

GR Indoor Cycles

Retail Training Overview





GR7



GR6



GR3



GR Series FitDisplay app

This free mobile app connects to the GR7 console via Bluetooth to create an engaging, completely customizable exercise experience that leads to real results.

FitDisplay App

Smart Linking Via ViewFit xID

- Users will need to create a ViewFit profile and then log in to their FitDisplay app using their xID
- The FitDisplay app will record workout data from the equipment on the user's favorite apps/wearables
- It then sends the data to the user's ViewFit* account so they can keep track of their progress all in one place

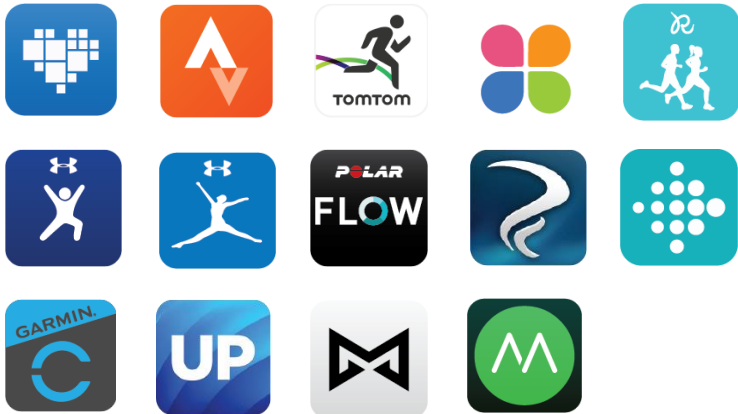


* This item will be explained further on the next slide.

FitDisplay App

ViewFit

Integrated ViewFit connectivity sends users' home workouts to the ViewFit app. Users can also link their favorite third party wearables and fitness apps to ViewFit for centralized tracking.



01

Add equipment to home network.

02

Enter xID to track workouts.

03

View workout progress in a centralized location.

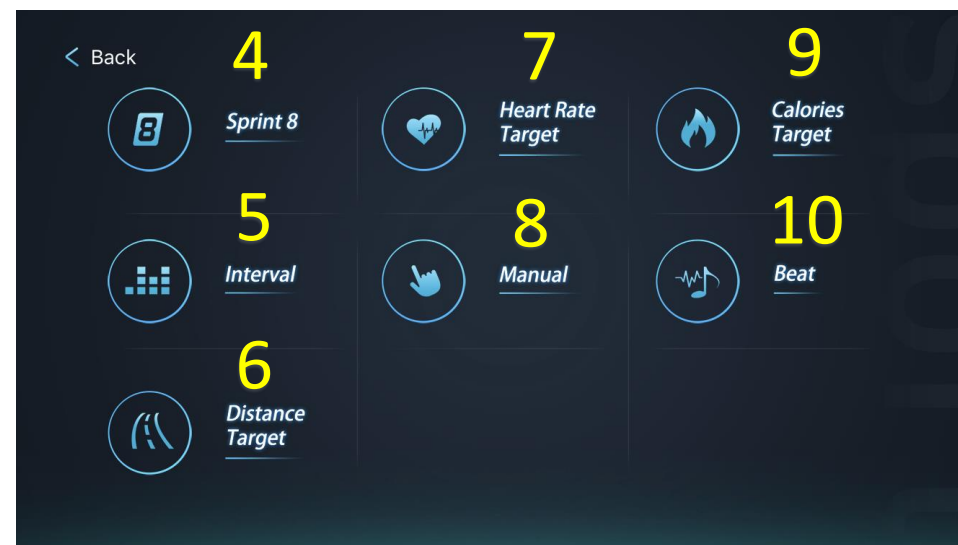
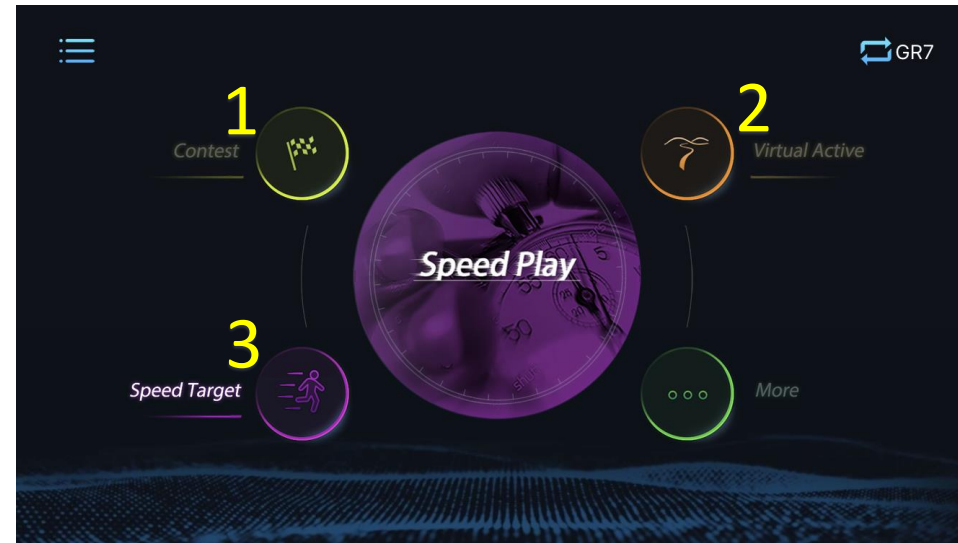
ViewFit Made Easy

