recorded with HOMEVELOX (the same FIT file as the export). You'll find it in the Wahoo app's history;
- **send workouts to your bike computer**: **Send to Wahoo** on the Library cards and on a plan session's page, choosing the day. Wahoo only shows workouts **from today up to 6 days ahead** on ELEMNT and RIVAL. %FTP targets stay in %FTP (with your current FTP), watt targets stay in watts, ramps become one-minute steps and cadence is a second target. Sending the same workout for the same day again updates it instead of duplicating it;
- **send routes to your bike computer**: **Send to Wahoo** on the page of a route or climb with a GPS track. It reaches the Wahoo app and your ELEMNT when it syncs.

Wahoo is **send only**: its rules don't allow keeping data read from your account, so rides recorded with a Wahoo are imported from Strava or from a file. A workout or route sent by mistake is removed in the Wahoo app. **Disconnect** revokes access; what you already sent stays on Wahoo. The connection stays on your computer and never goes into backups.

Hammerhead (Karoo)

With a Karoo, in **Integrations** press **Connect Hammerhead**, sign in on the Hammerhead page that opens in your browser and authorize HOMEVELOX: no keys needed. Then:

- **FTP, zones and weight** go to the Karoo right after connecting and then by themselves whenever you change your Profile (or with **Send FTP, zones and weight**). They arrive at the Karoo's next sync;
- **workouts**: **Send to Karoo** on the Library cards and on a plan session's page. With a date they land in the Karoo's calendar, without one only in its workout list. Powers stay in %FTP (watt targets converted with your FTP) and ramps stay ramps. Sending the same workout again updates it instead of duplicating it;
- **routes**: **Send to Karoo** on the page of a route or climb with a GPS track, as a route to follow;
- **rides recorded with the Karoo** are imported in History (see Importing from the Karoo).

Rides recorded with HOMEVELOX can't be uploaded to Hammerhead (the API doesn't allow it): use Strava, intervals.icu or the FIT file. **Disconnect** asks whether to also remove the workouts and routes sent to the Karoo or

leave them there. The connection stays on your computer and never goes into backups.

Whoop and Oura Ring

HOMEVELOX reads your recovery data **directly** from your Whoop or Oura ring: HRV, resting HR, sleep, recovery/readiness score, SpO2, respiratory rate, skin temperature and strain (Whoop), steps (Oura). It feeds the **Form** page, **readiness** and the **AI analyses**.

As with Strava you need **your own personal app**, which is free:

1. Create an app on developer-dashboard.whoop.com (scopes `read:recovery`, `read:sleep`, `read:cycles`, `read:profile`, `offline`) or on cloud.ouraring.com/oauth/applications (scopes `personal`, `daily`, `heartrate`, `spo2Daily`).
2. As **Redirect URI** enter `http://127.0.0.1:47811/`.
3. In **Integrations** paste the **Client ID** and **Client Secret**, press **Save app** and then **Connect Whoop** (or **Connect Oura**): the browser opens for the login.

The first time HOMEVELOX imports the last year; then it updates by itself at every start and every hour, or with **Sync now**. If the same value also comes from intervals.icu, the device's wins for that day. **Disconnect** forgets the access; the data already imported stays.

Dropbox and Google Drive (cloud backup)

In the **Cloud backup** group you connect your Dropbox or Google Drive with **Connect Dropbox** / **Connect Google Drive**: the browser opens, you sign in to your account and authorize HOMEVELOX. There's no app to create and no key to copy.

HOMEVELOX only sees **its own folder**, not the rest of your files: on Dropbox it's **Apps/HOMEVELOX**, on Google Drive the **HOMEVELOX** folder the app creates. Backups stay visible and downloadable from the service's website or app too.

Once connected, **Use for automatic backup** makes HOMEVELOX save one backup a day there, and creates the first one right away. If the automatic backup already goes to a folder on your computer (or to the other cloud), the service is **added**: you get a local copy and one on the cloud. **Remove from automatic backup** takes it out again. Manual backup and restore are in **Settings** → **Backup and migration** (see chapter 12). **Disconnect** revokes access and removes the service from the automatic backup; if it was the only destination, the automatic backup is turned off (the app tells you) until you choose another one.

