

CycleOps VirtualTraining Tablet Standard Operation Procedures

Setting up your Account

1) From the main activities screen, click on "Settings"



2) The "General" tab will allow you to perform basic set up during your rides.

general

Upload only when Wi-Fi present ON

Auto pause ON

account

Units: english

Auto delete: 60 days

virtual bike

Map type: Hybrid

Allocated memory for video: 10 GB

cloud services

Downloaded videos: California HW 1... 0.33 GB

Remaining space: 9.7 GB

Download completed **DELETE**

subscription

Application features will be limited after 52 days. Subscribe to maintain access to all features.

about

BACK SUBSCRIBE NOW 6 USD monthly 60 USD yearly SAVE

3) Set up your user name and parameters under the “Account” tab.

SETTINGS / ACCOUNT

general

account

virtual bike

cloud services

subscription

knowledge base

about

CycleOpsMarketing *nickname*

CycleOps *first name*

Marketing *last name*

United States

gender male

CHANGE AVATAR

72.0 *height [in]*

164.1 *weight [lb]*

1/1/99 *date of birth*

200 *threshold power [W]*

BACK

Application features will be limited after 52 days. Subscribe to maintain access to all features.

SUBSCRIBE NOW

6 USD monthly

60 USD yearly

SAVE

LOGOUT

4) Set up your “Virtual Bike” next by creating a name for your bike and which ANT+ or Bluetooth SMART devices you are using. Turn ANT+ or Bluetooth capabilities on/off.

SETTINGS / VIRTUAL BIKE

general

account

virtual bike

cloud services

subscription

knowledge base

about

new bike

DELETE

new bike *name*

CHANGE AVATAR

2100 *circumference [mm]*

19.8 *weight [lb]*

ANT+ devices ON

Bluetooth SMART devices ON

Trainer / Power meter

CycleOps PowerBeam Pro

PowerBeam Pro

Connected

DETAIL

BACK

Application features will be limited after 52 days. Subscribe to maintain access to all features.