FitDisplay App

10 Programs

Includes 10 workout programs that keep users motivated, engaged and seeing real results:

1. **Contest**
2. **Virtual Active**
3. **Distance Target**
4. **Speed Target**
5. **Calories Target**
6. **Heart Rate Target**
7. **Intervals**
8. **Sprint 8**
9. **Beat**
10. **Manual**



FitDisplay App

Virtual Active Program

- Ride on a Virtual Active course at your own pace
- Two locations come free with the app
- User must first download the location



Additional destinations can be unlocked after earning points, which are accumulated by working out with the app.



FitDisplay App

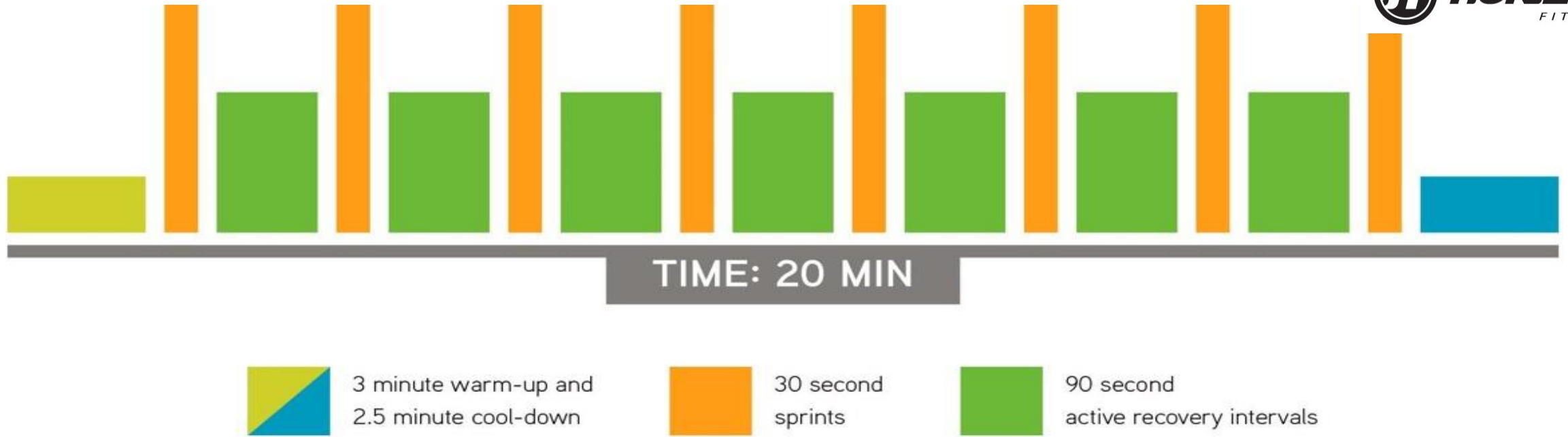
Contest Program

Using the same courses as the Virtual Active program, users can race against other riders' records that have raced the same course through the app. Riders must complete the course to get ranked on the course.

You will see 2 competitors on the course while racing – the individual who has completed the course closest to your pace and the top ranked individual. ✓

The yellow dot represents your position along the course. The course is the blue line along the bottom. ✓





FitDisplay App

Sprint 8 Program

Sprint 8 is a 20-minute, high-intensity interval workout program scientifically proven to boost energy, reduce body fat and promote lean muscle.

The program consists of short bursts (30 seconds) of intense work followed by 90 seconds of active rest.

