



Kinomap Trainer app is set for fitness machines including exercise bikes, ellipticals and cross trainers, treadmills and rowers.

Version 1.1



With **Kinomap Fitness**, ride more than 100,000 km of geolocated videos all over the world uploaded by users themselves. Try to follow their rhythm under the same conditions at the time they were recorded:

- If you have any interactive fitness machine, its resistance or incline will change automatically when the profile of ground does.
- If you use an external sensor to detect stride, cadence or speed, you will be in charge of modifying the resistance following indications given by the App

Current Apps are available on iTunes for iOS and Google Play for Android but this is important to notice that current snapshots of the app have been made using Kinomap Fitness for iOS. Android users don't get access to the exact menus as of today. Kinomap will continue to improve current version willing to get similar functionality between the 2 environments. Thanks for understanding.

Summary

1- Account

- sign-in/up
- subscription
- activation code
- online purchase

2- Connect

- equipment
- compatibility
- sensor

3- Train

- video
- The Kinos
- equipment
- start
- workout
- Video modes
- Multi-players



4- History

- log
- share (incl. Strava)

5- Search

6- Settings

- settings
- external display

7- Others

- Local Videos
- Support

1. Account



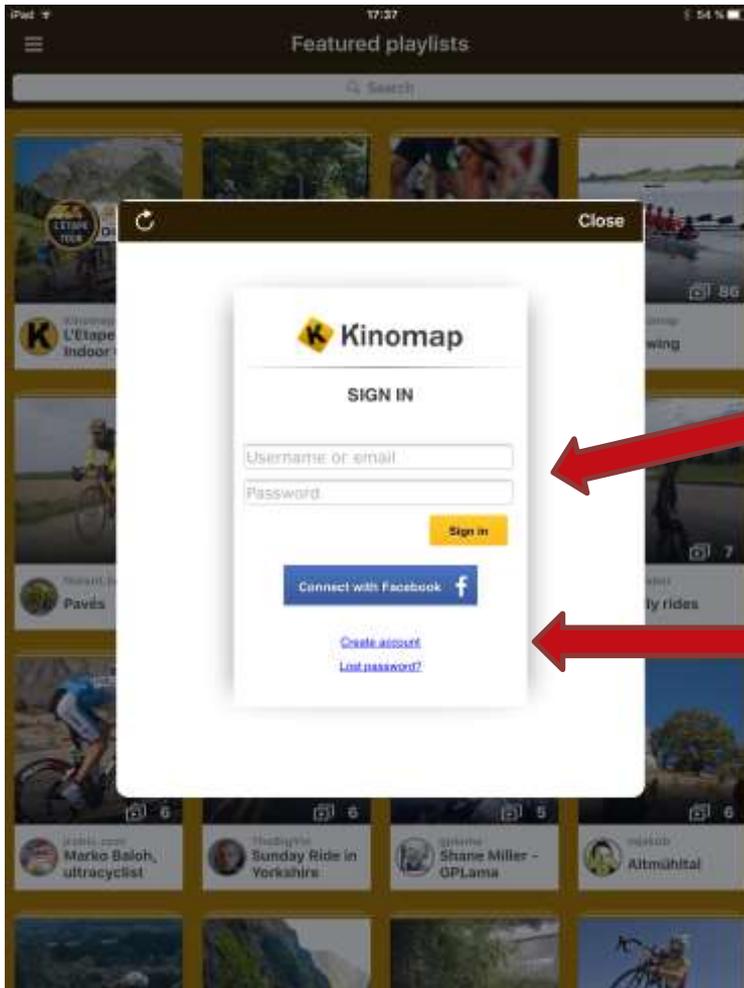
Sign up / Sign in

By connecting with your Kinomap account, you access to your own videos and your favorites.

You also have the ability to rate and comment videos you have trained on

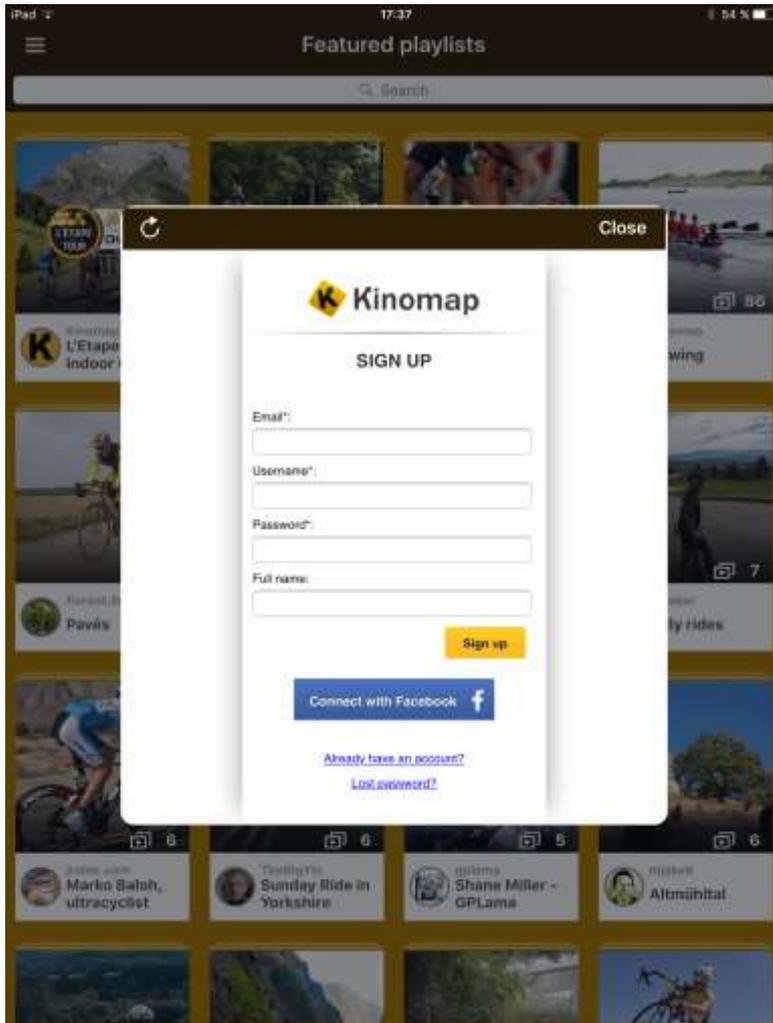
If you already have a Kinomap account, tap on the "Sign In" button

If you do not have an existing Kinomap account, tap on the "Create account" button





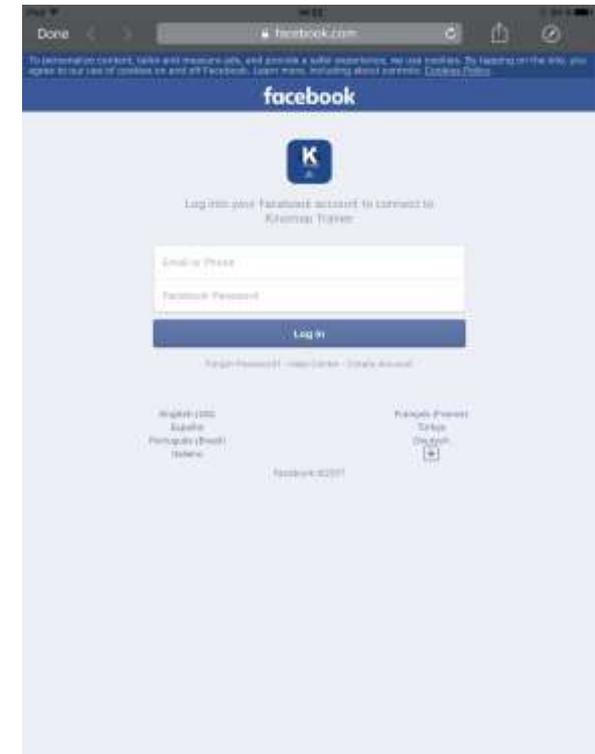
Sign up



You have two possibilities to sign-up on Kinomap:

1. Using Facebook: you just login to Facebook and a Kinomap account will be created automatically

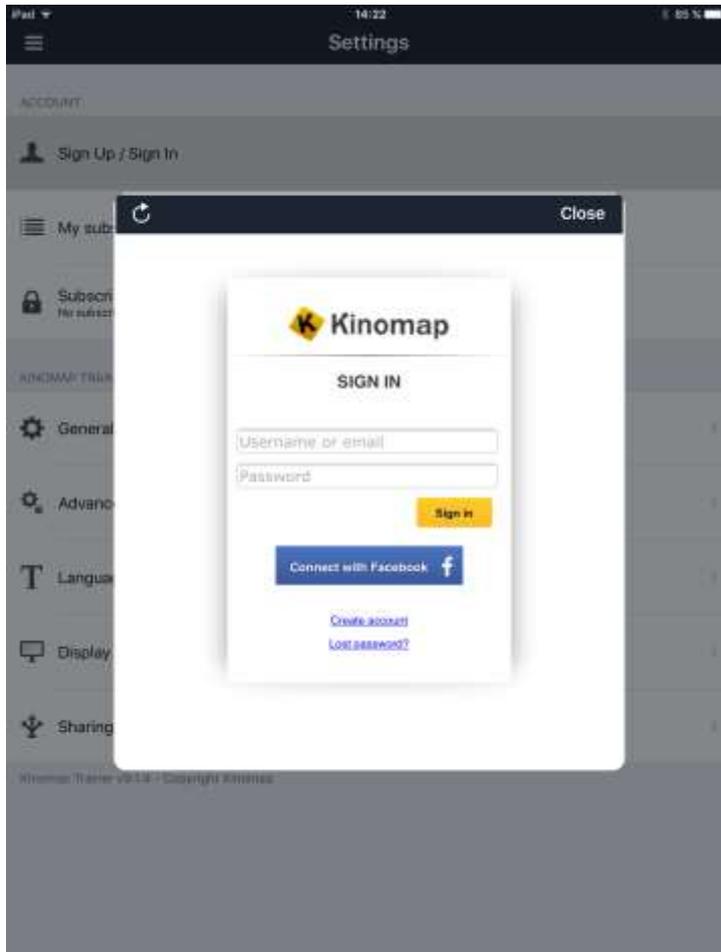
2. Just type your email, username, password (twice) to “Sign up” in the top right corner



Once signed up to Kinomap, you receive a confirmation by email



Sign in



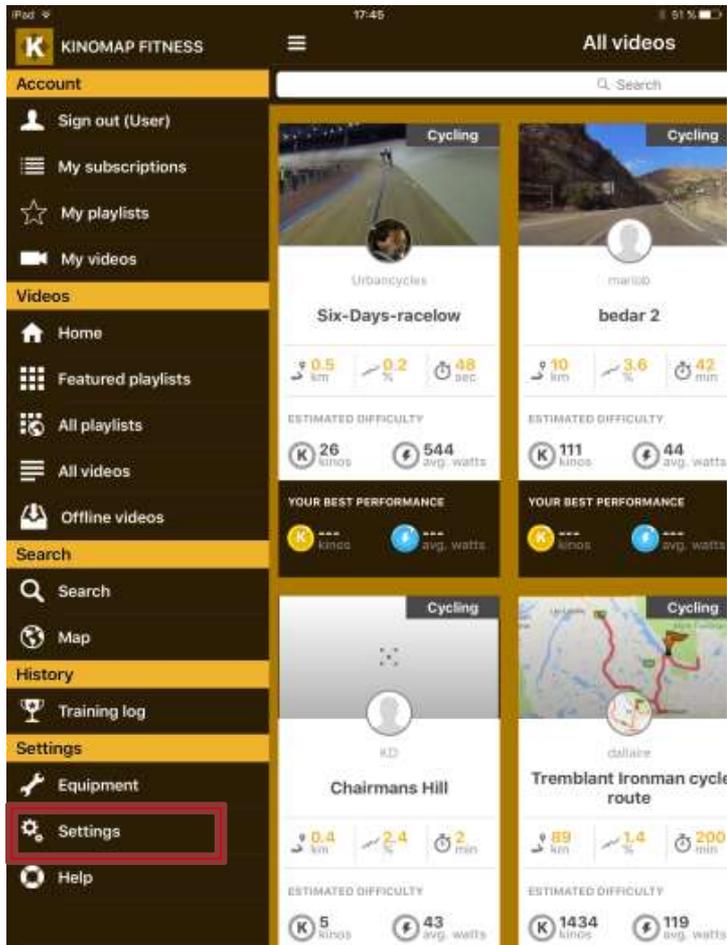
You have two possibilities to sign-in on Kinomap:

