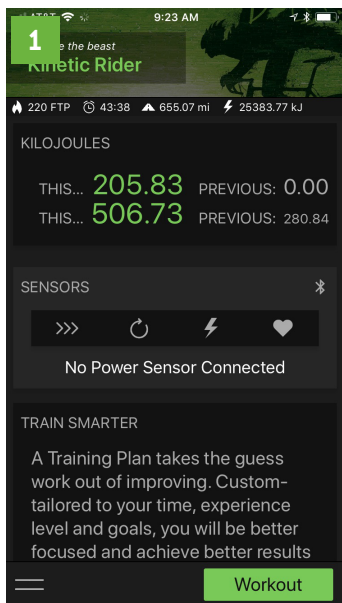
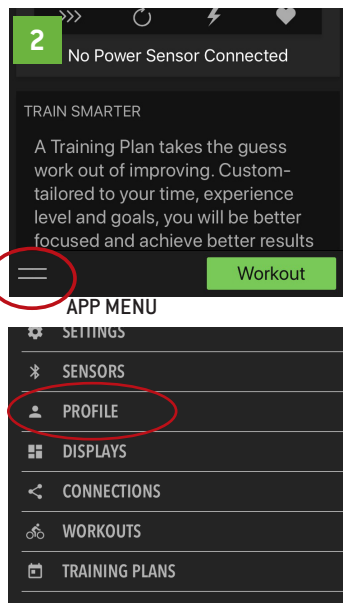


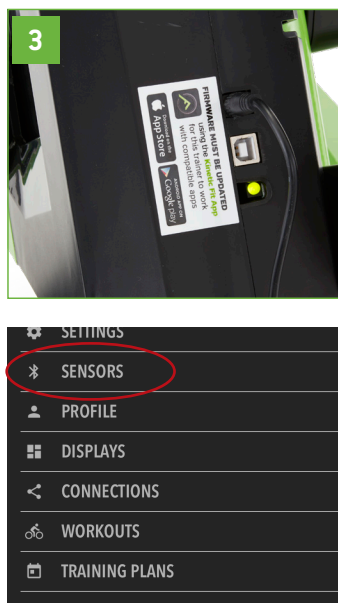
# BEFORE YOUR FIRST RIDE: PAIR AND UPDATE TRAINER FIRMWARE



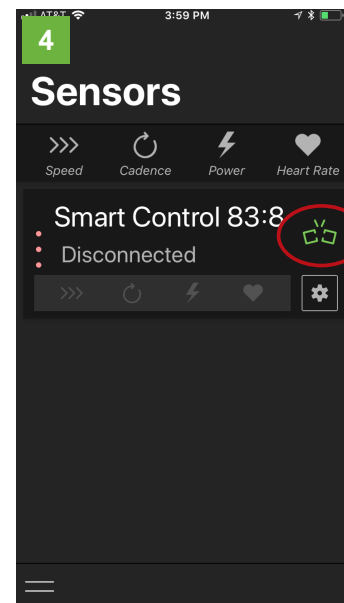
Download and install the Kinetic Fit app: [www.kinetic.fit](http://www.kinetic.fit)



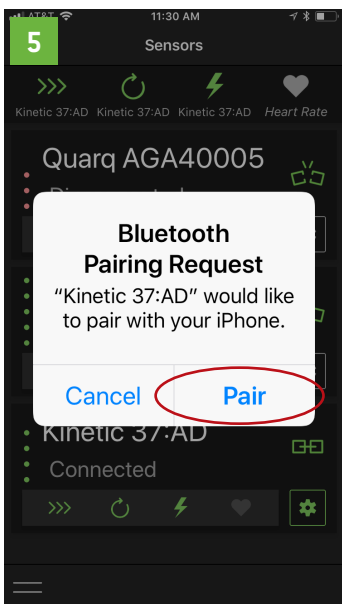
Open app, be sure to allow location services in app or sensors won't work. from APP MENU, select PROFILE and create a user account and profile.



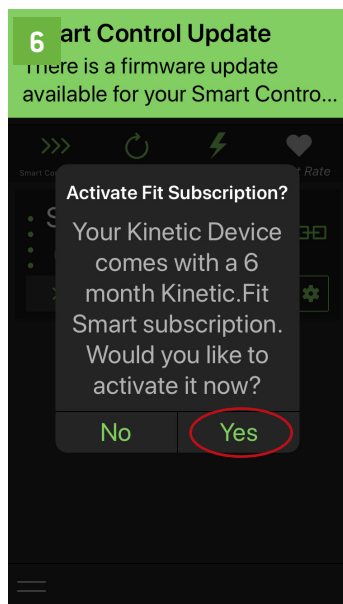
Plug in trainer and select SENSORS from APP MENU.



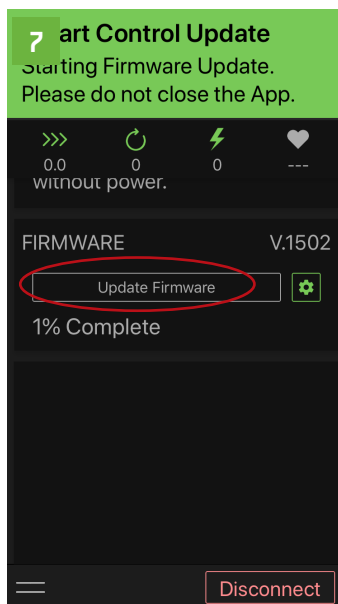
Pair trainer by selecting CHAIN ICON



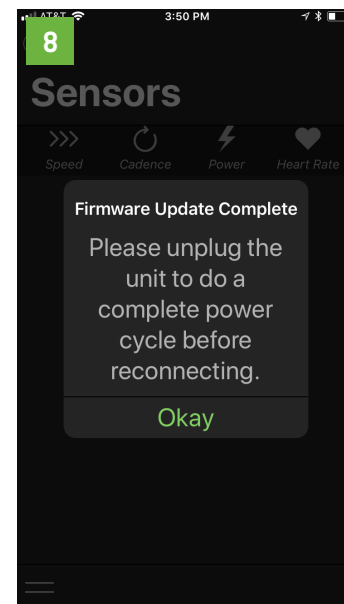
In a moment or two another screen will come up with a Bluetooth Pairing Request, select PAIR.



After trainer pairs, select YES to activate free trial subscription. NOTE: A green banner will appear on the top of the screen if a firmware update is available.



Tap green banner to update firmware and select UPDATE FIRMWARE. Keep screen active and don't navigate away or update will fail.



When update is complete, Select OKAY and unplug trainer. Plug trainer in again and start training.