



MYRIDE®+ USER MANUAL

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# GETTING STARTED

Myride®+ is the world's most advanced experience in group Indoor Cycling. Myride®+ delivers instructor-led classes to High Definition forward-motion video and music through a pioneering education program. Myride®+ will inspire, motivate and condition your members better than ever before – a result called “The Ergogenic Effect”. We published a paper on it.

Myride®+ does more, running compelling, virtually coached classes 100% on their own – on the hour, every hour, every day. Now that sounds like more. Myride®+ meets your need to maximize every inch of space and every equipment dollar spent when investing in your club and your members' fitness experience.

Myride®+ is a complete software and content remap of a Myride® console. The new product allows you to connect your Myride®+ Console to any HD TV screen(s) or HD projector via HDMI and send audio to your sound system via stereo leads. Myride®+ is suitable for group Indoor Cycling in the studio or on the gym floor.

## **RECEIVING YOUR ACCOUNT DETAILS AND UPGRADE ACTIVATION CODE(S)**

When you purchase Myride®+, ICG® will automatically send you, and or, your Myride® and Myride®+ distributor, an email to advise the following:

- The Myride®+ Upgrade Activation Code(s) for your Myride® Console.
- Your Myride®+ Virtual Coaching Website address, username email and password.

If for any reason you don't receive the email, please contact your local Myride® and Myride®+ distributor.

## **MULTISITE OPERATOR ADMINISTRATION**

### VIRTUAL COACHING PURCHASES

If you are a multisite operator, you will be registered as a Group. For a Group, your Group Exercise Director (or equivalent responsible position) will have the ability to manage, print and publish a unique virtual coaching class schedule for each of your clubs at a secure corporate administration level.

The nominated contact person at every club, including the first club, running Myride®+ will separately receive the Myride®+ Upgrade Activation Code(s) and the Myride®+ Virtual Coaching website address, username email and password. On the creation of each new club, your Group Exercise Director (or equivalent responsible position) will be provided, by email, with access to the new club's Virtual coaching class schedule.



# GETTING STARTED

## MULTISITE OPERATOR ADMINISTRATION

### LIVE COACHING PURCHASES

Live Coaching products do not require the Virtual Coaching Website or its class schedule functions. However, with a Group, both your Group Exercise Director (or equivalent responsible position) and the club will be provided with each club's Myride®+ Upgrade Activation Code(s).

If for any reason you do not receive these Group emails, please contact your local Myride® and Myride®+ distributor.

## INSTALLATION AND ACTIVATION CODES

If your Myride® Console is not being installed by your local Myride® and Myride®+ distributor, you'll be required to register the product before use. Your local distributor will have provided you with a Myride® Activation Code. THIS CODE IS IMPORTANT AND IS PROVIDED IN ADDITION TO THE MYRIDE®+ UPGRADE ACTIVATION CODE(S) SENT TO YOU BY ICG®.

If your Myride® Console is being installed by your local Myride® and Myride®+ distributor, the distributor will register the product for you. In this case, please skip to page 7.

Before you start, make sure you have:

THE MYRIDE® ACTIVATION CODE

THE MYRIDE®+ UPGRADE ACTIVATION CODE

Then follow the procedure below:

## ENTERING THE MYRIDE® "ACTIVATION CODE"

### STEP 1: POWERING UP THE MYRIDE®

Locate the "connections plate" on the rear of the myride® unit at the bottom.

Make sure the power lead is correctly connected and turn on the power by the switch.

# GETTING STARTED



## STEP 2: CALIBRATING THE TOUCH SCREEN (OPTIONAL)

When turning on the Myride® Console, you will be presented with a “Touch screen to calibrate” message on screen. As you are now setting up the Myride® Console for the first time please touch the screen.

A white grid will now appear followed by a flashing dot in the bottom left corner of the screen. Press this dot for approximately three seconds until it changes from green to red and then to yellow.