1. With Facebook: just need login to Facebook
2. Just type your username and your password and then tap the “Sign in” button

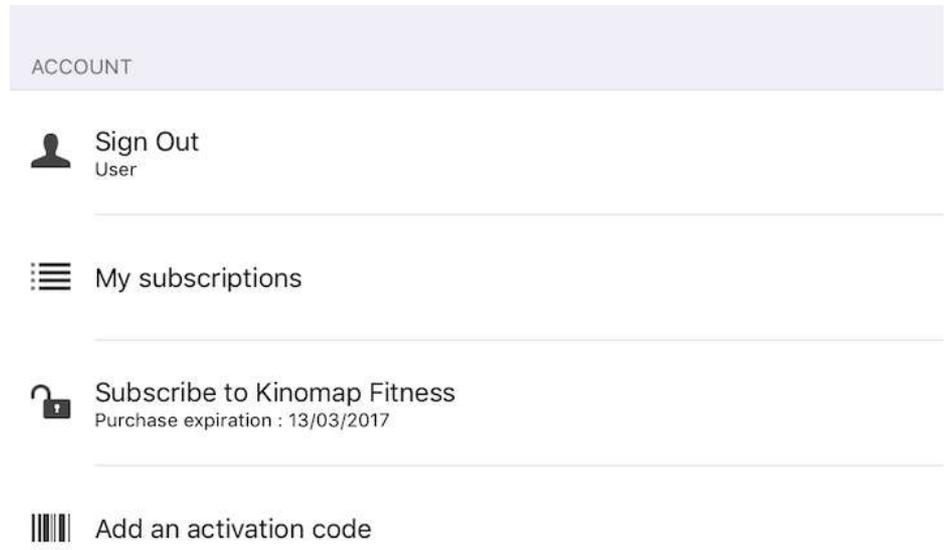


Subscription

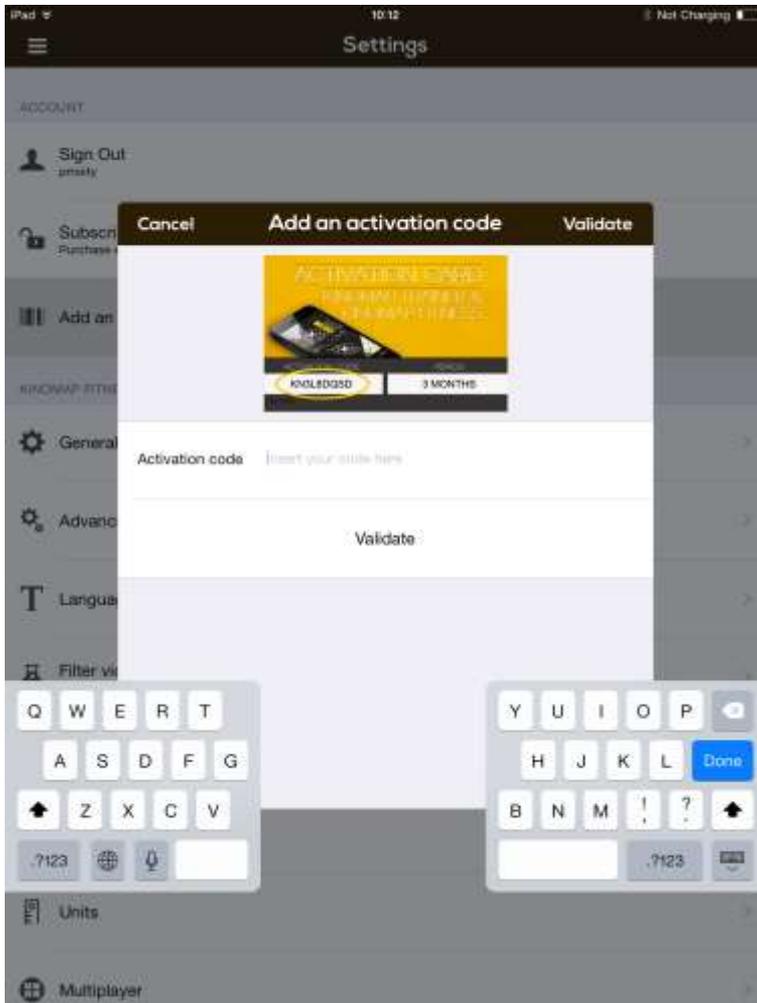
The App is free and the free version gives you access to a set of free but complete videos.
A subscription is required later on, to get access to all eligible videos.



Step 1: Open the left menu and tap on “Settings”. This will open the settings screen and two ways are available to subscribe: online subscription or code activation if you have one

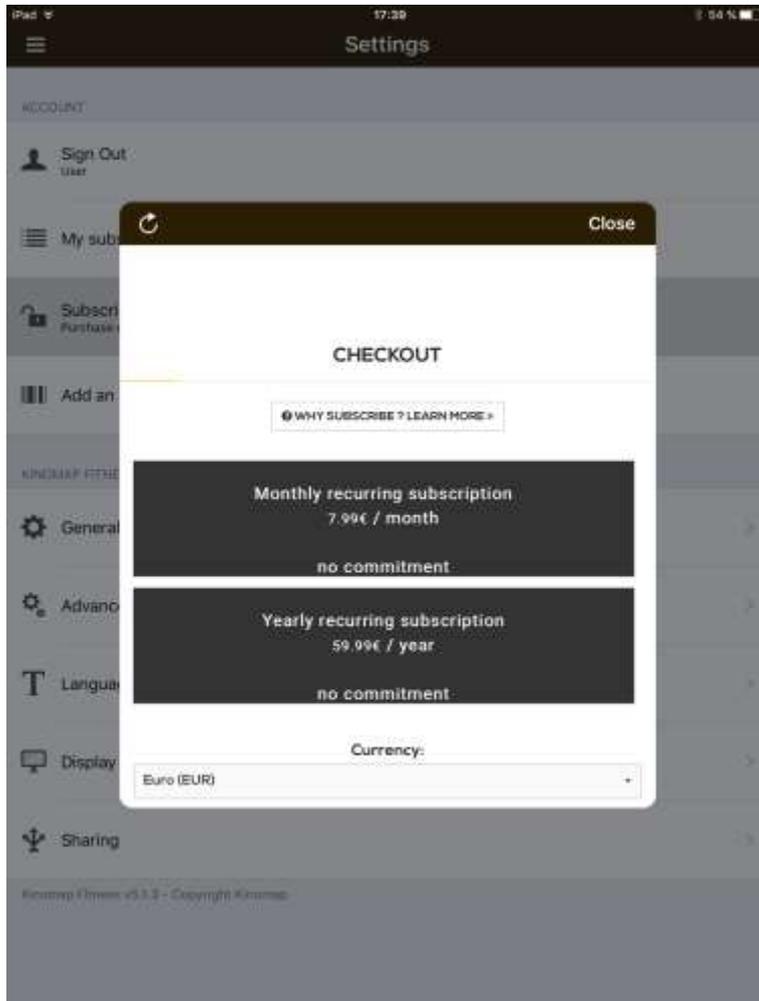


Activation code



If you have an Activation code, type it in the “Activation code” field and then click on the “Apply activation code” button to activate your subscription for the Kinomap Indoor Training App.

Online purchase for a recurring subscription



You will be able to subscribe on a monthly or yearly basis.

If you subscribe on a monthly basis, there is no commitment so you can cancel at anytime. If you subscribe for 1 year, you will get a note 2 weeks before to renewal to let you know about the process, to ensure there is no renewal if you don't want it.

All data related to the payment are not provided to Kinomap but remain between you and the bank, thorough an highly secured process, to ensure a maximum security and confidentiality

Currency:

Euro (EUR)

Registered addresses:

New address:

Address name*:

Home

Country*:

Afghanistan

SHOW MORE FIELDS ▾

CONTINUE

2. Connect

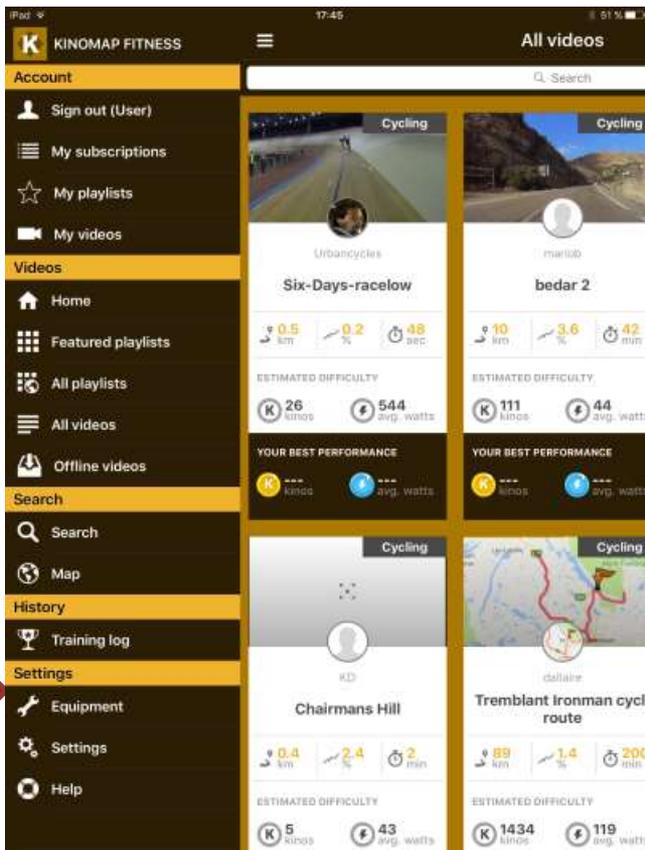
2. Connect

ANT+, Bluetooth or Bluetooth Smart



If you have a **Bluetooth** equipment (BT 3.0 instead of Bluetooth Smart, please go first to the Bluetooth Settings of your device to pair the equipment at first. Then use Kinomap Fitness.

If you pair the equipment using **Bluetooth smart**, the pairing process is directly handle by the App.