Importing workouts from intervals.icu

On the **Workouts** page, press **Import from intervals.icu**. You see the list of your workouts on intervals.icu, you can search them by name, and by pressing the one you want you get a **preview** before confirming the import.

If some line can't be interpreted, the app tells you and skips it: the remaining steps are imported anyway. The primary source is the workout's JSON structure; for workouts that don't have one, the app tries to interpret the text description.

Once imported, the workout opens straight away in the editor so you can rename or edit it.

11. AI assistants (free chats, Claude, Codex)

The **AI** tab gives you two ways to use an AI assistant with your data.

Free AI chats (nothing to install)

It works with **any chat**, free plans included: Claude, ChatGPT, Gemini, Copilot, Le Chat (Mistral), DeepSeek. No API keys, nothing to install.

Analysis and questions

1. Choose the data to share: the **history** (4 weeks, 12 weeks or 6 months), a **ride to analyse in detail** and whether to include **wellness**. **See the data** shows exactly what gets shared.
2. Pick one of the ready-made questions or write your own and press **Copy for the AI**: the coaching instructions, your data and the question go to the clipboard.
3. Press **Open Claude** (or another chat), paste into a new conversation and carry on there.

Create a workout

1. Describe the workout (e.g. "One hour of sweet spot with 3 × 12-minute intervals") and press **Copy the request**.
2. Paste it into a new chat: the answer is a JSON block.
3. Copy the answer, paste it into HOMEVELOX and press **Import into the library**. If the chat got the format wrong, HOMEVELOX tells you and prepares a **correction request** to paste into the same chat.

Plan

1. If you already have an active plan, choose whether to create a **new** one or **change** the active one. Describe the goal (e.g. "granfondo on 20 December, 120 km and 2000 m") or the change (e.g. "I'm away on Thursday, rearrange the next two weeks") and press **Copy the request**. The text also includes the time you have each day and, for a change, the plan with its sessions.
2. Paste it into a new chat and paste the answer back here: **Create the draft** (or **Update the draft** for a change, which becomes a proposal to apply).
3. A long plan comes **in parts**: the chat sends the structure and the first 4 weeks. Write "continue" and paste each following answer: the sessions are added to the same draft.
4. If there are **warnings** (for example a session longer than the time you have), **Copy the warnings for the chat** sends them back; the correction it answers with applies to the draft.

Open the draft from the link and activate it when you're happy with it.

Pasting your data into a chat shares it with that service, under its terms.

Direct connection with Claude Desktop and Codex

HOMEVELOX can connect to **Claude Desktop** (Anthropic) and **Codex** (OpenAI), so you can talk to the assistant about your training: have it **summarise your latest rides**, **see what's in your library** and **create a new workout** that you describe in words.

The connection is called an **MCP server** and it's an **optional** feature. It starts by itself together with the app, but it can be reached **only from this computer** and is protected by a **token** (a password generated by the app). Everything is managed from the **AI** tab in the app's menu.

What the assistant can do

The assistant has thirteen tools: ten read your data, three create workouts and propose plans.

