



KINOMAP FITNESS



Version 1.1 - Android

KINOMAP FITNESS



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 equipment, 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
- If you do have no electronic sensor, you will be able to use the front facing camera of your mobile device to detect your cadence, stride or stroke.

Current App is available on iTunes for iOS and Google Play for Android.



Summary

1- Account

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

2- Connect

3- Train

- video
- The Kinos
- equipment
- workout
- Video modes

4- History

- log
- share

5- Search

6- Settings

- settings
- external display

7- Support



1. Account

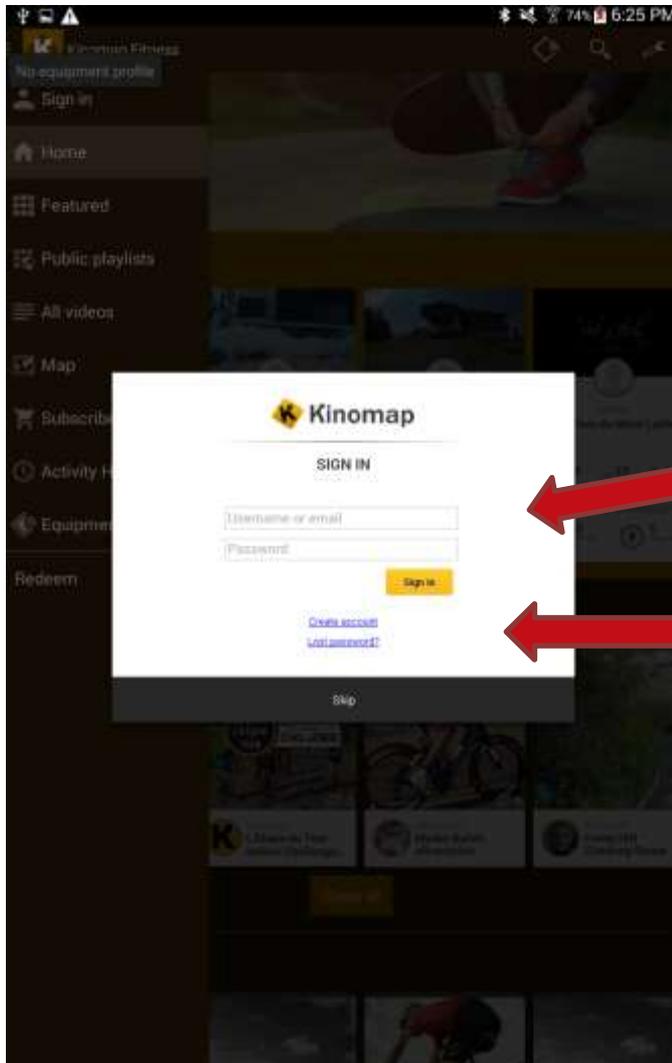
Sign up / Sign in

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

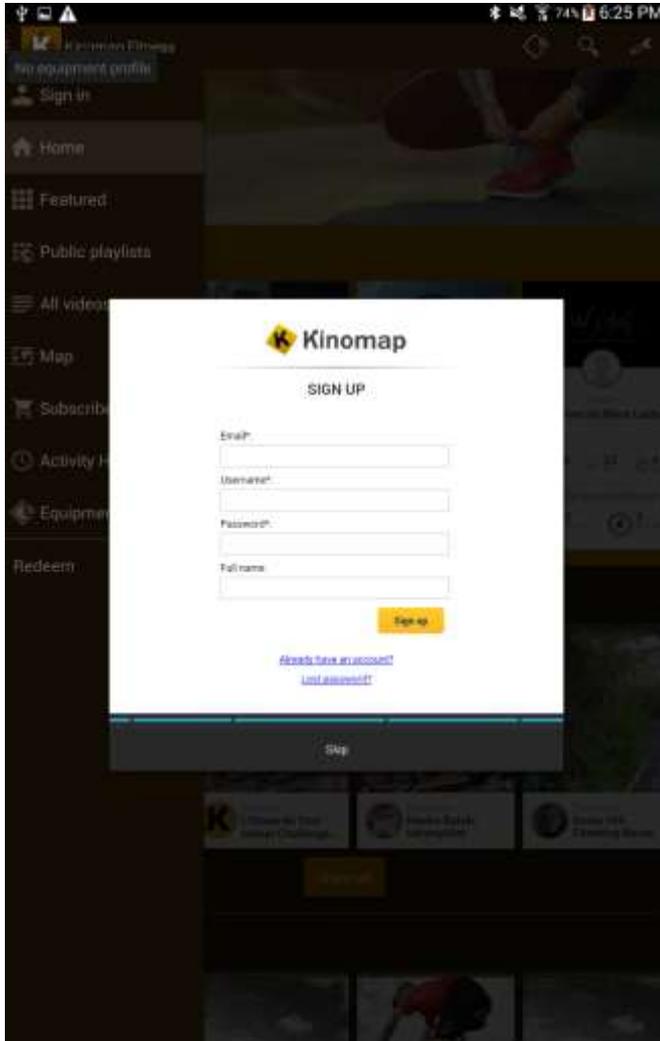
If you already have a Kinomap account, tap on the “Sign In” button

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





Sign up

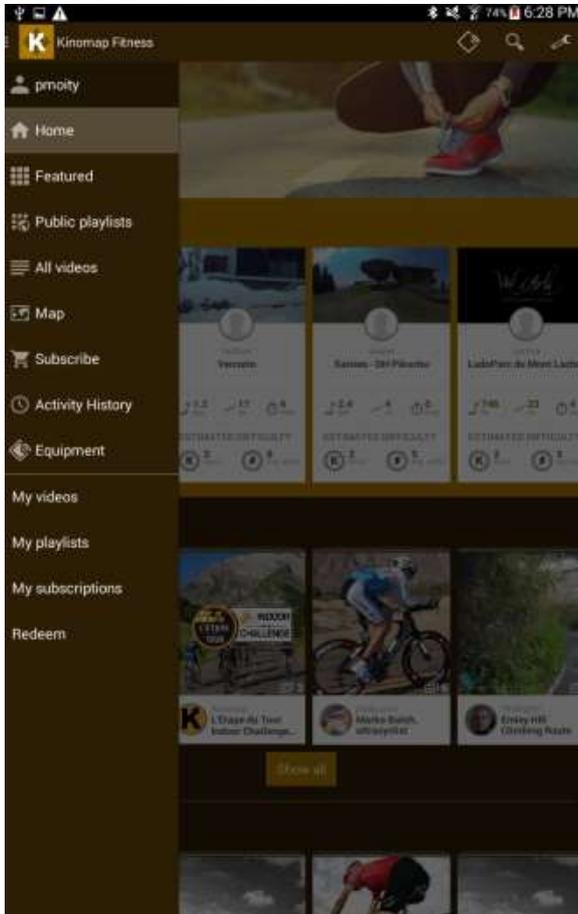


Just type your email, username, password (twice) to “Sign up” in the top right corner