Step 1: Launch Kinomap Trainer app, go on the main menu to select Equipment tab

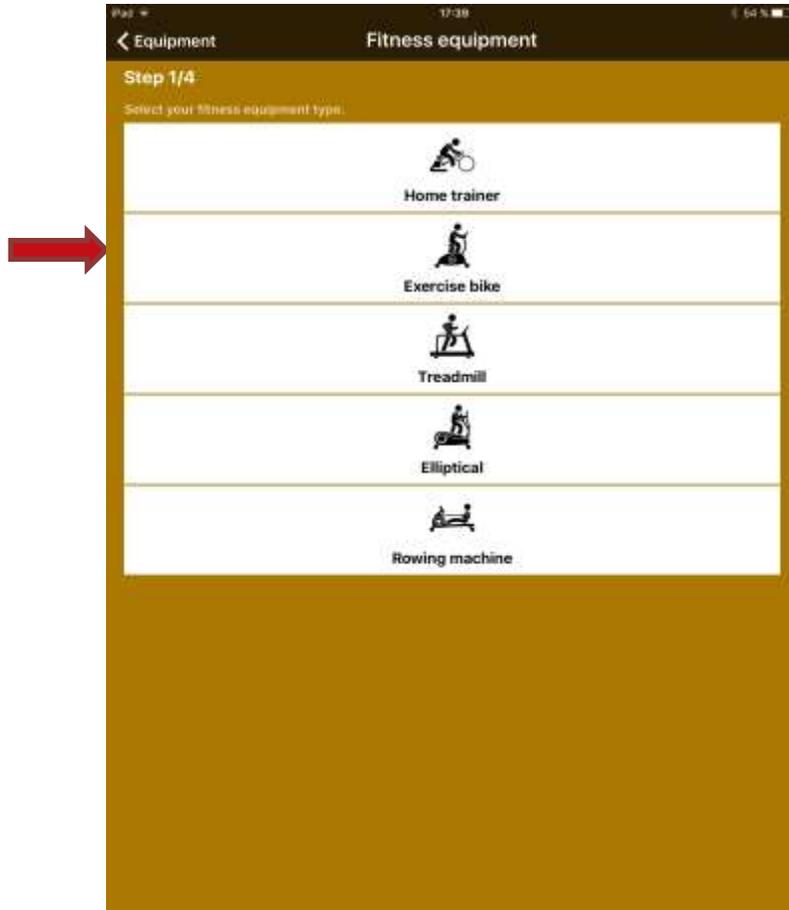
Step 2: If your Equipment doesn't appear on the list, click on '+' at the top right hand side to add new equipment



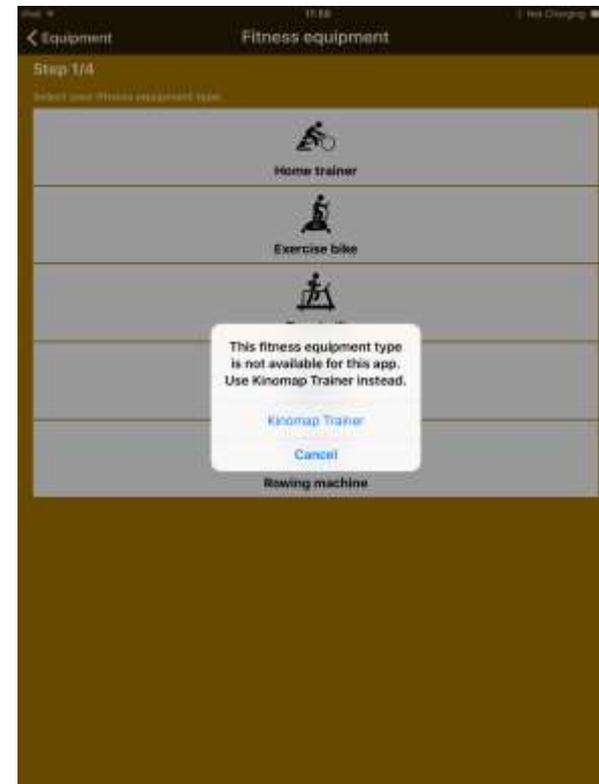


ANT+ or Bluetooth Smart connection

Step 1: Select home trainers



If your equipment is not a home trainer, please use the App Kinomap Trainer instead.

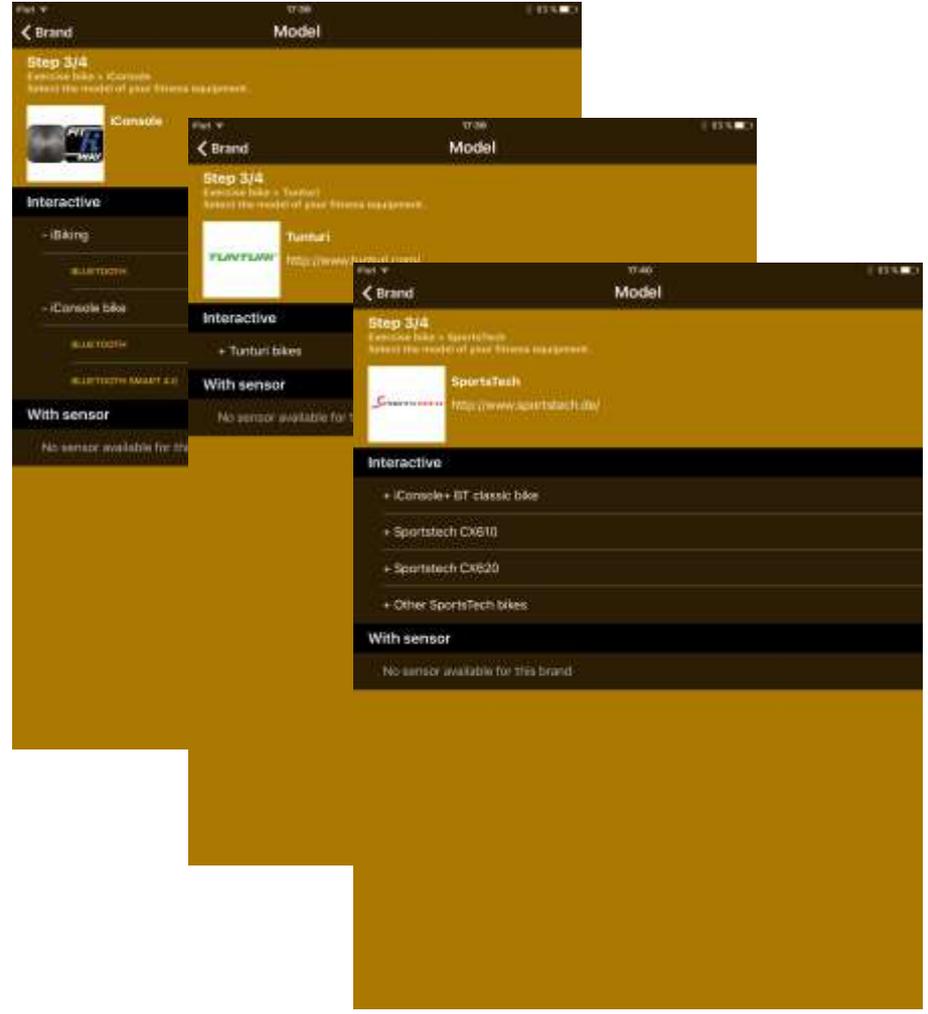


2. Connect



Compatibility list

Select your supplier then model. Yours should be referenced. If not, please let us know at support@kinomap.com



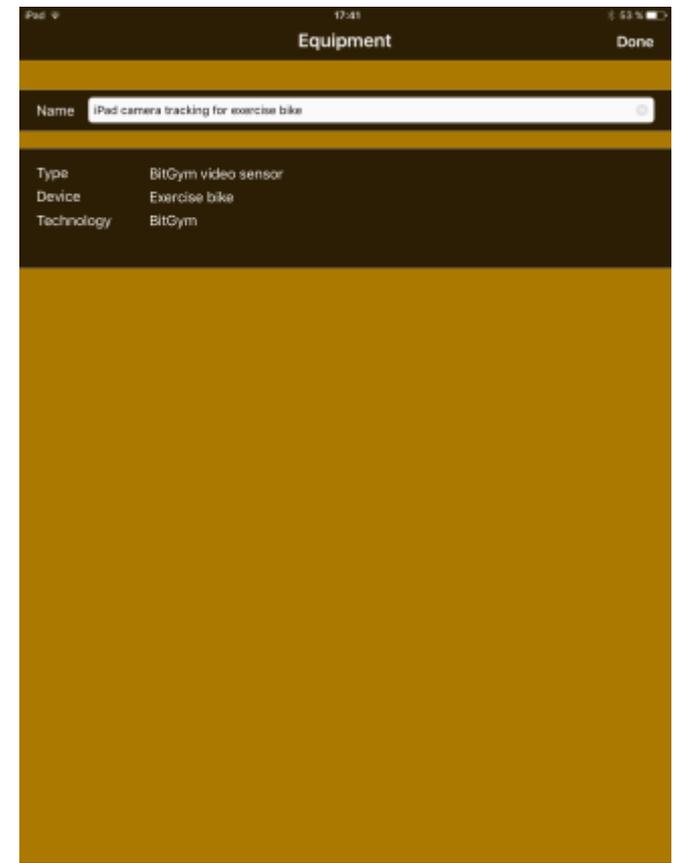
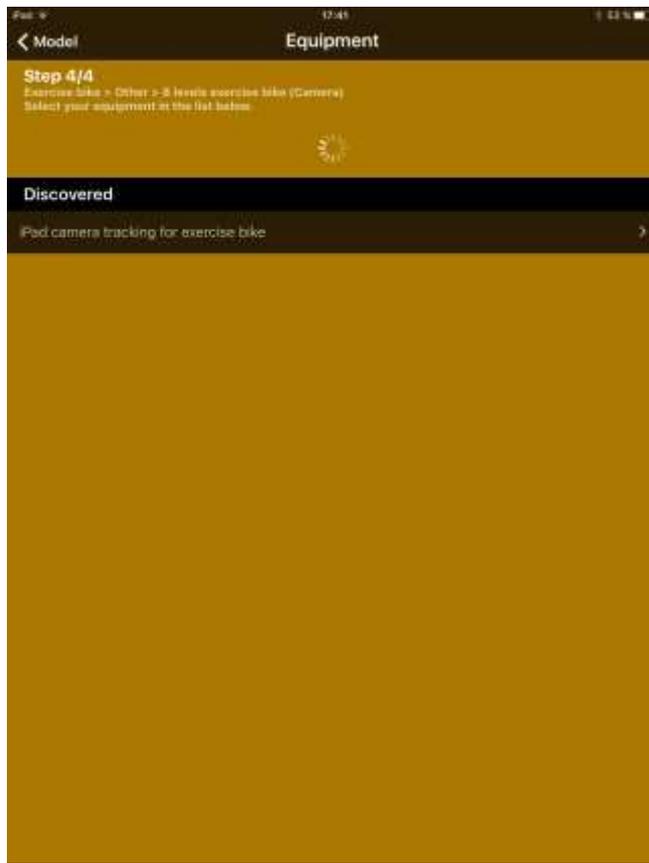
Compatibility list

If you do not use an interactive fitness machine, please select other to pair your external cadence, stride or speed sensor, or power meter.

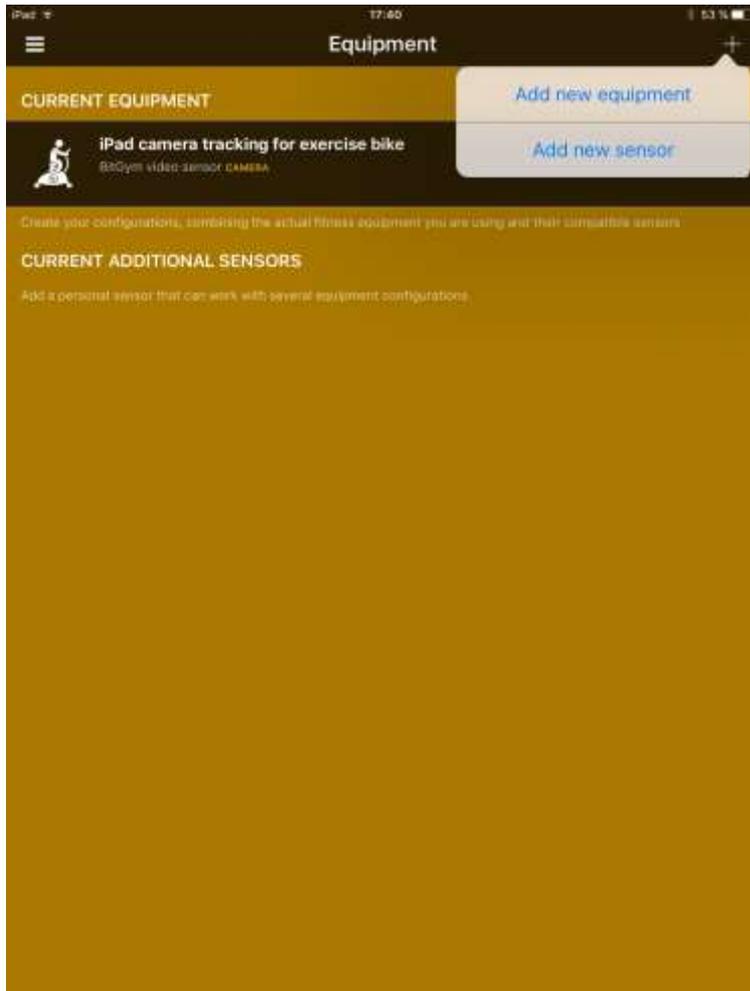


Compatibility list

If you do not have any wearable sensor, you can use the front facing camera of your device (smartphone or tablet), to detect optically your cadence, stride or stroke.

