**CVT Desktop Standard Operation Procedures**
Pairing your devices/Riding a chosen route

1) You will need to chose the correct set up to use VirtualTraining, either speed/cadence sensor with CycleOps trainer, PowerTap hub, or PowerBeam Pro. To do this click on Settings, device manager.

2) From this screen you can choose the correct set up you plan on using with VirtualTraining
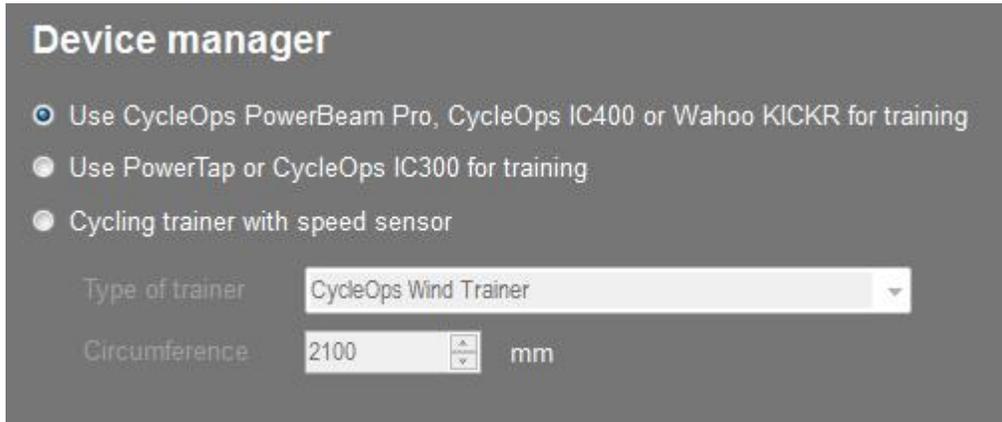
3) If using a CycleOps trainer with speed sensor, you can choose your trainer from the trainer pull down list.

4) Make sure to plug your ANT+ USB Stick in your computer.

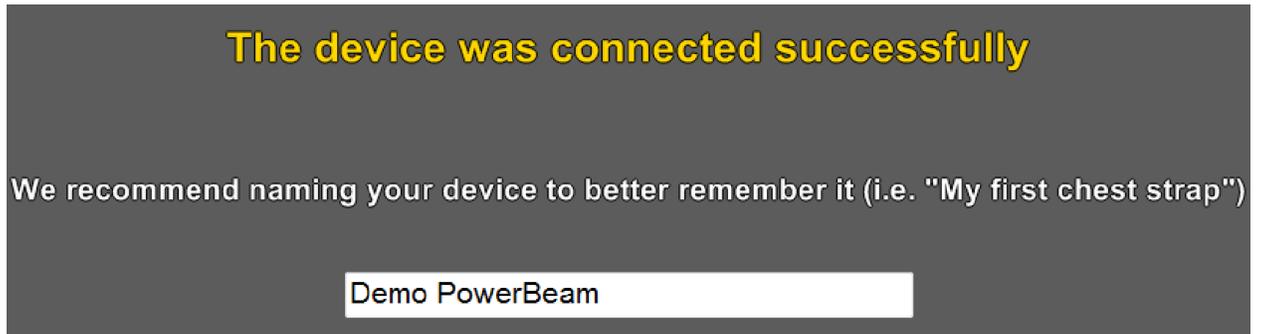5) After you choose your set up, click on "Local Routes" and double click the route you would like to start riding.

