

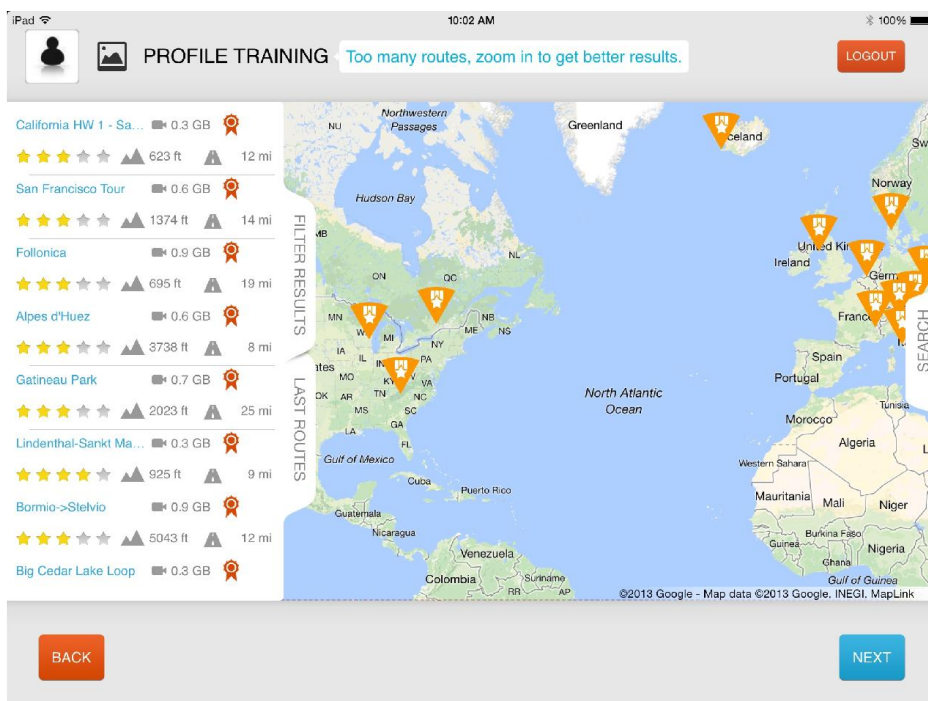
CycleOps VirtualTraining Tablet Standard Operation Procedures

Choosing a Route to Ride

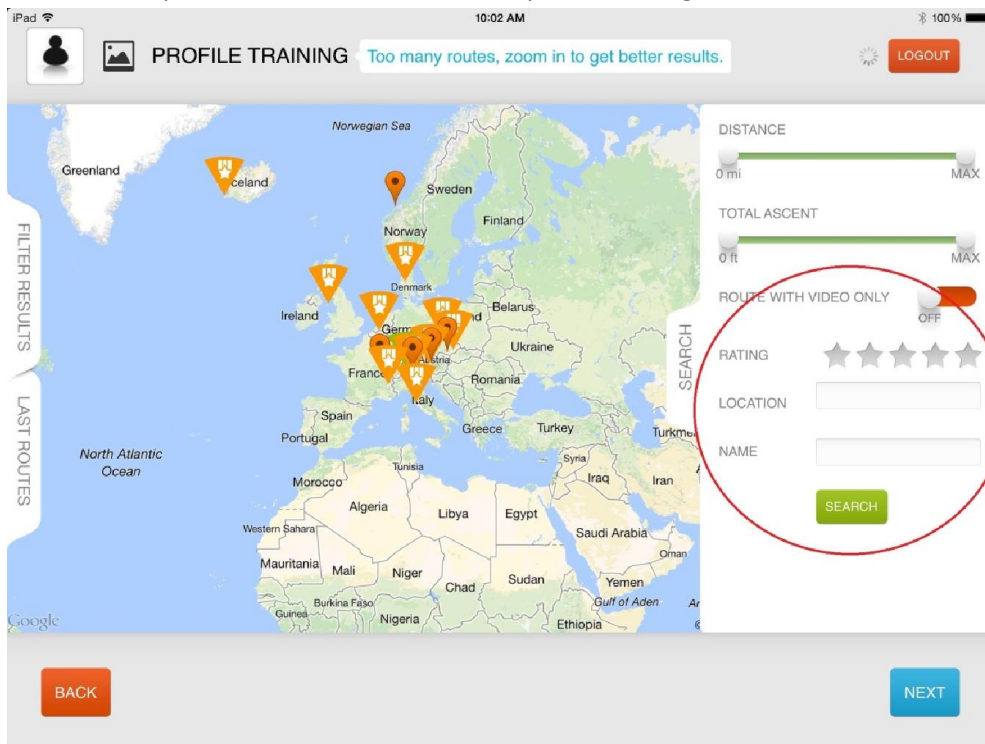
1) From the main activities screen, click on “Routes”