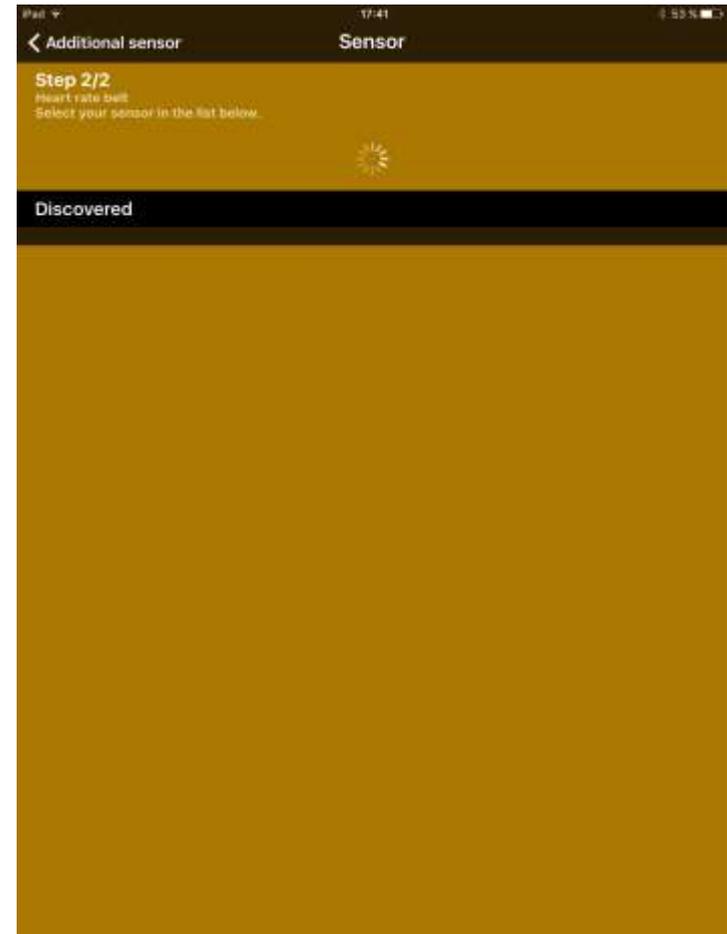
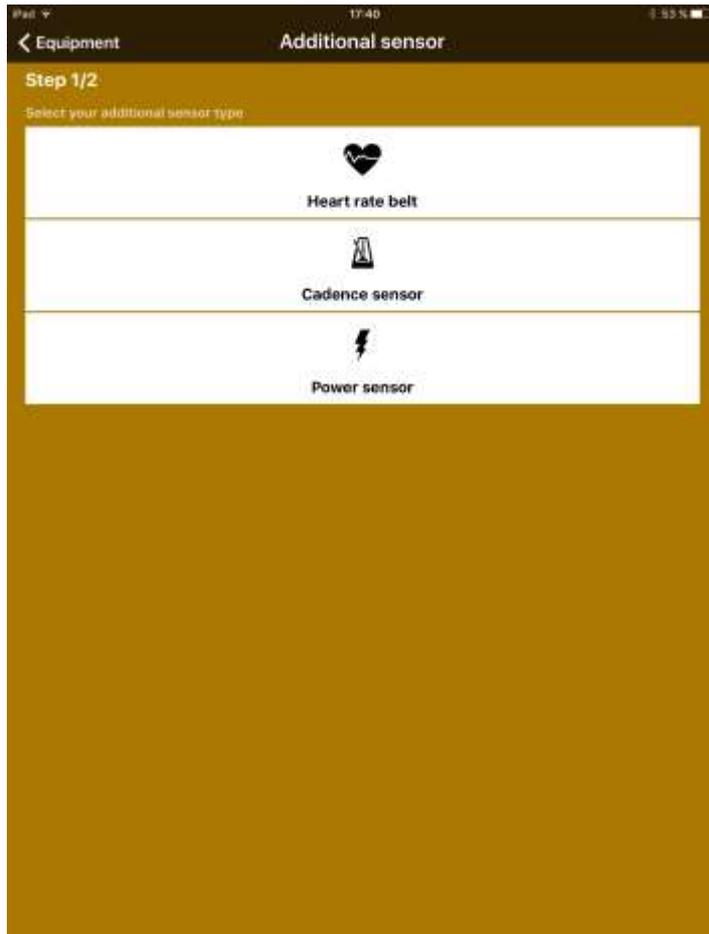


Add an additional sensor



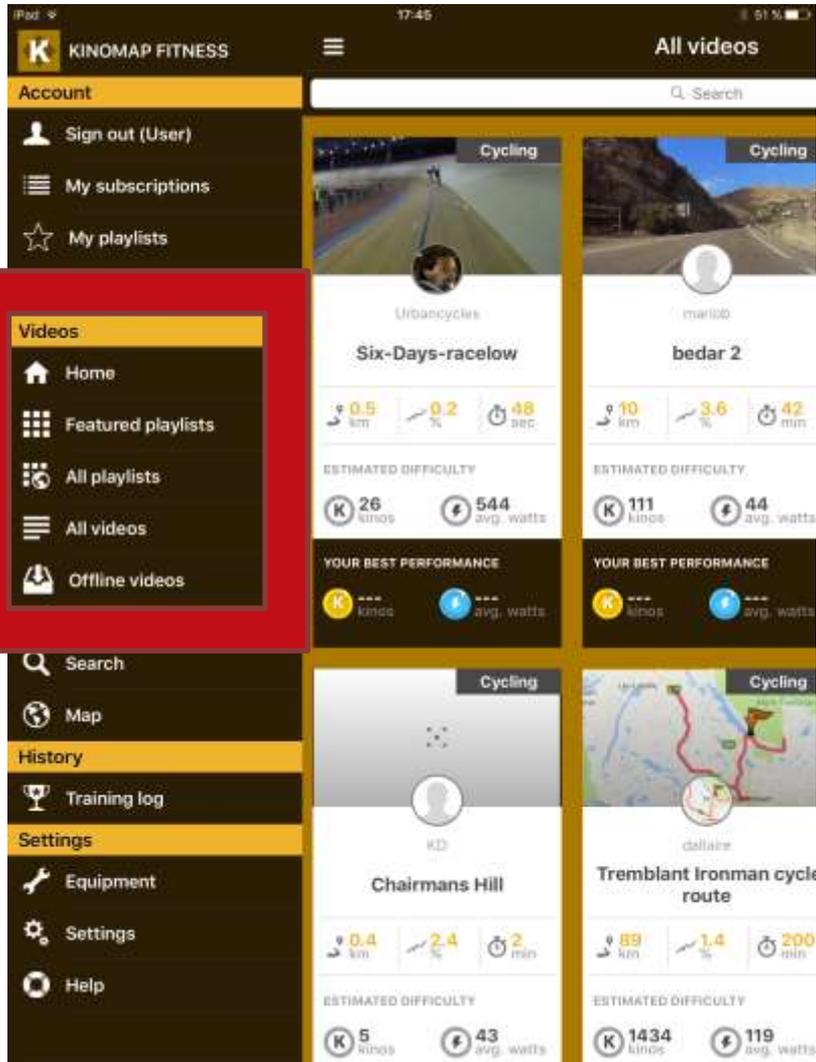
Once your equipment is connected, you can go back to Equipment to add a secondary sensor (heart rate, cadence...)

Add an optional heart rate strap



3. Train

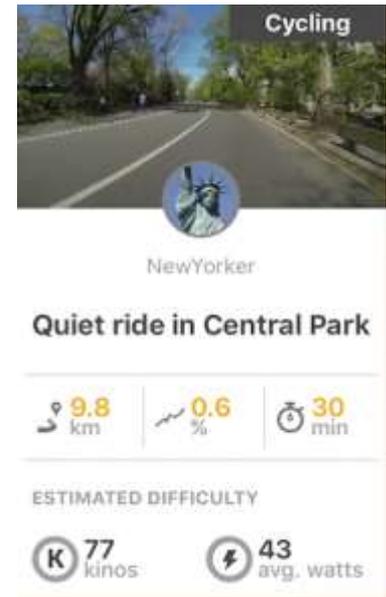
Videos



Select a video for the playlists (Featured, All) or directly for the video list.

For each video, you can see relevant information:

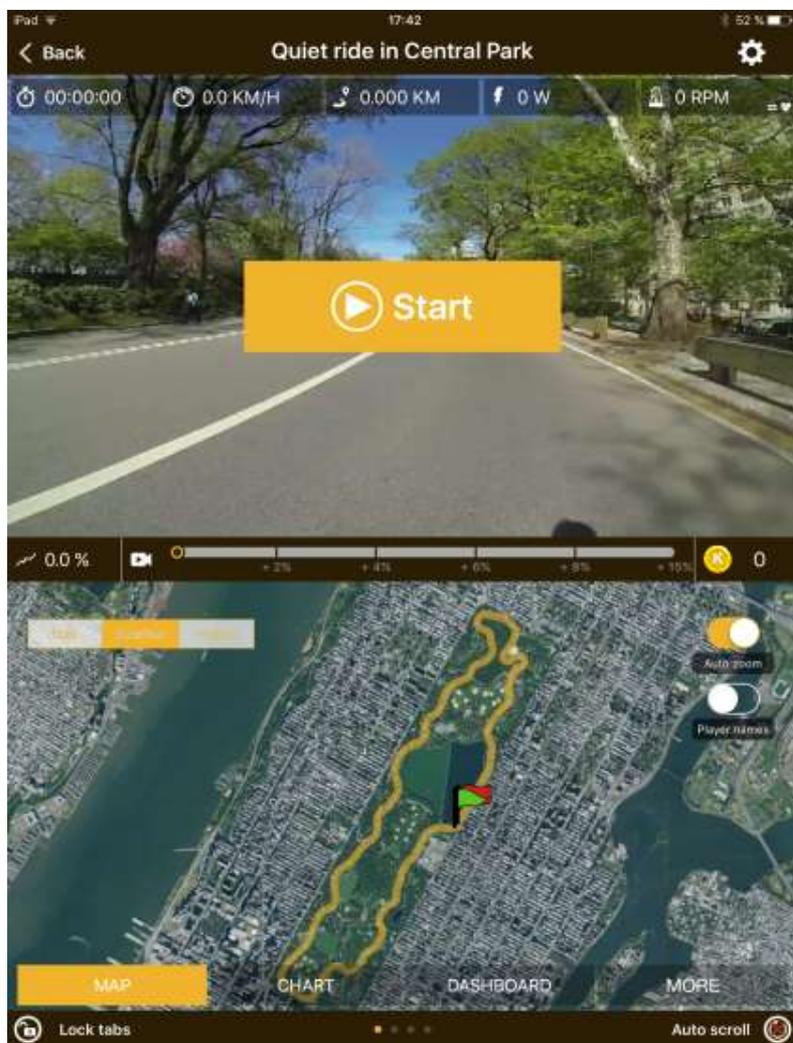
- Name
- Contributor
- Duration
- Distance
- positive slope
- Estimated difficulty in
 - Watts
 - Kinos*



*The **Kinos** are a gratification based on the energy you produce during your training sessions. This is in fact the kilo Joules, being more accurate than calories even if people are used to deal with calories but it depends so much on everyone's metabolism...



