Kinomap

App Instruction Manual

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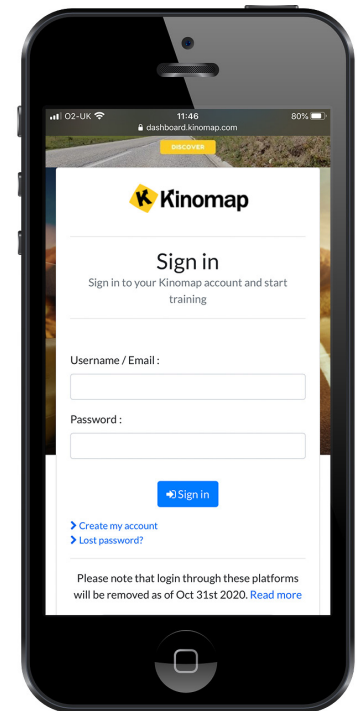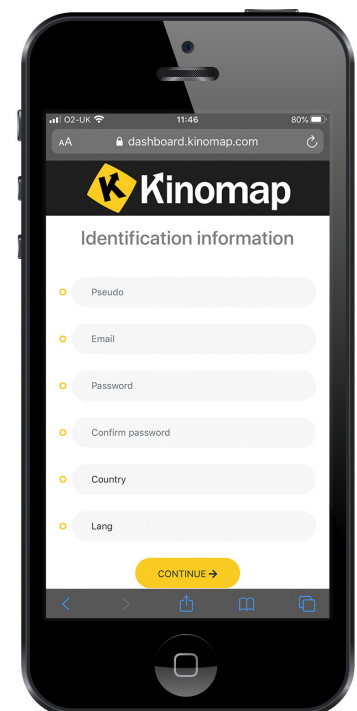
SETTING UP AN ACCOUNT

When creating an account, you will need to do this via the Kinomap website. NOT IN THE APP!
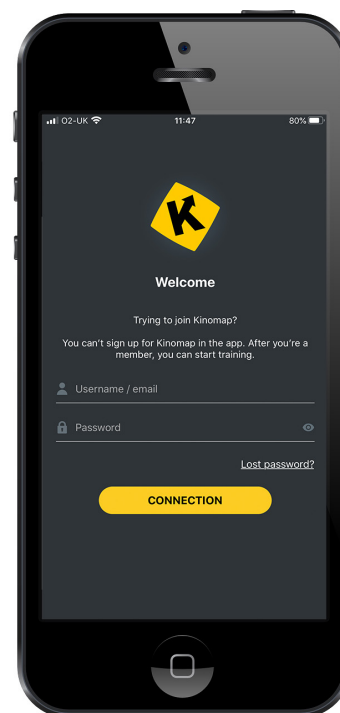Click 'Create my account' under the sign in button.

Fill out your details by entering your name and selecting a language etc. Then click 'Continue'.
This will create your account and a verification email will be sent to you.
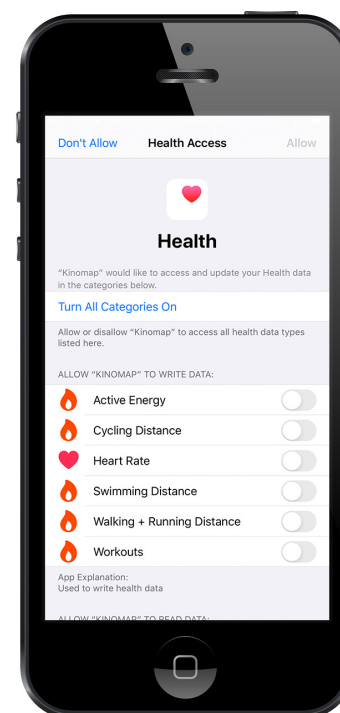
LOGGING INTO THE APP

Once you've confirmed your account you can now login to the app.

If you are using an Iphone, notifications may pop up asking you to allow certain features. These are down to your own discretion.

GETTING STARTED

Once you've logged into your account, you will see the home screen. From here you can navigate to what area you need, whether that's settings, videos or previous achievements.

CONNECTING TO YOUR MACHINE

To begin a virtual workout video and connect to your equipment, start by selecting the 'Browse' icon on the bottom of the screen.

Next, select the type of training you want to complete. You can choose outdoor videos, coaching classes or interval training.

