

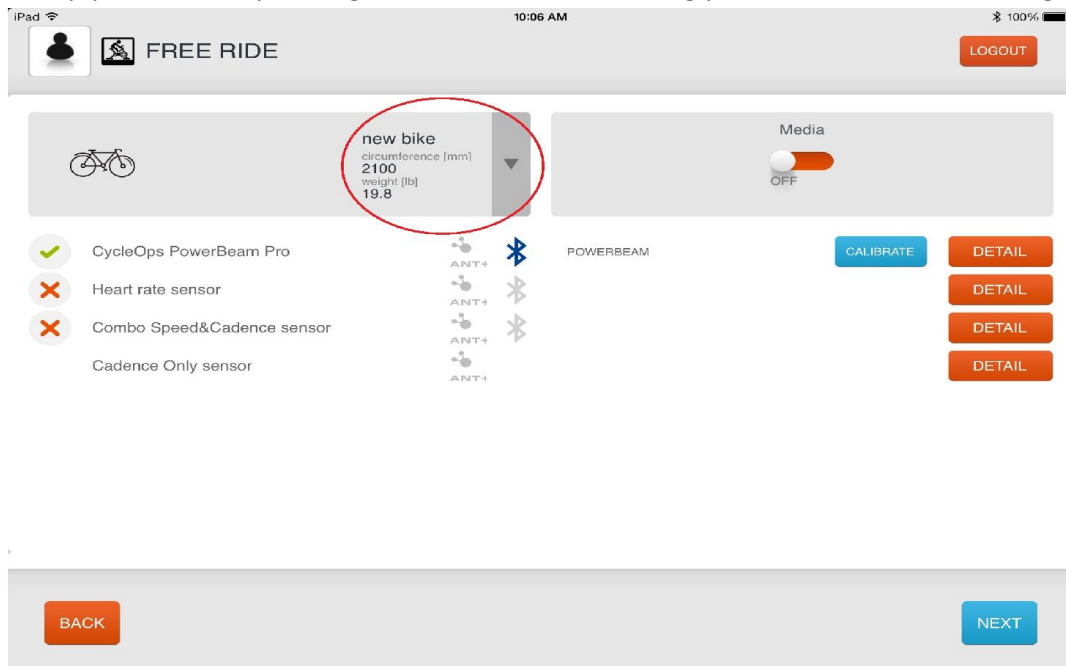
## CycleOps VirtualTraining Tablet Standard Operation Procedures

### How to use the Free Ride Function

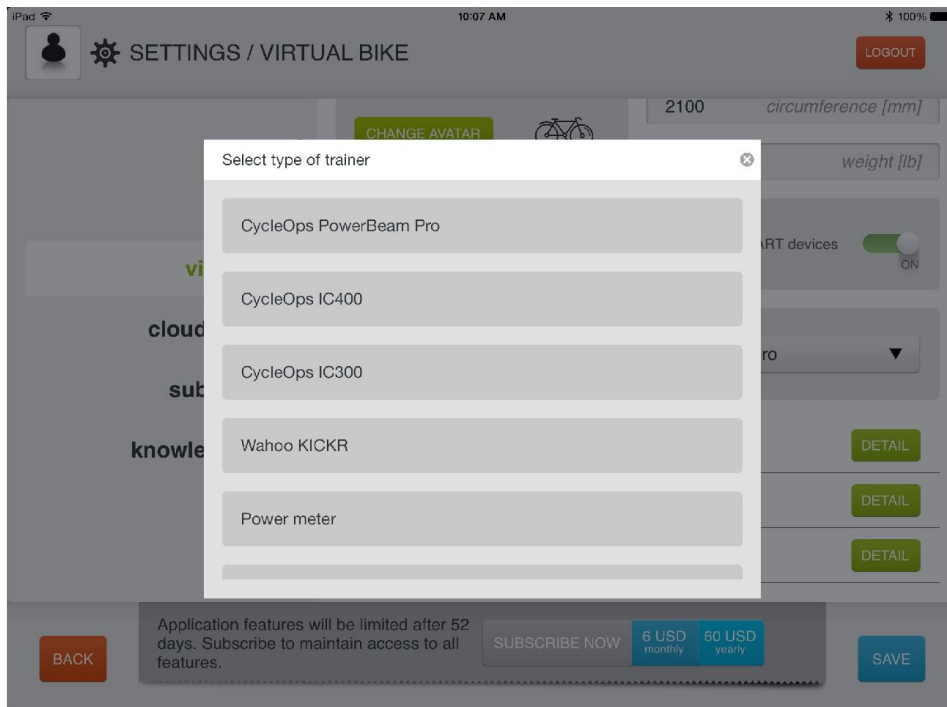
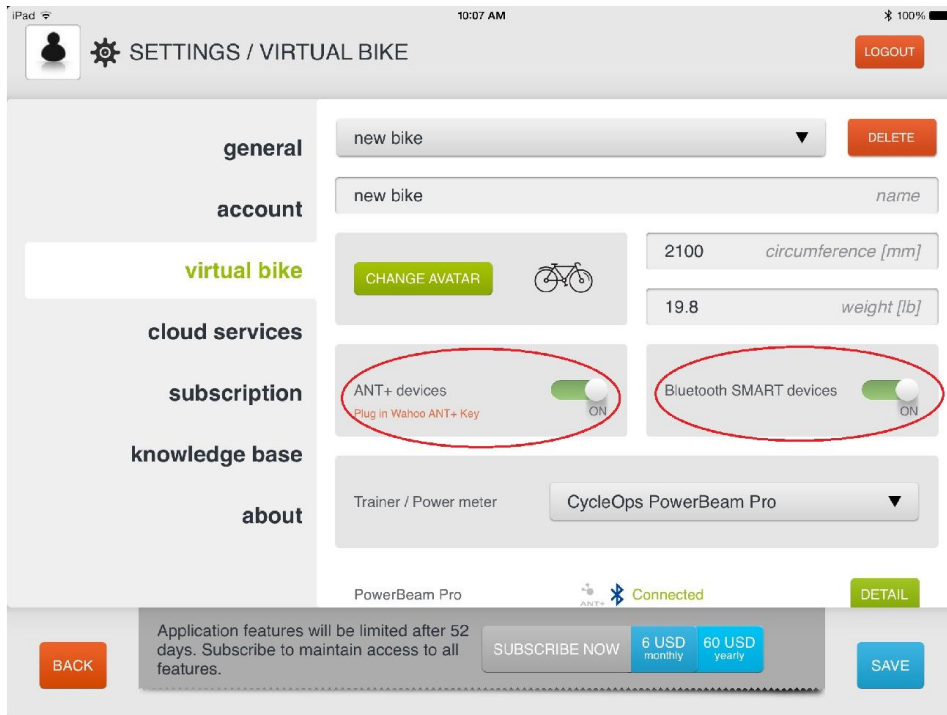
- 1) The Freeride function allows the user to use the VirtualTraining app for free in a manual workout setting. With controlled resistance units like the Powerbeam and i400/i420, the user will be able to control the resistance while riding.
- 2) From the main activities screen click on “Free Ride” button to enter the manual workout.