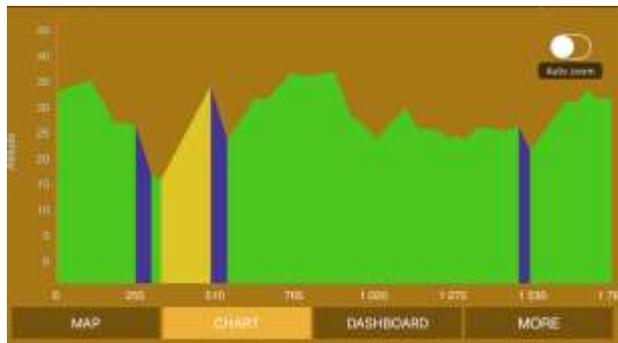
Video



On top of this screen are displayed video data and relevant

In the bottom, you switch between four tabs:

- Map
- Elevation profile
- Dashboard
- Description



Video	User
0.0 KM/H	0.0 KM/H
0.000 KM	0.000 KM
-	0 W
-	0 RPM
0 RPM	0 BPM
0.0 %	0.0 %

MAP CHART DASHBOARD MORE

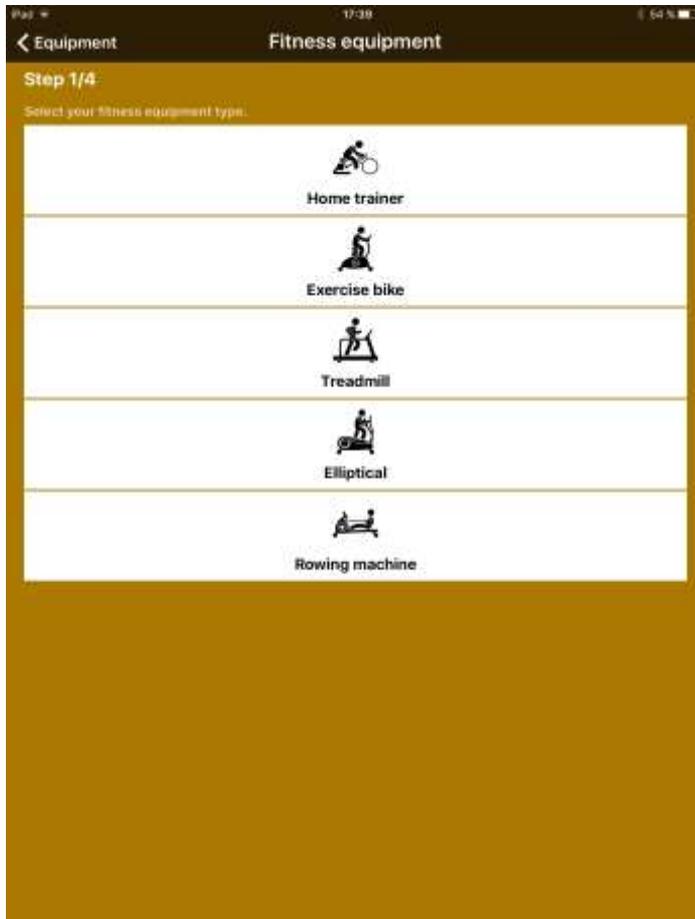
By NewMarker APPROVED HD Download video locally

Date	Views	Rate
20/04/2013 at 14:28:11	35771	1757 (keps) - 104 (strokes)
Departure	East Drive, New York, NY 10128, USA	
Arrival	East Drive, New York, NY 10128, USA	
Duration	Distance	
00:29:47	0.838 km	
Slope	Average	Positive
	0.8%	54 m
		Source
		PC

MAP CHART DASHBOARD MORE

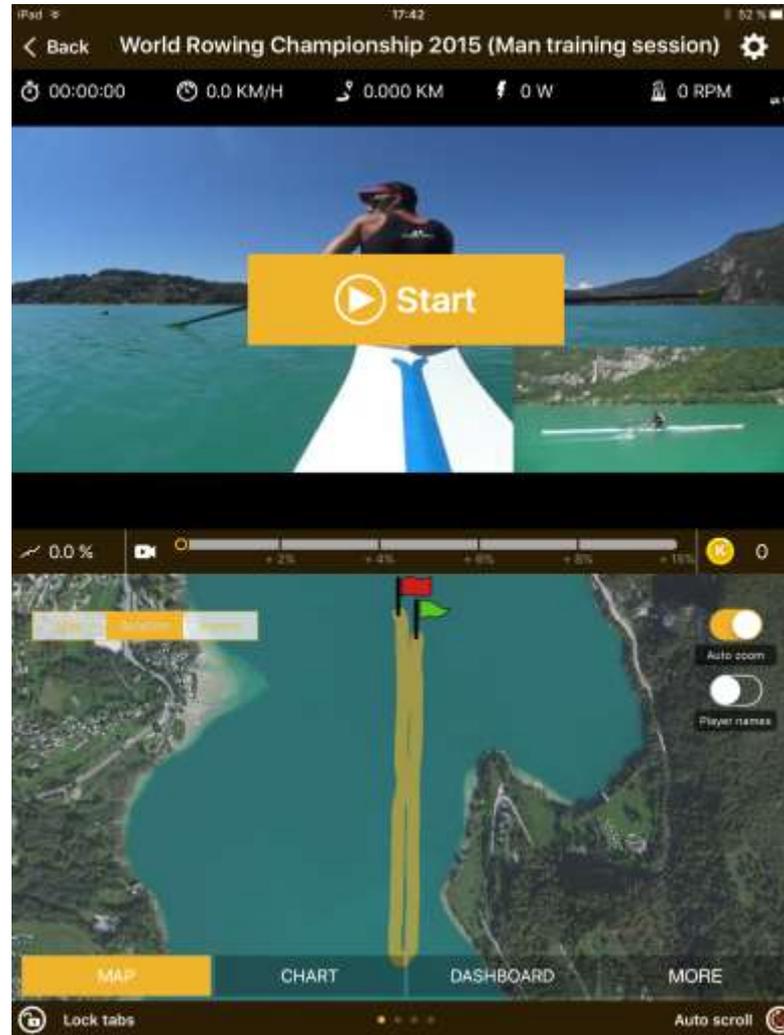
Equipment

Refer to the page matching with your equipment:



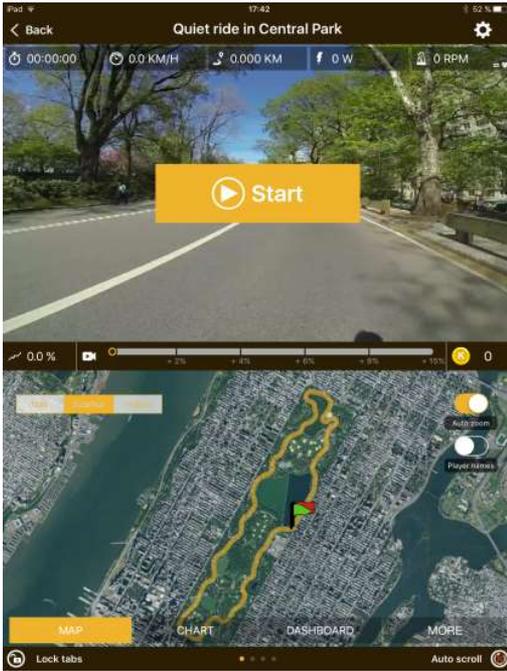


Start on any machine



Workout

Elevation profile allows you to display the altitude curve of the video, your position and the position of the video maker. Slopes section and speed curve can also be displayed



Once your workout is started, you can see data from your equipment. Your bike is moving along the route

The dashboard displays all data from you and the video. It is probably less interesting to see so much data when on an iPhone



Stop or pause a workout



Activity summary

Your training is paused. You can resume your session or exit to the video list.

 00:00:20

 0.0 km

 2.6 km/h

YOUR PERFORMANCE

 0 kinos
0 + 0 bonus

 25
avg. watts

Quit

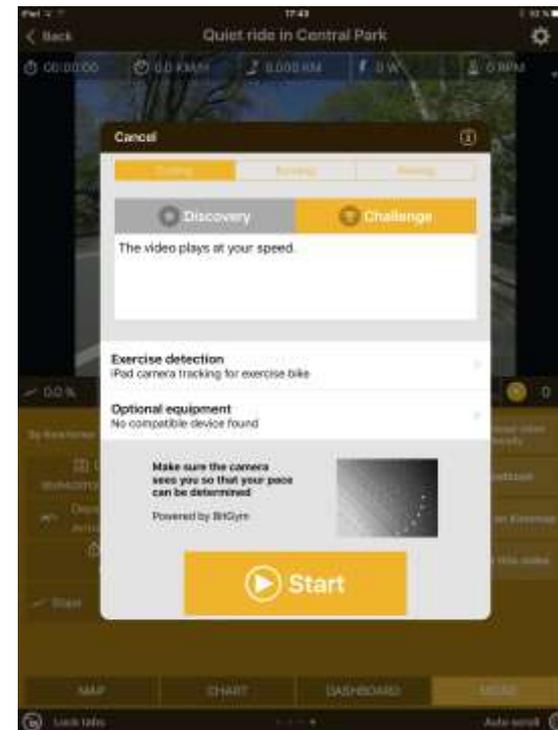
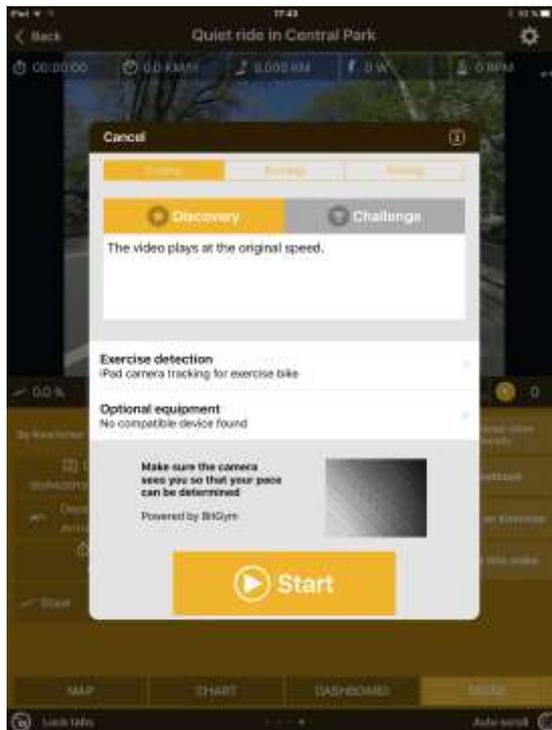
Resume training

Video modes

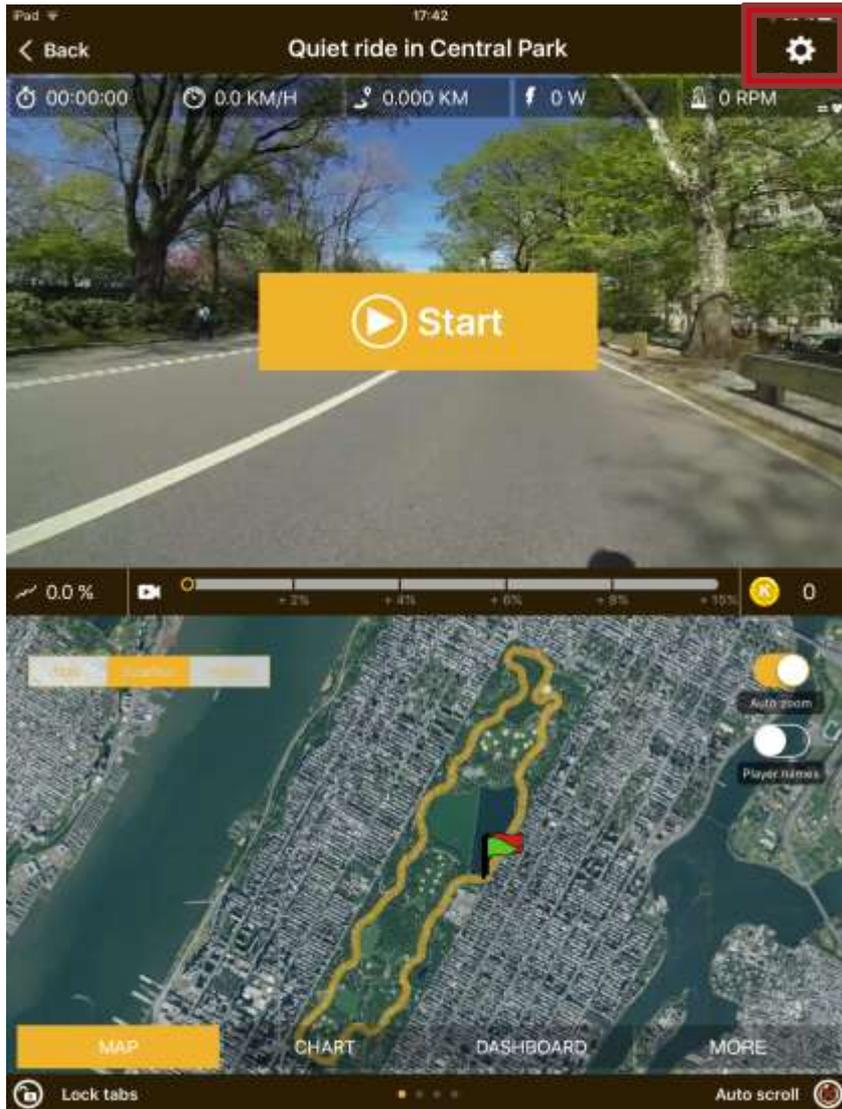
When you train on a video, two video modes are available :

- **Discovery** on which the video plays at its recorded speed. Convenient for demonstration or if you want to enjoy the scenery without any huge effort. A 30min recording takes 30min to ride.
- **Challenge** on which the play plays at your own speed (i.e. the video frame rate is altered to match your current speed/power. The video pauses when you're behind the point of view of the video and catches up with you when ahead

On Kinomap Fitness, the Discovery mode is set by default.



