

# MANUAL

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# 1. Before staring

Welcome to the Tacx Trainer Software manual. Our advice is to read the complete manual, but for a quick start it is very imported to follow the below points.

#### User account

It is important to make a correct user account. All routes, exchange of files are connected to your account. Follow the instructions during the installation and start-up of the software. If you already have an account (made via the Fortius Multiplayer), then choose the option: DOWNLOAD USER

#### Tire pressure

We advise that you use a training tire from Tacx (T1390 race of T1395 MTB). Make sure that the pressure is around 7-8 bar (105 PSI) and that the roller is tight against the tire. Make sure that the tire sits against the roller without any pressure. Then entirely turn the block knob 3,5 full turns. This is the correct set-up

#### **Calibration**

Go to SETUP and to BRAKE CALIBRATION. This is necessary for the correct power output.

#### Software updates

The latest software or firmware needs to be downloaded via the ONLINE UPDATE (MAIN SCREEN). This service is only possible when you are connected to the internet. If you are not connected to the internet, then there is the possibility to download the software from <u>www.tacx.com</u> -> service and sales.

#### Download Google Earth

It is necessary to separate download the Google Earth application. This can be done from the software or via the website: <u>http://code.google.com/intl/nl/apis/earth/</u>

#### Security settings - license code

From version 2.0 the Tacx Trainer software has a specific copy protection. During the first startup procedure you are asked to fill in this code. Attached you see an example of this code DF8VI-7aUC6-4DI81-AWMzy-8Mq7Q-384Ca

This code is on the inside of the installation DVD. It can only be used on 1 PC.

Below an example of the login account. Fill in all the relevant information. Make sure you are connected to the internet.

Mathematics of Tacx Training sof	ftware	X
	Online Activation	
Ταςχ	Enter Your License Number.	
	Rh8VO-7aUC5-4DI8f-AWMzy-vMq7Q-3A4CT	
License Number	Where to find your license number?	
In order to recieve a valid license number, you must purchase Tacx	Enter Your Name.	
Training software.	Tacx	
Buy	Enter Your E-mail Adress.	
Please enter all the information that is requested in order to start the activation proces.	infos@tacx.nl	
Choose a language		
English 🗸		
Show Licence Information	Activate the product by e-mail Back Next	
Show Licence Help	Activate the product by fax	

If you do not have internet, it is possible to active the product by e-mail. Select the option and copy the information to a PC with e-mail possibilities. After 24 hours you received an activation code.

The Tacx Trainer software can run 10 days without an activation code (as a demo).

If you have any problem with the licence please contact <u>support@tacx.nl</u>. The license is only valid for 1 pc.

Web Activation			Web Activation	
	Tacx Training software has	to be activated online.		Online activation was successful.
	Please provide a connection	to the internet and activate it. <u>Proxy Settings</u>		
Ai	ctivate now	Cancel		Close

# 2. Create useraccount / Download useraccount

When the software starts up for the first time, a user-account needs to be created. If you already have an account (via the Fortius Multiplayer software), choose then for the option DOWNLOAD USER. The standard password is 123456

When you have an account, then it is possible to log in to the website <u>www.tacxvr.com</u>. On this website you can

- 1. Download routes from BikeNet
- 2. Check the Multiplayer rides
- 3. Received updates and news
- 4. Download jerseys

And many more

Tacx Import Export Analyser User Info Setup Help	Ταςχ	Import	Export	Analyser	User Info	Setup	Help
--	------	--------	--------	----------	-----------	-------	------

#### Create an account

- Select USER INFO in the main menu
   Select NEW
- 3. Fill in all relevant info

Picture	Bike	Team
2	375	
		10
	Edit	
Also co	onnect to the tacxvr.com da	tabase.
	Password	
Re	type password Make your ID public on tac	xvr.com
Int 0		Fortius access TTS Access

Click Edit to change Picture, Bike and Team.

Fill in the password two times. This password is the same that you use for <u>www.tacx.com</u> -> interactive.

When you select "make your ID public on tacxvr.com" then other players are able to see your information on the website.

Save your settings. There is an automatic synchronisation with the website.

Picture	Bike	Team
	?	
	X 🕂 🖓 🕂 🛨 Import	
	Include picture in your training session	
OK		Cancel



With the above buttons it is possible to turn the picture, mirror it, or zoom in / or out.

With the selection buttons your are able to select what other riders can see from your profile (on the website).

The weight of the rider is excluding the bike. This needs to be added.

The e-mail address is mandatory field and connects your USB interface to your account

The time zone is an important feature. If you want to participate to the Multiplayer rides, then you can use the agenda function on the <u>www.tacxvr.com</u>.

First name	
Insertion	
Surname	
Weight	60,00 kg
Sex	• Male 💮 Female
Date of birth	10/9/2009 m/d/yyyy
Length	170 cm
Street + number	
Postal code	
City	
State	
Country	Netherlands -
Phone	
E-mail	
Website	
Time zone	(GMT+01:00) Amsterdam, Berlijn, Bern 🔻
Remarks	
	e o s Robert de la constante de
Language	English
Maximum HR	190 BPM
Resting HR	100 BPM
A treshold	0 BPM
Heart rate zone 1	
Heart rate zone 2	
Heart rate zone 3	and the second se
Heart rate zone 4	
Heart rate zone 5	1 0

After saving the account, select the user as SET AS DEFAULT.

#### **Download user**

- 1. Select USER INFO in de menubalk
- 2. Selecteer DOWNLOAD USER
- 3. fill in your email address and password (standard this is 123456 when you have registered via the Fortius software Multiplayer option).
- 4. The user is visible now
- 5. Now select user and click on SET AS DEFAULT.

### 3. Main menu

This is the main menu of the Tacx Trainer software. Selections can be made from different trainings (Catalyst, Ergo Video, Real Life Video, Real Life Training, Virtual Reality and Multiplayer) and it gives access to the setup of the software.





#### News by Tacx

This is the latest news. Stay tuned on the latest products, service reports, updates. Permanent internet connection is required



#### **Connected Device**

Display of your connected device.