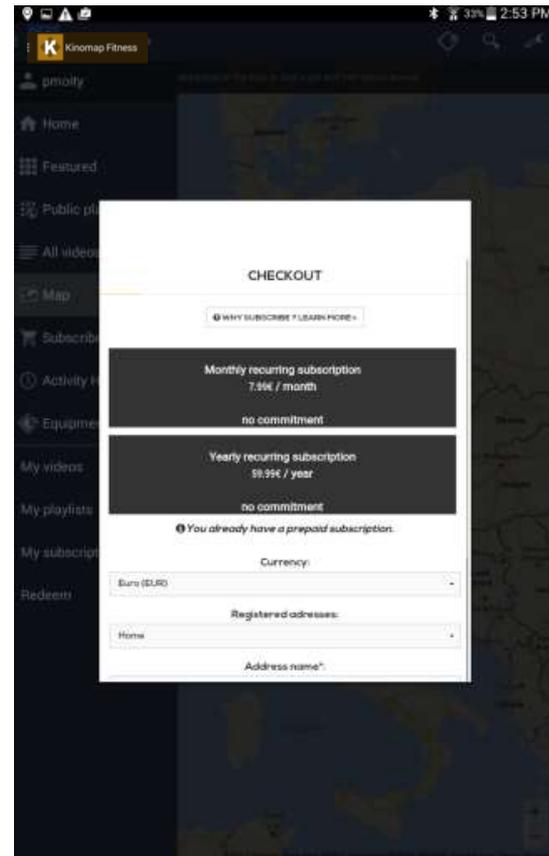
Once signed up to Kinomap, you receive a confirmation by email

Subscription

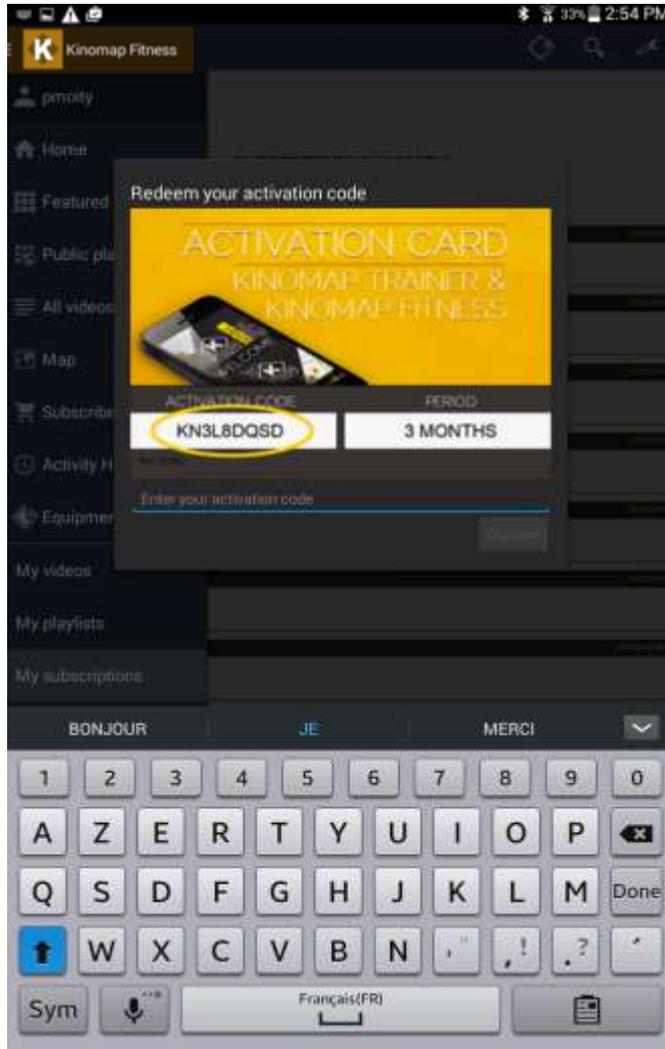
The App is free and the free version gives you access to a set of free but complete videos.
A subscription is required later on, to get access to all eligible videos.



Open the left menu and tap on “My subscriptions”.



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.

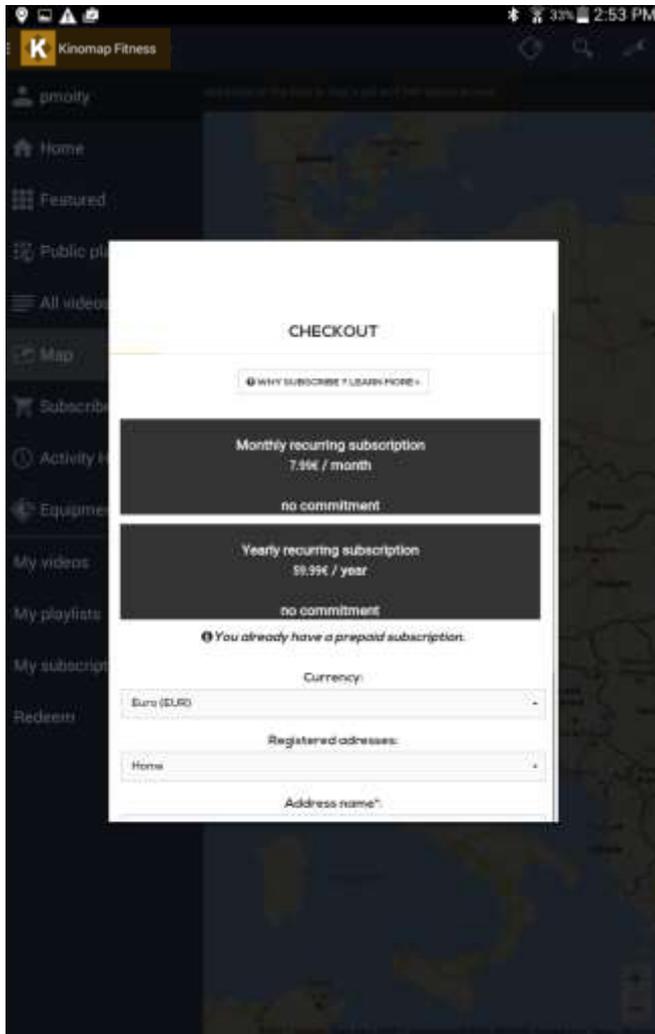
Online purchase for a recurring subscription