Another 8 flashing dots will appear, starting from the middle of the bottom to the top right. Repeat touching these dots until they are yellow. When the last dot (top right) is yellow the process is complete.



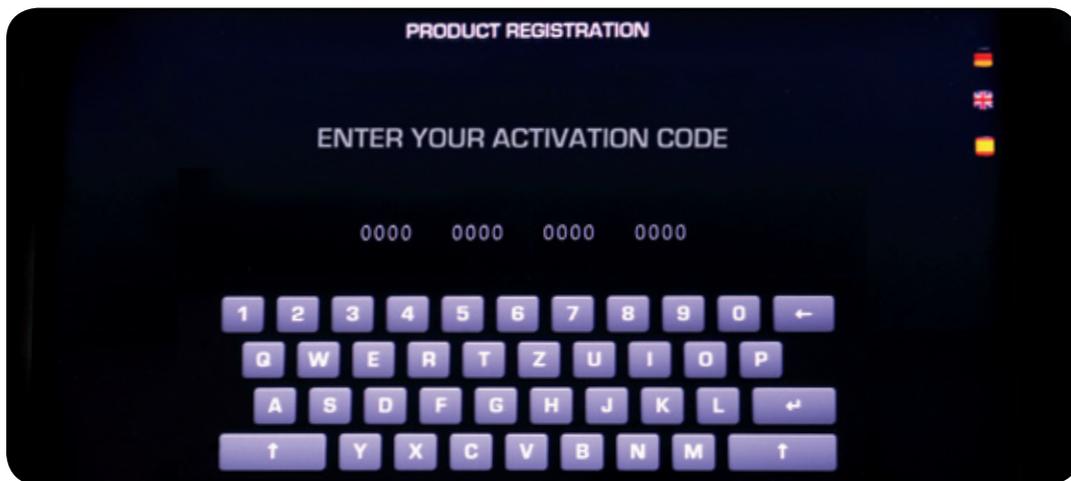
# GETTING STARTED

## STEP 3: ENTERING THE MYRIDE® "ACTIVATION CODE"

Using the virtual onscreen keyboard, please enter your "Activation Code". Once entered the system will automatically start up.

If you have not yet received your Activation Code, you can use the 30-day trial to get up and running. This trial will expire in 30 days, after which an Activation Code will be required, so please contact your distributor.

Please note that you can complete the following Myride®+ upgrade using the 30-day trial. All information and product activations will be saved.



## ENTERING THE MYRIDE+ "UPGRADE ACTIVATION CODE(S)"

### STEP 1: MAKE SURE YOU HAVE ENTERED THE MYRIDE® "ACTIVATION CODE"

The Myride®+ "upgrade activation code" can only be entered after the Myride® console has been registered and activated for its default Myride® personal cycling function.

### STEP 2: GO TO THE ONSCREEN ADMINISTRATION MENU

Make sure you are on the home screen of the Myride® personal cycling set-up. Go to the Administration Menu by pressing the ICG® cycling logo (bottom right of screen), immediately followed by pressing the Myride® logo (top left of screen).

### STEP 3: ENTERING THE MYRIDE®+ "UPGRADE ACTIVATION CODE(S)"

From the menu options on the left side of the screen, choose PRODUCT ACTIVATION. One by one, select the product(s) you have purchased and use the virtual keyboard to enter your Myride®+ Upgrade Activation Code(s). When finished, go to SETTINGS, turn on the Myride®+ option switch, and select the Home button. The system will provide you with a message saying the console is automatically rebooting to launch the Myride®+ system. When it has rebooted, you are finished.

# AUDIO AND VISUAL OPTIONS

## **YOUR OPTIONS**

Myride®+ is compatible with HD TVs, HD projectors and Stereo Audio systems using two of the industries most common standards, HDMI and stereo. We recommend that Myride®+ clients work with audio-visual specialists to maximise their space and membership experience.