Tool	What it does
listActivity	Reads your activities, most recent first: average and normalized power, heart rate, cadence, distance, duration, best efforts, RPE, notes and TSS/IF computed with that day's FTP. It can be limited to a period (for example "since Monday"), to indoor or Strava rides only, or search by name.
getActivity	Analyses a single activity: time in power and heart-rate zones, best efforts, step-by-step plan adherence, FTP-test result, W′ balance, Pa:HR decoupling, intervals, cadence and the session's shape as one-minute averages. It never reads the raw second-by-second data.
getProfile	Reads your profile: current FTP and its history, weight and W/kg, threshold/max/resting heart rate, power and heart-rate zones, the time you have to train, the first day of your week, connected services.
getFitness	Reads your **Form**: today's Fitness (CTL), Fatigue (ATL) and Form (TSB), day by day, and weekly totals (rides, hours, km, TSS). The same numbers as the Form page.
getPowerCurve	Reads your power curve (best 5", 30", 1', 5', 10', 20', 60') over a period and the FTP estimates: recent FTP test, 20' × 0.95, 60', Critical Power.
getReadiness	Reads the day's **Readiness** (the same as the card): score, level, advice, maximum TSS and suggested intensity, with the contribution of HRV, resting HR, sleep, load and check-in. It can also give the trend over the last days.
getTrends	Reads the analyses over time of the Form page: efficiency of endurance rides, rider profile, fatigue resistance, monotony, strain and ramp rate, readiness against performance. On request it compares the runs of a workout or the rides on a route or climb.
getWellness	Reads the wellness data synced from intervals.icu (HRV, resting HR, sleep, weight, steps, feelings) and your daily check-ins.
listWorkout	Reads the workouts in your library, with steps, repeats, total duration, targets, planned TSS/IF and how many times you rode them. It can search them by name.
listPlan	Lists your training plans: active, drafts and archived, with races and goals.
getPlan	Reads a plan (usually the active one): goals with today's value, races with the projected form, phases, weeks planned vs done, sessions with their status (done, partly, missed, skipped) and the warnings.
createPlanDraft	Proposes a new plan as a **draft**: you see it in the Plan tab and activate it yourself.
revisePlan	Proposes a change to the active plan (or completes a draft): it touches only the sessions it names and never past ones. The change is a **draft** you compare week by week with the active plan and apply or discard.
createWorkout	Creates a new workout in your library, including **Simulation** steps (simulated climbs or free efforts at 0%). It appears right away on the **Workouts** page, ready to ride.

The assistant **cannot** delete or modify existing activities or workouts, it doesn't change the active plan without your **Apply changes**, it doesn't change your profile and it never sees your Strava or intervals.icu credentials. It always works on the data of the **user who is signed in** to HOMEVELOX, and only while the app is open.

Claude Desktop

You need **Claude Desktop** installed (from claude.ai/download). Nothing else to install: the HOMEVELOX extension uses the Node.js bundled with Claude Desktop.

1. Open the **AI** tab and check that **Start the MCP server together with the app** is on and that **Server running at http://127.0.0.1:47831/mcp** appears.
2. Press **Install in Claude Desktop**: Claude Desktop opens and asks to install the HOMEVELOX extension.
3. Confirm with **Install**. Claude Desktop may warn that the extension isn't verified: that's normal for extensions installed from a file.
4. In a new chat ask for example "*show me my latest rides*".

If Claude Desktop doesn't open, press **Show the file** and open `HOMEVELOX.mcpb` with Claude Desktop, or drag it into Claude Desktop's **Settings** → **Extensions**.

The first time, Claude Desktop may ask for your **permission** for each tool: read the request and confirm it only if it's what you wanted.

Codex

1. With the server running, press **Connect Codex** in the **AI** tab. HOMEVELOX adds a `homevelox` entry to Codex's configuration file (`~/.codex/config.toml`), leaving the rest of your configuration untouched.
2. Close and reopen Codex.

Example requests

- "*Look at my last 10 activities in HOMEVELOX and tell me how my consistency is going.*"
- "*How many workouts do I have in my library? Which are the longest?*"
- "*Create a 60-minute sweet spot workout in HOMEVELOX: 10 minutes of warm-up, 2 blocks of 20 minutes at 90% of FTP with 5 minutes of recovery, and a final cool-down.*"
- "*Look at what I did this week and prepare a recovery workout for tomorrow.*"
- "*Get me ready for the granfondo on 20 December, 120 km and 2000 m of climbing: I want to finish in the top 100. Use the time in my profile.*"
- "*I skipped two sessions this week: revise my plan for the next two weeks.*"

When the assistant proposes a **plan** or a **change**, you find the draft in **Workouts** → **Plan**. For a change, the **What changes compared with the active plan** box shows, week by week, the sessions added (+), removed (–) and changed (~) and the TSS before and after; then press **Apply changes** or **Discard**. Activities already linked to the plan stay linked.

When the assistant creates a workout you'll find it in **Workouts**: open it in the editor to double-check it, because the assistant chooses the durations and targets. It usually sets them in **% FTP**, so the workout adapts by itself when your FTP changes. To avoid gross mistakes, HOMEVELOX rejects out-of-range workouts (for example more than 12 hours in total, steps longer than 4 hours or power above 2000 W) and the assistant gets the reason so it can correct itself.