#### **Display of correct functionality**

You should see a picture of your USB controller and the motorbrake. If this is the case then the USB (and drivers) are correctly installed)

#### **Display when connection absent**

There is no connection. Problem with the drivers or the hardware. Please check our FAQ on the website www.tacx.com



#### <u>Remark: the T1902 is not OS 64 Bit compatible. You</u> <u>need the T1932 or the T1904 for that.</u>



#### Software updates

Displays the current version of the software are what updates are available. When there are new updates, the DOWNLOAD button will appear. It is possible that you have to repeat this process until you have the latest software.

You need the original installation disc to run the update. Place your DVD in the DVD player and **cancel** the option – remove TTS software from the PC. Now select DOWNLOAD. Follow the instructions and search for the DVD driver and select it (example D)

If there are any problems on the update, please check our FAQ at www.tacx.com

#### The main menu



Download a route from BikeNet and place this on your hard disk (example C). Then select the TTS training import and search the file on your hard disk location. If you have done 2 downloads (the route file and the score file), the system will recognize the difference. You do need to import both, otherwise you will not have an opponent.



Select **TBD** and select **IMPORT**. The message below will appear. The training has been added to the Real Life Training section.



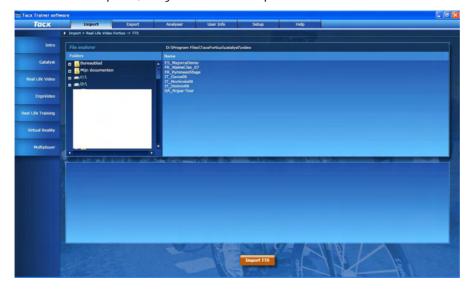
<u>Score list</u> As mentioned, you also need to import the score list to have access to opponents. See below.



TTS training import Real Life Video Fortius -> TTS Catalyst Fortius -> TTS	
Catalyst Entrins -> TTS	
VR Fortius -> TTS	
Bushido -> TTS	

#### Real Life Video Fortius -> TTS

With the option Real Life Video Fortius -> TTS you can import videos before item nr T1956.30 from the Fortius Software. These video's can only be installed on the Fortius Software but thanks to this option, they can also be imported into the TTS software.



When you select this import, the system will automatically search in the correct directory where the videos are installed. In this example you will see 3 videos. Select one video and click on **Import TTS** 



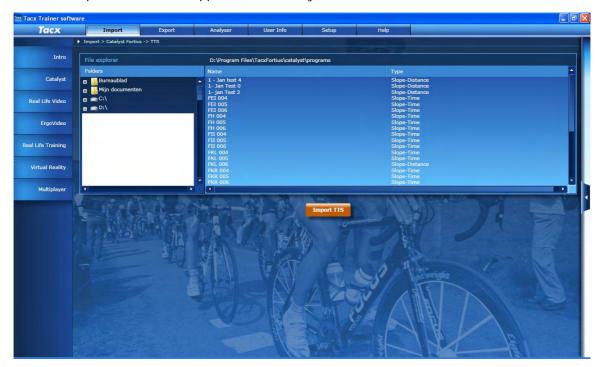
If you select **YES**, then it means that the video will be copied to the TTS directory. This means that it will be on your hard disk twice. If you decide to uninstall the Fortius software and remove the videos then you need to select **YES**.

If you leave the Fortius as it is, then select **NO**. The video will stay on its location. Remember that if you want to import a video that was NOT installed on your hard disk that you need to put the DVD in the DVD player. Else it will not be possible to import.

The old file will be removed from the list after the import. It is now successfully imported in the Real Life Video section. Imports are without GPS information! Only videos from T1956.30 come with GPS information.

acx	Importeren	Exporteren	Analyser	Gebruikersinfo	Instellingen	Help
	TTS training import	teren				
	Real Life Video For	tius -> TTS				
	Catalyst Fortius -	> TTS				
	Bushido -> TTS					
	GPS Importeren					

<u>Catalyst Fortius -> TTS</u> Same functionality as the **Real Life Video Fortius -> TTS,** except that there is no option for the video import. The file will appear in the Catalyst section.





#### Bushido -> TTS

It is possible to import files from the Bushido to the Tacx Trainer software. You can then analyse the score in the Analyser. First connect the Bushido with the Tacx Trainer software via Settings – Bushido (see chapter Bushido). The connection is done automatically and you can see what is available for import. Select a route and push **Bushido-TTS** 





#### <u>GPS import</u>

Import different GPS data in the Tacx Trainer Software.



The following options can be selected from the GPS dropdown



<u>Standard GPX</u>: Google Earth KML:

G<u>armin TCX / CRS:</u>

Most common extension. Many programs can be exported to a gpx. file Possibility to read Google Earth files. These files do not always have elevation information in them (height profile). Import of Garmin files

Select the route, click on IMPORT and the file will be present in Real Life Training.

acx	Import	Export	Analyser	User Info	Setup	Help	
		TTS -> file on PC					
		TTS -> Bushido					

#### TTS -> bestand op PC

If you wish to create a back-up for a Route or Score, you can export this file to any directory



Select **Export** from the task bar. Select **VIEW SCORES** and then **Export** and the score (and/or opponent) will be exported. If you wish to import something later, you should always make sure you import the route first and then the score file. Both need to be updated. The button **To BikeNet** will be explained in the BikeNet chapter. This is one of Tacx's web sites (www.tacxvr.com) where files from other users can be downloaded.



x Trainer softwar	e						
Tacx	Import	Export	Analyser	User Info	Setup	Help	
		TTS -> file on PC					
		TTS -> Bushido					

#### <u>TTS -> Bushido</u>

You can transfer all of the files present in the Tacx Trainer software to your Bushido computer. This can be Real Life Video, Ergo Video or Real Life Training. The export will transfer the altitude profile. The Bushido cannot handle more than 16 characters, so sometimes you will have to change the name of the route. The principle is similar to that for exporting towards your PC. You can only export when Bushido is connected.