In this instance, we've chosen to select from outdoor videos. Here you can choose videos that suit the equipment you are using. So, whether that's running, cycling or rowing. You can also use filters to search for specific workout videos.
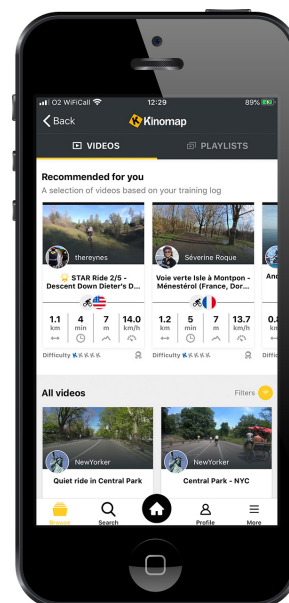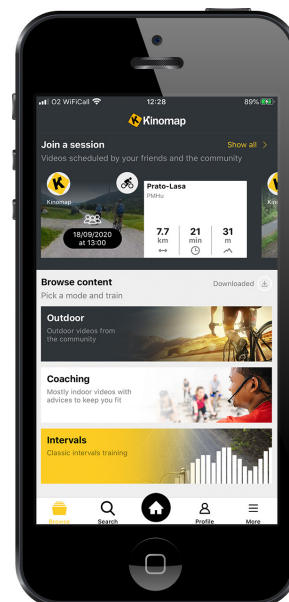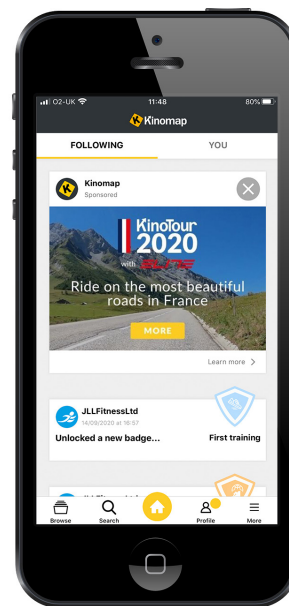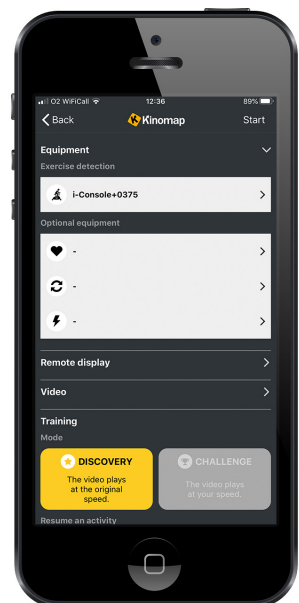
Once you've chosen a video, you can schedule this workout or click 'Train Now'.
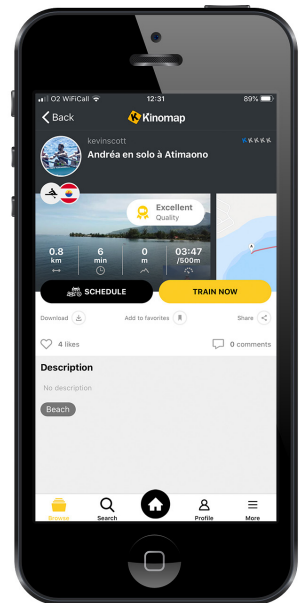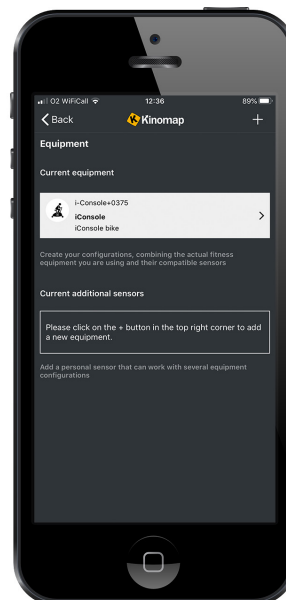
By clicking 'Train Now' you will be brought to this page where you can connect to your equipment. Simply click the equipment drop down menu.
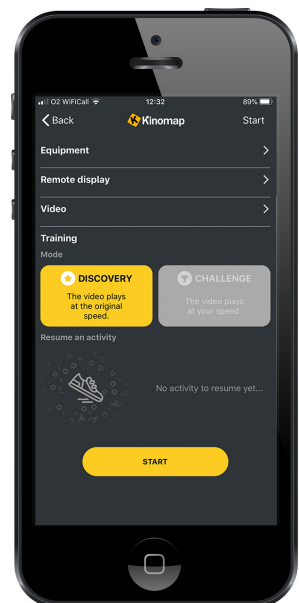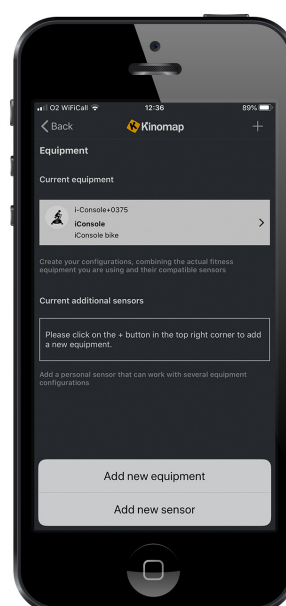
You will see either equipment that has previously been connected or to select new equipment click on any of the drop down's under 'Optional Equipment'.
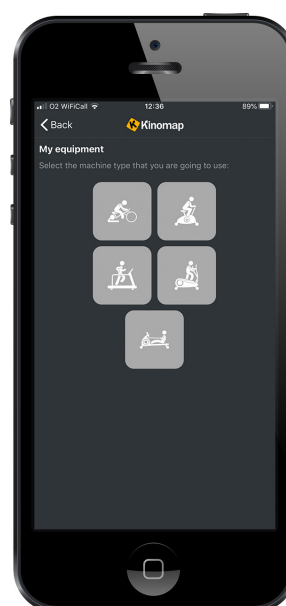
Now click on the + symbol in the top right corner.
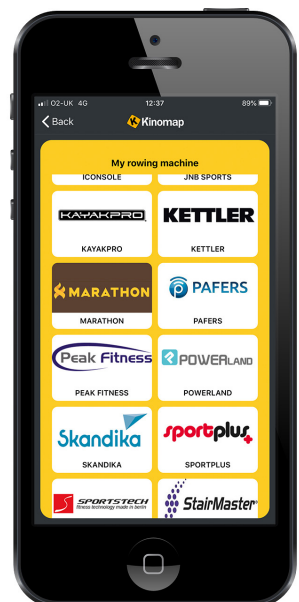
And choose 'Add new equipment'.