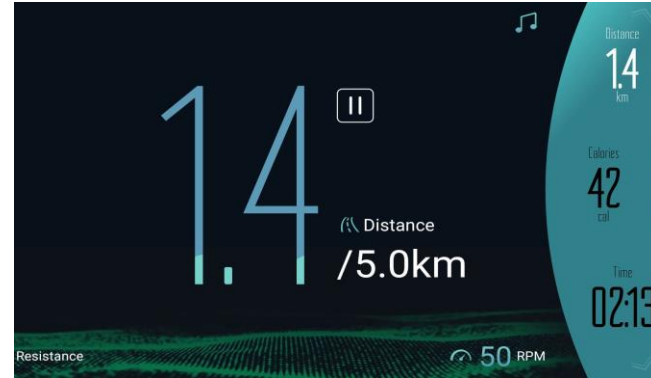
Sprint 8 is unique to our equipment. It was developed by Phil Campbell, a certified personal trainer with the American College of Sports Medicine. Phil's medical background and expertise is focused on sports conditioning, working with athletes to improve speed and agility. He created the Sprint 8 training program to bring the science of HIIT to cardio workouts.

Visit [Sprint8.com](https://www.sprint8.com) for detailed information (English only).

FitDisplay App

Target Programs

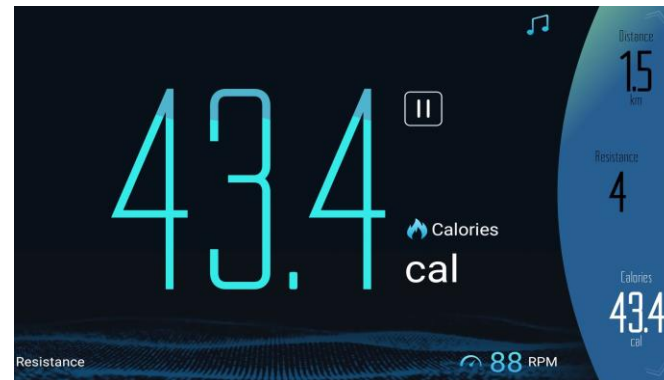
- Target programs allow the user to set their own targets to challenge themselves
- Each target programs features a different target metric:
 - ✓ Distance
 - ✓ Speed
 - ✓ Calories
 - ✓ Heart Rate*



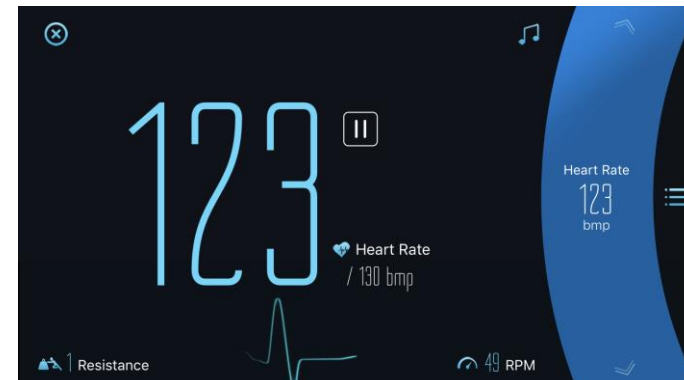
Distance Target



Speed Target



Calories Target



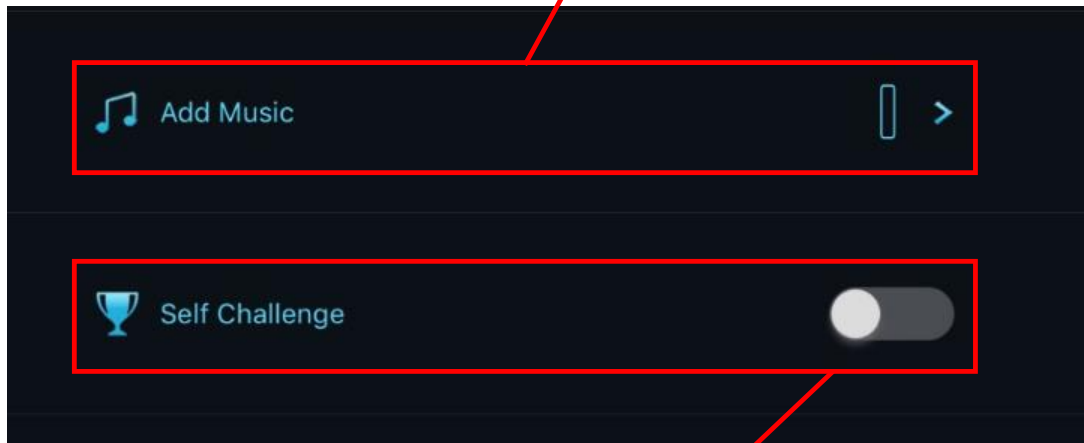
Heart Rate Target*

*Heart Rate Target program uses HR feedback from user's connected Bluetooth HR chest strap.