Tex Trainer software		
Tere Import	Export	Analyser         User Info         Setup         Help           Global settings         Training setup         VR Settings           Brake calibration         Scalefactor         Scalefactor
General setting		Google Earth Setup Bushido Allows you to determine language settings, display of distance, countdown and graphic display.
Training settings	50	Training settings can be adjusted during cycling. Handlebars, info boxes, display of position and zooming possibilities
Brake Calibration		It is important to do this before the start of each training session. Calibration of the brake will ensure an identical value for wattage for every training. The calibration will calculate losses due to circumstance and automatically corrects for these in the software. Make sure the tire is always inflated to 7 or 8 bar and that the wheel has been tightened securely against the roller by turning the black knob three times. The value for the Bushido should be situated between 10 and 15. For the Fortius/i-Magic this would between be -3 and +3. When the value is too high, inflate the tire to a higher pressure (7-8 bar), or press the roller tighter against the tire.
Calibrate handlebar	Y	The handlebars are used to look right/left inside the Real Life Video, or steer in the Virtual Reality (only version 2.0). In order to avoid divergence the handlebars, you will always need to be calibrated. In the end the white arrow should end up in the centre. If this does not happen, please contact Tacx, use the web site contact info to do so
Scale factor		This is used to correct the displayed power in the Tacx Trainer software when this value is different from that of an external power meter. Adjustable from 80 to 120. It does not adjust the brake's power, only the displayed power. When selecting 80 it means that the <b>power display</b> in the TTS has been reduced to 80% (100 watt becomes 80 Watt)
Google Earth Settings		Adjusts Google Earth's display. This has to do mainly with the 3D settings of Google Earth. When PC specifications are low, it is possible that turning off 3D objects will help the software run more smoothly
Bushido		<ul> <li>Connecting the Bushido</li> <li>This option should be executed first by Bushido users in order to connect the Bushido to the Tacx Trainer software. When the Bushido is connected, it is NOT possible to use the trainer as an Ergo trainer (stand a-lone). You will have to disconnect the Bushido first. Before you can establish the connection you need to insert the ANT USB stick in the PC. Then follow the installation instructions. After this</li> <li>1. Make sure the USB ANT stick is inserted in the PC and that the driver has been installed correctly</li> <li>2. Push the Bushido's OK button (it will come out of stand by)</li> </ul>

- by)3. Now click on search in the Tacx Trainer software. The PC will now start looking for the Bushido. Once found you can attribute the Bushido a name.
- 4. Then UPDATE the Firmware to the latest version (in you main screen).

When closing the software the Bushido will be automatically disconnected. Tacx Trainer Software manual 2.0

Tacx Trainer software			- F			
Tacx Import	Export	Analyser	User Info	Setup	Help Installed videos, Online FAQ	
					Online Help Tacx on internet	
					About Show License Info	
Installed videos			of all the inst umbers.	alled and	I imported videos, with correspond	ing
					or uncertainties concerning spec	
Online FAQ	T				nline Q&A first. These FAQs will ems arise you will be notified throu	
		this opti	on.			
Online help	9??	Manual	for the Tac	k Trainer	software. When new functions	are
		available	e this will be	adjusted i	in Online Help.	
Tacx on the web					<u>.com</u> . Go to the Bikenet – Multipla ownload new routes, participate	
			tions etc.	e anu uu	Jonnoad new routes, participate	
Disclaimer						
	i nan har					
Show License-info (v2)	*17	Gives ar	n outline of th	ne licenses	s that are activated	

# 4. Catalyst

#### Open/use Catalyst

Select Catalyst from the menu bar

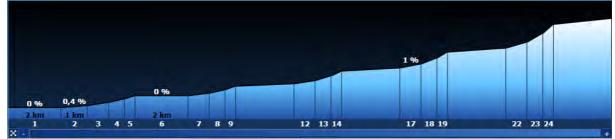


#### Select program:

This is where you can chose from existing rides which have been made or imported. Such as:

#### Slope – Distance:

This is a program where the resistance changes over a specific distance by means of the percentage of the incline. Slope – Distance also offers the possibility to create and import opponents.



#### Slope – Time

This is a program where the percentage of the incline for a specific amount of time will give you a resistance.



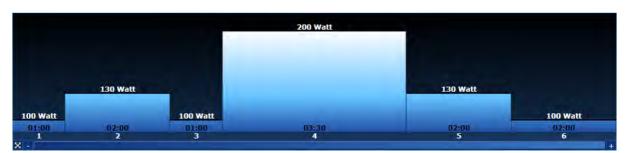
#### Watt – Distance

This is a program where a specific wattage for a certain distance will give you a resistance.



#### Watt – Time

This is a program where a specific wattage for a certain amount of time will give you a resistance.



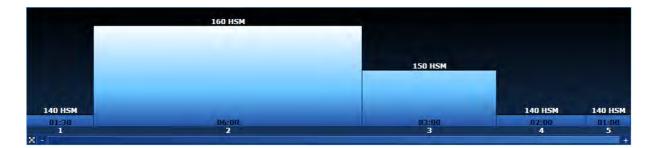
#### Heart rate – Distance

This is a program where an average heart rate for a certain distance will give you a resistance.



#### Heart rate – Time

This is a program where an average heart rate for a certain amount of time will give you a resistance.



#### Free – Training:

Here you can train freely in all of the programs. It is possible to adjust values manually during the program.

So if you want more resistance during a **Slope – Distance** training, you can modify this by increasing the value for de slope while you are cycling.

Resistance will automatically adjust when you go outside a determined zone. During a Wattage training for instance. If you set it for 250 watt and start riding faster, the resistance will be automatically lowered. The principle is the same for heart rate. When the system is set for 150 B/M and your current heart rate is at 130, the resistance will be automatically increased. When your heart rate reaches 150 the resistance is adjusted so that your heart rate will remain around 150. The zone has a margin of +10 and -10.

#### New program:

It is possible to generate a ride/training within each of the programs.

#### For instance in Slope – Distance

If you click on <u>new program slope –distance</u> you will see the following screen.

There are two ways to adjust slope and distance.

