

Product Review: iBike Newton Powerstroke Powermeter

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By now you have heard all of the buzz about training and racing with a PowerMeter. Every professional cyclist not only trains with power, but also is racing with power. But what used to be only in the domain of the professional cyclists and wealthy weekend warriors is now accessible to mere mortals like you and me. The powermeter is the best upgrade you can make to your bike and your training, at a cost that is much reduced compared to earlier models. The cost of powermeters has gone from the range of \$5,000 (and more), down to under \$1,000.

So now that the cost has come down to a reasonable price and just about every serious

rider can afford to own a powermeter, the real dilemma is which one to buy. I am hoping that this product review for the iBike Newton Powerstroke might help make your decision a little easier.

In determining which type of powermeter is best for one's bike, an important consideration is the location on the bike from which the meter gets its data. For example, some units are mounted in the bottom bracket, or the rear wheel hub, or even the pedal spindle. But only one unit mounts to the handlebar, and that unit is the iBike. This is important because such a location allows the unit to be easily moved between bikes. Such is not the case with other powermeters that mount differently. With bottom bracket mounted units, the meter is nearly impossible to move to another bike. The rear wheel hub versions are the most popular, but require different hub units for race wheels and training wheels, thus limiting the ability to be used on multiple bikes.

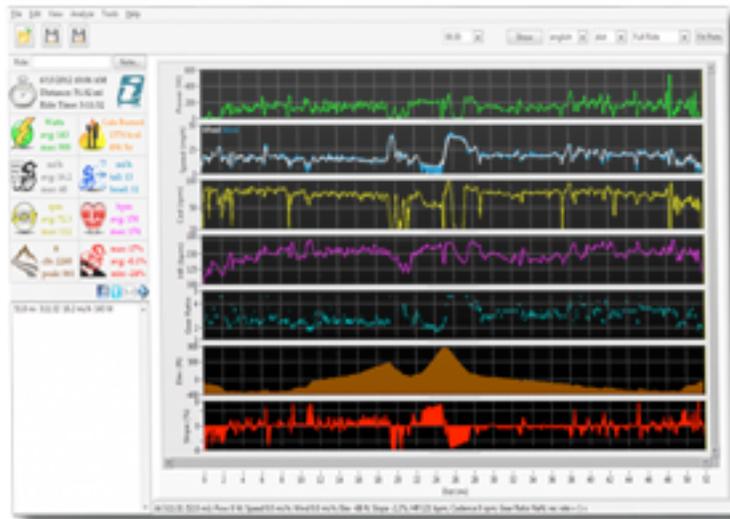
But the iBike is different. Since the head unit and power data center is in the same device that mounts onto your handlebars, you can easily move it from a training bike to a race bike. No need for tools; just thirty seconds to move the unit to another handlebar mount. With some quick pre-programming for multiple bikes, you need only to push a few buttons and the iBike can go from your training bike to your race bike.

Now that we have discussed how easy it is to use the iBike on more than once bike, let's discuss the set up of the powermeter. There was a time not so long ago that the biggest complaint of the iBike was how hard it was to set up. The set up was more complicated and time consuming than just about any other powermeter on the market, but that time is in the past. With the newest generation iBike, set up is a breeze with the quick set up feature that takes nothing more than pushing a button a few times and riding your bike a few minutes out and back.

Where the iBike Newton Powerstroke stands out is in the features that it delivers at an extremely competitive price. Here is a list of the features that you will get with the iBike:

- Current, average and maximum: Wind Speed, Hill Gradient, Altitude, and Temperature
- Cumulative: Calories, Kilojoules, Elevation Gain, Trip Time, Trip Distance and Hours Logged
- Built-In Fitness Tests, Personalized Interval Training And More
- Power and cycling performance measurements – on-screen in Metrics or English Units
- Optional heart rate
- Pedal stroke analysis
- Quantifies: Wasted Power, Wasted Time & Wasted Motion
- Improves pedaling style, and quantifies improvements
- Includes indoor trainer firmware
- Records data 16 times per second – 10 times faster than any power meter in the world
- Pre-Installed Wind Tunnel (CdA) Firmware
- Snapshot Drag Coefficient
- Time Advantage
- Uses iBike Issac Software, The Smartest, Most Informative Cycling Software Available

There is not enough time to go into each feature, how it works, and what the benefit is to you, but if you go to the iBike website you can get all the details. As you can tell from the feature list, the Newton Powerstroke is loaded. It offers more features in one unit than any other powermeter on the market.



Another big discussion among powermeter users is whether they are accurate. From our head to head comparison with a hub based unit we saw no difference in the power output numbers. They were within less than 1% of each other, and there was no useful difference between the numbers we saw. Both were accurate, and both delivered accurate wattage numbers. The iBike OS2 delivers significantly improved accuracy, consistency, and smoothness, so much so that Newton performance is virtually indistinguishable from direct force power meters in every way except the price.

Processing Is 50% Faster OS2's Physics Engine has been completely re-coded to take full advantage of the responsiveness and resolution of these sensors and to reduce data processing time. With OS2 data is processed 50% faster, sensor resolution is greater, and signal flow through the code is faster.

Fast Twitch Response With OS2's incredible "Fast Twitch" response, the iBike Newton also excels in short intervals. This is great news for sprinters and others who are particularly concerned about power meter response for short intervals of 30 seconds or less.

Isaac software is more than the most informative cycling ride analysis software on the market.

iBike Isaac software is the brains behind getting the most out of your iBike Newton power meter. Allowing you to manage your calibration, adjust your data and view your results all from your Mac or PC.

Isaac includes amazing ride analysis tools found in no other bike computer product or software, at any price, including detailed presentation of wind speed and hill slope information that facilitate better understanding of riding style and bike race dynamics and of course, TSS, IF and NP information is available.

Isaac includes artificial intelligence wizards that make setup, calibration, and ride analysis both easy and accurate.

Isaac is so smart that you won't have to read long software manuals, or remember button pushes. Isaac does the thinking; you do the riding.

Isaac also lets you share your ride files with your coach, or post your ride results on Facebook or Twitter. From our real life on-the-bike testing the iBike Newton Powerstroke was bullet proof. It delivered super accurate wattage readings no matter which bike we were using it on. It was so easy to set up that you almost do not need to even read the set up manual. The rechargeable battery was long- lasting, did great in cold and hot weather, and was easily recharged by USB from a computer or wall charger. It is great-looking, has a big easy to read screen that can display almost every bit of data a rider wants, and maybe some they didn't know they even wanted! We cannot say enough good things about the iBike Newton Powerstroke. It helped us dial in our bike fit by looking at how an adjustment to the saddle height, the stem height, or the fore/aft of the saddle position would affect our power output (both positively and negatively). It is like having your very own wind tunnel for testing every day.



Bicycle.net rates the iBike Newton Powerstroke Powermeter 5.0 chainrings

4.5 out of