

Getting around the Kinetic Fit App home screen

Rider Name

Name entered in Profile

Training Stress Score

Summarizes training load performed in last month and week

Training Plans

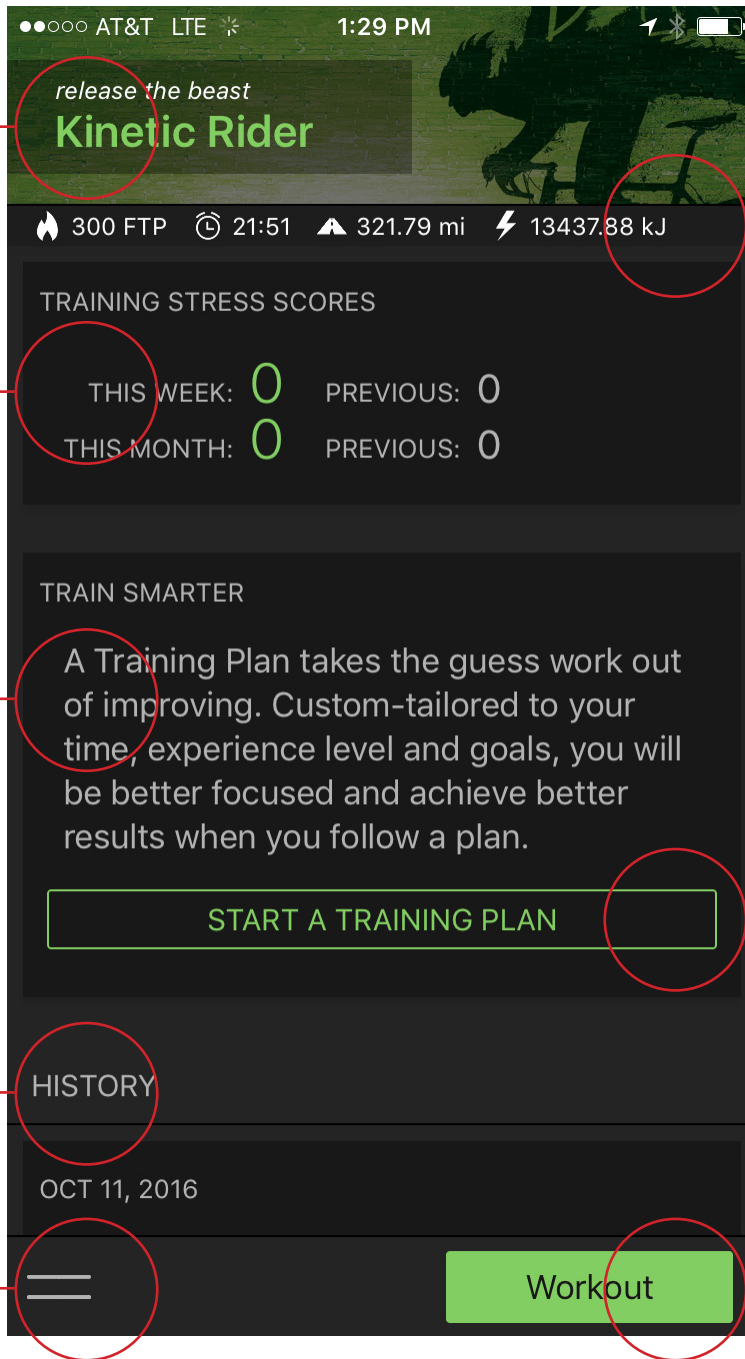
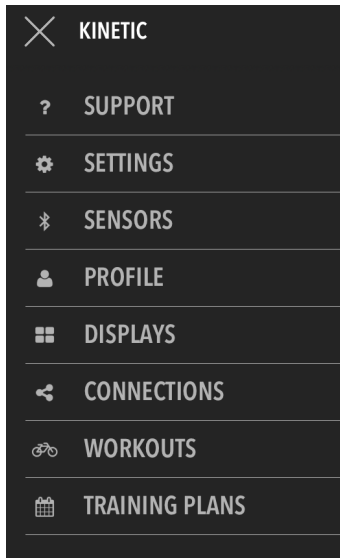
We encourage all Fit app users to use a training plan for maximum improvement! Get a Smart subscription to access all plans.

Ride History

Scroll down to review ride history

Menu

Select to access app settings and more



Career Totals

Shows current FTP, total ride hours, miles and kilojoules

Start a Training Plan

Select to choose from any training plan included in your subscription level

Start Workout

Select to start a workout. Preset workouts are grouped by power zones.

Support Note:

Customer Support is accessed by opening the app menu and selecting "Support." You'll find product FAQs, manuals, videos and more. Submit a ticket by selecting "Contact Us."