- 1. Click on one of the two white spheres in the yellow field. These will allow you to adjust slope and distance of the training part (by moving your mouse up and down or from left to right).
- 2. You can also do this manually by clicking on the arrows at the top right hand corner of the screen



Once height and distance are adjusted you can add a new route. Click on **Add**. A new field will appear.

You can repeat these steps in order to create a complete route. Name the program and click on **Save**.

The new route is now visible under:

#### Catalyst \* Select Program \* Slope – Distance

#### Adjust Program:

All of the Catalyst programs may be adjusted.

Select a program and press **Adjust Program.** Select the part of the route that you want to adjust until it is high-lit in yellow. Now you may adjust slope and distance. (Re)name the route and save.



# 5. Real Life Video

#### Open/use Real Life Video:

Real Life Video is training similar to one under Slope – Distance in Catalyst, only now it comes with a video and an indication of location in Google Earth.



Select the videos that were installed or imported from the Fortius software.

#### Select video/course

Select the  $\underline{\text{video}}$  and the  $\underline{\text{course}}$  in this video you wish to ride.

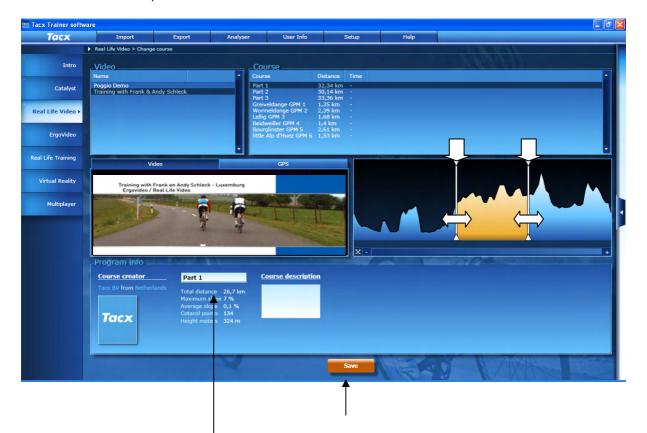


Then chose: Select for training en press the Start button.



It is possible to create a course, by selecting part of the route. Do not forget to rename this route and to save it by clicking on **CREATE** 

Chose a course. The software now shows two lines that can be shifted in order to make a partial route (if for instance you only want to ride a climb or the last bit of the course). Shift the two white bars as shown in the picture below.



After setting the course you must give it a name. Then select Save

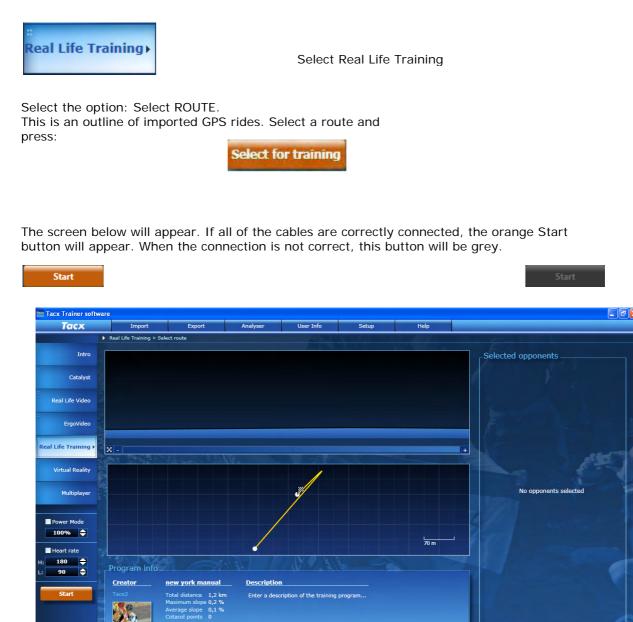
- N	Select video/course
	New course
	Change course
	Remove

This works exactly as under **New Course**, but here it is possible to readjust the new course and save it again.

This is where existing videos or generated routes and scores may be deleted.

# 6. Real Life Training and Editor

Real Life Training are GPS rides that are reproduced in Google Earth and a 3D environment. All of the differences in altitude / resistances are automatically linked to the brake's functioning



This is also the place where opponents can be selected. In order to do this you must have completed the course yourself and saved the score. You can also use scores from other riders as an opponent. These routes and opponents can be downloaded from BikeNet.

Check under chapter 9 Settings before the start, for more information concerning Powermode and Heart rate settings.

# 6.1 GPS Editor (from version 2.0)



Starting from version v2.0 it is possible to create your own routes through Real Life Training - GPS Editor.

#### Modifying a GPS route



Select a route and press MODIFY. Thanks to the GE application you will now see how the route has been made up with all sorts of different numbers. These are the GPS route points and we are now ready to change them. Select a number (changes into a green field) and drag this to a different location. By left clicking twice, it is possible to create an extra route part. By pressing SAVE the modified route is saved

In order to show extra information when you are modifying the route, do so via SETTINGS. It will be possible to show roads, 3D buildings in Google Earth, or show functions for zooming in and out.



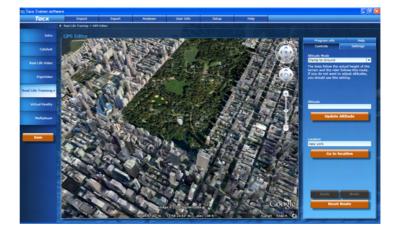
#### GPS new



Select NEW if you want to create a GPS yourself

The picture below indicates a location somewhere in the world. It is easier to first turn on the NAVIGATION CONTROLS via SETTINGS.

Now go to LOCATION and select a town. This may be any town anywhere in the world. But postcodes will not do, only the names of towns



We are, for example, at in New York USA. When you chose a location and left double click it with your mouse, a start location 0 will appear. Now if you go to a different location and again left double click it with your mouse you will create a location point 1 that is connected with location point 0. Proceeding like this allows you to compose your own personal route. The altitude profiles are automatically included. When you are ready you can enter a name under PROGRAM INFO and save the program.





Once the route has been saved the start field will show the altitude profile and average slope values. The route's profile will also be visible. Your route is now finished.