### **HD PROJECTOR AND PROJECTOR SCREENS**

Myride®+ footage is best displayed using a HD projector and projection screen to create the largest visual display and therefore the greatest possible immersion experience. The make and model of the HD projector and the make, model and size of the screen will depend on your preference and your budget.

Your projector must have the minimum specifications:

#### **HDMI OR DVI-D INPUT**

(If using a DVI-D connection, you will need to use a HDMI to DVI converter. There will be no loss of signal quality, but audio via HDMI is not supported.)

#### **16:9 RATIO**

**MYRIDE®+ HAS BEEN TESTED WITH FULL 1080P HD, WXGA (1200X800) AND WUXGA (1920X1200) PROJECTORS. MYRIDE®+ OUTPUTS A DEFAULT FIXED 1080P HD RESOLUTION AT A 16:9 RATIO FOR PROJECTORS TO SCALE UP OR DOWN**

To achieve the best projected experience, ICG® recommends the following:

**HIGH BRIGHTNESS OF AT LEAST 3,500 - 4,000 ANSI LUMENS WITH HIGH CONTRAST LEVEL ACHIEVEMENT**

We recommend that you consult an AV specialist for the selection of any HD Projector, Projector Screen or alternative screening solutions. Every space is different and will have its own requirements to accommodate projector placement and natural or artificial light levels. (HDMI leads are not provided with Myride®+).

# AUDIO AND VISUAL OPTIONS

## **SINGLE HD TV**

Myride®+ footage can be displayed using a single HD TV. The size, make and model of the screen will depend on your preference and budget.

Your TV screen must have the minimum specifications:

HD 720P OR HD 1080P

TRUE 16:9 RATIO

To achieve the best TV-screened experience, ICG® recommends the following:

60" MINIMUM SCREEN SIZE

## **MULTIPLE HD TV/VIDEO WALL**

Myride®+ footage can be displayed on Multiple HD TV / Video walls.

MYRIDE®+ CAN SEARCH FOR ONLY ONE EXTERNAL DEVICE

MYRIDE®+ OUTPUTS A DEFAULT FIXED RESOLUTION OF 1080P

THE SCREEN'S BEZELS/FRAMES WILL NATURALLY DISTORT THE VIEWING EXPERIENCE. BEST PRACTICE IS TO REDUCE THE BEZEL/FRAME AS MUCH AS POSSIBLE WITHIN BUDGET AND TECHNOLOGY.

## **MULTIPLE HD TV VIA HDMI SPLITTERS**

Myride®+ footage can be displayed on Multiple HD TVs using standard HDMI Splitters.

International brands: Cables® HDMI Splitter Box 1x2 Port (Active), Neet® HDMI Splitter Box 1x2 Port (Active), and Digitus® 2 Port HDMI Pocket Video Splitter (Passive) have been tested for compatibility with Myride®+.

Disclaimer: ICG® has tested only the above HDMI Splitters and cannot confirm that all HDMI Splitters on the market will be compatible. The above HDMI Splitters were compatible when tested on 30.12.11. ICG® cannot guarantee they will remain compatible. When using a Passive HDMI Splitter, please take care that there is no loss of image quality as a result of not amplifying the signal over long cable lengths. ICG® has tested only 2-Port HDMI Splitters and cannot confirm that more than 2 Ports will not reduce performance, not encounter technical difficulties, or be compatible.

## **STEREO AUDIO SYSTEMS**

Myride®+ is compatible with all sound systems that use stereo. Myride®+ can also output sound via HDMI in the event that you pair with HD TV screen(s).

Myride requires Male Mini-phone stereo 3.5 mm to 2 x M RCA (Cable not provided.)