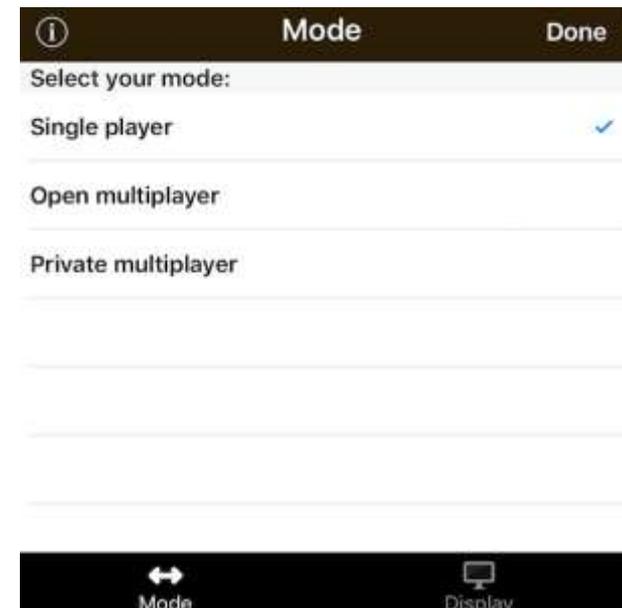
3. Train



Single Player : this default mode allows you to train against the one who recorded the video as a ghost.

Open multiplayer: initiate or join a workout and let other users join or leave whenever they want.

Private multiplayer : Initiate or join a private workout with other users you know, everyone starting at the exact same time.

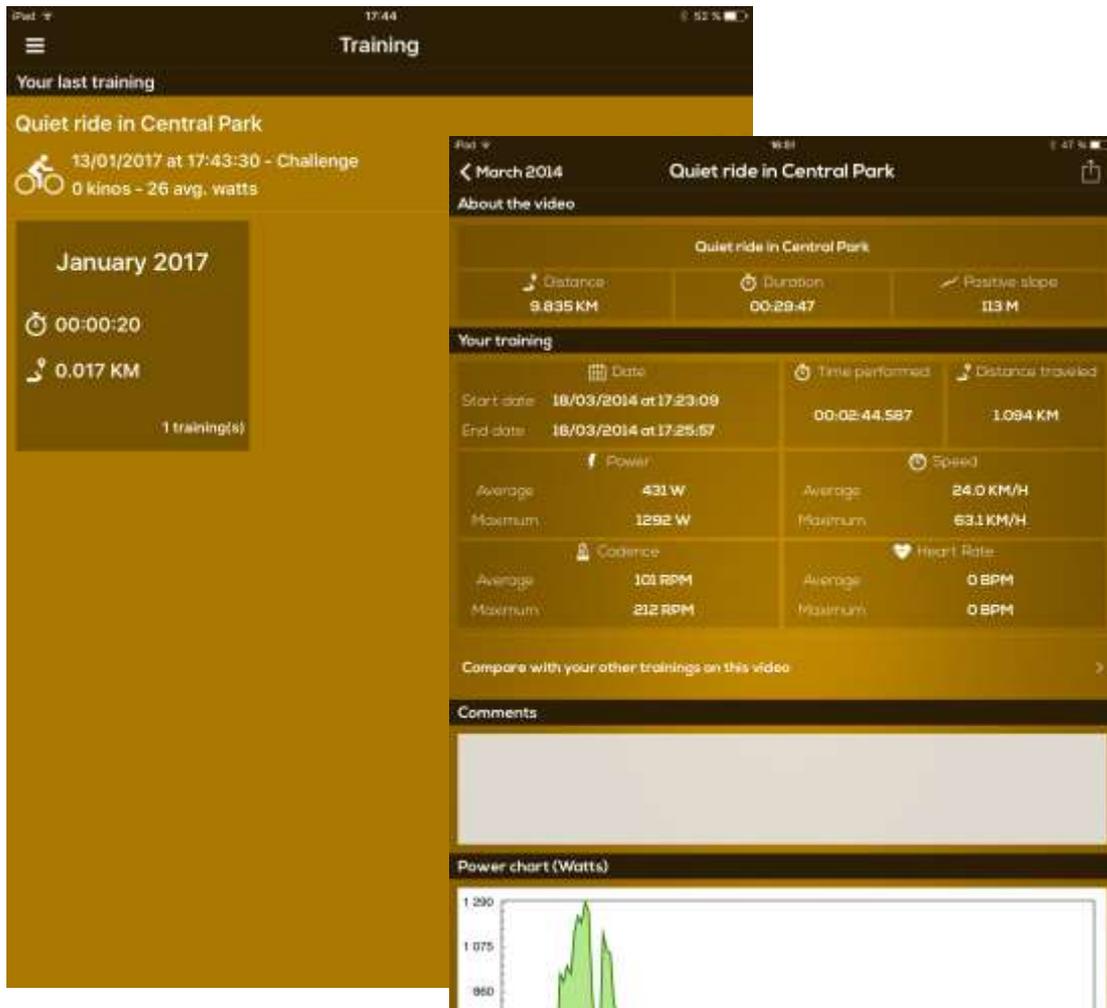




4. History



workout log

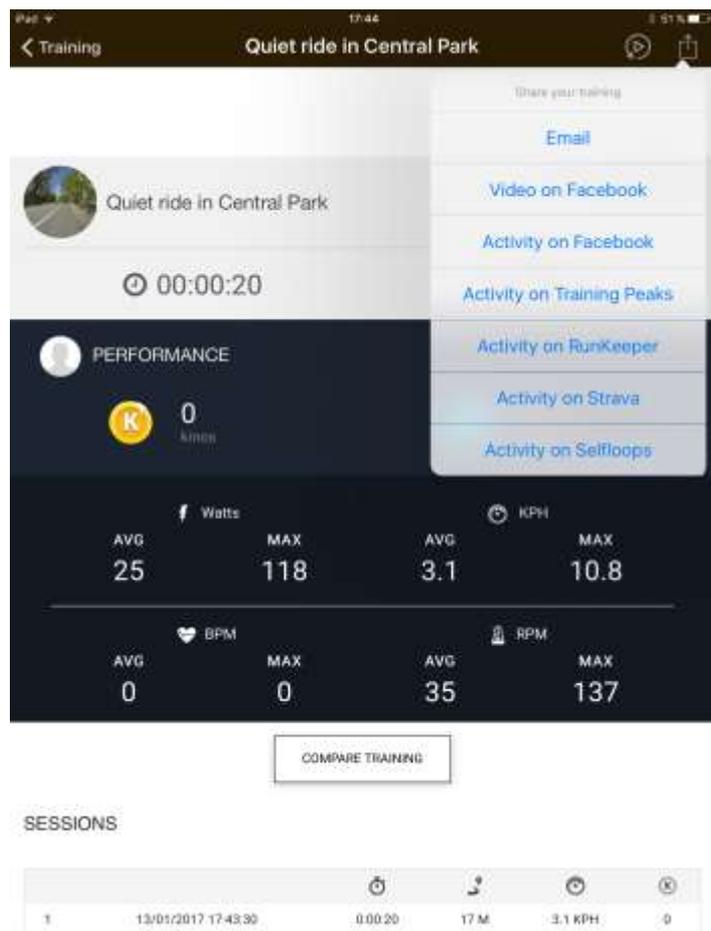


First, open the left menu and click on “workout log” in the “History” section

You can see here the history of your past workout including name of the video you trained, date of that workout, performed duration and distance.

Click on any specific workout to get all information

workout log



First section reports video information

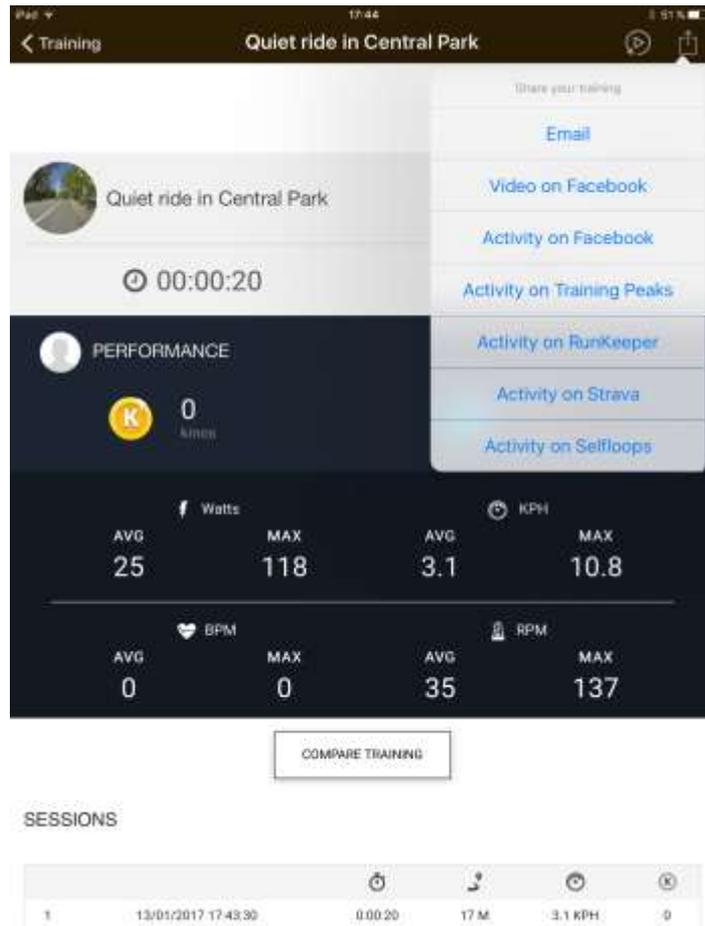
Second section display workout information. You can also compare this workout with past ones done on the same video

You can put a comment about your workout in the third section

Charts of performance and map are also available



Share



Please share your workout performance with others. Many possibilities are available:

