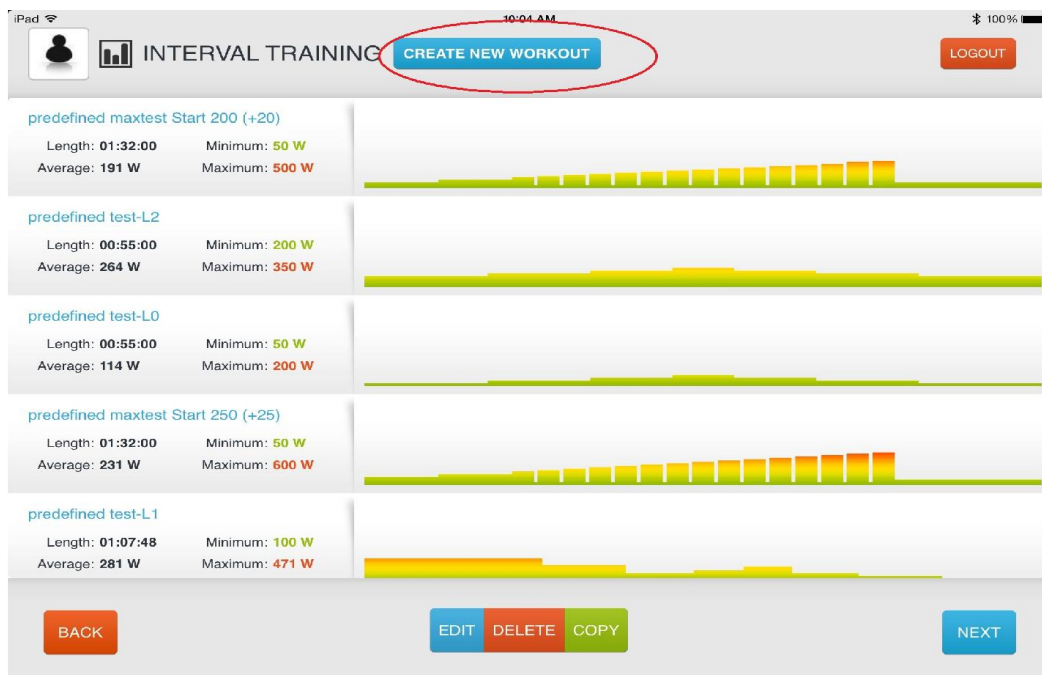


CycleOps VirtualTraining Tablet Standard Operation Procedures Creating and Riding in Interval Training

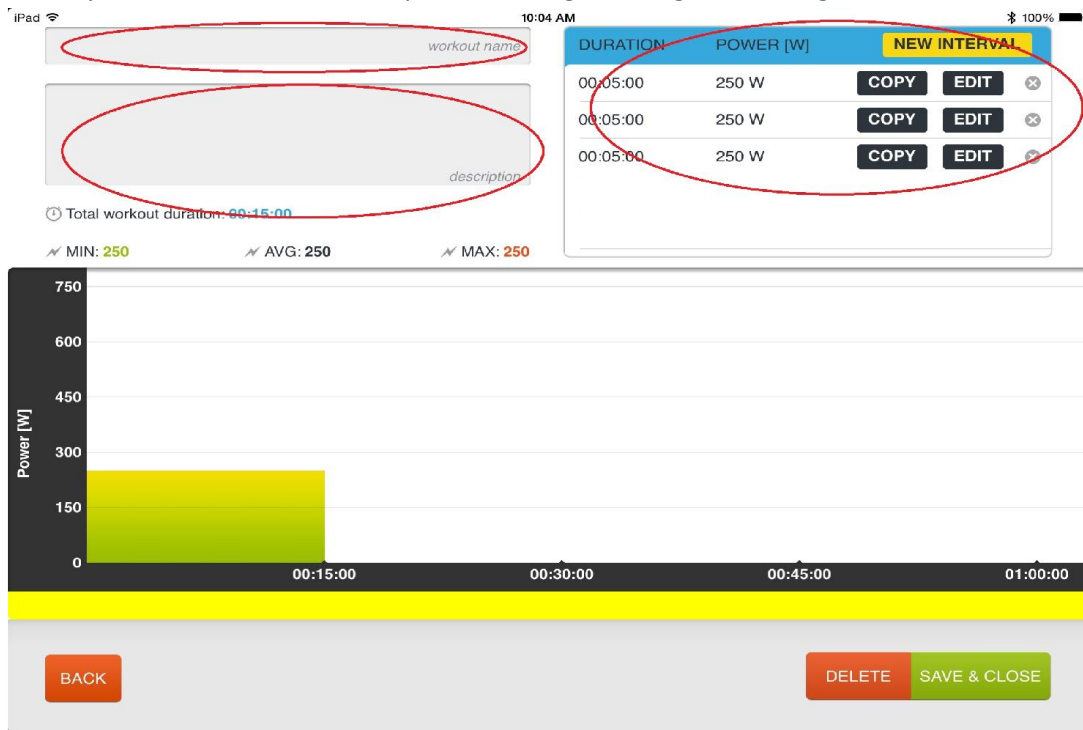
1) From the main activities screen, click on “Workouts”



