



KNOW YOUR DAMPER SETTING

What is Damper Setting?

- Lever on the side of the flywheel, which can be set between 1-10
- Controls how much air flows through the cage—a higher number allows more airflow



More Airflow = More Resistance

More resistance = more power, BUT is more difficult to maintain over time. Therefore, **it is recommended to try several dampers to find one's "sweet spot."**

How to find the right damper setting for you:

- **Experiment to see what feels best!** Your ideal damper setting will allow you to stay at your desired pace and keep proper, efficient form throughout the whole test. [See form cues here.](#)
- [Read more here about damper setting from Concept 2.](#)
- **Drag Factor** can provide an objective measure of ideal damper setting. [See here for more information.](#)

For questions, contact physicalfitness@dps.texas.gov