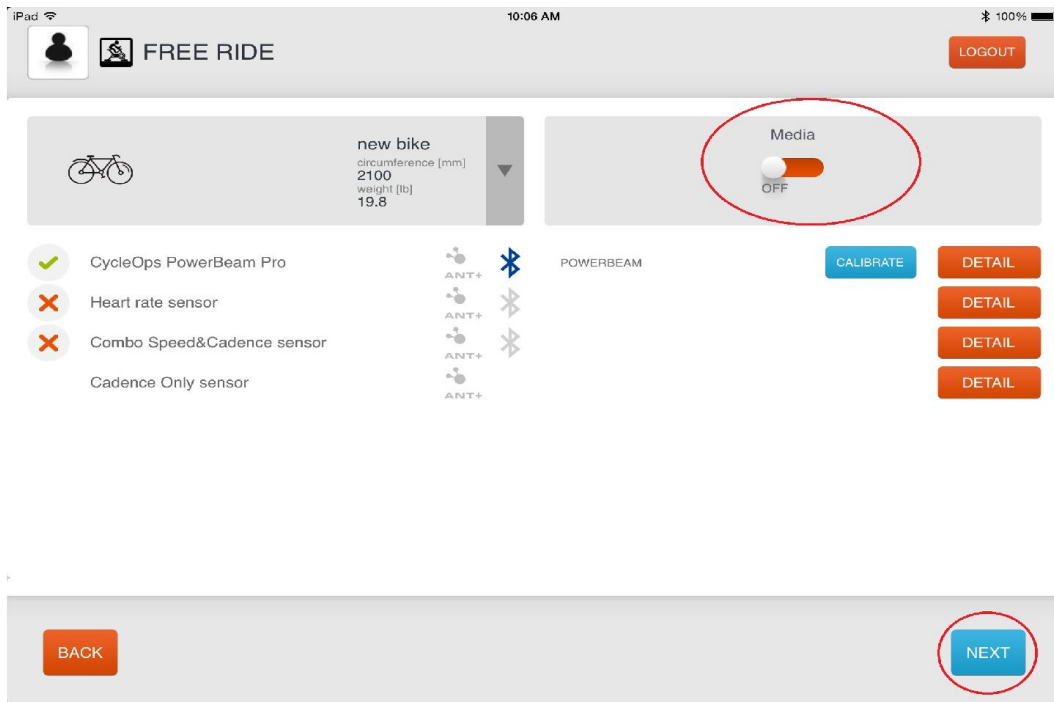
- 3) Set up your trainer by clicking on the down arrow to bring you to the virtual bike Pairing screen.



4) Set up your virtual bike and type of connection, either ANT+ or Bluetooth.



- 5) You can import music or video from your libraries if desired from the “Media”. If you do not want to add any media, click “Next”



- 6) Begin pedaling. The VirtualTraining app will begin graphing your progress. If you are on a Powerbeam Pro or i400 indoor trainer you can increase or decrease resistance with the (+) and (-) symbols on the lower left of the screen. Note: Free Ride is limited to one hour workouts max. All ride data will be saved and uploaded into your chosen cloud services.