SUBSCRIBE NOW

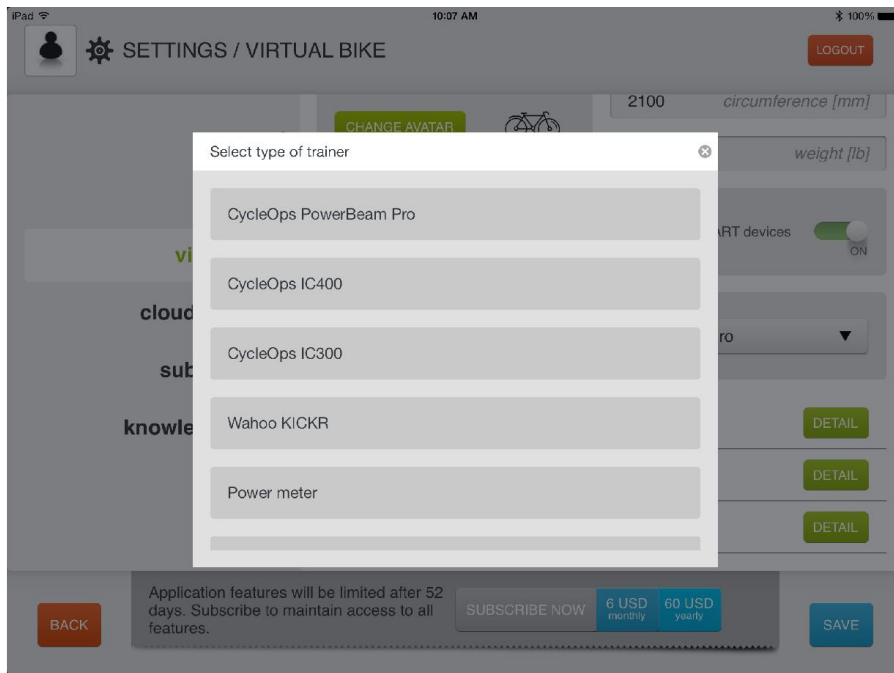
6 USD monthly

60 USD yearly

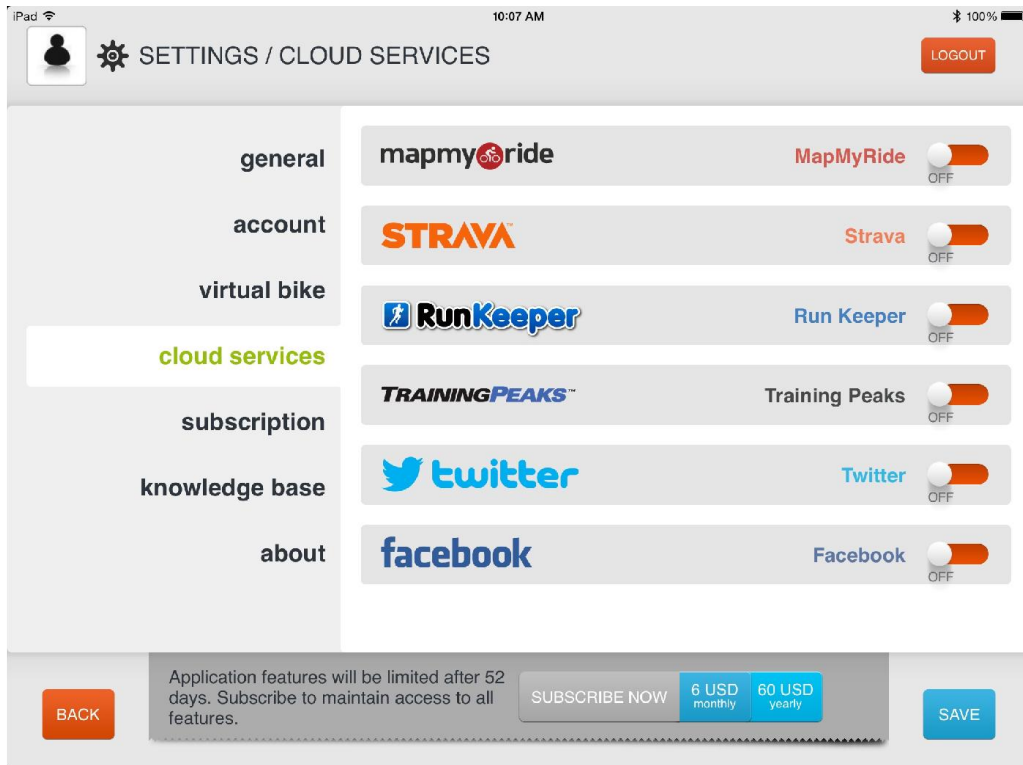
SAVE

LOGOUT

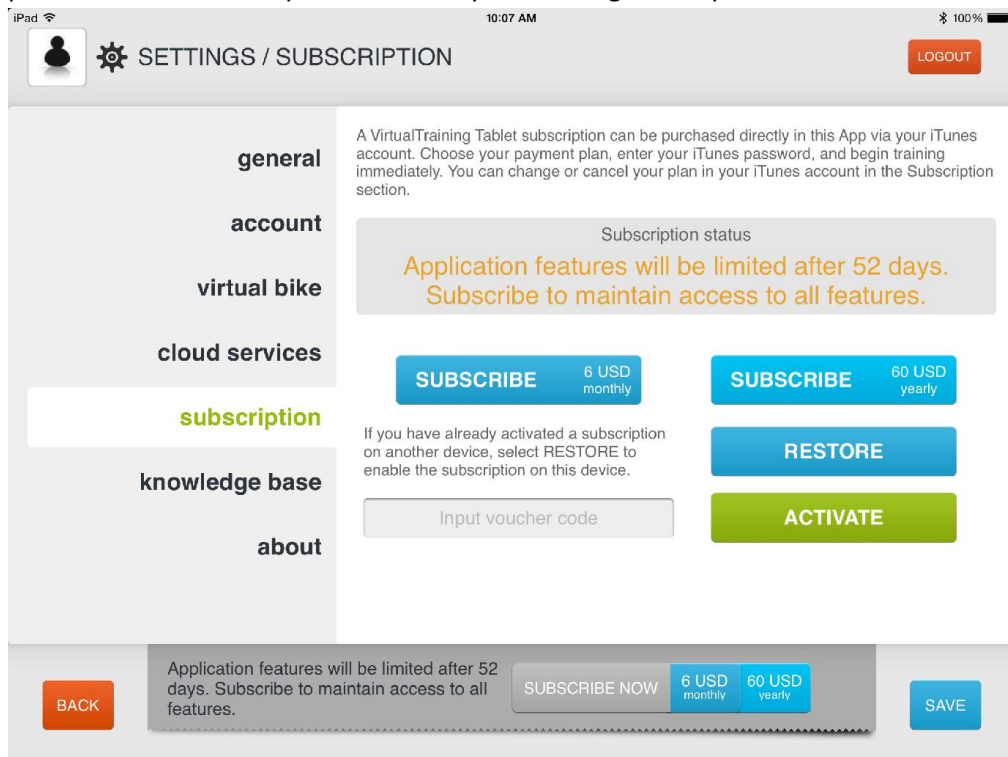
- 5) From here choose trainer or powermeter set up you are using with Virtual Training by clicking “select trainer”. This will bring up the list of compatible trainers. Scroll through to find your trainer or Powermeter.