FitDisplay App

Target Programs

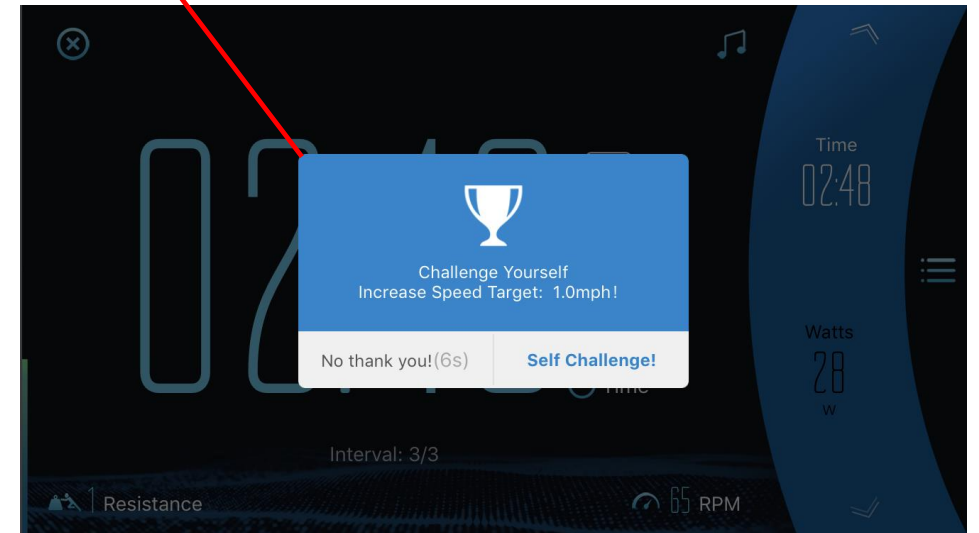
All Target programs have the option to listen to your own music.



All Target programs have the option to turn the Self Challenge on or off.



When turned on, the Self Challenges periodically pop up and ask you to push yourself harder for extra motivation.



FitDisplay App

Target Programs / Speed Target Example

How to Set Up Your Workout

1. Set your exercise time split (number of intervals you want to do)
2. Set your workout time (minutes per interval)
3. Set your speed target
4. Add your own music from your device (optional)
5. Turn on Self Challenge (optional)