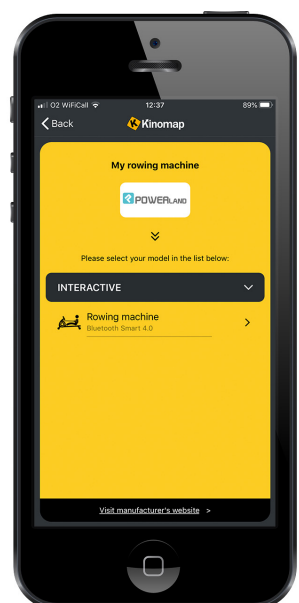Select the type of equipment you are going to be using.

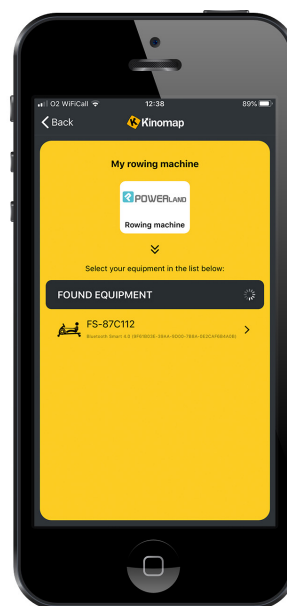Next, you will need to select the manufacturers brand of your equipment.

If you own a JLL Ventus 3 Rowing Machine you will need to select the brand 'Powerland'.
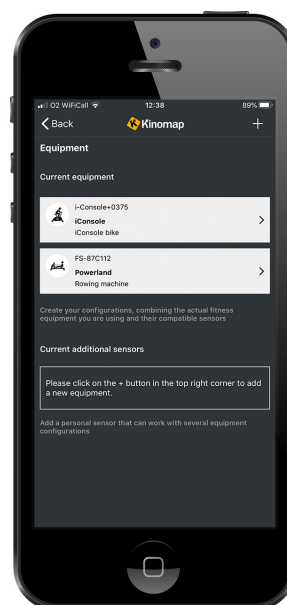
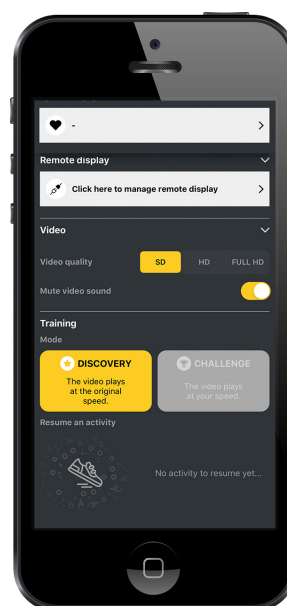Now you can select your machine to connect via bluetooth.