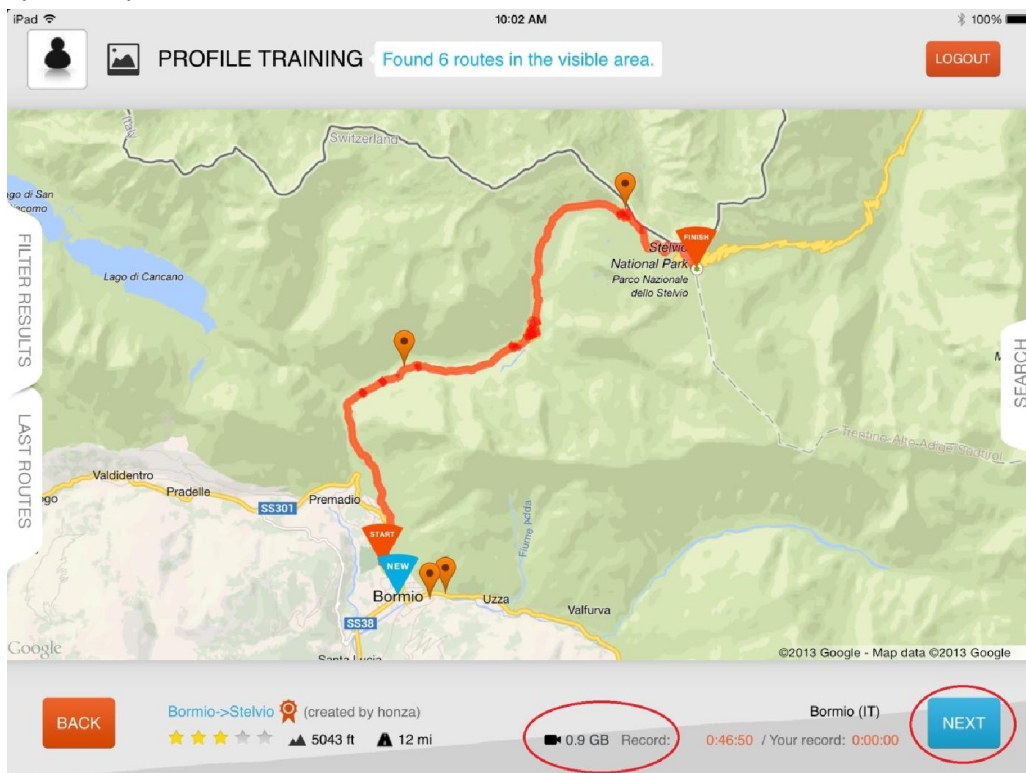
2) This will bring up google maps. From here you can chose from “Filtered Results” or “Last Routes”. You can also move around the map and click on any of the yellow points indicating a route.