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

Connexion via ANT+, Bluetooth or Bluetooth Smart



Pair first your smartphone or tablet with your home trainer

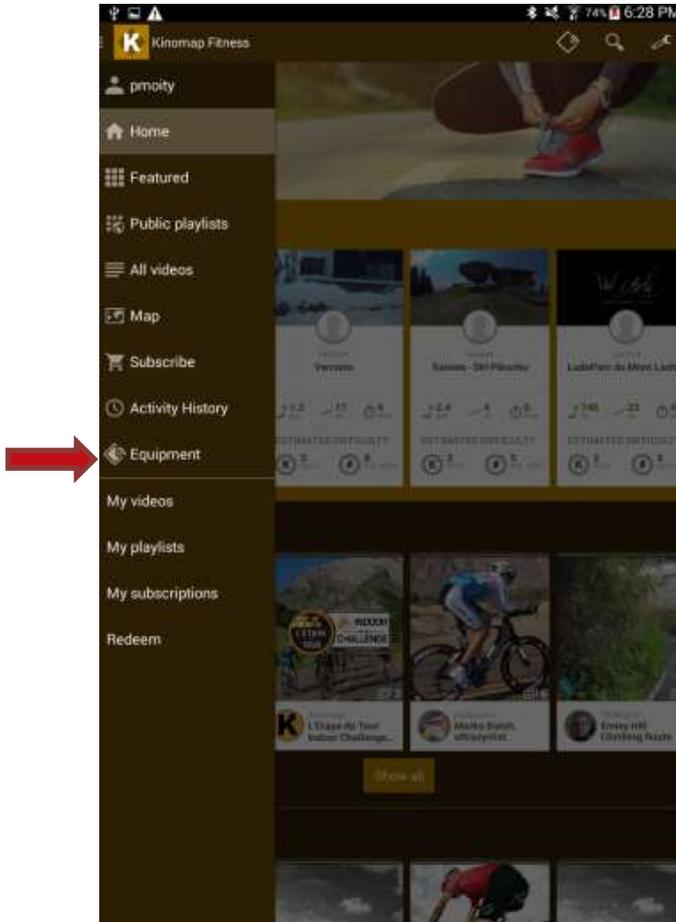


Connexion via ANT+, Bluetooth or Bluetooth Smart



Launch Kinomap Fitness app,
go on the Equipment tab

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

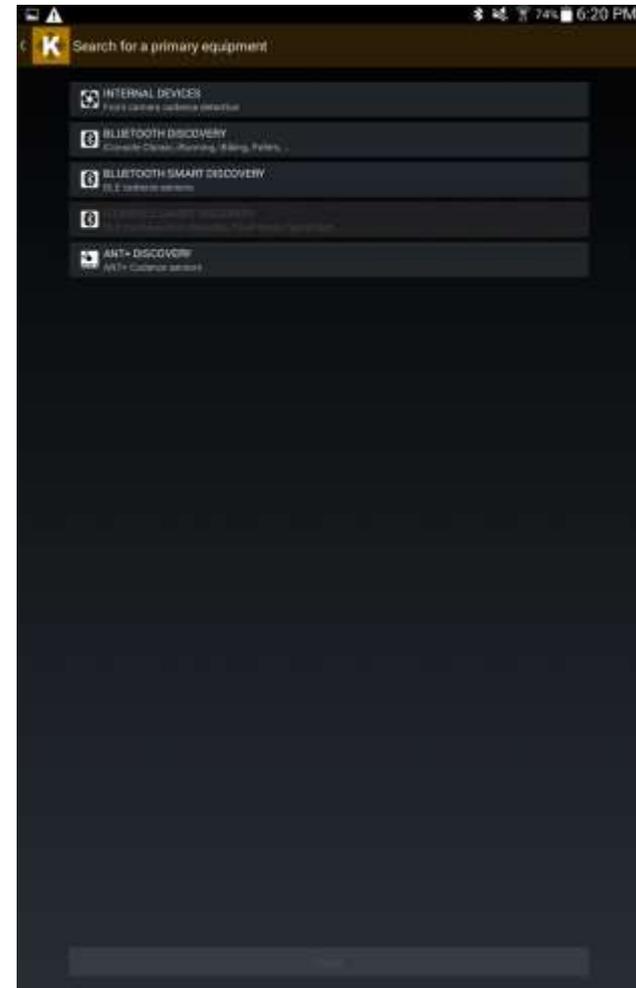


Connexion via ANT+, Bluetooth or Bluetooth Smart



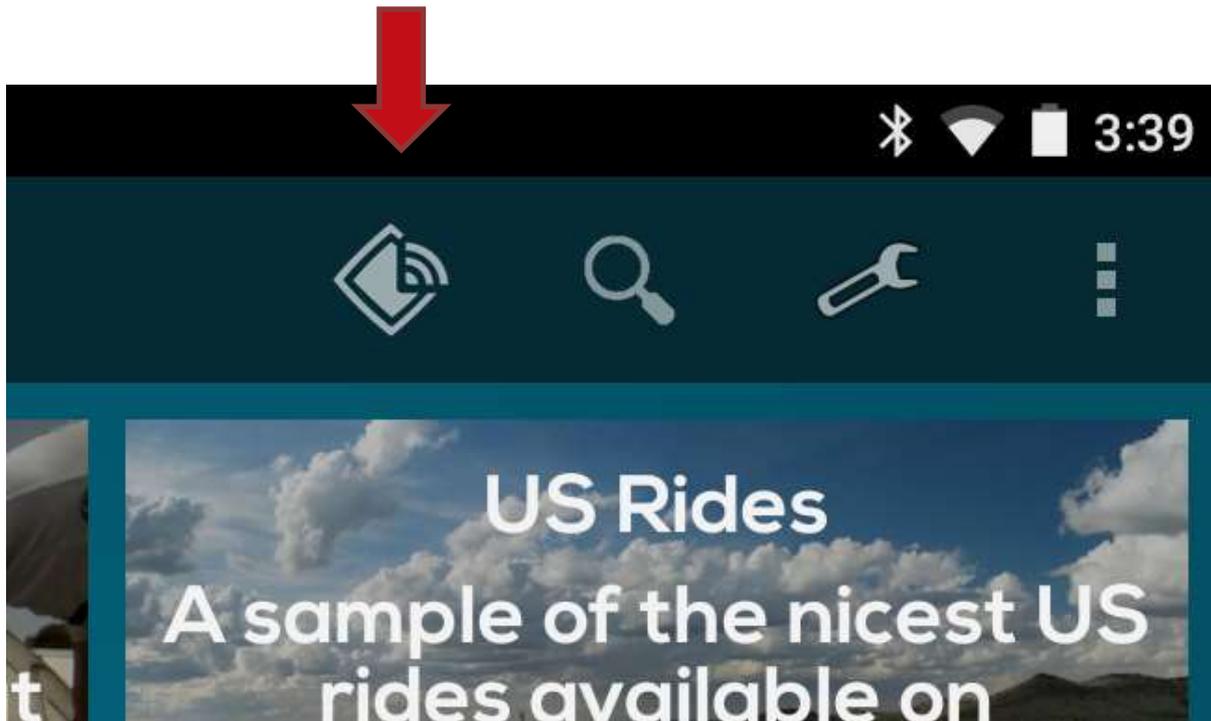
Select the wireless protocol and start the discovery search