The options in the AI tab

- **Start the MCP server together with the app**: if you turn it off, the connection stops working until you turn it back on.
- **Port**: you usually don't need to touch it. If it's taken by another program, choose another one (1024 to 65535) and press **Apply**.
- **Regenerate token**: creates a new token and **immediately invalidates** the one in use. Do it if you think it ended up in the wrong hands.
- **Manual configuration (advanced)**: for other MCP clients, or if you'd rather not use the extension. **Copy configuration for Claude Desktop** copies a block to paste into `claude_desktop_config.json` (in Claude Desktop: Settings → Developer → Edit Config). It needs Node.js installed on the computer.

After changing the port or the token, **install the extension again** in Claude Desktop (it replaces the old one) and press **Connect Codex** again.

> **Warning:** the extension, the Codex configuration and the manual configuration **contain the token**: don't share them and don't publish them (for example in a screenshot).

> **Privacy:** the server stays on your computer, but what the assistant reads with the tools **enters your conversation** with Claude or OpenAI, as if you had pasted it yourself. If you don't want the assistant to see your data, leave the server off.

If something doesn't work, see Troubleshooting.

12. Backup and migration

In Settings you find the **Backup and migration** section.

A backup contains your **profile** (with FTP history), **workouts**, **activities**, **routes**, **training plans**, **wellness** and **check-ins**, the **remembered sensors** and the **interface preferences** (theme, language, trainer difficulty, auto-pause, voice, map style…). Remembered sensors work again right away on Windows and Linux and on the same Mac; on a different Mac re-pair them once from the Dashboard. Strava and intervals.icu credentials can only be included in a manual backup, **encrypted with a password** (see below); without them, after a restore on another computer you'll need to reconnect the integrations.

Manual backup

If you've connected Dropbox or Google Drive (in **Integrations**), the button becomes the **Create backup** menu with **Save to file...**, **Upload to Dropbox** and **Upload to Google Drive**; otherwise there's just **Save to file...**.

Save to file... opens a window to choose where to save the `.zip` file (it suggests the Downloads folder with the name `homevelox-backup-YYYY-MM-DD.zip`). When it's done you see a summary of the contents and size, and a **show in folder** link.

Upload to Dropbox / **Upload to Google Drive** send the backup straight into the service's HOMEVELOX folder, without a file on your computer.

If you've connected Strava or intervals.icu, you can turn on **Include the Strava account and intervals.icu key, encrypted with a password** and choose a password. The password isn't stored: if you forget it the credentials can't be recovered (the rest of the backup can).

Automatic backup

Turn on **"Create one backup a day when the app starts"** and choose the destinations from the **Where to save it** menu. You can tick **more than one**, for example a folder on your computer **and** Dropbox: every day the same backup goes to all of them. The chosen ones are listed below the menu.

- **Folder on this computer** — pick a folder with **Choose folder**;
- **Dropbox** or **Google Drive** — available once you've connected them in **Integrations**.

Each chosen destination shows its own last backup (or its last error). When you add a destination a first test backup runs right away there. You can choose to keep the last **3, 7, 14 or 30** backups, in each destination: older copies are deleted automatically (on the cloud only this user's automatic ones: manual backups and those from other computers stay).

> **Tip:** choose Dropbox or Google Drive, or a **synced** folder (iCloud Drive, OneDrive). A backup on the same disk as your computer doesn't protect you if the disk fails.

There's also **Run now** to start an automatic backup immediately, without closing and reopening the app. If a backup fails in one destination (for example you're offline at start-up and the cloud can't be reached), that destination shows **the last error** and HOMEVELOX tries it again at the next start; the others aren't affected. Automatic backups never include credentials.

Restoring a backup

Press **Import backup from file...** and select a `.zip` file. If you've connected a cloud service, the button becomes the **Restore backup** menu with **From file...**, **From Dropbox...** and **From Google Drive...**: choosing a cloud shows the list of HOMEVELOX backups on that service appears, newest first, with date, size and type (*automatic* or *manual*, and *from this computer* for your automatic backups made here). Click one to download it.

> **Changing computer with the cloud:** on the new computer install HOMEVELOX, create your user, connect the same Dropbox or Google Drive in **Integrations** and restore the latest backup from here. No files to copy by hand.