FitDisplay App

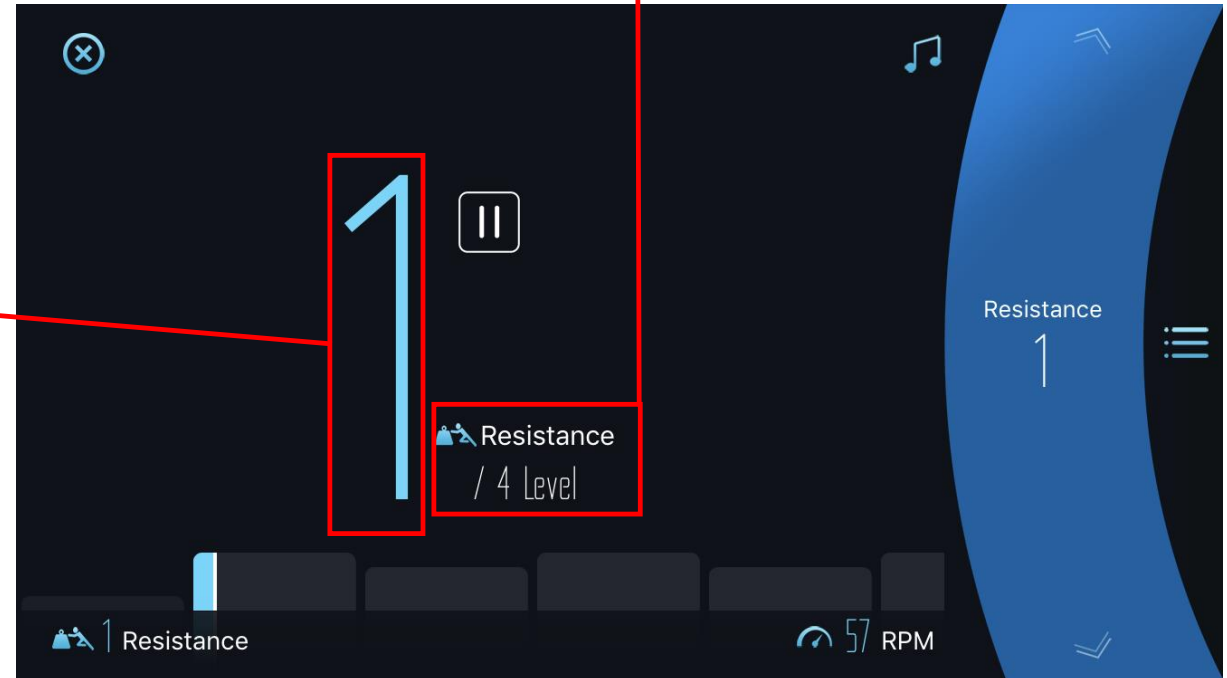
Program Guidance

The level or metric shown here is your target for this particular program.

You must manually shift resistance, increase speed or work harder to increase HR in order to reach your target.

The large number is your current metric.

In the example shown, the user's target is Level 4 Resistance but the user is currently only pedaling at Level 1 Resistance.

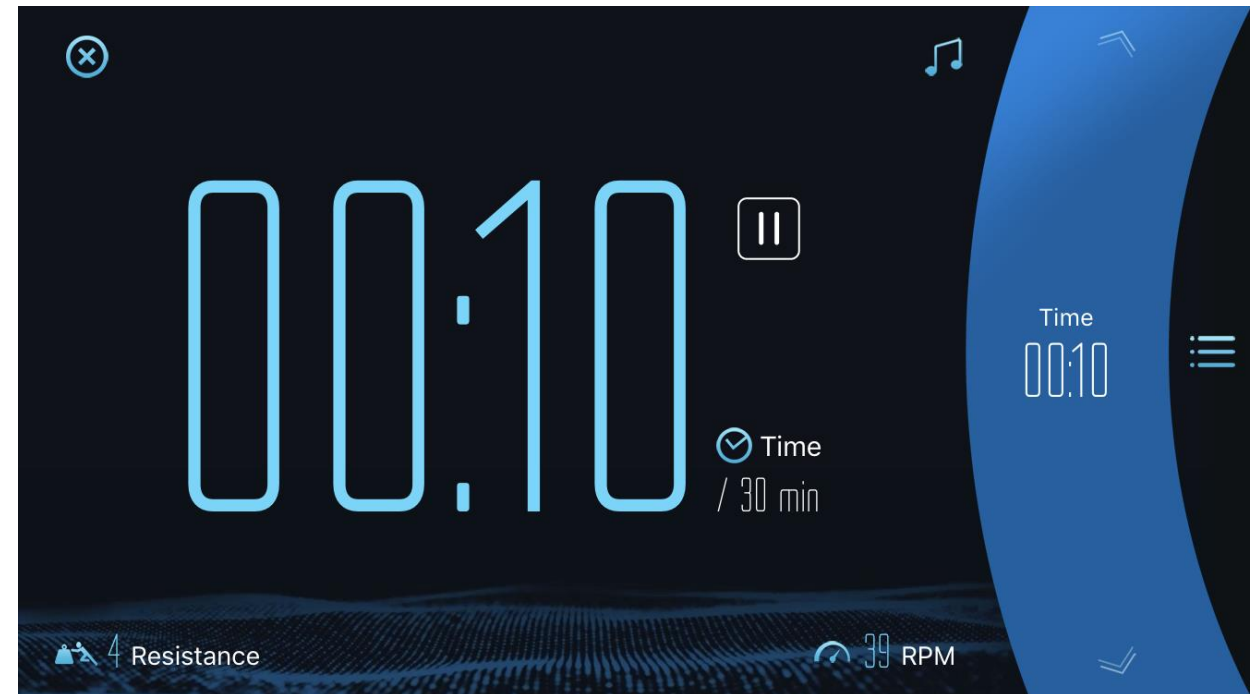
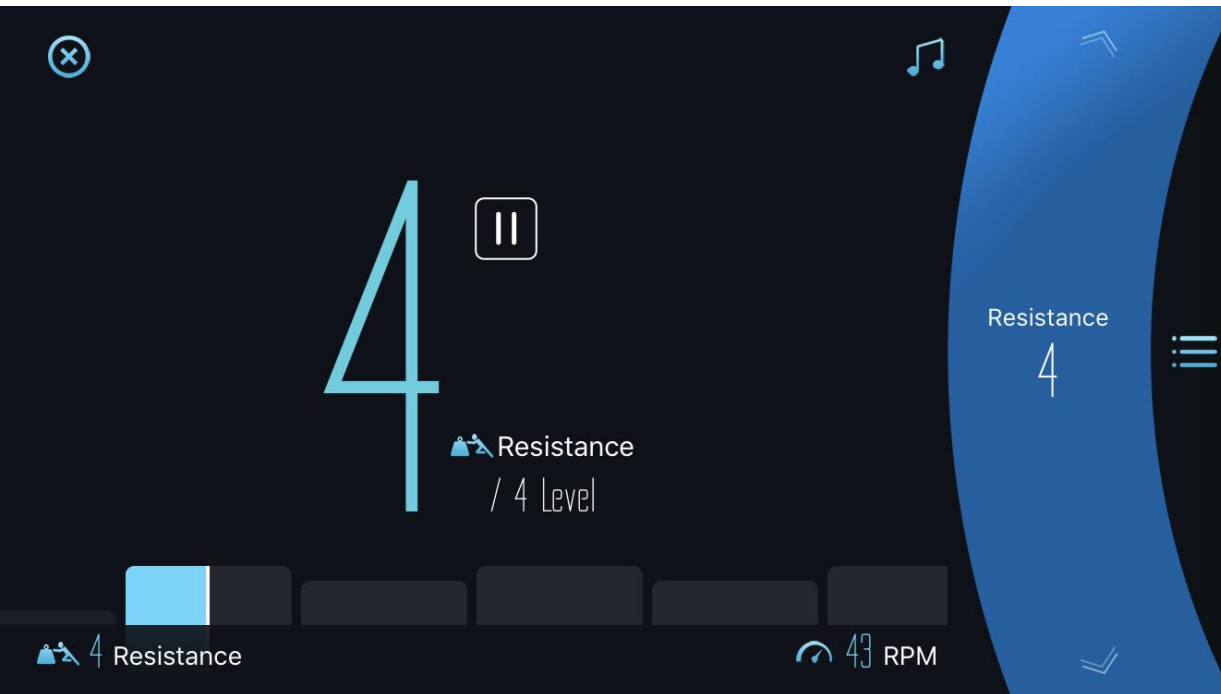


