

Saris Smart Trainer LED Combinations Guide

LED Color		Blink Rate	Meaning	How to resolve problem or other details
	Green	1Hz	Default power-on state	In this state nothing is paired and the trainer will simulate the power curve of our Fluid ² trainer.
	White	Solid	ANT+ FE-C protocol controlling trainer	This state is entered after being paired and receiving the first ANT+ FE-C command. It will not return to green until power is cycled.
	Blue	1Hz	Bluetooth device connected but not controlling trainer	Often an app on a device has connected to the trainer as a power meter. Some apps will connect to the trainer but not issue a control command, which would also leave the trainer in this state. When the device disconnects from the trainer the LED returns to blinking green.
	Blue	Solid	Bluetooth device controlling	A device has connected and issued a control command. Will not return to blinking blue from this state. When the device disconnects from the trainer the LED returns to blinking green.
	Blue/White	1Hz	ANT+ FE-C controlling. Bluetooth device connected (as power meter) but not controlling.	Combination of two states listed above.
	Red	Solid	Microprocessor is being updated	Wait for update to finish
			Microprocessor update failed	Retry firmware update
			Microprocessor has failed	Contact customer service.
	Red	1Hz	Radio communication error	Contact customer service.
	Red	2Hz	Radio Temperature Limit Reached	Should not occur under most normal operating conditions. However, you can try allowing the trainer to cool off. When the temperature drops below the threshold the LED will return to normal.
	Red	4Hz	Coil Temperature Limit Reached	Should not occur under most normal operating conditions. However, you can try allowing the trainer to cool off. The trainer will need to be power cycled in order to recover.
None	N/A	N/A	Unplugged or sleeping	If plugged in, start pedaling to wake trainer up.

1Hz = 1 blink/second

2Hz = 2 blinks/second

4Hz = 4 blinks/second

For these blinking combinations the smart trainer must have firmware v31.31 or newer