If your equipment has no connectivity, select *internal devices* to use the front facing camera as a stride, stroke or cadence optical sensor



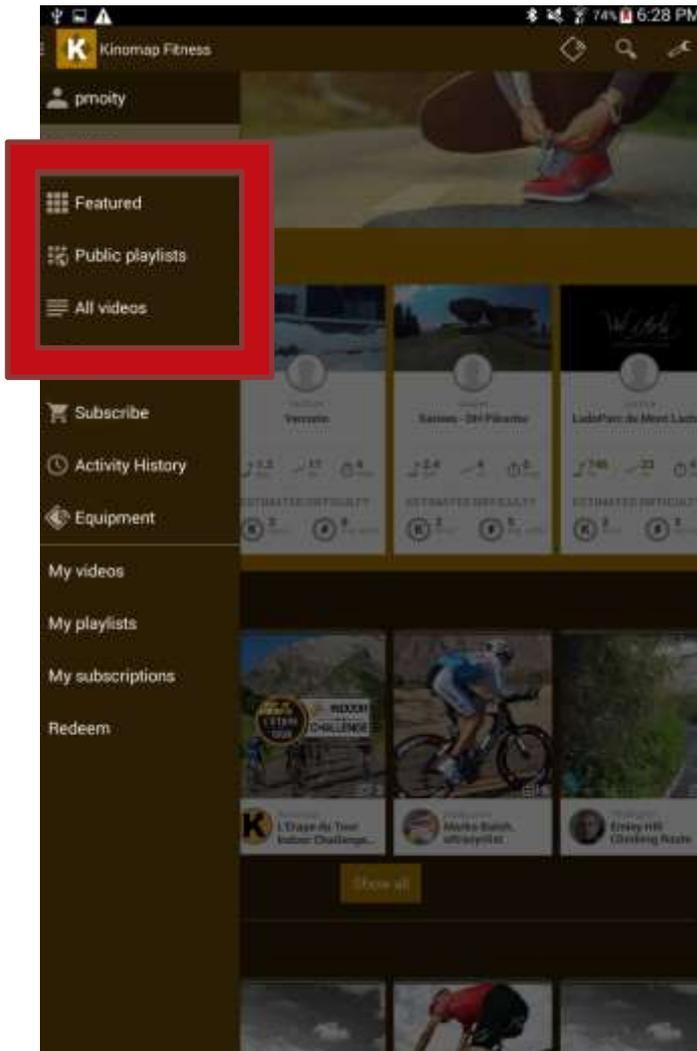
Additional Wearable sensor to connect

The sensor is connected once you see the icon fully lighted.



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*



jeremyroy

2 minutes in the Canaries

0.5
km

16
m

1
min

ESTIMATED DIFFICULTY

0
kinos

4
avg. watts

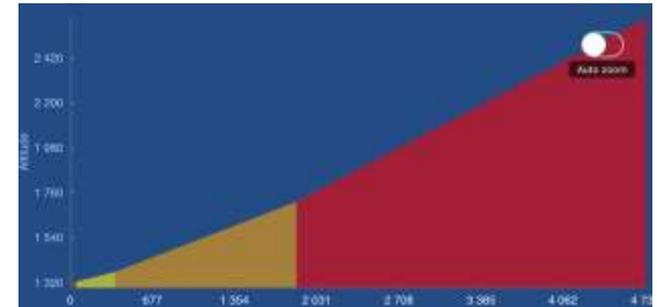
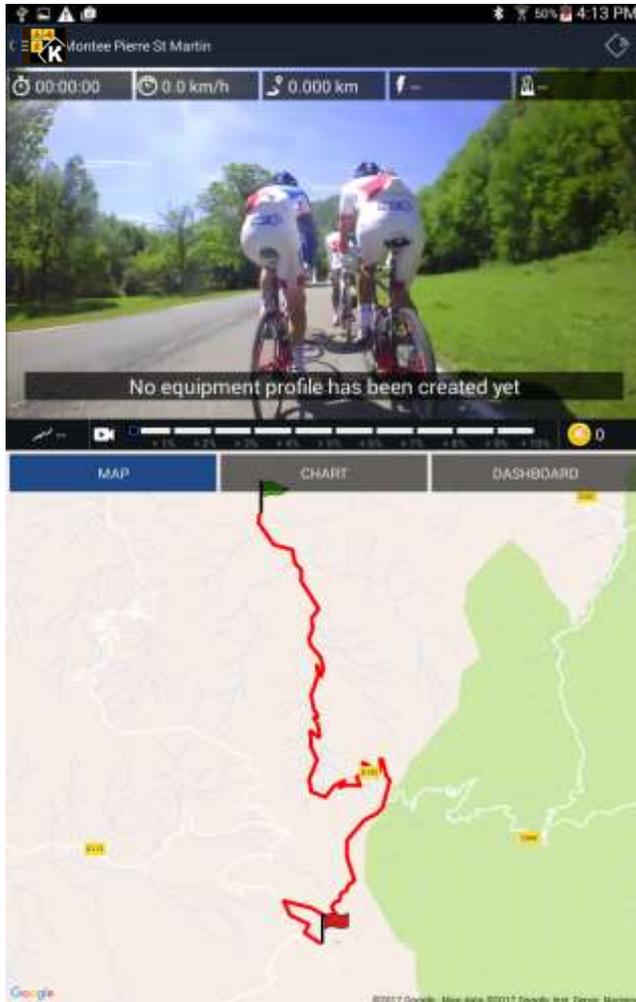
*The **Kinos** are a gratification based on the energy you produce during your training sessions. This is in fact the kilo Joules, being more accurate than calories even if people are used to deal with calories but it depends so much on everyone's metabolism...

Video

On top of this screen are displayed video data and relevant

In the bottom, you switch between few tabs:

- Map
- Elevation profile
- Dashboard



Video		User
0.0 KM/H	⌂ Calc. Speed (raw)	0.0 KM/H
0.000 KM	📏 Distance	0.000 KM
-	⚡ Power	0 W
-	🕒 Cadence	0 RPM
0 BPM	❤️ Heart Rate	0 BPM
0.0 %	↗️ Slope	0.0 %

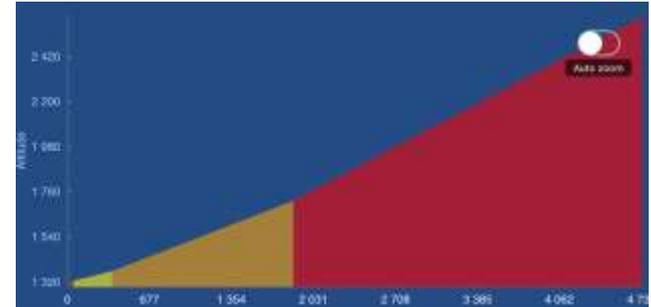
Start now!



