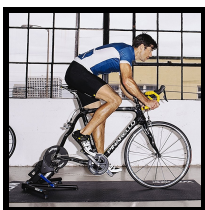


Live and video-on-demand (VOD) sessions are immersive, self-contained experiences that help you execute the workout as intended and get the maximum benefit.

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## WHAT YOU'LL NEED

### INDOOR BIKE



Smart or “dumb” trainer, or a spin/stationary bike

### A SCREEN & A GOOD INTERNET CONNECTION +/- CAMERA (live classes only)



Ideally a tablet or larger

### FUEL & HYDRATION



Stay consistent in your supporting habits!

While not necessary, we highly recommend a **smart trainer (and its associated app downloaded to your phone)**, **wireless headphones**, and a **heart rate monitor**.

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## GETTING STARTED

- **Keep your power and HR zones nearby:** a whiteboard is a great option. But remember that even if you're using power and heart rate metrics, **always prioritize RPE!**
  - **Position your screen correctly:** at or slightly below where the horizon line would be if you were outside, and close enough that you can comfortably see the details
  - **If riding LIVE**, position your camera for optimal real-time feedback and coaching: directly in front or to the side, with your full body in view as much as possible (always prioritize your own comfort and ergonomics over getting yourself perfectly in view!)
- 

## INSTRUCTIONS (CLICK TO VISIT SECTION):

**--- REQUIRED READING TO ENSURE SUCCESS ---**

- **SETUP: SMART TRAINERS**
- **SETUP: BASIC TRAINERS/SPIN BIKES**
- **TIPS AND TROUBLESHOOTING**
- **HOW TO PAIR YOUR TRAINER**

## SETUP: LIVE AND VOD SESSIONS ON A SMART TRAINER

### SMART TRAINER CONTROL

Zwift and TrainerRoad are great tools, but should *not* be used for live/VOD workouts. **Instead, we want you to use your trainer's app in ERG MODE.** Here's why:

- **Those programs distract your “inner animal”:** You're less likely to absorb coaching cues, and often can't customize your power response to your RPE as precisely.
- **Free Ride mode will frustrate you:** It's difficult to consistently hit the right power/RPM combinations due to limitations in bike gearing and/or virtual geography.
- **We're humans, not machines:** When you “set it and forget it”, you dramatically reduce the flexibility to stretch yourself physically and mentally, or scale back when you need to. Maybe you need a bit of extra rest - or can crank out an extra rep. Maybe your “Z3 effort” today is 30 watts higher or lower than what's in your power file. *Controlling your own power keeps you adaptable and accountable to your body's feedback.*

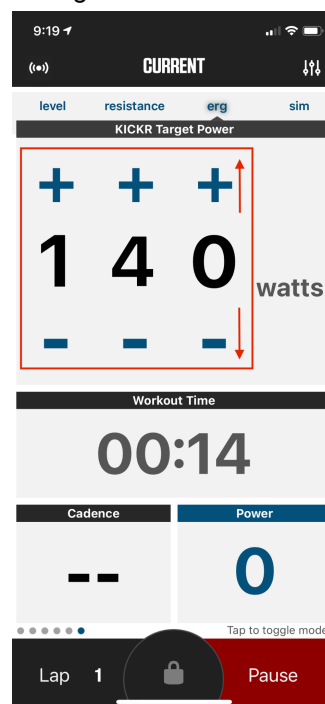
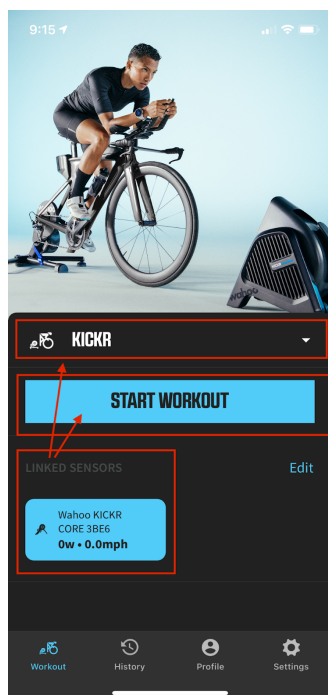
### HOW TO RUN A SESSION WITH YOUR SMART TRAINER IN ERG MODE