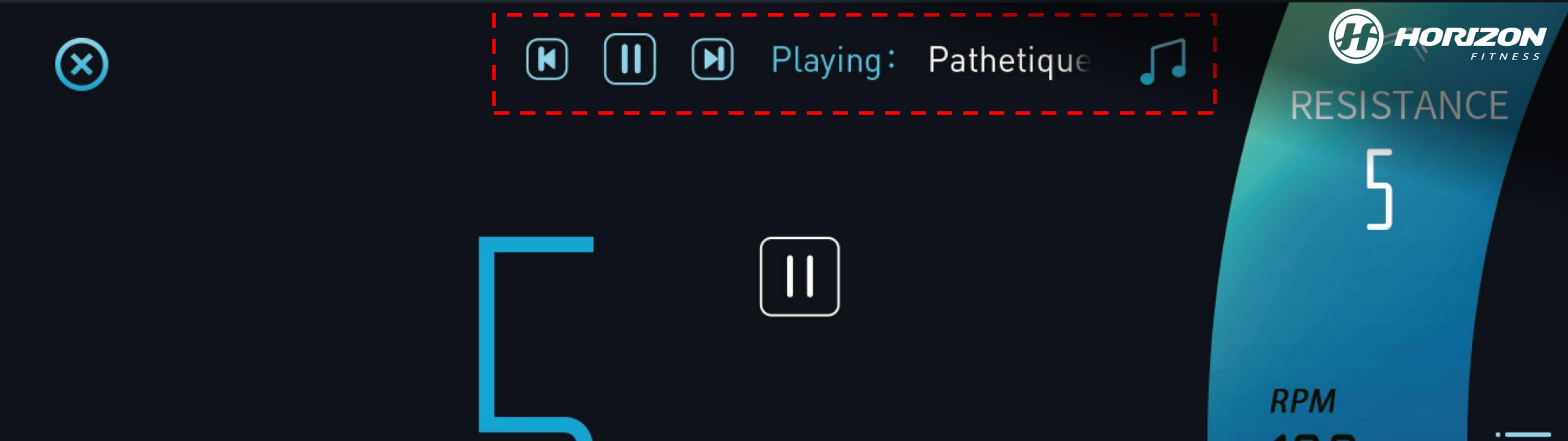
FitDisplay App

Intervals Program & Manual Program

The **Intervals Program** is resistance-based intervals, whereas the Speed Target Program is speed-based intervals. In this example, the intervals change from Level 1 to Level 4.

With the **Manual Program**, you select your time duration. In this example, the total time of the program is 30 minutes.