# 7. Analyser

Tacx		Import	Export	Analyser	User I	info	Setup	Help	_	_	
	Analyser										Search
Intro	User	Туре	Training		Power Mode	Distance/Time	e Duration/Distance	Finish date	Feeling		C
	Tacx2	Real Life Training	new york manual		No	1,23 km	00:02:00	2-12-2009 10:46	5 <b>**</b> *	to <del>k</del> t	
Catalyst	Hilko	Real Life Training	01 Cairns_Lake Tina	00 0%	Yes	95,58 km	00:00:00	16-11-2009 16:0	04 ★★★	**	3 - 0 •
Catalyst	Hilko	Real Life Training	edede 76%		Yes	0,56 km	00:01:26	16-11-2009 15:0		**	3) - () *
		Virtual Reality	Mini MTB - Nature rid		No	1,44 km	00:04:12	30-1-2008 12:46		**	
	Tacx BV	Virtual Reality	Mini MTB - Nature ric		No	1,66 km	00:04:58	30-1-2008 12:38			After
Real Life Video	Tacx BV		Mini MTB - Saw mill		No	1,15 km	00:03:16	30-1-2008 12:13			_
		Virtual Reality	Mini MTB - Saw mill :		No	0,79 km	00:02:22	30-1-2008 12:09			december 2009
		Virtual Reality	Extreme MTB - Sumi		No	6,45 km	00:16:50	10-10-2006 20:1			ma di wo do vr za z
ErgoVideo		Virtual Reality	Extreme MTB - Villag		No	8,06 km	00:24:48	8-10-2006 19:41		200	1 2 3 4 5
		Virtual Reality	Extreme MTB - Dam		No	18 km	00:40:43	8-10-2006 19:09		2424	7 8 9 10 11 12 1
		Virtual Reality	Extreme MTB - Moto		No	8,43 km	00:26:26	8-10-2006 17:11		2020	14 15 16 17 18 19 2
al Life Training		Virtual Reality	Extreme MTB - Quar		No	6,46 km	00:18:37	28-9-2006 21:22		2,2,4	21 22 23 24 25 26 2
	Tacx BV		Extreme MTB - Natu			14,64 km	00:50:21	28-9-2006 20:39		2,2,4	28 29 30 31
	Tacx BV		Velodrome - Jade Ro		No	10 km	00:19:16	15-9-2005 17:10		2424	
Virtual Reality		Virtual Reality	Velodrome - Emerald		No		00:11:52	15-9-2005 16:45		8-8-1	Before
		Virtual Reality	Velodrome - Topaz R		No	5 km 2.5 km	00:09:31 00:05:09	15-9-2005 16:23		2-2-5	januari 2010
		Virtual Reality Virtual Reality	Velodrome - Lapis Re		No	2,5 KM 1 km	00:05:09	15-9-2005 16:05		anan a	ma di wo do vr za z
Multiplayer		Virtual Reality	Velodrome - Ruby Ro Olympus - Hercules		No No	43,35 km	01:14:16	7-3-2005 21:04		inin i	1 2
mateplayer		Virtual Reality	Callisto - Gemini Cou		No	43,35 km 11,01 km	00:29:23	27-2-2005 21:04		anan a	4 5 6 7 8 9 1
		Virtual Reality	Atlantis - Callisto Ro		No	22.94 km	00:35:18	19-2-2005 15:10			11 12 13 14 15 16 1
	Taux DV	VII LUGI REGILY	Auditus - Callisto Ru	ite	NO	22,34 KIII	00.33.10	17-2-2003 13.10			18 19 20 21 22 23 2
0								LIT			25 26 27 28 29 30 3
Open	User 1			nev	v york manu	al	Speed	Power		Heart rate	Select trainingtype
xport HRM			2.1152		I Life T new york					No data avai	Real Life Video
			-2009 10:46 hum HR 190 BPM	Rea	Life Thew york		MAX 40,6 km/h		4 Watt		✓ ErgoVideo
	- <b>6</b> 7	Restin					AVG 36,91 km/h	AVG 24	8 Watt		
		Weigh			ance Slope	1,23 km 0,1 %	Cadence				Real Life Training
	- <b>7</b> .		erature 20 °C		ation	00:02:00	cadence		0,1 kJ		Virtual Reality
							MAX 201 RPM	Rel. power 4,	13 Watt/kg		Catalyst
		Feelin	g 🗙 🗙 🛧 🛧	🖈 🛛 🖾 🖈	ator ID		AVG 126 RPM				Slope - Distance
											Slope - Time
	Enter	a comment here									Watt - Distance
											Watt - Time
											Heart rate - Distance
											Heart rate - Time
											meant rate - Time
		12000	AL Land	3 Er	15-C		Ante			French	All users

Analyser allows you to analyse all of the routes you have ridden.

You can add comments to training rides and indicate the temperature under user info.

Tacx		Import	Export Analy	ser Use	r Info	Setup	Help		
	Analyser				MILL Y		(C/)	Cal.	
								4	Search
Intro	User	Туре	Training	Power Mod	e Distance/Time	Duration/Distance	Finish date F	eeling	
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		Virtual Reality	Mini MTB - Nature ride 2	No	1,44 km	00:04:12	30-1-2008 12:46		
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Real Life Video	Tacx BV		Mini MTB - Saw mill mediu		1,15 km	00:03:16	30-1-2008 12:13		
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		Virtual Reality	Extreme MTB - Summit Ro		6,45 km	00:16:50	10-10-2006 20:15	2-2-2-2-	ma di wo do vr za
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		Virtual Reality	Extreme MTB - Dam Route		18 km	00:40:43	8-10-2006 19:09	2.2.2.2.	7 8 9 10 11 12
		Virtual Reality	Extreme MTB - Motocross		8,43 km	00:26:26	8-10-2006 17:11	2-2-2-2-	14 15 16 17 18 19 3
al Life Training		Virtual Reality	Extreme MTB - Quarry Rou		6,46 km	00:18:37	28-9-2006 21:22	2-2-2-2-2-	21 22 23 24 25 26
	Tacx BV		Extreme MTB - NaturePark		14,64 km	00:50:21	28-9-2006 20:39	And And	28 29 30 31
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		Virtual Reality	Velodrome - Lapis Route	No	2,5 km 1 km	00:05:09			ma di wo do vr za :
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rialapiayar		Virtual Reality	Callisto - Gemini Course	e No No	45,55 km 11.01 km	00:29:23	27-2-2005 20:54	Aninini I	4 5 6 7 8 9 1
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хрогі нкм			-2009 10:46	Real Life T new yo	ork manual	MAX 40,6 km/h	MAX 304 Wa	tt No data ava	Real Life Video
			num HR 190 BPM			AVG 36,91 km/h	AVG 248 Wa		✓ ErgoVideo
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									Slope - Time
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All averages for distance, speed, power output and heart rates are also shown. In the specific case of the heart rate the zone that you were cycling in is shown. Select **Analyse.** 

