



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



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



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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

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

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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

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Activation code



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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



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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

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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



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Step 1: Select home trainers

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



Compatibility list



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

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Compatibility list



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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.

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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



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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...







On top of this screen are displayed video data and relevant

In the bottom, you switch between four tabs:

- Map
- Elevation profile
- Dashboard
- Description



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Start on any machine





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

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 an iPhone



Stop or pause a workout



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.









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.

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workout log

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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 workout Peaks
- Activity on RunKeeper
- Activity on Strava

Special case on STRAVA

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)



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)





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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



Settings



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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

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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

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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.

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External display



EXTERNAL DISPLAY	
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Display info messages on connected console Only applies to connected equipment with a screen.	Ø

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



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Reset Facebook data

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