FitDisplay App

Beat Program

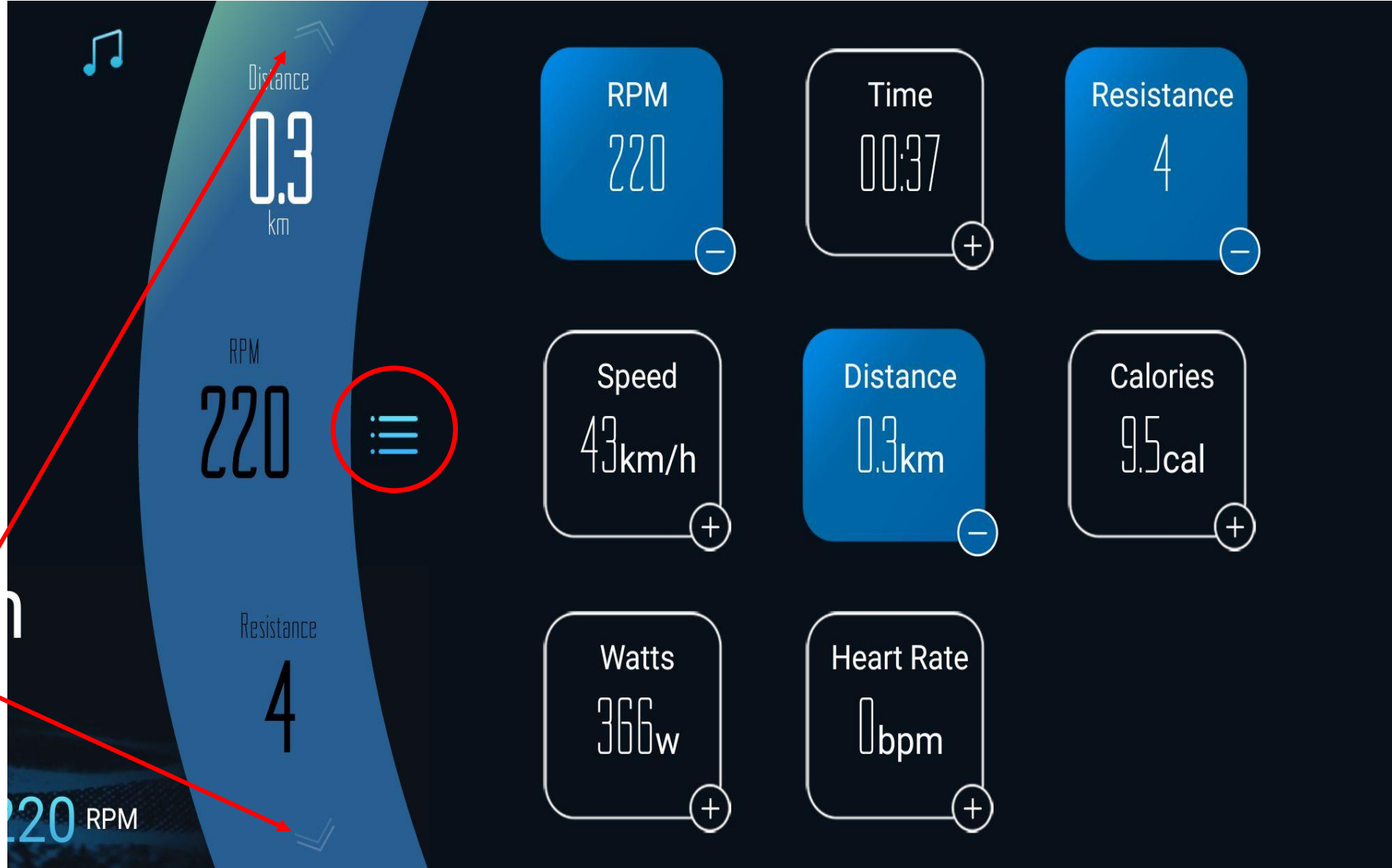
Users usually listen to music during their workouts, but the music doesn't match their exercise tempos.

The Beats workout program syncs the user's exercise rhythm with their favorite music.

FitDisplay App

Customizable Metrics Bar

- Push the menu button (circled in red) next to the curved metrics bar.
- Users can display the metrics that matter most to them by selecting which ones will be highlighted on the blue bar.
- Push the arrows on the blue bar up or down to view additional metrics if more than 3 options are selected.



FitDisplay App

Color-guided User Experience

Program screens change color as users increase their effort. It's an easy and colorful way to keep riders accountable! If you challenge your body at the right intensity, your body will work harder to recover oxygen lost during exercise. This revs your metabolism and makes you burn calories long after your workout is over. When your heart rate is elevated, you'll start to see and feel real changes in your body.



