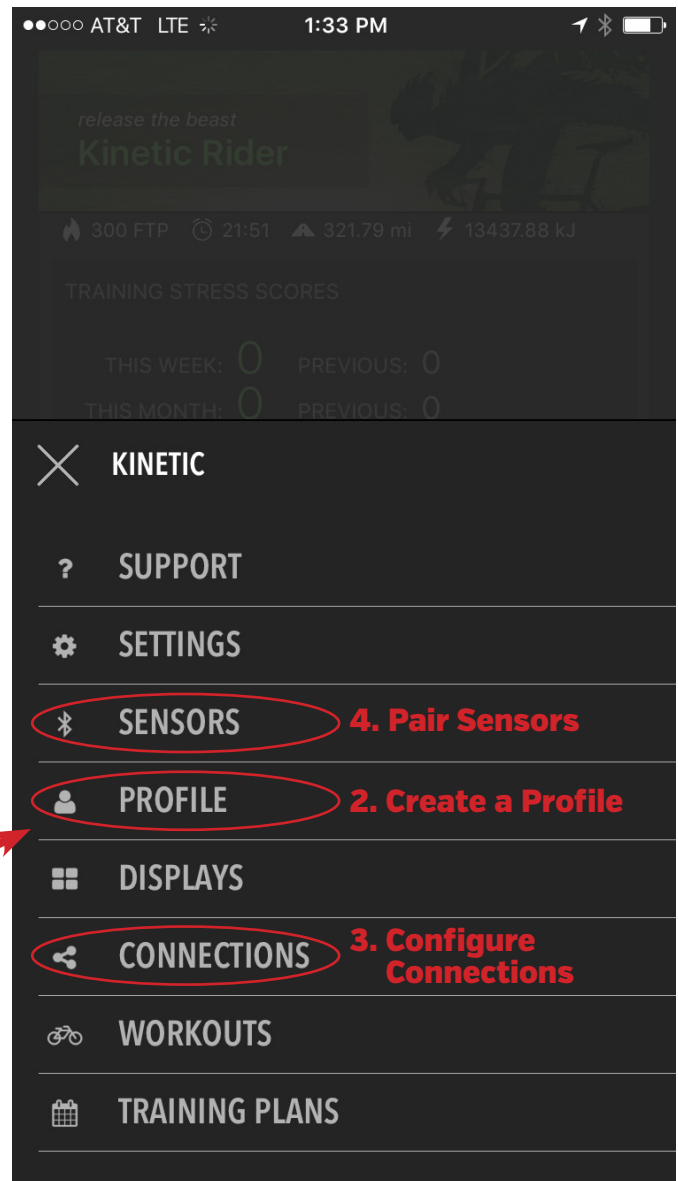
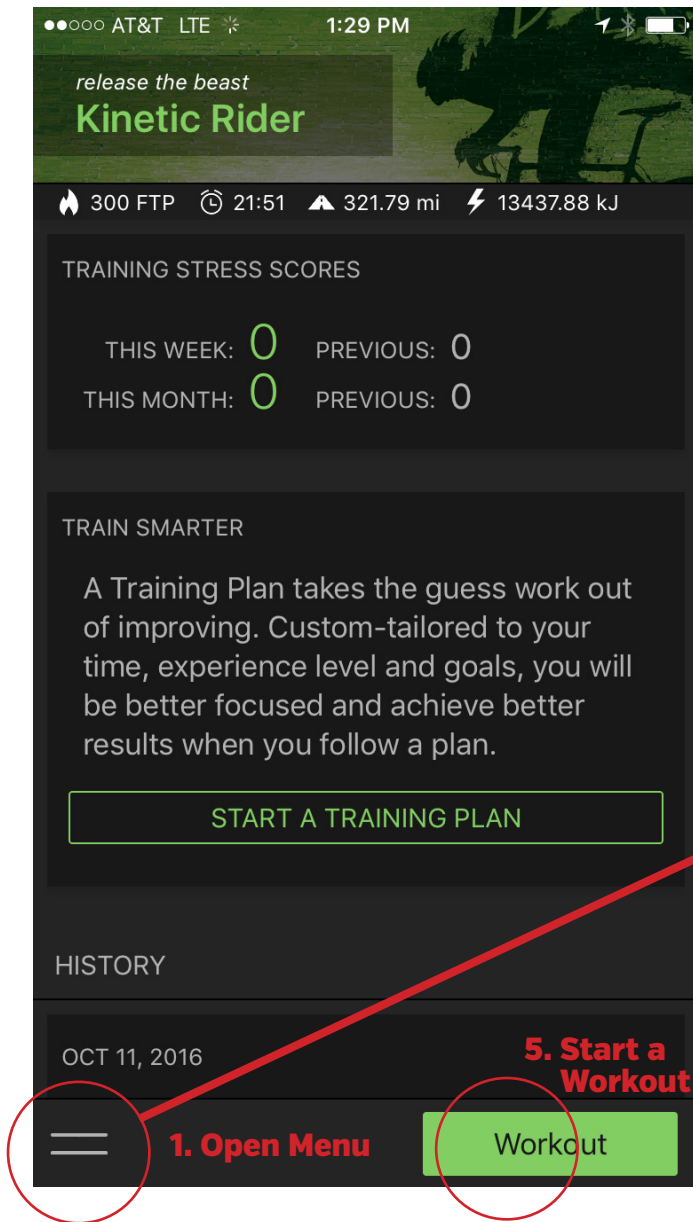


Kinetic Fit App: Quick Start Guide

1. Download and install Kinetic Fit App, create an account, login and open home page menu



2. Create a Profile

Configure height, weight, age and power and heart rate zones

3. Configure Connections

Share to 3rd-party accounts: Training Peaks, Strava and more

4. Pair Sensors

Trainers, inRide sensors, BLE speed/cadence sensors and more

5. Start a Workout

Choose a workout, video and more