# CLASS SCHEDULE

## YOUR VIRTUAL COACHING CLASS SCHEDULE

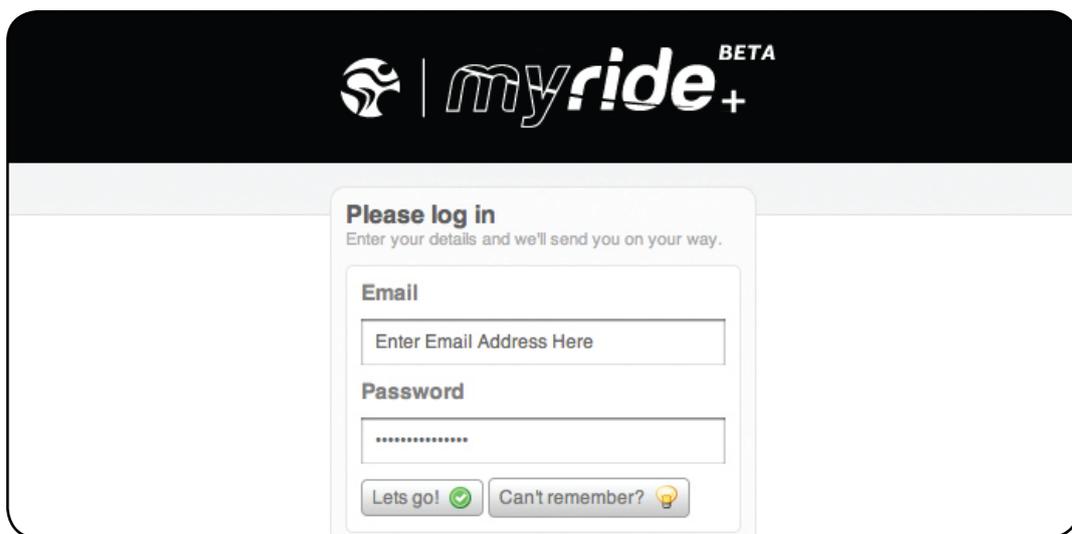
Myride®+ has its own dedicated website that allows you to manage, print and publish your Myride®+ Virtual coaching class schedule. After you create your class schedule, classes will run automatically. You can change your class schedule at anytime. If you have more than one Myride®+ Studio, you can create multiple class schedules for each club's needs. You can insert Live Class details to manage and print a complete Indoor Cycling program. And when it's time to update your club with fresh, exciting, new classes, your account will allow you to schedule those, too.

### GO ONLINE

YOU WILL NEED YOUR USERNAME EMAIL AND PASSWORD SENT TO YOU BY EMAIL  
(PAGE 3).

#### STEP 1: GO TO MYRIDEPLUS.COM

**STEP 2: LOG IN. ENTER YOUR USERNAME EMAIL AND PASSWORD AND PRESS  
"LET'S GO!"**



**myride<sup>BETA</sup>**

**Please log in**  
Enter your details and we'll send you on your way.

**Email**  
Enter Email Address Here

**Password**  
.....

Lets go!  Can't remember? 

# CLASS SCHEDULE

## SELECT YOUR CLUB

If you are a single-site operator, you will be shown your Virtual coaching class schedule immediately after log-in.

If you have been registered as a Group, you will be presented with a Club Overview screen so you can navigate to the right club.

Select a club. Hover over the club you wish to create a Virtual coaching class schedule for and click on the "Class Schedule" option.

## BUILDING YOUR VIRTUAL COACHING CLASS SCHEDULE

Every club has its own rolling seven-day (monday to sunday) class schedule. Each day has a 24-hour class schedule, segmented into five-minute blocks.