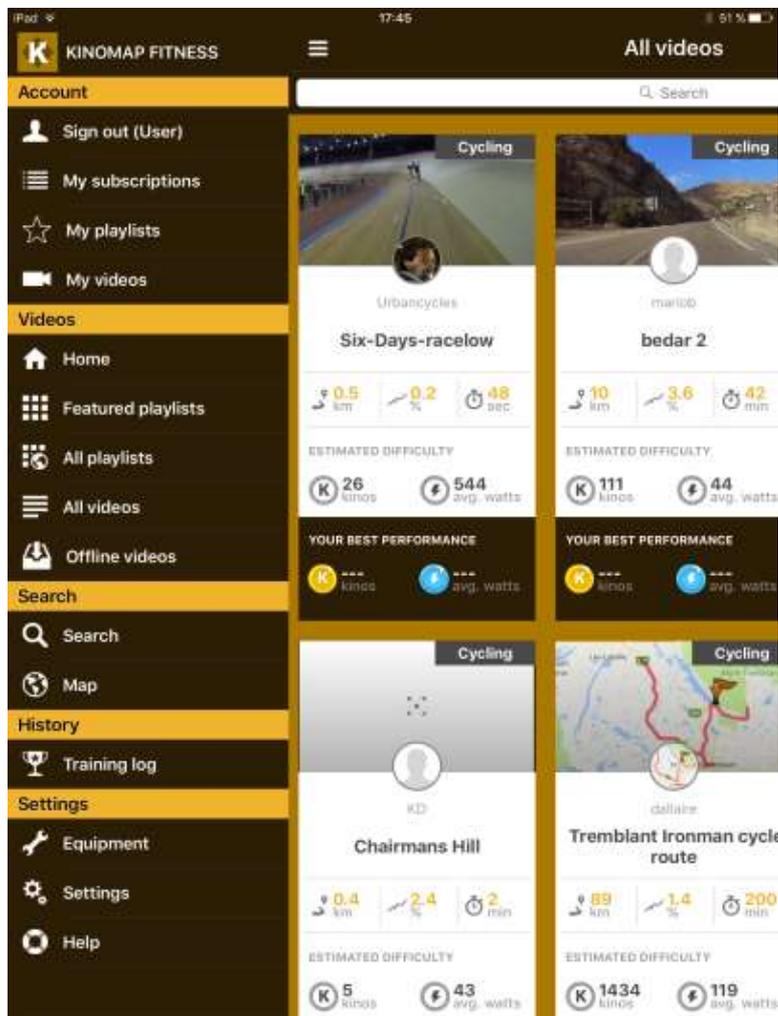
- Email (screenshots of the charts, PWX, CSV, GPX and TCX files) to Garmin Connect and similar
- Video on Facebook
- Activity on Facebook
- Activity on Training Peaks
- Activity on RunKeeper
- Activity on Strava

Special case on 

If your training session has been made under the Discovery mode, the map and elevation profile will not be displayed on Strava, only the mileage and duration will be. You need to train under the Challenge to get all the data displayed under your Strava account (as quite similar to a real ride)

5. Search

Videos lists



There are many ways to find the appropriate video. Use the left menu and select a videos list:

- Featured (videos highlighted by Kinomap)
- Popular (videos which are the most trained)
- Most viewed
- Most recent
- Local videos (downloaded locally)
- Favorites
- My videos (the ones you uploaded on Kinomap)

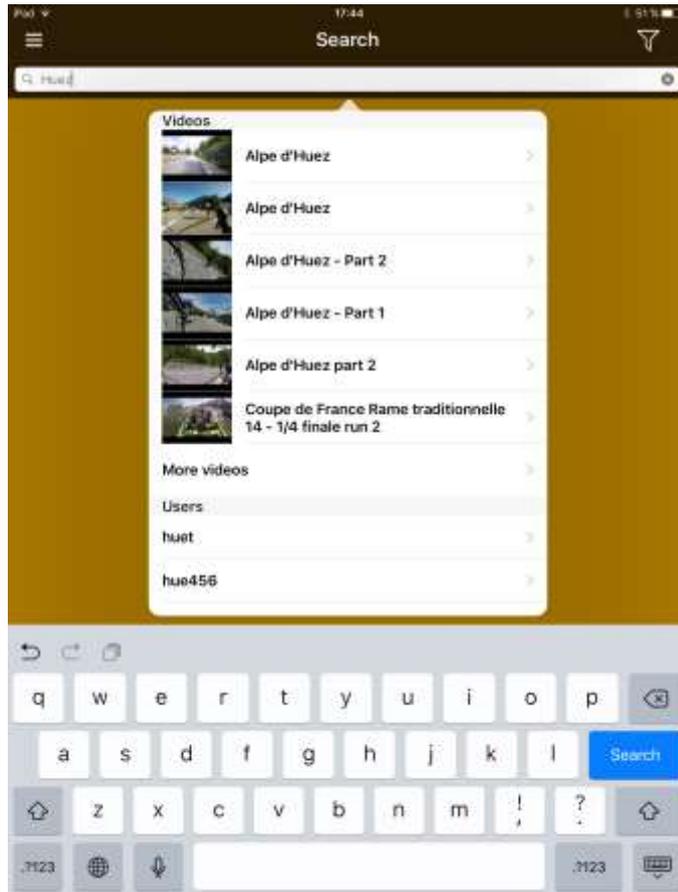
Filters

By clicking on “Filters” button in the top right corner, to set up appropriate filters on:

- Most recent, popular or viewed
- Videos quality (low, high definition)
- Duration and Distance
- Average speed
- Positive slope
- Power (watts, Kinos)



Search



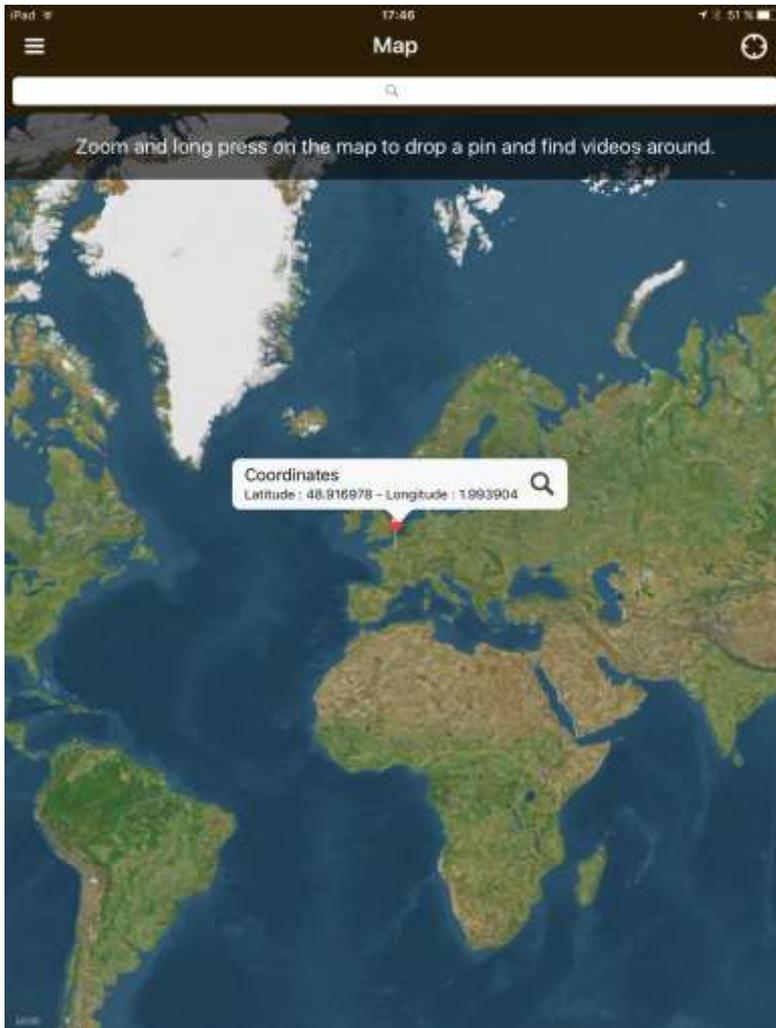
You can search a video by clicking on the search bar

Once you typed at least 3 characters, an auto completion search is made. Videos and usernames matching with your request are displayed

Then you have three possibilities:

- Click on “Search” button of the keyboard to display all videos matching with your request
- Click on one video in the auto completion list to start
- Click on a username in the auto completion list to display all public videos done by this user

Map search



You can also search a video with geographical coordinates shown on a map. Open the left menu and click on “Map” in the “Search” section

If you want to find the closest videos of your position, first authorize the app to access your current location

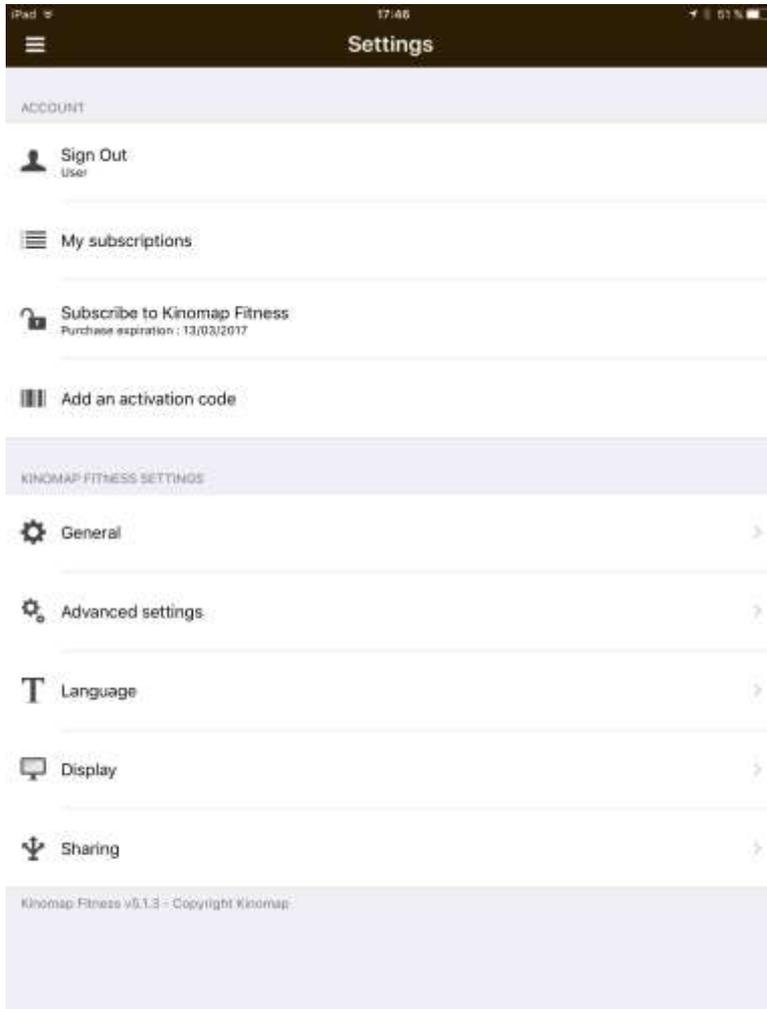
You can zoom in and a long press on the map will select videos around the location. Alternative is to type a specific location in the search bar

Then click on the right icon in the information bubble of the pin

6. Settings



Settings



Open the left menu and click on “Settings” in the “Settings” section

On this screen, you can sign in or sign out with your Kinomap account, subscribe through the App Store or insert an activation code

Many option are alterable:

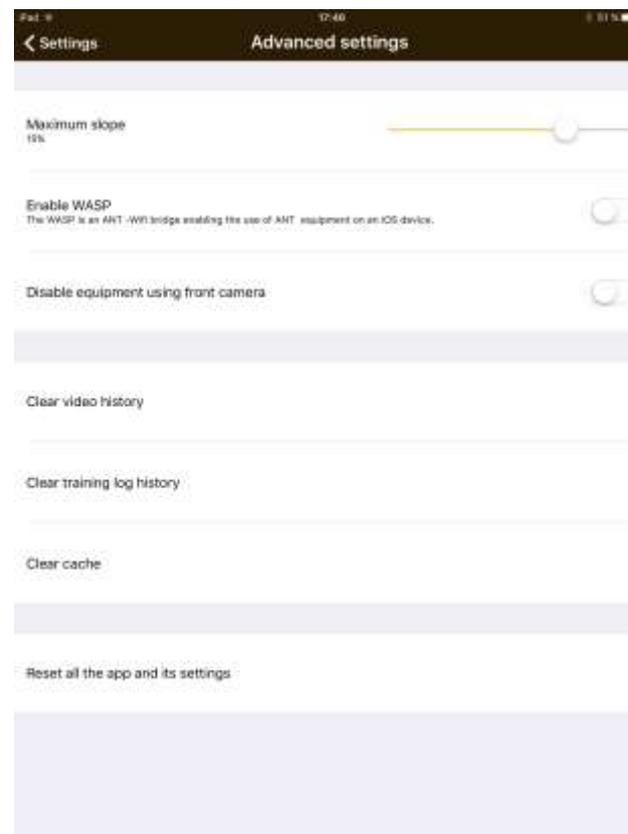
- General
- Advanced settings
- Language
- Display
- Sharing