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



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

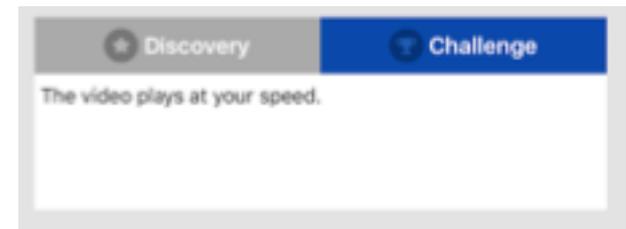
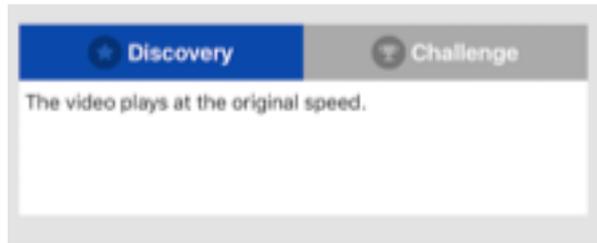
Video		User
0.0 KM/H	⏱ Calc. Speed (raw)	0.0 KM/H
0.000 KM	📏 Distance	0.000 KM
-	⚡ Power	0 W
-	🚲 Cadence	0 RPM
0 BPM	❤️ Heart Rate	0 BPM
0.0 %	📈 Slope	0.0 %

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

Video modes

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

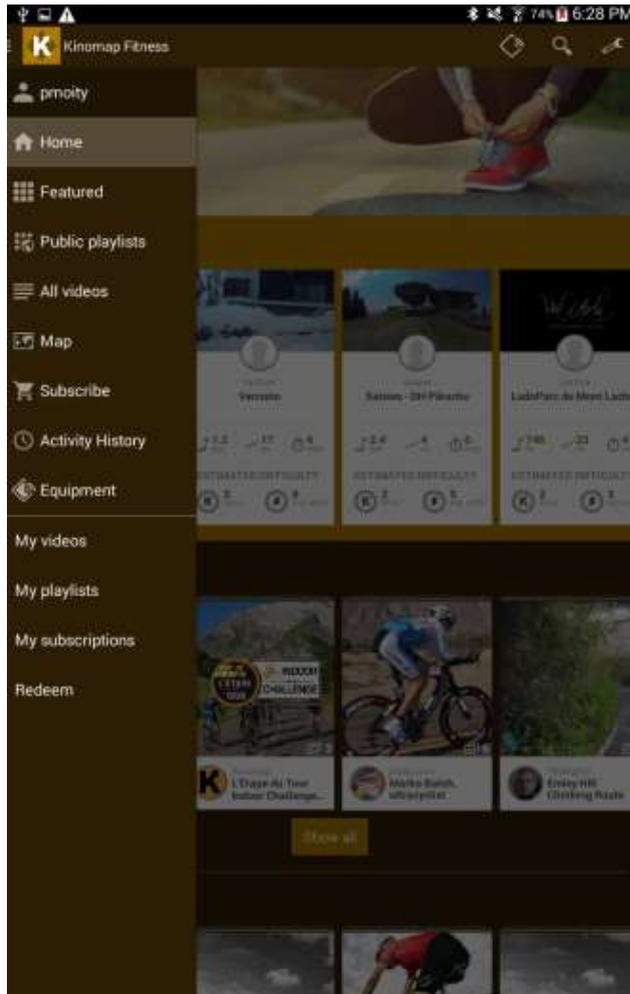
- **Discovery** on which the video plays at its recorded speed. Convenient for demonstration or if you want to enjoy the scenery without any huge effort. A 30min recording takes 30min to ride.
- **Challenge** on which the play plays at your own speed (i.e. the video frame rate is altered to match your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



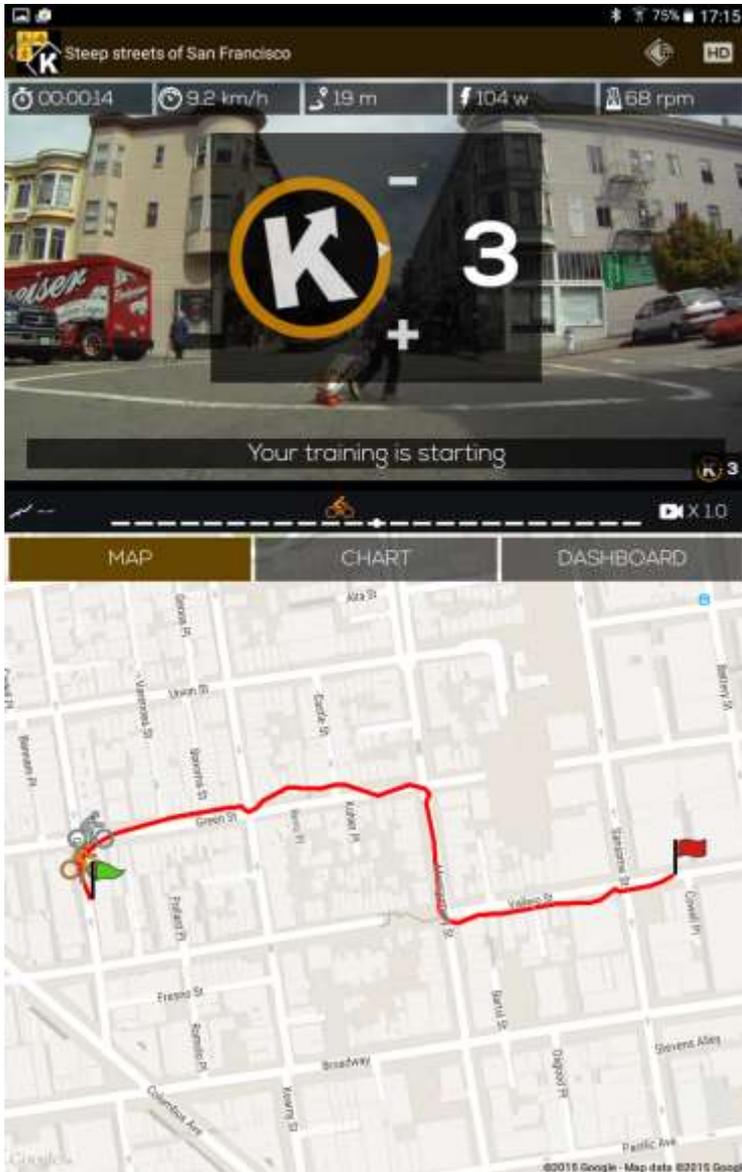
Videos list



Select a video list and choose the video you want to train on it



Set resistance



If you do not have an interactive equipment, the App will tell you when you have to manually adjust the resistance or incline



Stop a workout



When you want to pause or stop a workout, just use the Back button of your tablet/smartphone.

 13.3 KM/H

 0 BPM



Click on “Resume” text or icon to resume a workout unachieved.