1-2 METS

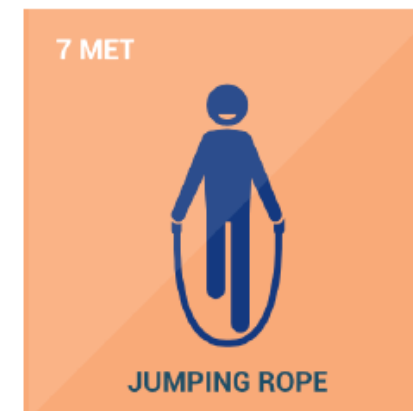
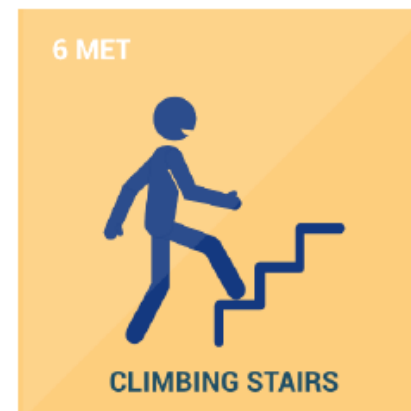
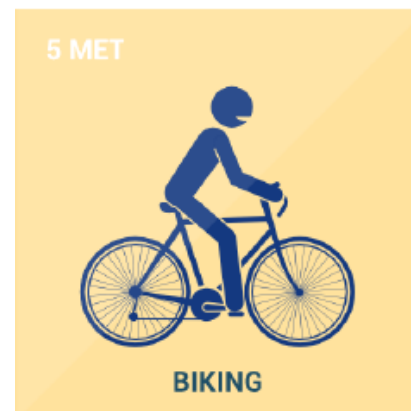
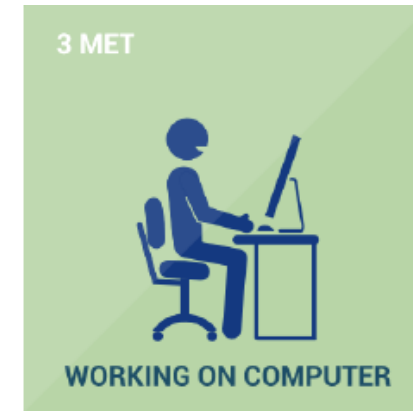
8-10 METS

FitDisplay App

Color-guided User Experience

FitDisplay measures users' metabolic equivalents (METs) as they exercise, so they know how much effort they are putting into their workout.

The previous slide shows how these color/MET equivalents appear on the screen.



FitDisplay App

Workout History + Rewards Points



A workout summary is provided at the end of each workout.



Menu screen shows total points, plus access to Profile, Rewards History, Workout History, Settings, Help and About.

Date	Used Points
2018-10-08 23:18	50
2018-10-08 23:15	1
2018-10-06 04:59	1
2018-10-03 20:52	1
2018-10-02 23:01	1

Points are earned for each workout:
 1 Point = Sign in & start app
 10 Points = Complete a Self Challenge
 50 Points = Complete a full workout

Start	Workout Time	Calories	Distance	Workout Type
2018.10.02 09:26	01:07	2	0.0km	Heart Rate Target
2018.10.02 09:26	00:06	0	0.0km	Heart Rate Target
2018.10.02 09:22	02:25	9	0.2km	Heart Rate Target
2018.10.02 09:21	00:15	1	0.0km	Heart Rate Target
2018.10.02 09:19	00:13	0	0.0km	Heart Rate Target
2018.10.01 15:55	05:21	23	0.6km	Sprint 8

History lists workouts completed over time.



GR Series summary

Summary

GR Series Indoor Cycles

	GR7	GR6	GR3
Resistance System	Magnetic	Magnetic	Friction Brake
Resistance Levels	Lever - 11 levels (levels viewable on app)	Micro-adjustable knob	Micro-adjustable knob
Rear-drive Design	✓		
Multi-position Handlebars	✓	✓	✓
User-height Indicator on Seat & Handlebars	✓		
Dual-sided Pedals (clips/toe cages)	✓	✓	Only toe cages
Customizable (handlebars/seat/pedals)	✓	✓	Only handlebars & seat
Vertical & Horizontal Adjustments (seat/handlebars)	✓	✓	Handlebars only vertically
Optional LCD Console	✓	✓	✓
Wireless Heart Rate	✓	✓	✓
FitDisplay App	✓		