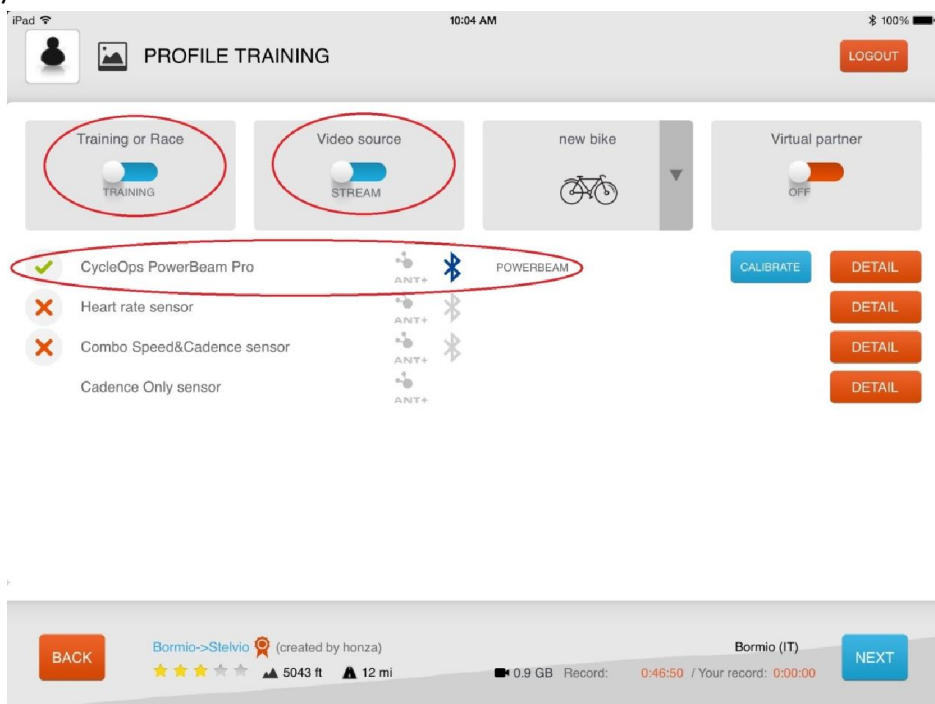
3) You can also perform an advanced search by video, rating, location, or route name.



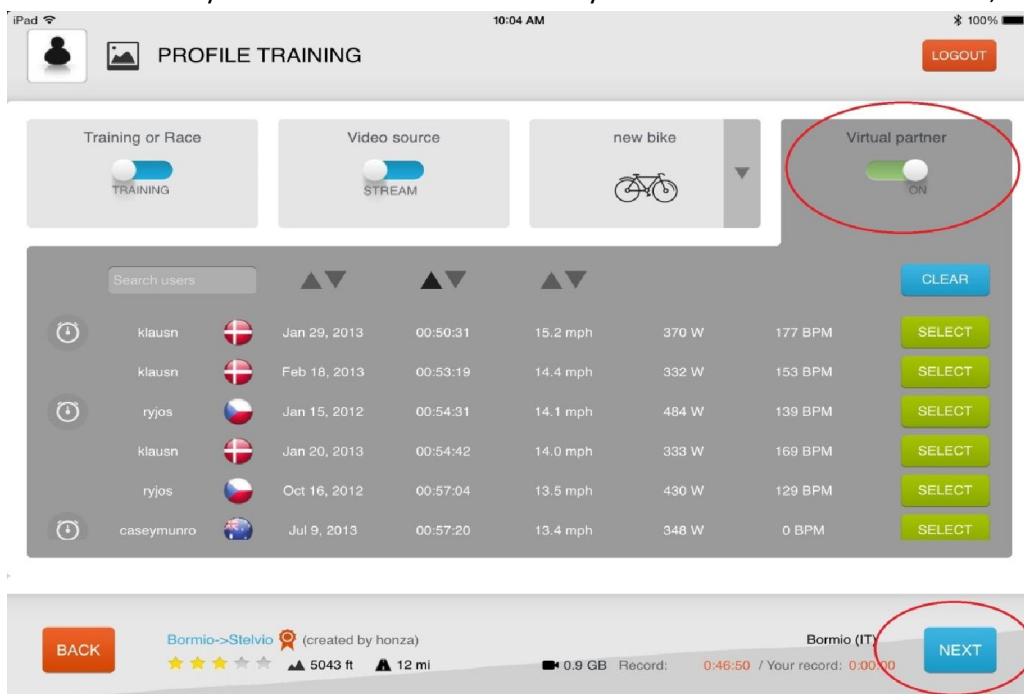
4) Once you have decided on your route of choice, click next. Note: a route has video if the camera symbol is present on the screen.



- 5) After you press next, you will come to the pairing screen. Make sure all devices are connected. You can connect devices by following the “Set Up” Standard Operating Procedure. From here you can choose to Train or Race and stream or download video.



- 6) If you choose to race against a virtual partner slide the bar to the “on” position and choose the time you would like to compete against. The virtual partner stats will be displayed on the top of the screen once you have started the ride. Once you have chosen a Virtual Partner, click “Next”.



- 7) Wait until the route loads up and then either press start or begin pedaling. You can toggle between google earth view and video from the upper left corner. Statistics are shown on the left side of the screen. Statistics on the right will show: distance ridden, climbing, averages/maxes, and time at zero power.