Once connected your device will now indicate 'Found Equipment'.

Click 'Back' and you will see your equipment within the current equipment section.

Now your machine has been connected you can go back and select the 'Video' drop down if you wish to change any settings before you begin your workout.

To begin, click the 'Start' button and begin rowing to activate the video. Please Note: increasing or decreasing the difficulty on the right side of the screen will automatically change the resistance of your machine.
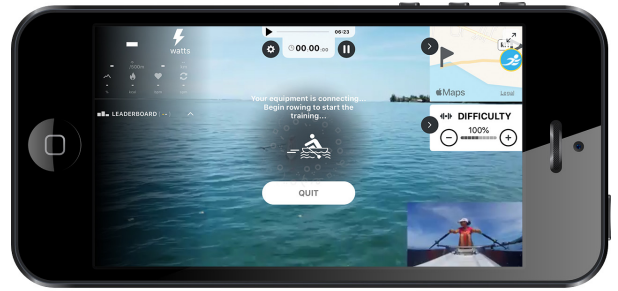

SCHEDULING A WORKOUT

When you have selected a video, you can now choose to either 'Train Now' or 'Schedule'. By clicking 'Schedule' you can select a date and time for when you want to begin this workout.
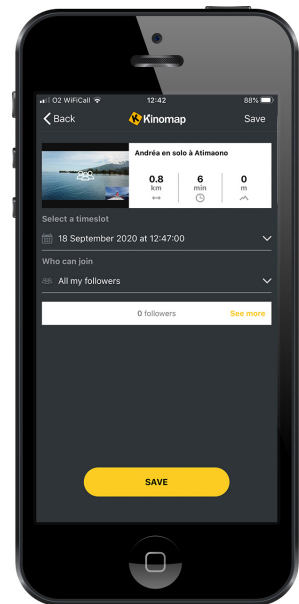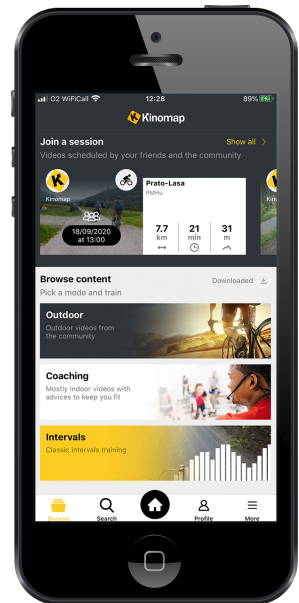

Set your date and time then click 'Save'. This will now send a notification to your device when your workout is due. Please remember to allow notifications for this app on your device.
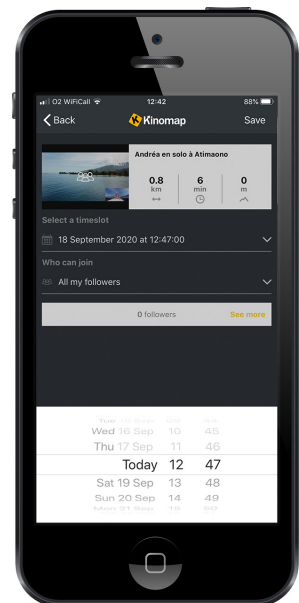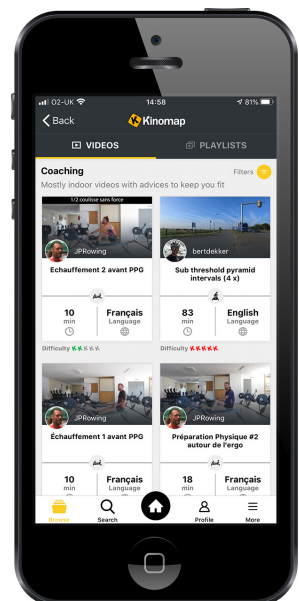
COACHING

From the browse screen you can select the coaching tab.

This will list the coaching videos you can choose from and still use filters to narrow down specific searches. Once you've selected a workout video simply follow the same process as what you did earlier in this guide for outdoor videos.