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kport HRM		Incx2.1152           2-12-2009 10:46           Maximum HR         190 E           Resting HR         100 E           Weight         60,00           Temperature         20	PPM Real Life PPM Distance D kg AVG Slop PC Duration	rk manual Training = 1,23 km = 0,1 % = 0,1 %	Speed MAX 40,6 km/h AVG 36,91 km/h Cadence	Power MAX 304 Watt AVG 248 Watt Energy 120,1 kJ	m 0,9 km 214 m 118 m. 2
kport HRM		Tacx2 1152           2-12-2009 10-46           Maximum HR         190 B           Resting HR         100 B           Veight         60,07           Temperature         20           Feeling         ★ ★	PPM Real Life PPM Distance D kg AVG Slop PC Duration	rk manual Training = 1,23 km = 0,1 % = 0,1 %	Speed           MAX         40,6 km/h           AVG         36,91 km/h           Cadence         MAX           MAX         201 RPM	Power MAX 304 Watt AVG 248 Watt Energy 120,1 kJ	m 0,9 km 214 m 118 m. 2

Now you will see the graphs. By using the - and + key you can zoom in on the analysis report (see white arrows).

When you right click with your mouse button the following menu will appear.

Show route
Show averages
Show heart rate limits Zoom out

By using the tick marks you can activate or deactivate the option, making the overview clearer to read.

With the



button you are able to export to Polar files.

Tacx	Import	Export	Analys	er U	lser Info	Setup	Help			
	Analyser						107.2	200		
Intro										
Indio		1	Graph		1			Tabl	e	
	Time (hh:mm:ss) 🔺	Distance (km)	Speed (km/h)	Power (Watt)	Power Mode (%)					
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eal Life Video	00:00:43	0,408	38,9	244	100	4,07	144	0,18		
	00:00:44	0,418	39,4	244 244	100	4,07	144	0,18		
	00:00:45	0,44	39,4	304	100	5,07	145	0,18		
	00:00:47	0,451	55/4 40.C	304	100	5,07	143			
ErgoVideo	00:00:47 00:00:48	0,463	40,6 40,6	304 304	100	5,07	143			
	00:00:48	0,463	40,6	304	100	5,07	143			
	00:00:49	0,473	39,5	244	100	4,07	143	0,18		
	00:00:51	0,484 0,495	39,4	244	100	4,07	143	0,18		
Life Training	00:00:51	0,506	40	244	100	4,07	143	0,18		
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ritual Reality	00:00:55	0,529	40,6	304	100	5,07	144	0,18		
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lipboard		Tacx2 TTS2 2-12-2009 10:4	5	Real Life Train		MAX 40,6 km/h	MAX	304 Watt	No data available	
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port HRM		Temperature	20 °C	Duration	00:02:00	Cuuciice	_ Energy	120,1 kJ		
						MAX 201 RPM	Rel. power	4,13 Watt/kg		
		Feeling	****	Creator ID		AVG 126 RPM				
						AVG 120 KPM				
Back										
	Enter a comment h									
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When you chose **Table** you will receive a per 30 second overview (standard setting) of the ride.

You also have the possibility of reproducing a per second overview. See button above CLIPBOARD.

Under Clipboard it is possible to export. Click on clipboard and then open Excel for instance. Next you press paste and the table will be copied.

**Under Print** you can print data directly with your printer.

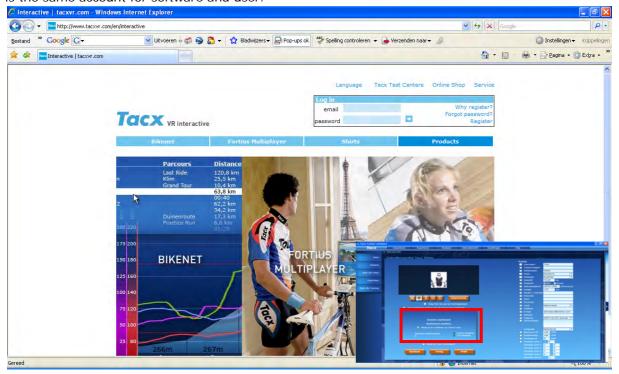


## 8. BikeNet

In 2009 Tacx put a new website online. This website is linked to the Tacx Trainer Software. The website can be found at <u>www.tacxvr.com</u>. This website contains a lot of extras, also for Fortius Software.