1. Turn on your smart trainer
2. Open the trainer's app on your phone
3. Make sure the trainer is linked
4. Start an ERG MODE workout
5. Use the plus and minus buttons to control your trainer's power as prescribed
6. Stop and save workout (syncing ability varies from brand to brand)

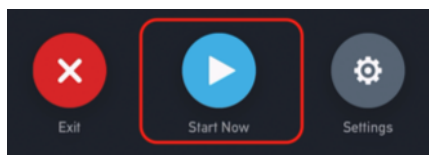
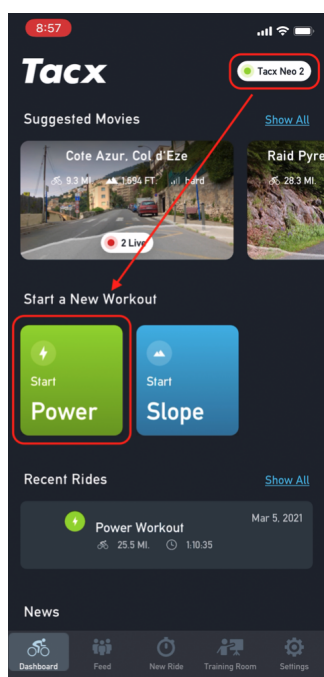
**Let's see what this looks like for each of the major trainers...**



- Make sure trainer appears under “LINKED SENSORS” in Workout screen
- Set workout type to “KICKR”
- Click “START WORKOUT”
- Swipe right to the very last screen and click “erg”

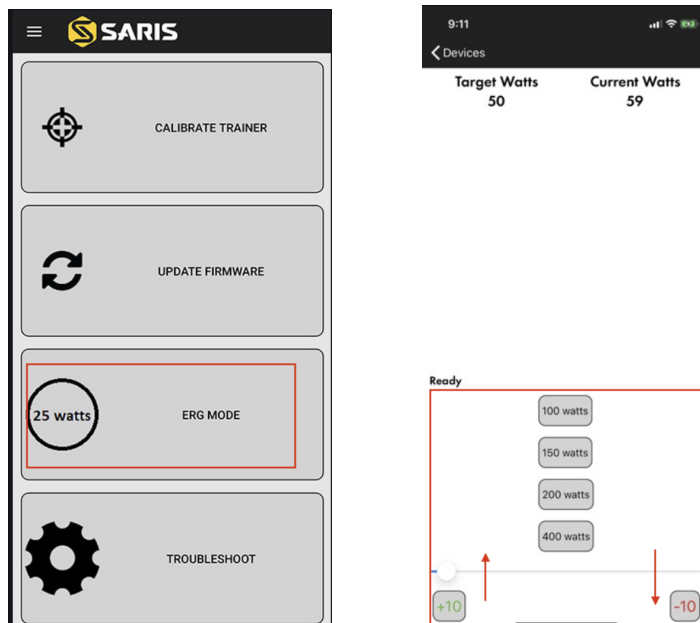


- Make sure the trainer appears with a green light in top right corner of screen
- Click green “START POWER” button
- *Optional:* Click blue “START NOW” button on bottom of next screen (required *only* to save workout history in Tacx app itself)





- Click “ERG MODE” in app
- *Note: watts/cadence may not display accurately until you start pedaling*



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## USING A BASIC TRAINER OR SPIN BIKE

If you are using a “non-smart” trainer or spin bike (one that is not controlled by external software), you will usually be relying on the resistance adjustments available on the trainer, along with gearing or resistance adjustments on the bike.

**Always make sure your trainer is calibrated, and your tire is at a consistent pressure, to ensure accuracy.**

**We prescribe the workout using power and cadence. However:**

- You may not be able to nail the exact combination of RPM and power/intensity, depending on your specific setup or bike gearing
- You may not have a way to measure power or cadence

**That's okay! Your goal is to prioritize the rhythm, purpose, and intent of the session:**

- Use the coaching cues to guide your intensity level and zone
- Use a heart rate monitor, if you have one
- If you don't have a way to measure cadence, just try to match the instructor's leg speed
- Try and prioritize the focus of the workout, even if it means you have to compromise elsewhere (e.g. if the focus is Z1-2 intensity and high RPM, get *as close as you can* to that prescribed RPM - but don't push yourself into Z3+ to make it happen)