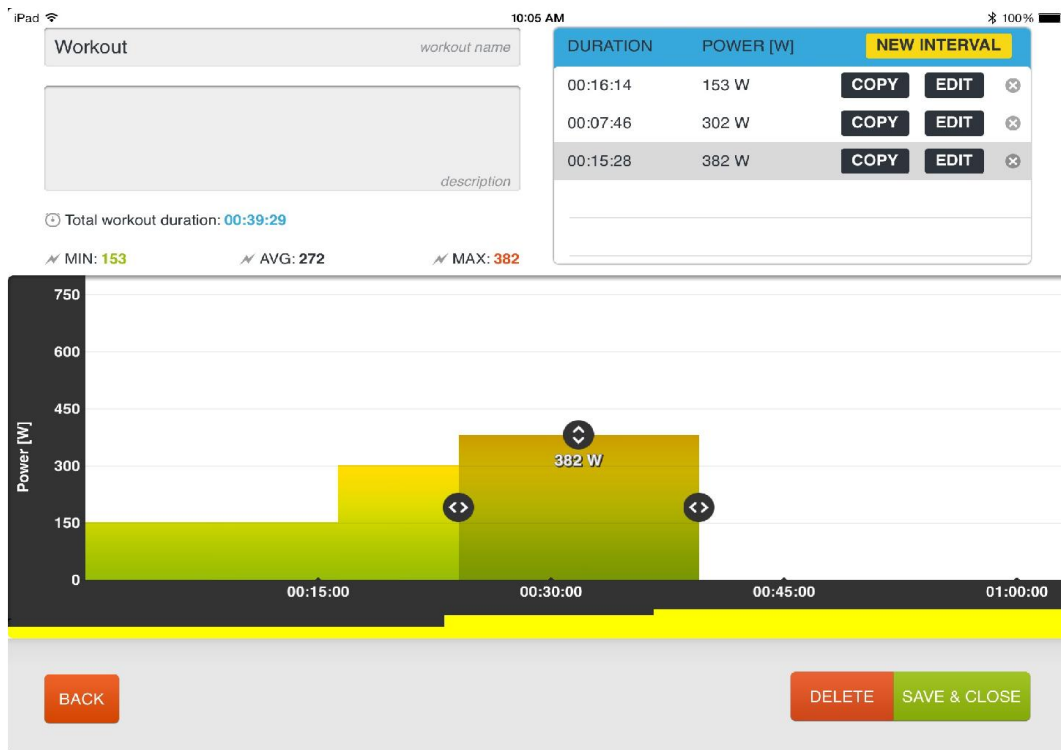
2) You can either choose a pre-existing workout or create your own. To create your own, click on “Create New Workout”.



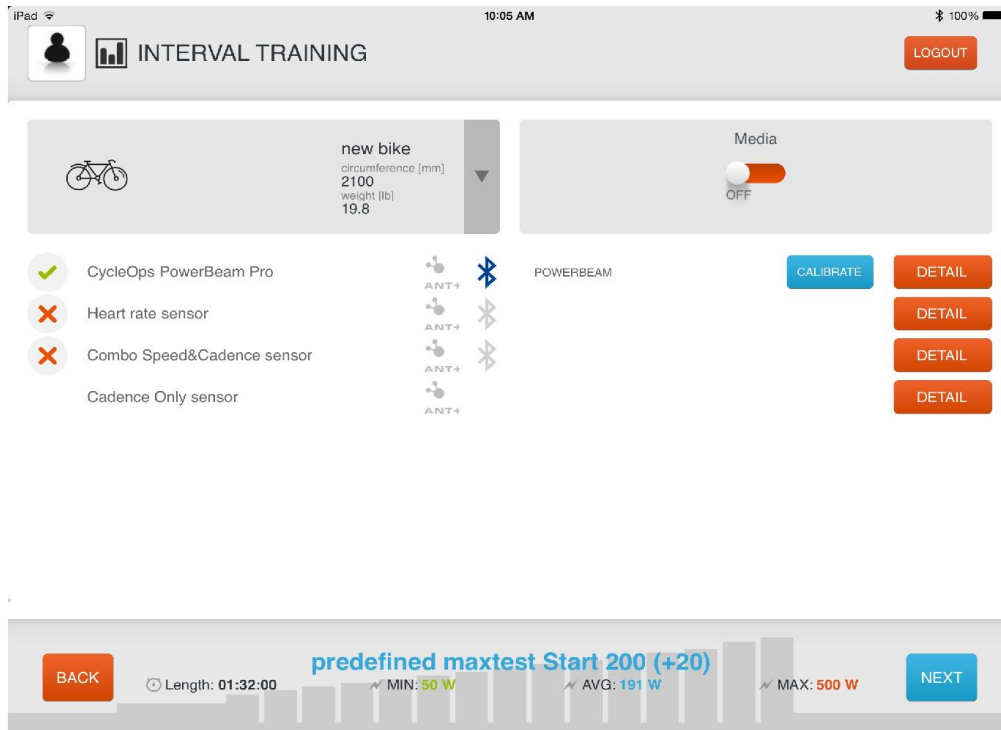
3) Name your workout, add a description, and begin adding interval segments



4) Click and drag the segments to increase or decrease duration and intensity. You can also use the "edit" button to change duration and intensity of each interval. When you are finished creating the interval, click "Save & Close".



- 5) Chose the desired interval workout. And in the next screen make sure all trainers and/or devices are paired/connected. Add media if you would like.



- 6) Begin pedaling to start the interval workout. As you progress through the interval, the app will graph out your data. Your target power and actual power is shown in the lower left of the screen. All data will be saved and can be uploaded to the cloud services when completed.