### STEP 1:

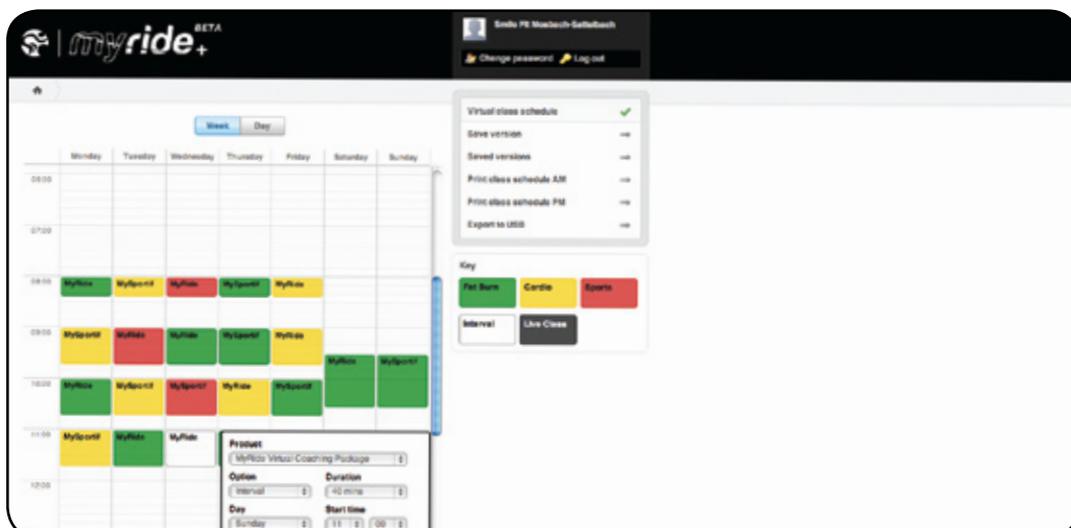
Click on the day and time you wish to run a class.

### STEP 2:

You will now be presented with all your class options. Your options will depend on the products you purchased with your Myride®+.

The default Live Class option allows you to enter your own non-virtual classes. This will not create a class to be played. Its purpose is to allow you to create:

1. A complete class schedule of all your classes to avoid overlapping live and virtual classes.
2. A comprehensive class schedule to print and display.



# CLASS SCHEDULE

## STEP 3:

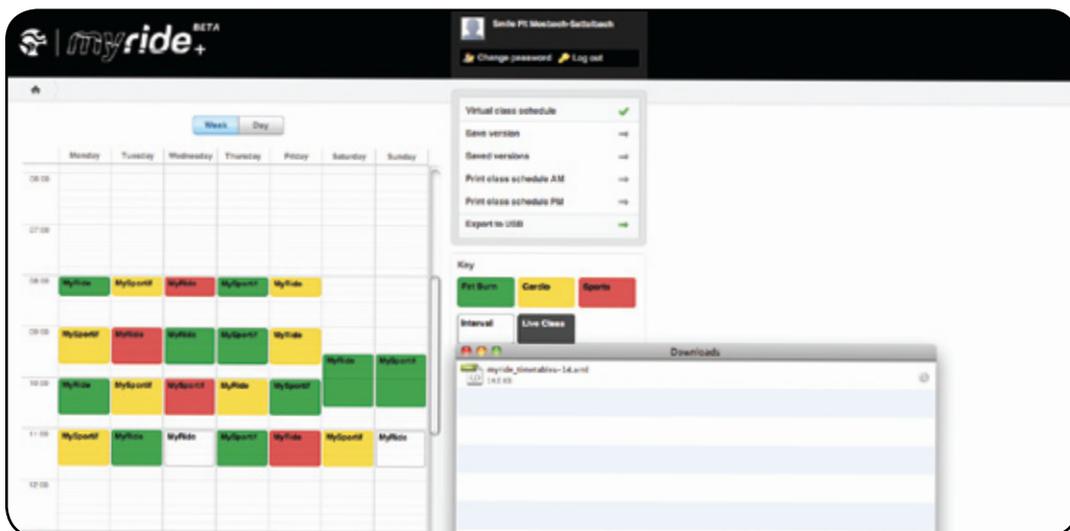
Confirm your selections by pressing "Save class", or close the option box without saving by pressing "Cancel".

## STEP 4:

Repeat the above three steps as many times as needed to complete your rolling seven-day schedule.