## TIPS AND TROUBLESHOOTING

If you can't find your device in the app, are having issues pairing it, or it doesn't seem to be controlling the watts/resistance properly:

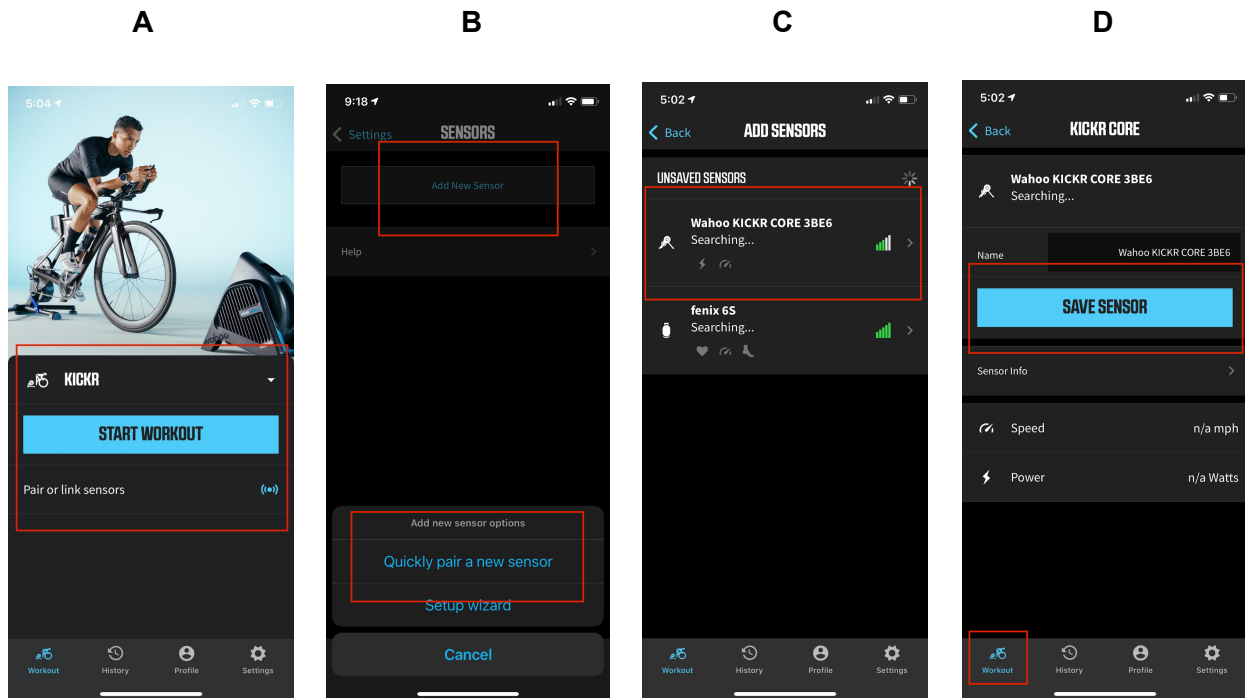
- **Make sure your device is correctly paired.** For details on how to pair your trainer to the app for the first time, keep scrolling.
- **Make sure you have the latest firmware and software installed.** You can usually check this in the “settings” tab in your trainer’s app.
- **Simplify your connections.** Trainers communicate either via Bluetooth or ANT+. You might have reached the limit of connections, your trainer might be trying to connect to the wrong device, another connection may be blocking it, or you might be trying to connect to two devices at once. (For example, your app may be able to see your trainer, but your trainer isn’t responding because it’s waiting for instructions from a nearby computer running Zwift.)
  - Try to **ONLY** connect your trainer and phone to each other: toggle off Bluetooth, turn off devices, unplug extra ANT+ dongles, tell your phone to “forget” other connections in its Bluetooth settings, and/or unpair your trainer or phone from:
    - Nearby device you normally run Zwift/TrainerRoad on
    - Heart rate monitors, smartwatches, and other wearables/sensors
    - Bike computers
    - Bluetooth headphones or speakers
    - Other nearby devices that connect to the trainer (like a spouse’s phone!)
  - Make sure your phone is connected to **the correct trainer**
  - Make sure **nobody else** nearby has a device connected to the trainer (e.g. your spouse’s phone)
- **When all else fails: reset, reconnect, and/or reinstall:** Go into the bike trainer’s app and unpair/forget all devices (you may only have the bike trainer itself listed). Exit the app and turn off the trainer. Then, turn your trainer back on and re-pair it in the app. You can also completely uninstall the app and reinstall/re-pair the trainer.