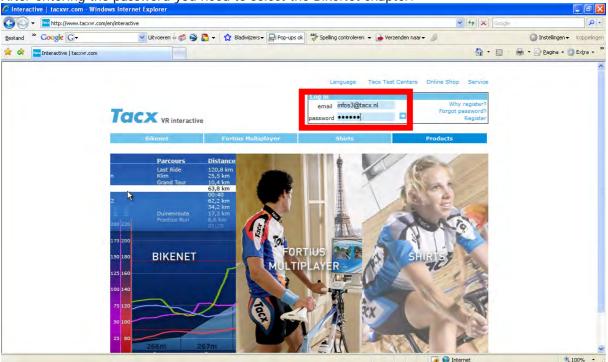
u home | tacxvr.com - Windows Internet Explorer Go + http://www.tacxvr.com/ ✓ 49 × G 🔽 Likvoeren 🌵 🍻 🥸 🖧 👻 🚼 Bladwijzers 🖛 🔛 Pop-ups ok 🛛 🧚 Spelling controleren 👻 🍙 Verzenden naar 🗸 🌽 Bestand \* Google G-🔘 Instellingen 🕶 Kop 🚖 🕸 🚾 menu home | tacxvr.com 🟠 \* 📓 - 🖶 \* 🔂 Pagina \* 🎯 Extra • Language Tacx Virtual Reality 4 Special offer Fortius Velodrome VR terrain > secial offer Fortius Extreme MTB VR terrain > http://www.tacxvr.com/en/products/menu-products 🧃 😜 Inte 100%

This will take you to the next main field. You need to use the same user name and password under log in data as you supplied when filling out the user data for the Tacx Trainer software. It is the same account for software and user.



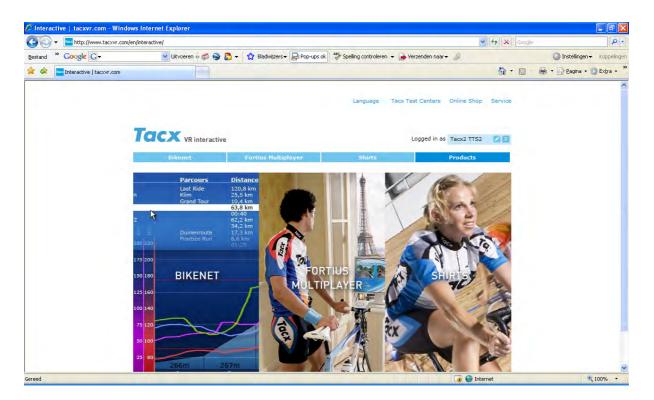
Select MULTIPLAYER - BIKENET

0-



After entering the password you need to select the BikeNet chapter.

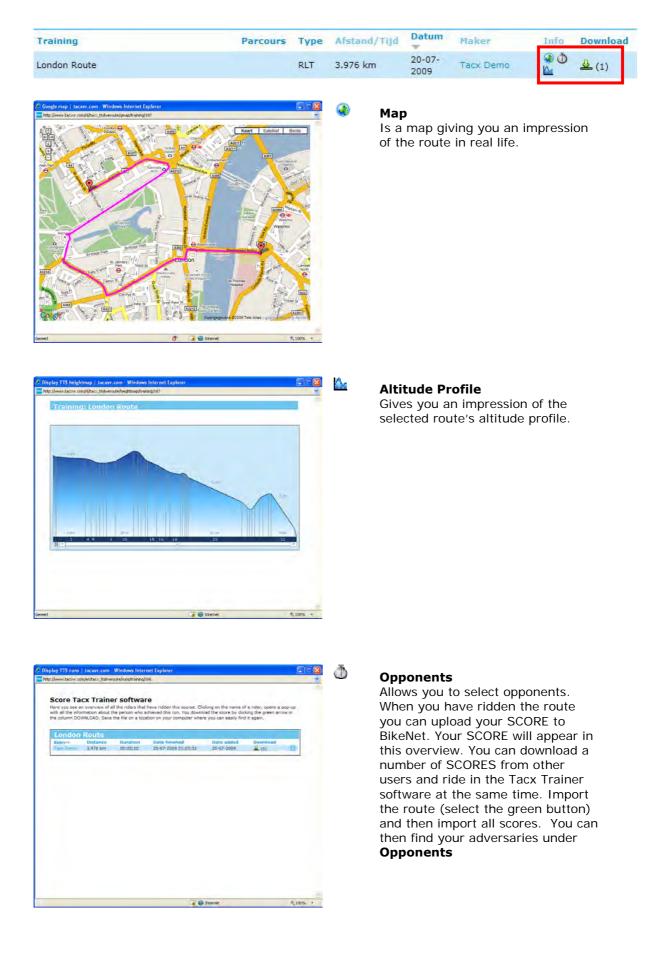
BikeNet is made up of a couple of elements and was designed to share files with all Tacx users. A competitive element was also added, the Tacx Challenge. This will be activated by the end of 2009. When you want to download other users' routes you need to select **TTS COURSES.** This will take you to the following overview



Under this part you can download a great variety of routes. Here a description of the training, the route's length and the nature of the training are announced up front.

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There is a possibility to make a selection between Catalyst, Ergo Video, Real Life Training and Real Life Video. Select the box with a left click of your mouse in order to activate or deactivate the selection. Click on "?" for more information.

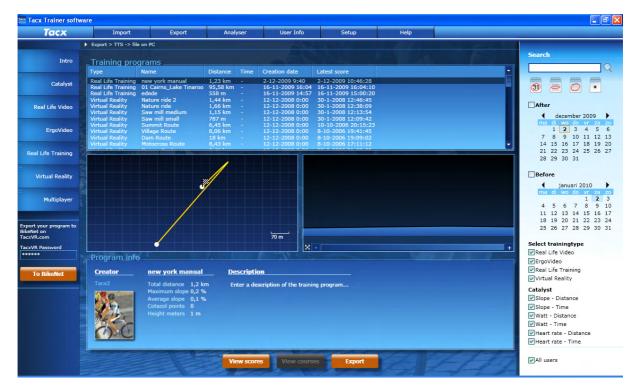


In the chapter Import -> **TTS Import Training** it is explained how you should import the route so that you can ride it in the Tacx Trainer Software.

When you have created a route and wish to share it with other users on BikeNet, you can upload it.