5. History and activity reports

workout log



Activity Name	Date	Duration	Distance	Sessions
Steep streets of San Francisco	13/10/2015 at 16:55	00:01:53	342 m	1 sessions
Semi Marathon du Pays de Meaux, allure 4'50"	13/10/2015 at 16:49	00:05:16	1 567 KM	1 sessions
Bovec - Tarvisio	07/10/2015 at 16:06	00:01:02	554 m	2 sessions
Quiet ride in Central Park	25/09/2015 at 11:00	00:00:39	200 m	1 sessions
Niagara Recreational Trail - 16Jun12	21/06/2015 at 11:51	00:00:04	6 m	1 sessions
Steep streets of San Francisco	21/06/2015 at 11:49	00:00:29	17 m	1 sessions
Takao Trail2 MultiView	08/07/2015 at 12:36	00:08:02	0 m	1 sessions
Steep streets of San Francisco	08/07/2015 at 12:35	00:00:37	132 m	1 sessions
Steep streets of San Francisco	08/07/2015 at 11:23	00:01:26	374 m	1 sessions
KM Chrono Meaux	08/07/2015 at 11:17	00:03:27	890 m	1 sessions
Semi Marathon de Meaux 2014 - 3 derniers KM - Obj1h30	08/07/2015 at 11:16	00:00:24	82 m	1 sessions
Steep streets of San Francisco	08/07/2015 at 11:13	00:01:08	287 m	1 sessions
Quiet ride in Central Park	25/09/2015 at 10:59	00:00:27	175 m	2 sessions

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



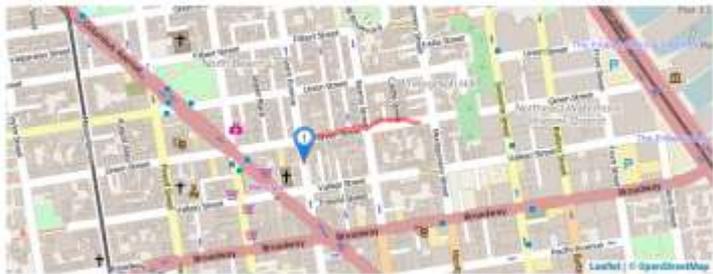
00:01:31 302 M 13.3 KM/H
0 W 0 RPM 0 BPM



⚡ Puissance non disponible
🏃 Cadence non disponible
❤️ Fréq. cardiaque non disponible

SESSIONS

25/10/2015 10:30:15 0:01:31 0.3 KM 13.3 KM/H



First section reports video information

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

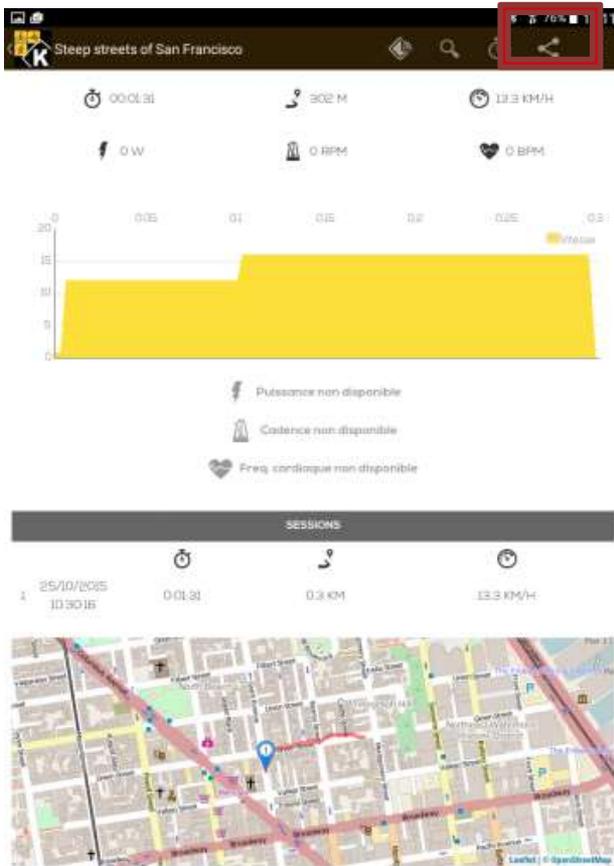
You can put a comment about your workout in the third section

Charts of performance and map are also available



Share

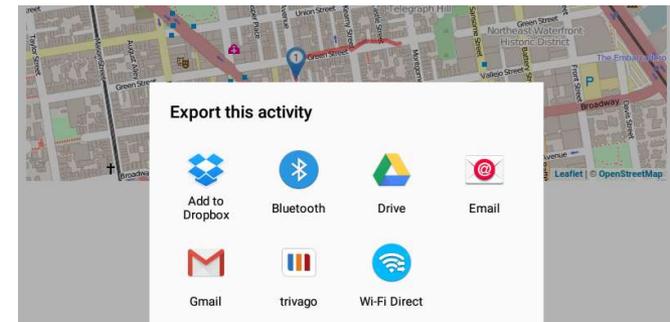
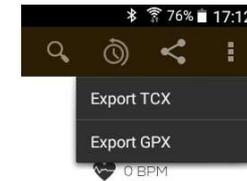
Please share your workout performance with others by email including the screenshots of the charts, GPX and TCX files. Such files can be imported later on Training Peaks, RunKeeper, Strava....