## STEP 5:

When you have completed the club's schedule, select "Export to USB". The Virtual coaching class schedule will be downloaded to your computer. Please note that not all computers download files from the web the same way. Your computer settings will determine where the data file is downloaded and saved.



## STEP 6: CHANGE CLUB OR CLOSE

If you are registered as a Group, you can select a different club by pressing "Change club" and repeating the process from "Select your club" on page 8. If you are finished, press "Log out". All your classes are automatically saved.

# CLASS SCHEDULE

## UPLOADING YOUR VIRTUAL COACHING CLASS SCHEDULE

After downloading your Myride®+ virtual coaching class schedule by clicking “Export to USB”, you need to save this file on an empty USB storage device. Make sure your Myride®+ Console is switched on. Insert the USB into the USB slot on the rear of the Myride®+ Console. The system will automatically detect the update and give you a “Virtual Coaching Class Schedule Update Found” message on screen. Press “Install Virtual Coaching Class Schedule” and the message will disappear. The update will be complete. Remove the USB.

Your Myride®+ Studio is now ready to run Virtual classes automatically.

Please note that your HD projector or HD TV(s) must remain on. Myride®+ cannot control standby modes.

## PRINTING YOUR VIRTUAL COACHING CLASS SCHEDULE

You can print your club’s class schedule straight from the website. Your class schedule is split into AM and PM to allow common A4 size print.

Select “Print Class Schedule AM” or “Print Class Schedule PM” from the menu. You will be presented with a printable web page. The page will provide two A4 print-outs:

1. A visual overview of the week’s AM schedule with class titles and an intensity color key.
2. A list of the days, times and details of the week’s classes.

## REPORTS

If you are a multisite operator and registered as a Group, you can generate reports on:

HOW MANY CLASSES ARE SCHEDULED BY CLUB

TYPE OF CLASSES SCHEDULED BY CLUB

### STEP 1:

SELECT “REPORT” FROM THE RIGHT-HAND SIDE OF THE PAGE.

### STEP 2:

CHOOSE YOUR CLUB FROM THE DROP-DOWN MENU, OR SELECT “ANY” TO REPORT ON ALL CLUBS.

# FAQ

## **FOR HOW LONG WILL MY VIRTUAL COACHING CLASS SCHEDULE RUN?**

Your class schedule for each and every club is permanently saved. The seven-day rolling schedule will continue to run on your Myride®+ Console until it is replaced with a new one.

## **HOW DO I CHANGE MY PASSWORD?**

You will be sent an automated password that might be hard to remember. If you prefer to change your password to something more memorable, click on the “Change password” section at the top right of the website.

## **WHAT IS THE “INCLUDE TUTORIAL” IN CLASS OPTIONS?**

When selecting your class options, you will be presented with a tick box “Include Tutorial”. Selecting this box will play a 5-minute Myride®+ bike set-up, safety and coaching introduction before the class starts. This is recommended for beginner classes or to be used at your discretion. Five minutes will automatically be added to the overall length of the class.

## **HOW CAN I SWITCH BETWEEN WEEK AND DAY VIEWS?**

At the top of every calendar is a Day and Week view button. The system default is Week, but you may switch at anytime and build your schedule in either or both views.

## **I AM A GROUP. HOW CAN I SEARCH FOR A CLUB?**

If you are registered as a Group and have multiple clubs under your corporate administration, you can use the “Search” function under the “Clubs” section to gain quick access to any club.

## **I AM A GROUP. CAN MY CLUBS BUILD THEIR OWN VIRTUAL COACHING CLASS SCHEDULES?**

Yes. Your Group Exercise Director (or equivalent responsible position) is the only person who can see and publish changes to all clubs. However, each club has its own nominated administrator, who is sent user details to make changes for that club only. This is an automated process. If you wish to avoid this local club control, please advise your Myride® and Myride®+ distributor so ICG® can cancel local club administration rights.





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