INTERVALS

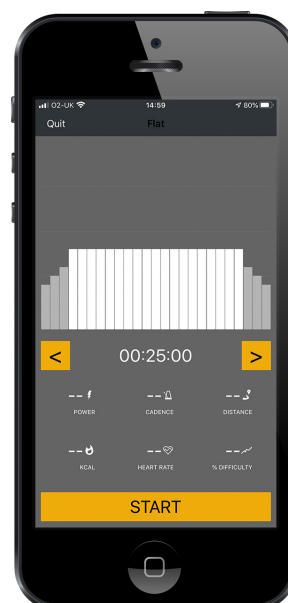From the browse screen you can select the intervals tab.

Here you will have a choice of 17 different interval programs.

Once you've selected a program, you are now able to change the duration of the intervals by using the right and left arrow icons.
Next, click 'Start'.

Now you can select the type of exercise you'll be doing from running, cycling and rowing. Also, connect your machine by clicking the exercise detection drop down and locating your machine. Click 'Continue' to start your workout.
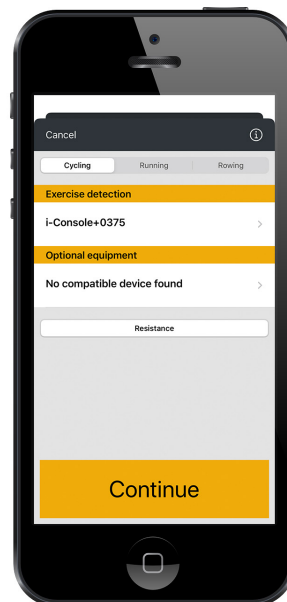
SEARCH

Select the 'Search' icon along the bottom of the home screen. Your choices are then to search for particular videos using either keywords or locations.
You can choose between videos, users, playlists and coaching in the drop down to the right.
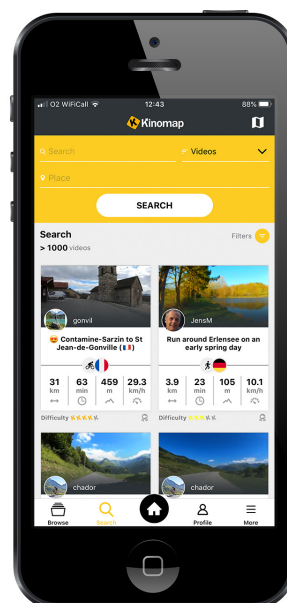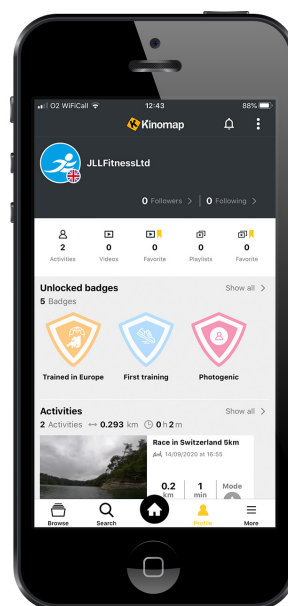
Below the yellow search bar you can use the 'Filter' button to condense your search even more. Selecting order choices, training types and video qualities etc.
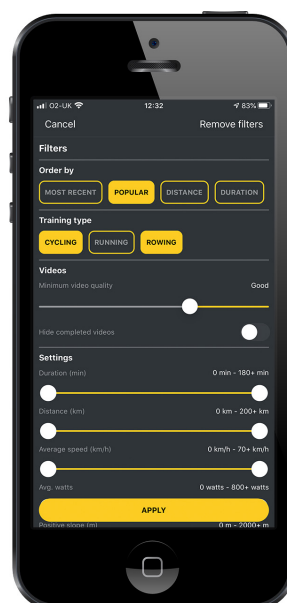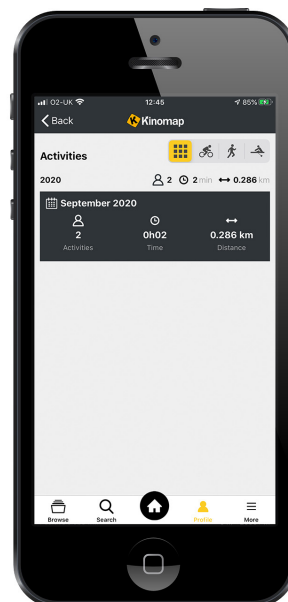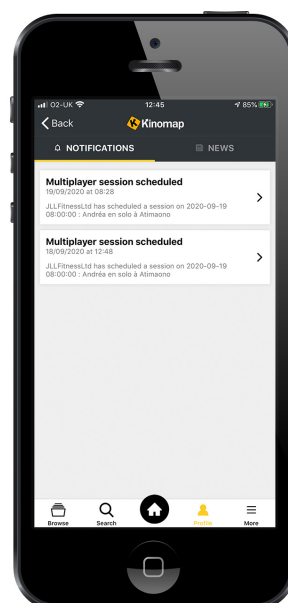
PROFILE

Select the 'Profile' icon along the bottom of the home screen. Here you can see and track your current progress.