Export raw data

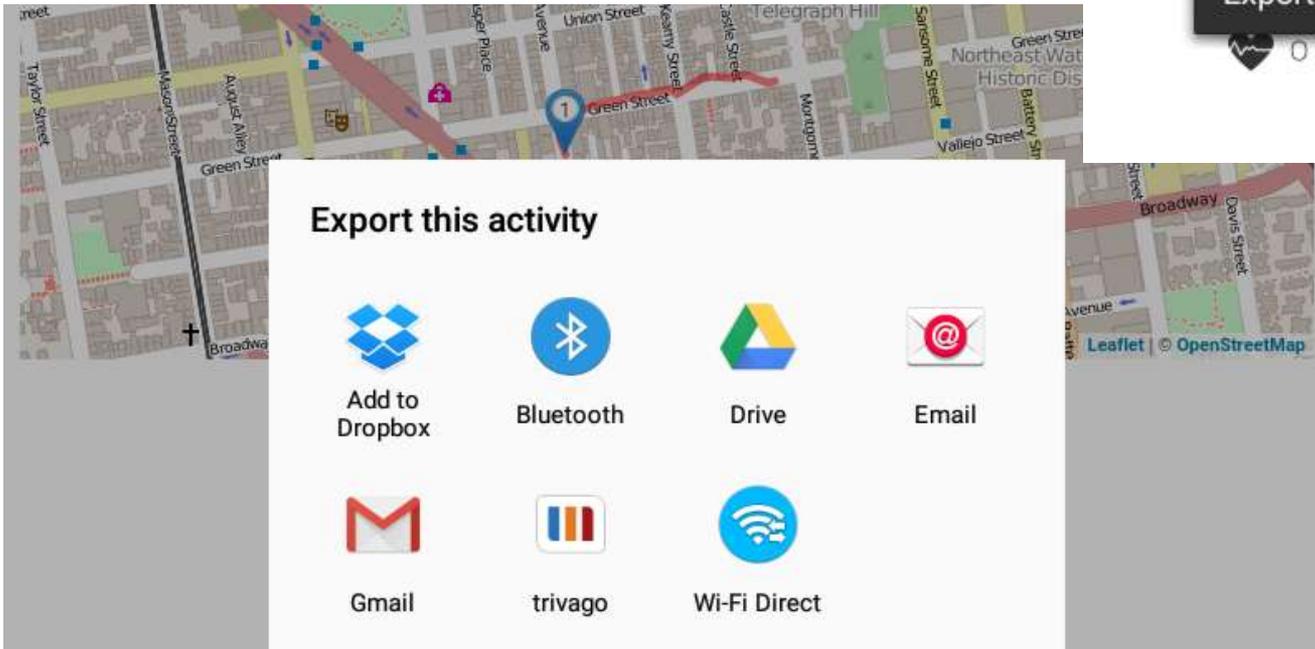
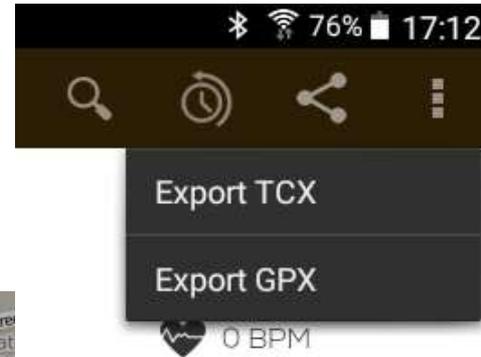


Workout data can be automatically exported as TCX or GPX using the standard Export feature of the Android system.



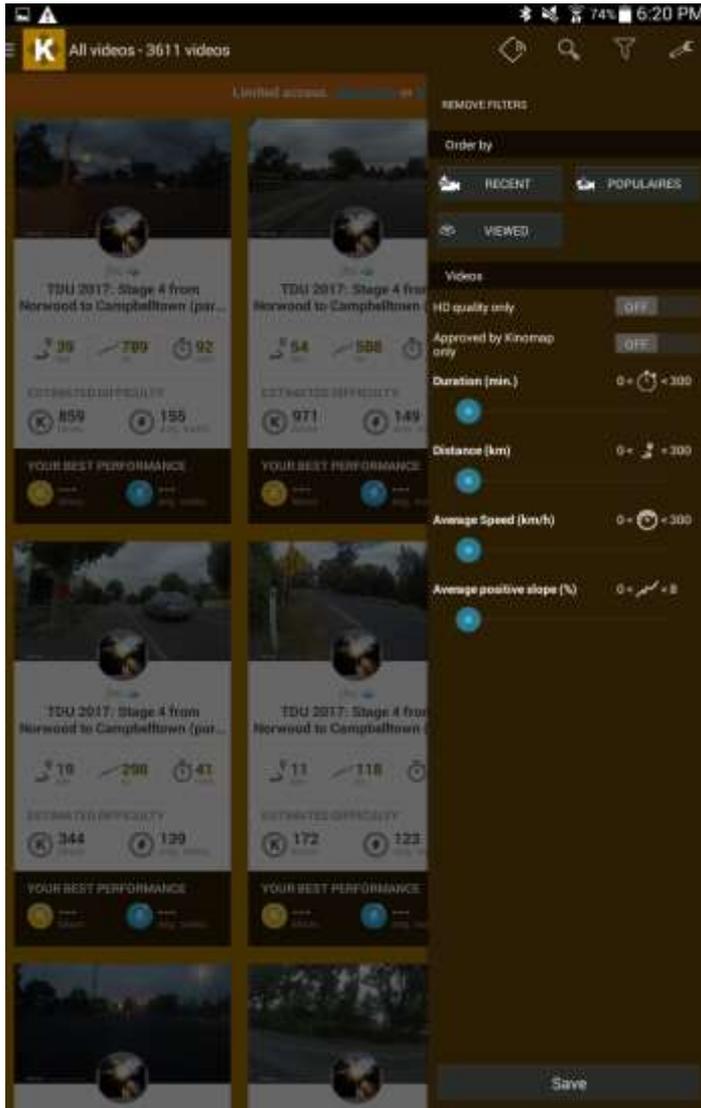
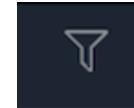
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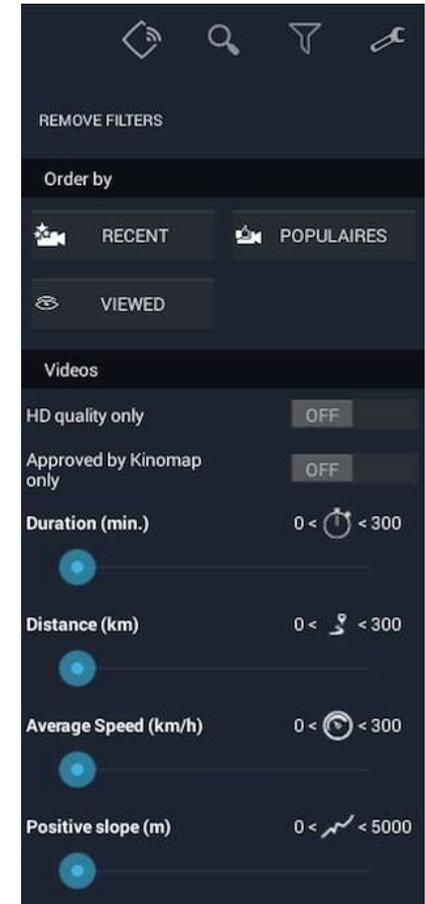
6. Search