The app **inspects the backup's contents** and shows you what it contains **before** applying anything, with two modes to choose from:

- **Merge with current data** — adds only what's missing and never deletes or changes anything (existing activities aren't duplicated). Your current profile stays as it is: it's imported only if there isn't one here. The same goes for remembered sensors, while for preferences only those you never changed here are added;
- **Replace everything** — replaces your profile, workouts and activities with the backup's. A copy of the current data is saved automatically first.

If the backup contains encrypted credentials, the app asks for the **credentials password**. Leave it empty to restore everything else without credentials.

Confirm and the app reloads profile, workouts and activities.

> **Warning:** the replace mode **deletes** your current data. Make a backup first if you're unsure.

Sync between two devices

HOMEVELOX can keep two devices aligned (two computers, for instance) over your home network: no server and no cloud. One device is the **master** and holds the reference data; the other **syncs from the master**. Workouts, rides, routes, plans, profile, wellness and preferences travel; the connections to Strava, intervals.icu and the other services do not: each device connects them by itself. If the same item changed on both sides, the master's version wins.

Setting it up (once):

1. On the device that will be the master, open **Settings** → **Sync between devices** and press **Use this device as the master**. The first time, your operating system may ask to allow network access: allow it.
2. Press **Pair a device**: a 6-digit code appears (valid for 5 minutes), plus the address of this computer.
3. On the other device, at the user choice screen (**Switch user** if you are already inside), press **Join a user from another device**. The master shows up after a search; otherwise type its address. Type the code.
4. Choose which user on this device becomes the master's user. If you choose a user with data of their own you can **keep it and merge it** with the master's (the first sync brings everything together) or **replace it** (the user's data on this device is deleted). A user who has not been used yet is replaced without asking.
5. Press **Join**. The page reloads: sign in as that user.

Day to day. The second device syncs by itself at launch, after each ride and every 10 minutes, and never during a session; **Sync now** does it on the spot. The master must be on and signed in with the same user. If it is off, the device keeps working and catches up the next time. A ride recorded on the second device goes up to the master; a workout deleted on either side is deleted on the other.

Managing it. On the master, **Remove** takes a paired device away. On the other device, **Disconnect** keeps its data but stops syncing, and **Become master** makes it the master (the old pairings stop working). The master serves only the user who is signed in: if someone else signs in on the master, the other device waits until the right user is back.

If the master doesn't show up, the two devices may be on different networks or on a Wi-Fi with "client isolation" (guest networks, some office networks): put them on the same network and type the address by hand.

13. Keyboard shortcuts

They work **only on the workout player screen** (and are disabled while you're typing in the journal notes).

Key	Action
Space	Start / Pause / Resume
→	Skip step
↑	Intensity +5%
↓	Intensity –5%
I	Harder gear (in ERG: intensity +5%)
K	Easier gear (in ERG: intensity –5%)

They're handy because on the bike the mouse is out of reach.

14. Troubleshooting

My smart trainer isn't in the list

- **Close other apps** that may already be connected to it (Zwift, TrainingPeaks, the vendor's software). Many trainers accept only one BLE connection at a time.
- Check that **Bluetooth is on** and that the device is **charged** and **paired** with the computer.
- **Move the trainer** closer to the computer (or vice versa) and search again.
- Some trainers go to sleep if they don't receive data: **pedal** during the search to keep them awake.

The trainer only connects as a power meter (e.g. Tacx)

Some trainers, like **Tacx**, only advertise power: HOMEVELOX already marks them as smart trainers, and if you connect one as a power meter it offers **Connect as smart trainer**. Tacx trainers with recent firmware are controlled through the FTMS standard; older ones (Vortex, Flux, Bushido, early Neos) through the Tacx protocol, which HOMEVELOX uses by itself when FTMS is missing: ERG and simulated grade work either way. If connecting as a trainer says "Characteristic attesa non trovata" (expected characteristic not found), the message lists model, firmware and the services found: close the other apps connected to the trainer (Tacx Training, Zwift on the phone, bike computer) and try again. Meanwhile you can use it as a power meter (power and cadence, no ERG).