6) The next screen is where all pairing of sensors occurs. To find a new ANT+ device, click on "Find New ANT+ Device". Note: Bluetooth sensors will be found automatically when paired to Windows 8. To pair your Bluetooth device to your Windows 8 computer follow the directions under "How to connect a BT device"
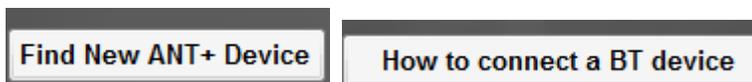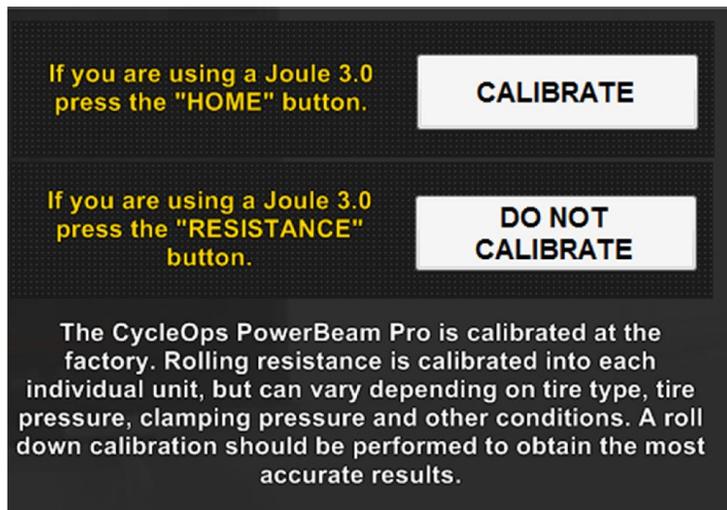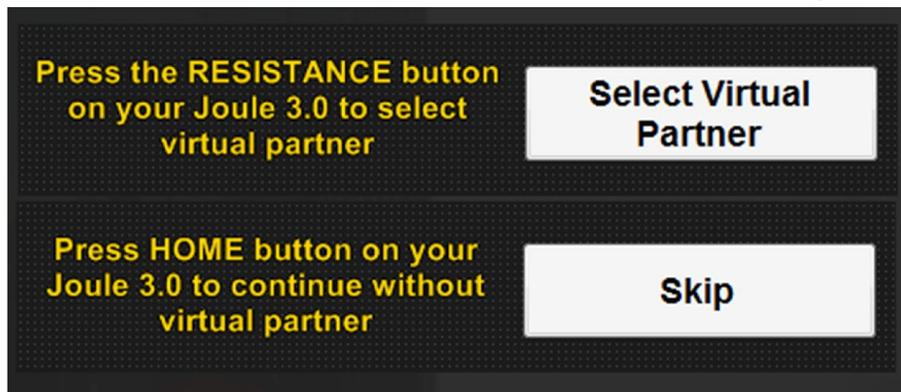

7) Select the type of ANT+ device(s) you plan to use.

8) On the next screen, click "next" to find the ANT+ sensors. Once the sensor is found by the system you can re-name the device for easy access next time. When complete, click "finish"
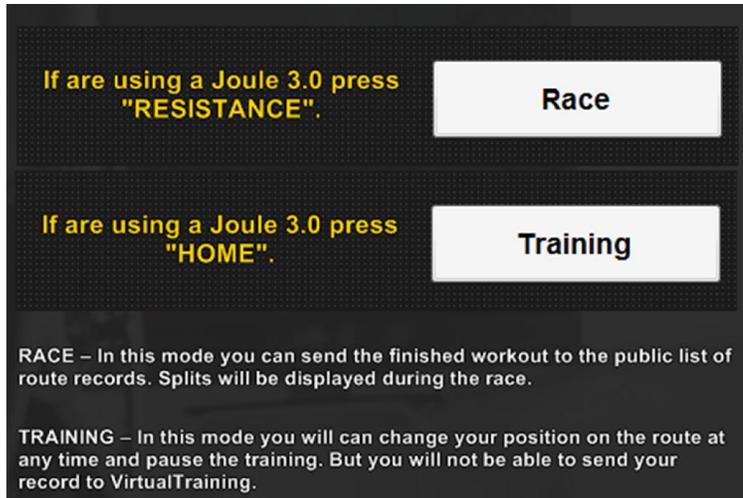
The device was connected successfully

We recommend naming your device to better remember it (i.e. "My first chest strap")

Demo PowerBeam

9) Once you have successfully paired all ANT+ or Bluetooth devices, click "Next"

10) Next, if using a PowerBeam Pro Trainer, you can calibrate the PowerBeam Pro or opt to skip the calibration. To calibrate the PowerBeam Pro for use with the VirtualTraining, follow the prompts on the screen.

| If you are using a Joule 3.0 press the "HOME" button. | CALIBRATE |
| If you are using a Joule 3.0 press the "RESISTANCE" button. | DO NOT CALIBRATE |

The CycleOps PowerBeam Pro is calibrated at the factory. Rolling resistance is calibrated into each individual unit, but can vary depending on tire type, tire pressure, clamping pressure and other conditions. A roll down calibration should be performed to obtain the most accurate results.

11) After calibration you can choose to ride alone or choose a Virtual Partner to compete against. You can choose another athlete's time on the same course to race against.

| Press the RESISTANCE button on your Joule 3.0 to select virtual partner | Select Virtual Partner |
| Press HOME button on your Joule 3.0 to continue without virtual partner | Skip |

12) Lastly, you can either "race" or "train" on your chosen route. In training mode you can skip sections of the route or pause the ride, however your finishing time and statistics will not be stored to the VirtualTraining server. In race mode you will be racing against the clock for the best time, which can be sent to VirtualTraining for others to compete against.

13) Ride!