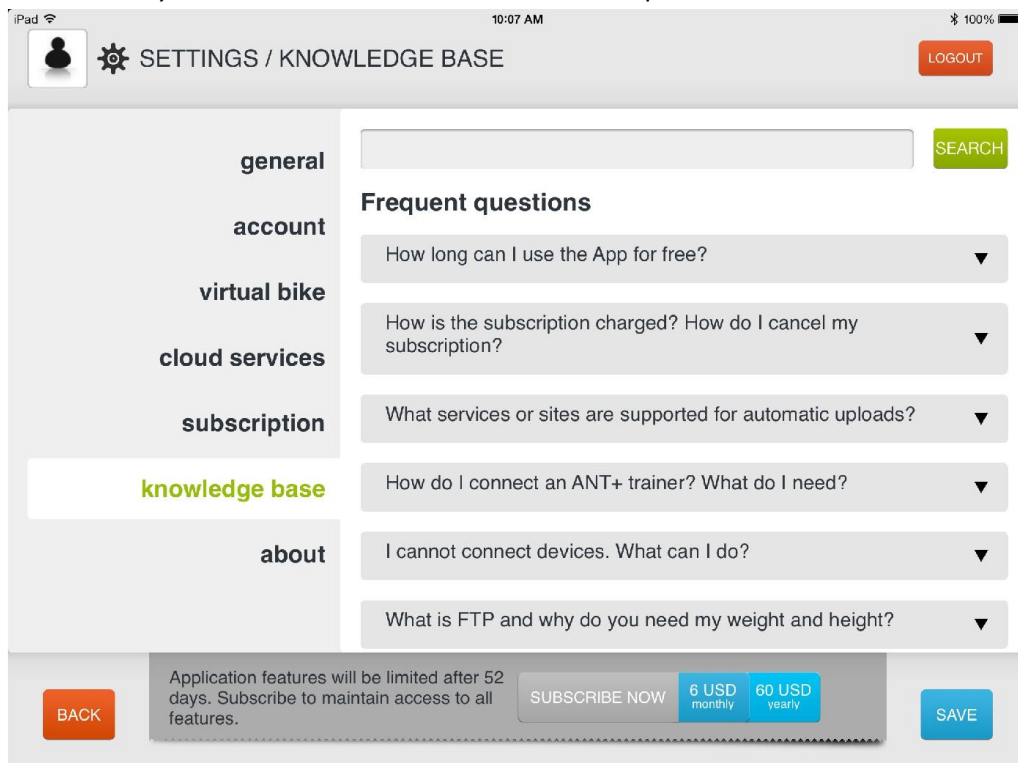
- 6) After you have set up your virtual bike, click on “Cloud Services” to sync all of your social media and mapping sites. Each one will bring you to their site to enter your credentials so the VirtualTraining app can upload your data over wi-fi after each ride.



- 7) The “subscription” tab allows you to manage your subscription to VirtualTraining. You can either purchase a new subscription or renew your existing subscription.



- 8) “Knowledge Base” includes frequently asked questions about Virtual Training. For more information you can contact our Customer Service department at 608-783-7257.



- 9) Finally, "About" shows you the version of Virtual Training you have downloaded on your tablet and quick links to our support channels.