The trainer is connected but the resistance doesn't change

Check the **ERG badge** on the player screen. If the trainer is connected but isn't ERG-capable, the workout goes on in recording-only mode. Some trainers need to be set explicitly to **ERG** mode from their own app or remote.

Power stays above the target

You've seen the gear tip: **shift to an easier gear**. If the flywheel doesn't slow down enough, the trainer can't go down to the requested watts.

ERG doesn't start after a pause

After **any** pause or stop, the trainer has to be reactivated with a Start/Resume command. The app does it automatically; if the trainer is slow to react, wait a few seconds and try **Resume** again.

I can't hear the beeps or the voice

Warning sounds come from the computer, not the trainer. Check the system volume and that the default audio device isn't muted. If the voice reads with the wrong accent, install a voice for the app's language in your system's speech settings (macOS: Accessibility → Spoken Content; Windows: Settings → Time & language → Speech).

"No activities with power data" in Form

Form is computed from TSS, which in turn needs **power data**. Record a session with the trainer connected, or import an activity with power from Strava.

I can't connect to Strava

- Check that your Strava OAuth app has **Authorization Callback Domain** = `localhost`.
- Client ID and Client Secret must **both** be filled in.
- If connecting works but you get *Your Strava API app is inactive*, you need a Strava subscription (see Strava for the alternatives).
- If it used to work and doesn't any more, try **Disconnect** and connect again (it refreshes the permissions, including the one to read your bikes).
- If the browser doesn't open, check that it isn't blocked.

The Strava import pauses

If you import many activities, Strava limits the requests (about 100 every 15 minutes). The app stops and resumes by itself: **don't restart the import**, just wait. You can keep using the app in the meantime.

The app doesn't start on Windows the first time

The Windows installer isn't signed yet: SmartScreen shows a warning. Click **More info** → **Run anyway**. On macOS the app is signed by Apple: if it can't find your trainer, check that HOMEVELOX is enabled in **System Settings** → **Privacy & Security** → **Bluetooth**.

Claude Desktop or Codex don't see HOMEVELOX

Check in this order:

- **Is HOMEVELOX open?** The server only exists while the app is open. The **AI** tab must say **Server running at…**. If it says **Server not running.** with a message (usually the port is taken by another program), choose another **Port**, press **Apply** and then install the extension again or press **Connect Codex** again.
- **Did you restart the assistant?** After **Connect Codex**, close and reopen Codex. For Claude Desktop with the manual configuration, quit the application (the **Quit** menu item, closing the window isn't enough) and open it again.
- **Did you change the port or regenerate the token?** The previous connection no longer works: install the extension again in Claude Desktop and press **Connect Codex** again.
- **The extension doesn't show up in Claude Desktop?** Check in Claude Desktop's **Settings** → **Extensions** that HOMEVELOX is enabled, or reinstall it from the **AI** tab.
- **Using the manual configuration?** It needs Node.js (`node --version` in a terminal must answer with a number) and the file must be valid: a missing or extra comma is enough to invalidate it, and the `homevelox` entry goes **inside** `mcpServers`.
- **The assistant answers that no user is signed in.** Go to HOMEVELOX, choose your user and repeat the request.

If that's not enough, Claude Desktop's logs tell you why the connection fails: on macOS in `~/Library/Logs/Claude`, on Windows in `%APPDATA%\Claude\logs` (the `mcp*.log` files).

15. Where your data goes

All data is saved **locally**, in JSON files in HOMEVELOX's data folder on your computer (not in one of your visible folders, but in the application's directory), with a separate folder for each user.

- Nothing is sent to our servers: there's no account and no sync.
- The only network traffic happens **only** if you connect Strava, intervals.icu, Garmin Connect, Whoop or Oura, and only for the operations you trigger or to read your wellness data.
- With the **free AI chats** you copy and paste the data yourself into the chat you choose: from there that service's terms apply.
- If you turn on the AI assistant connection (section 11), HOMEVELOX's server stays reachable only from your computer. But the data the assistant reads with the tools enters your conversation with Claude or OpenAI, as if you had pasted it yourself: only use it if you're fine with that.
- Workouts and activities remain yours and can be deleted at any time from their pages.

If you change computer, use the **Backup and migration** section to take your profile, workouts and activities with you.