Filters

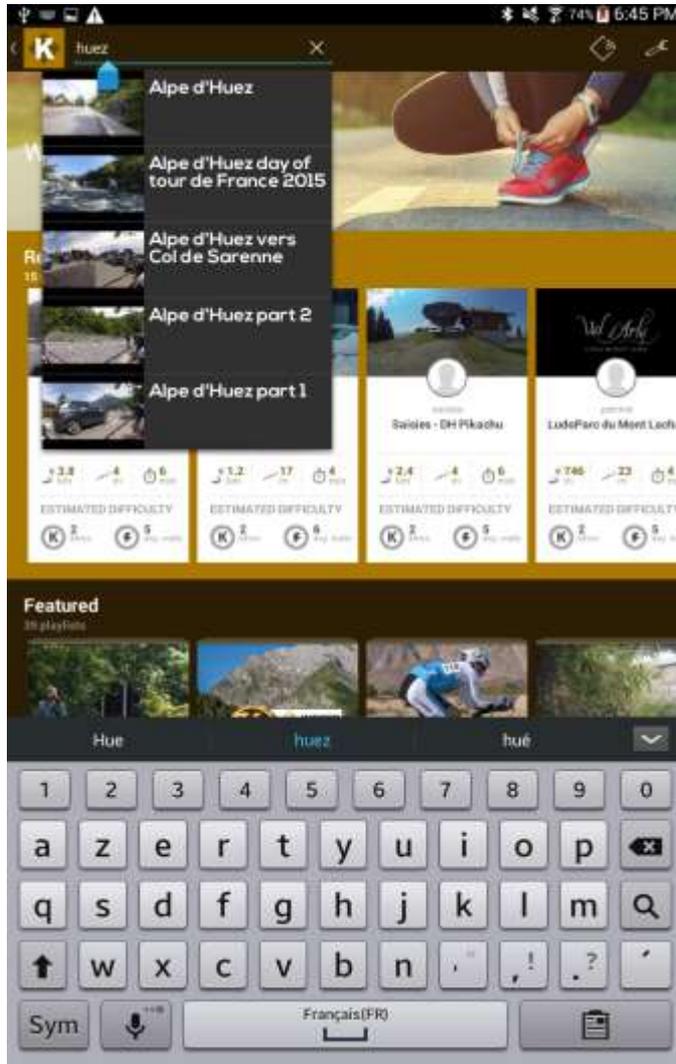


By clicking on “Filters” button in the top right corner, to set up appropriate filters on:

- Most recent, popular or viewed
- Videos quality
- Duration and Distance
- Average speed
- Positive slope



Search



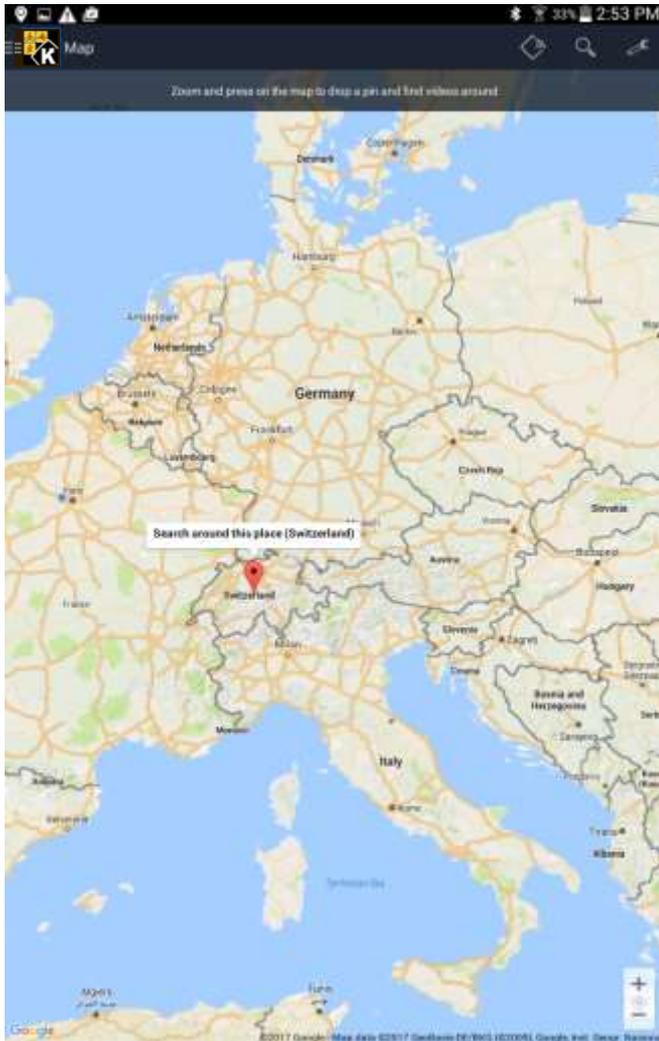
You can search a video by clicking on the search bar

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

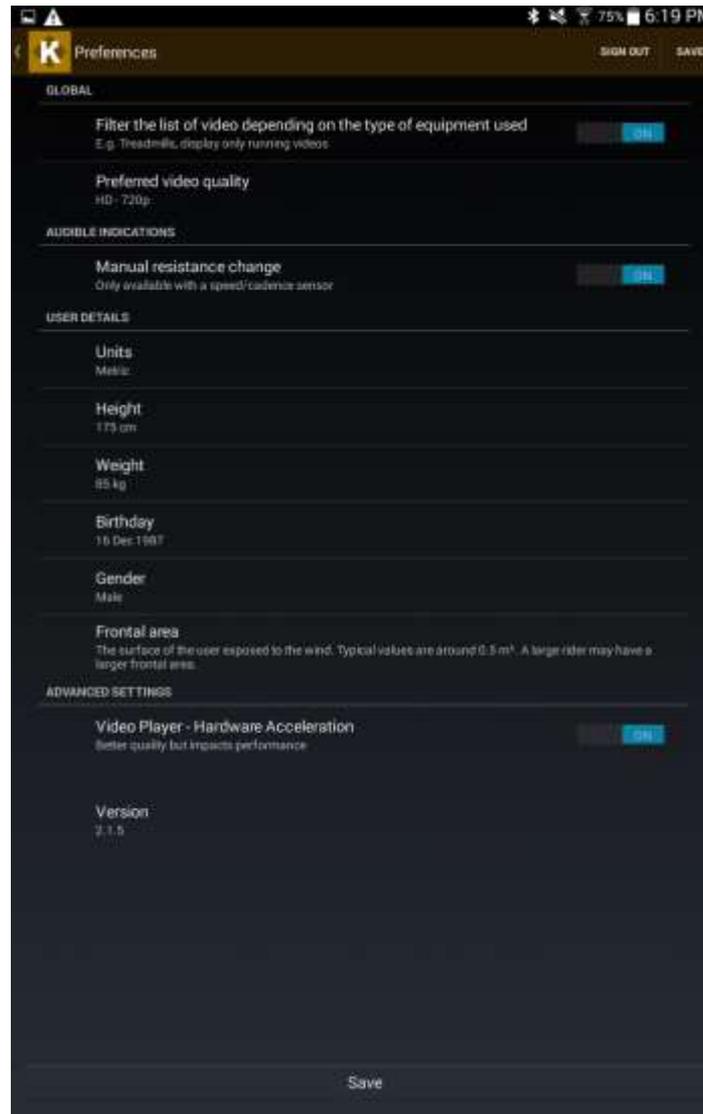
Then click on the right icon in the information bubble of the pin

6. Settings

Settings



Open the right hand side,
find the icon



External display

Mirroring mode allows you to display the content of your device on an external screen

Use ChromeCast or any HDMI adaptor





7. Support

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