General and Advanced settings

Set your height, weight, sex and birthdate to your Kinomap account

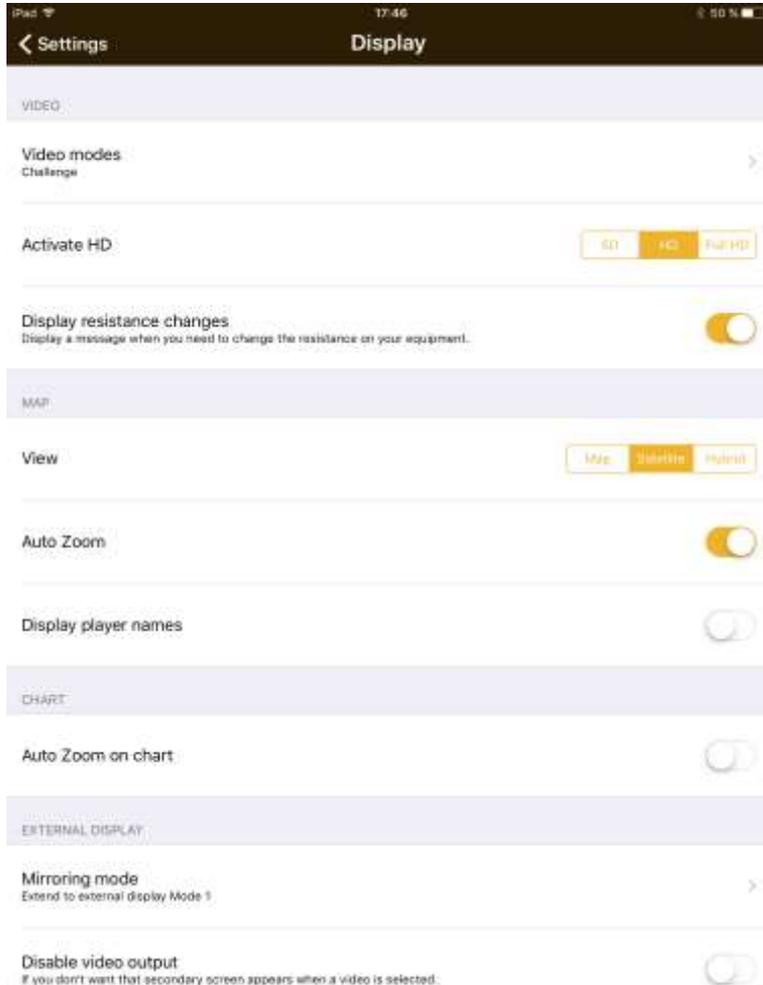


With the advanced settings, you can modify the resistance change and maximum. You can also clear the video history list and your workout history list





Display

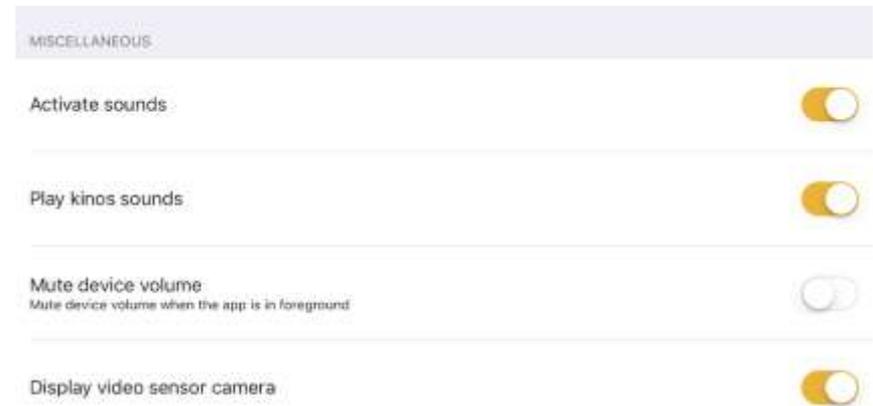


This option is available during a workout:

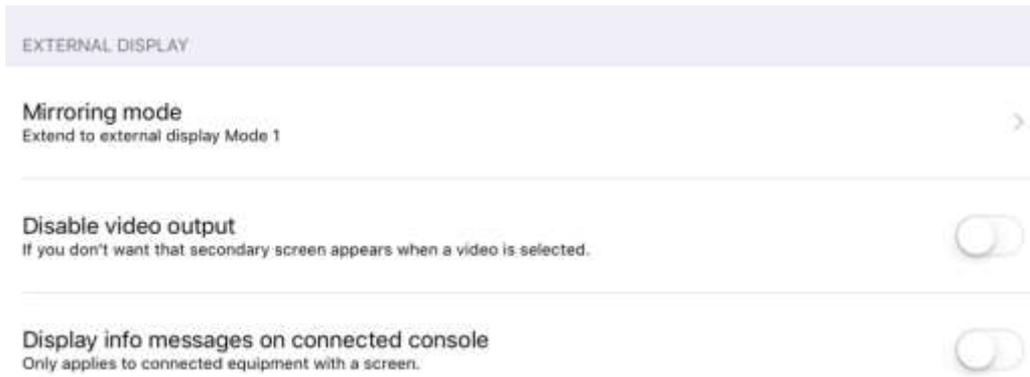
- Default mode (challenge or discovery)
- Video preferred quality and format
- Display of the resistance changes
- Map View (Map, Satellite or both)
- Auto zoom (map zoom on players)
- Display player names (name on top of the icon)

Other options:

- Activate sounds from the video and each time you get more kinos
- Mute option to listen your favorite music.



External display



Mirroring mode allows you to display the content of your device on an external screen using 3 different modes

“Extend to external display Mode 1” displays video, data from all players including video, map and elevation chart

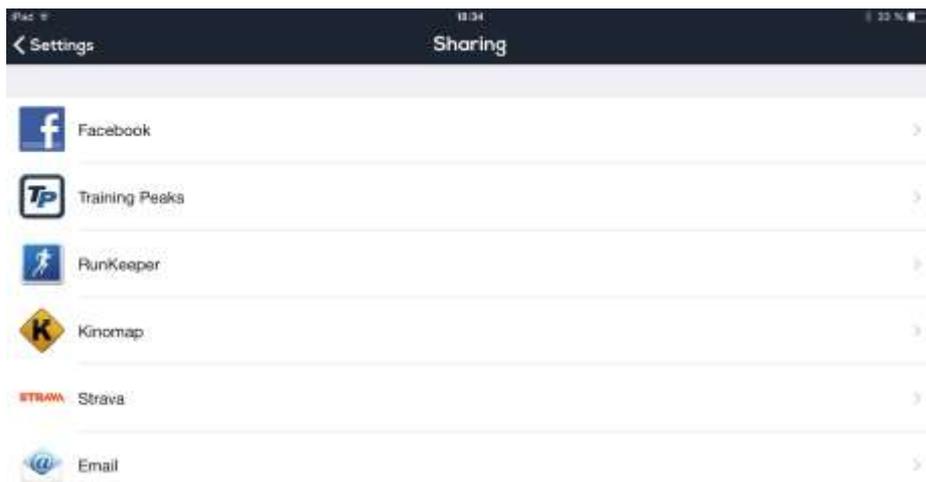
“Extend to external display Mode 2” displays video, data of the video, data and elevation chart

“Mirror this screen” shows the same display on both device and TV





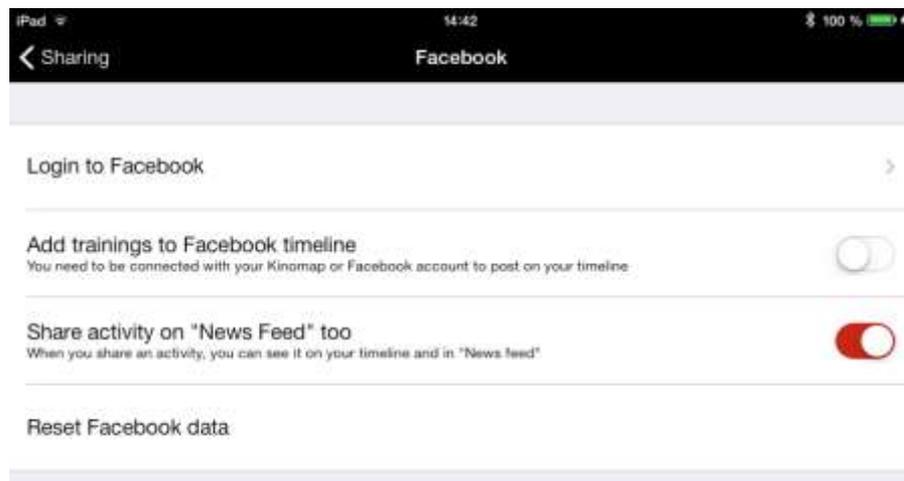
Sharing



You have many possibilities to share your workout:

- Facebook
- Training Peaks
- Runkeeper
- Strava
- Kinomap (to hide or display your workout data on Kinomap website)

Facebook, Training Peaks and RunKeeper can be used in the “training log” screen to share only the workout you want



With Facebook, you can choose to “Add Trainings to Facebook timeline”. By enabling it, your activity is shared on your Facebook timeline each time a workout

7. Others

How to download a video locally?



First, select a video and click on “More” tab

Switch “Download video” to download. An message will appear to select either SD or HD format (if HD is available)



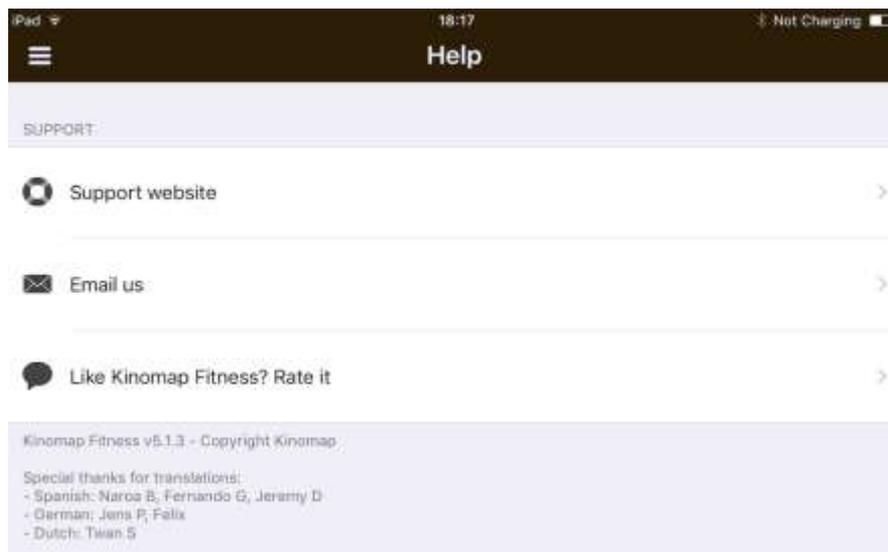
Progress of the download is displayed on the download button.



Help

Open the left menu and click on “Help” in the “Settings” section

- App overview (the first time you opened the app, the app overview is displayed too)
- Email us (if you want to contact us or report an issue)
- Like the app (if you want to rate the app on the App Store)



Online support on <http://support.kinomap.com> or
email us at support@kinomap.com