Click on the 'Activities' icon to show completed workouts. Even select types of workouts by using the icons in the top right of the screen to filter between cycling, running and rowing.

From the profile screen you can click on the notifications icon in the top right corner to keep up to date with the latest information within the app.
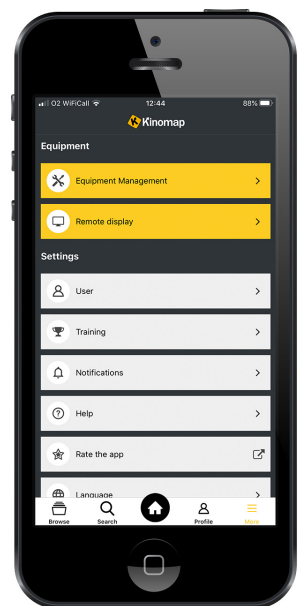
Scrolling down the profile screen you will see videos you have uploaded, if any and any playlists you have created.
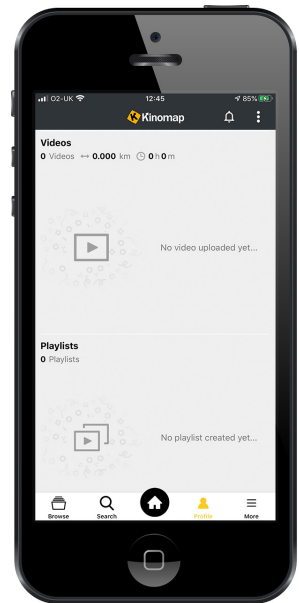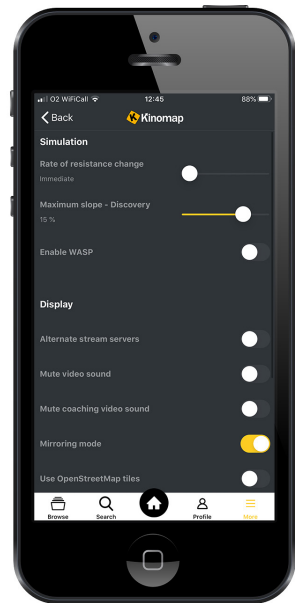
SETTINGS

Select the 'More' icon along the bottom of the home screen to show the settings selection.

To change elements in regards to your workouts select the 'Training' drop down menu. Here you can toggle things like resistance changes, muting certain sounds and video playback rates etc.

If there are certain things you wish to be notified of you can switch these on or off in the notifications drop down menu.
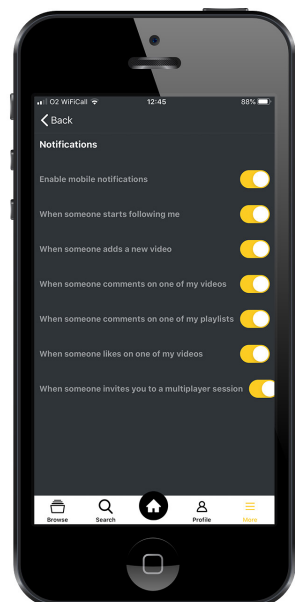
You can also connect to other machines compatible with Kinomap through the 'Equipment Management'
drop down menu. By following the same procedure as earlier in this guide and clicking on the + symbol in the top right corner.
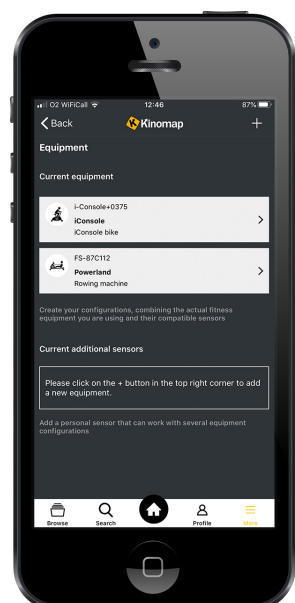
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