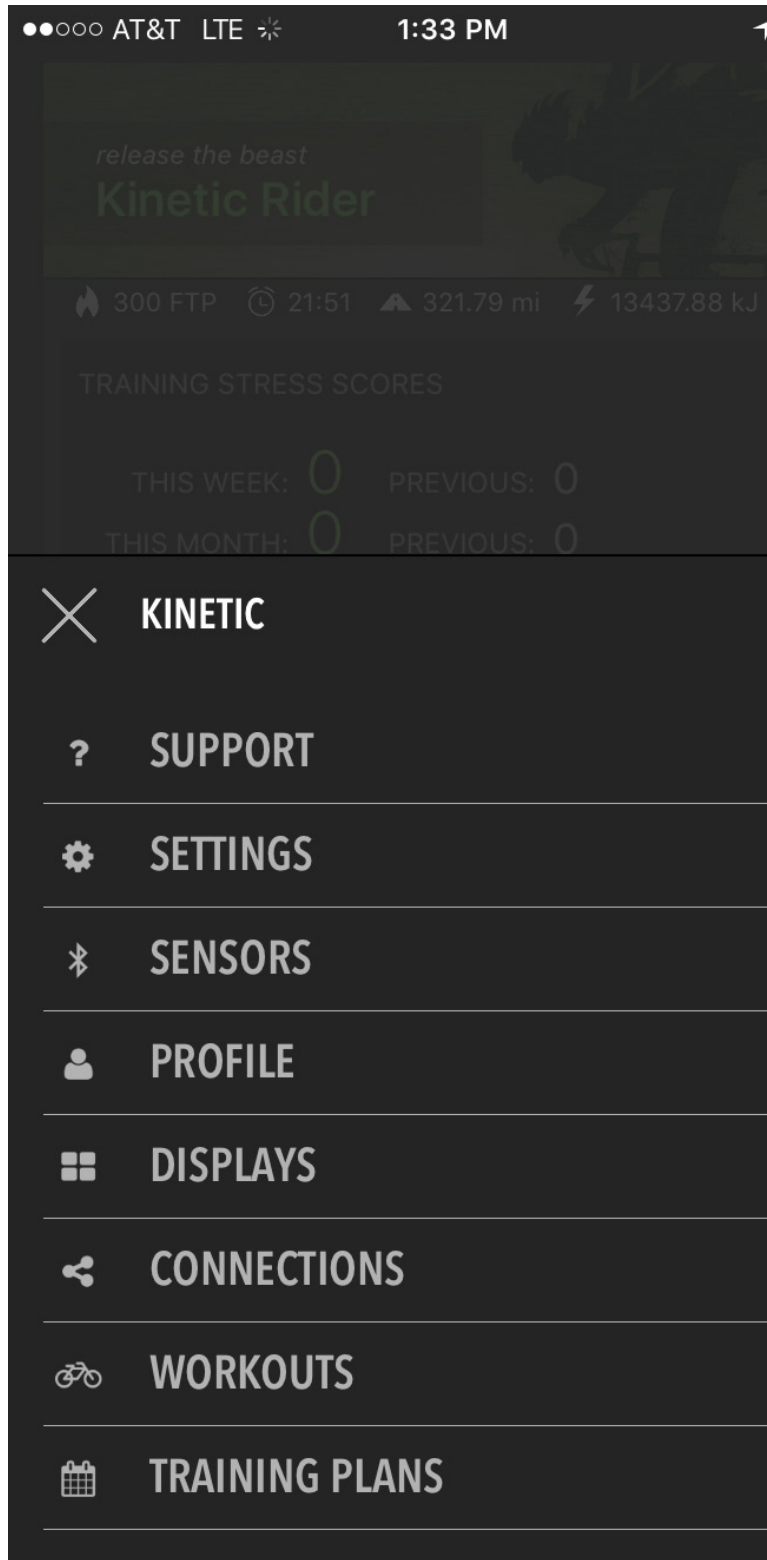


Kinetic Fit App Home Screen Menu



Kinetic Fit app menus are accessed from the double-dash menu icon on the bottom left of any screen. From the home screen ALL menus appear. Active workouts show only Support, Settings and Sensors menus.



1. Support

Submit a customer-service ticket or view Kinetic product user guides and frequently asked questions from the Support menu.

2. Settings

Select or disable workout alert sounds and pop ups from the Settings menu. Workout difficulty slider, light theme and version number is also here.

3. Sensors

Pair trainers, heart rate straps and 3rd-party BLE smart trainers, speed/cadence sensors and power meters from the Sensors menu

4. Profile

From the Profile menu, fill in user-profile details including height, weight, age and power and heart rate zones.

5. Displays

Customize existing workout user displays or add new displays from the Displays menu. Configure screens to have 1 to 8 data fields.

6. Connections

Use the Connections menu to share workout data to 3rd-party app accounts like Apple Health, Training Peaks, Strava, Google, Dropbox and more.

7. Workouts

All Kinetic Fit app workouts can be found here organized by training zones. Includes any custom workouts from inRide accounts and The Sufferfest.

8. Training Plans

"Smart" subscribers can choose a Kinetic Fit training plan. Organized from beginner to advanced with low, medium and high volume plans.