Still having issues? Email us at [info@purplepatchfitness.com](mailto:info@purplepatchfitness.com) and we’ll be happy to help! *Please note that we may not be able to troubleshoot every trainer on the market, and that some have known limitations or bugs - but we’ll still do our best :)*

## HOW TO PAIR YOUR SMART TRAINER

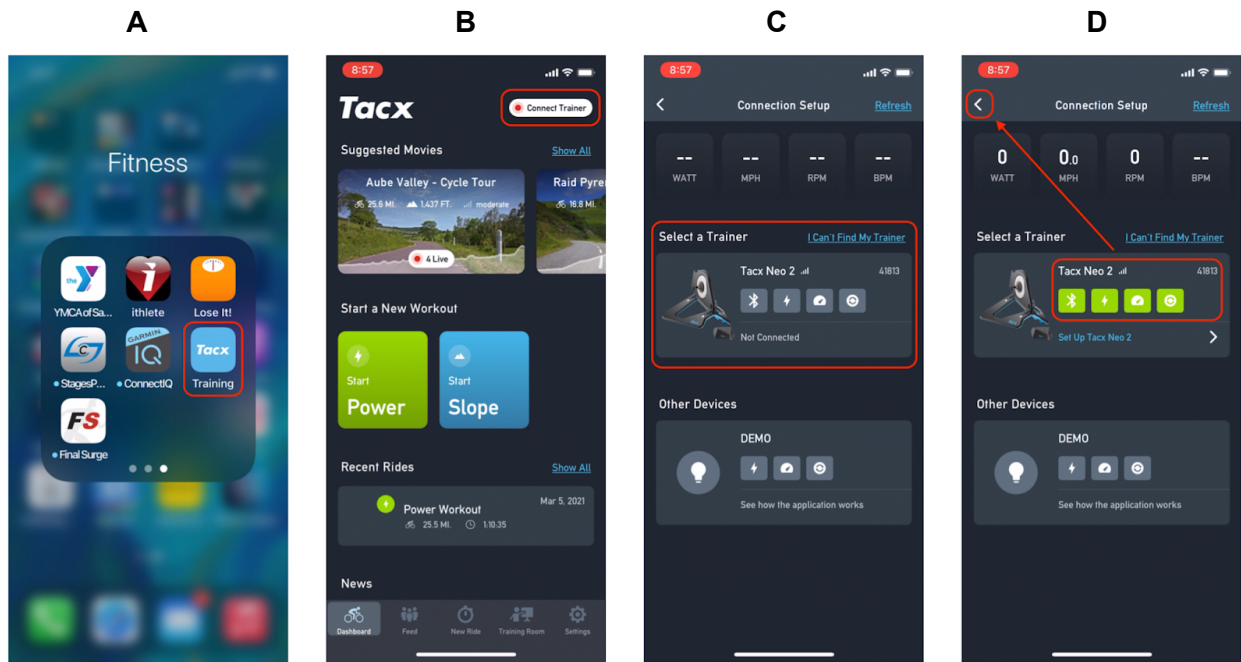


- Download the Wahoo app to your phone or tablet if you don't already have it installed, and then open the app. On the main screen, select "KICKR" for the profile, and then Click "Pair or Link Sensors" **(A)**. *Make sure your trainer is on!*
- On the next screen, click "Add New Sensor" and then "Quickly Pair A New Sensor" **(B)**
- You'll see a Bluetooth icon pulse for a moment. Once your sensor appears, click it **(C)**
- Click "Save Sensor" to pair the device, then return to the main Workout screen **(D)**



*Note:* To use your Tacx trainer in erg mode, make sure that your trainer is not connected to Zwift as a "controllable" device on the pairing screen.

- Download the Tacx app to your phone or tablet if you don't already have it installed, and then open the app **(A)**. *Make sure your trainer is on!*
- When the app opens, pair your trainer with the app. Select "Connect Trainer" in the upper righthand corner **(B)**
- Locate your trainer on the pairing screen and tap on it to pair it **(C)**
- Once you have paired your trainer, the icons next to it will appear green. Select the back arrow to return to the main screen **(D)**



**SARIS/CYCLEOPS: coming soon!**