TRAIN **SMART** WITH
THE **BODY BIKE**®
INDOOR CYCLING APP

BODY BIKE SMART+

Available on the iPhone App Store

GET IT ON Google Play

# QUICK GUIDE

WORKOUT SCREEN

1. Activate Bluetooth on your phone and open your BODY BIKE® Indoor Cycling application.

2. Start pedalling. The light on the SMART Charge USB-port will flash blue when the bike is ready to connect.
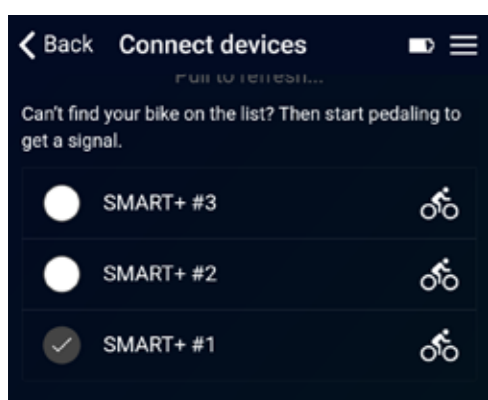
3. Tap 'Connect devices'. Your bike number appears on the list of available devices. If you are wearing a Bluetooth HR monitor, this will also appear on the list. Tap your devices on the list and press BACK. The light on the bike will turn solid blue.

4. Tap 'Start workout' in the menu and you will get to the workout screen. You can also choose to fill in your personal information and customise the app before starting your workout.

5. The workout screen will now display your workout data. When you tap Play, the timer will start and the app will record your data.
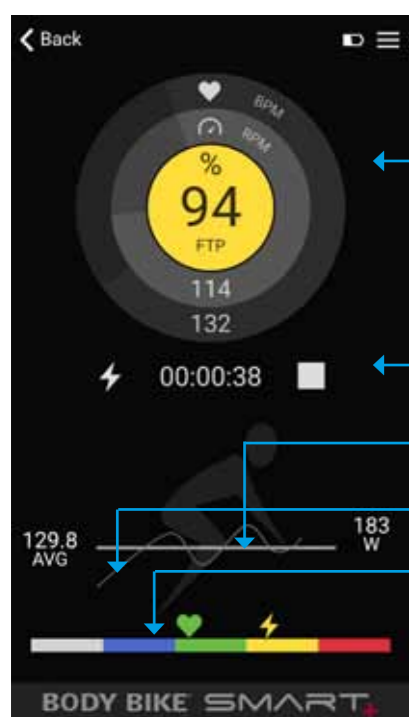
Gauge displays heart rate in the outer ring, cadence in the inner ring and in the centre choose between power (W), %MHR or %FTP. Switch by tapping the gauge. The colour of the centre will follow the data and the workout zone. The current power display is always white. If a HR transmitter is not connected, the %MHR will also stay white.

Start or stop the data saving and timer. The icon on the left indicates the type of data displayed in the graph below. To switch between types of data, tap anywhere in the bottom of the screen.

This bar shows the average or total of the data chosen here. The actual value is displayed on the left.

This graph shows the current value of the data chosen.

The colour and location of the HR and power symbols indicate the intensity level based on the info listed in Personal settings. This feature is based in %MHR and %FTP. The colour of the gauge centre corresponds to this feature. See separate guide to the intensity zones.

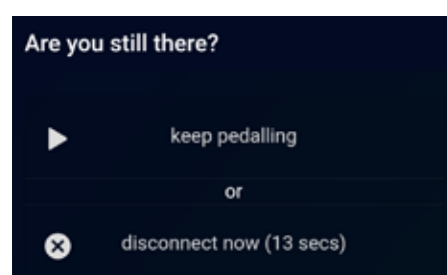If you tap on the Stop icon, you will see this screen:
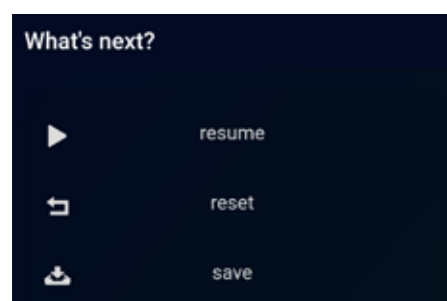
Resume continues your current workout.

Reset cancels current workout without saving.

Save saves workout in workout history.

If the bike is not activated for 5 seconds, the screen below will appear:

Press play to continue the current workout.

Press disconnect to disconnect immediately. The app will automatically disconnect after 120 seconds.

Workout data will be saved at disconnection.

CUSTOMIZE YOUR APP

COLOUR SKINS

Pick your favourite skin - choose between 4 different colour combos in the menu › app settings.

GRAPH CUSTOMIZATION

Adjust the window of the graphs to your fitness level.

The index should match your training values in order to give you the best visual output. If set too high, the graph will always be somewhere at the bottom. If set too low, the graph will not be visible in the window.
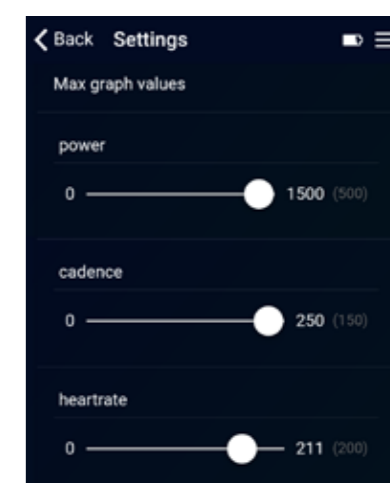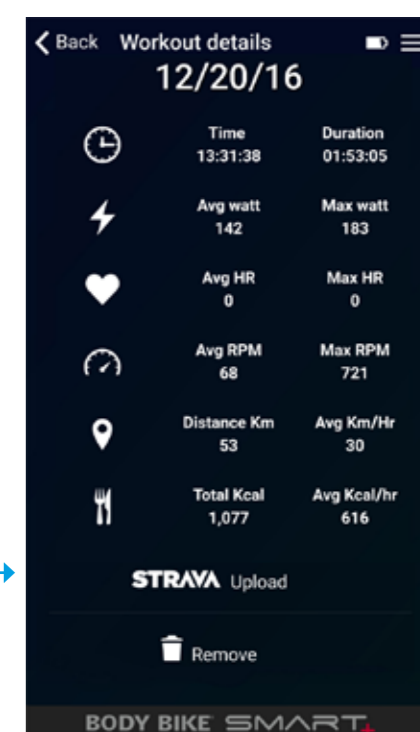
WORKOUT HISTORY
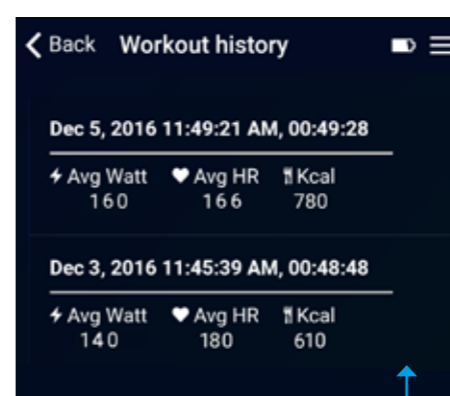
See the main values of your workout in the workout history.

Tap each workout to get more detailed info.

Upload your data to Strava for storage and social sharing.

TAKE THE VO2 MAX TEST

Determine your FTP and VO2 max by taking the test in the app. Follow the instructions on your screen. Enter the result under Personal settings to get more accurate performance data.

Repeat the test once in a while to follow your progress.

For more support, go to www.body-bike.com/answers-to-your-questions