#### **UPLOADING TO BIKENET**

When you have created and also ridden a route (riding the route is mandatory) you can upload this information to BikeNet. This is how you do it



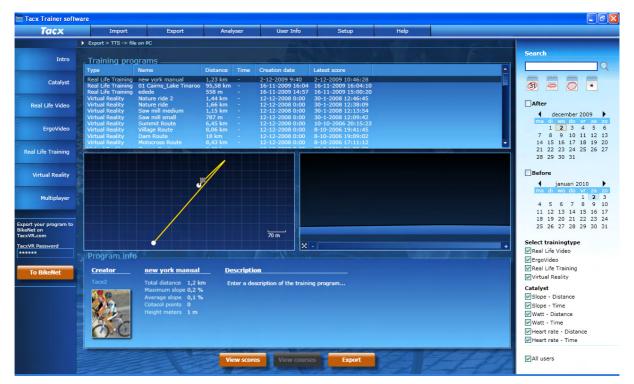
#### Go to the TAB EXPORT

It is important that you are the **CREATOR** of the route. It is not possible to upload routes from other people to BikeNet, only scores can then be uploaded.

You first select the route that you wish to upload. Then you fill in your standard password, the one you also use to log in on <u>www.tacxvr.com</u> or under your personal user profile, under **TacxVR password**.



This will take you to the next field. Here you will see your score. Repeat the procedure used under Route.



You are obliged to send a Score file to BikeNet. If you fail to do so the Route will not appear on BikeNet.

# 9. Settings before the start

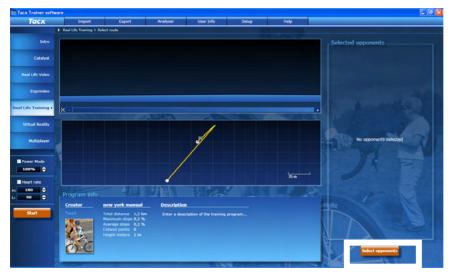
In this chapter we will discuss a number of settings during cycling.

- Opponents
- Powermode
- Heart rate settings

## Opponents

An opponent is an adversary you can use in the following programs.

Catalyst -> Slope Distance Real Life Video Real Life Training The maximum number of opponents is 19.



In order to select an opponent you will have to have ridden the route yourself and saved the score first. You may also use the scores of other users as your opponent.

These routes and opponents can be downloaded from the Tacx website <u>www.tacxvr.com</u> -> BikeNet. Check the BikeNet chapter to learn how it's done

## Selecting Opponents:

If you pressed

Select opponents

the following screen will appear.

Here is the New York route with Tacx as your opponent (meaning this is a route you rode yourself). You can see that the ride was covered with an average speed of 36,9 km/u. By pressing the – or + sign you can create more opponents. When you select the box and adjust the speed, a new opponent will appear.



You may select 19 opponents like this.

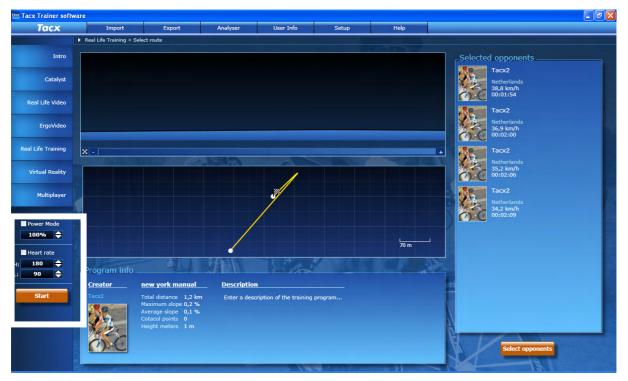
Every Slope/Distance route is made up of different routes. Once you have created enough opponents, select OK

The selected opponents will appear on the right side of the screen. If you would press the START button now, the ride would start out with 4 opponents. Other adjustments are possible too.

📟 Tacx Trainer soft	ware						
Tacx	Import	Export	Analyser	User Info	Setup	Help	
	Real Life Training > Sel	ect route					
 Intro						1. 1. 1.	Selected opponents
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Real Life Video							Tacx2
ErgoVideo			_				Netherlands 36,9 km/h 00:02:00
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#### **Power Mode**

Powermode is an adjustment of the route's actual power. Thus you can increase or diminish the power by 80% for example.



When you adjust the Power Mode this way, you can use the route/score that you rode as your opponent. It is also possible to adjust Power Mode during the route, but then it is not possible to use this one as your opponent for the next ride.

#### **Heart rate**

By ticking the heart rate box, the heart rate limits will be recorded. When you are riding you will see if you are in the correct zone and you will receive a warning when you leave the zone. This is discussed in the chapter: During cycling



# 10. During the ride

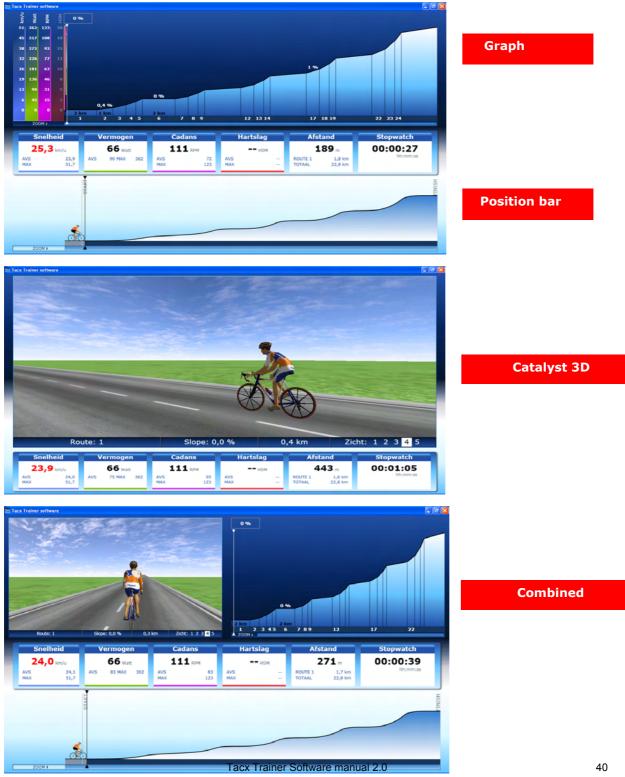
When an element, Catalyst, Real Life video, Ergovideo or Real Life Training has been selected, the menu works the same for all of the parts. The display may differ from one part to the other. With the UP or DOWN button you will get the different displays. We will give you more information on the available fields under Catalyst.

### <u>Catalyst</u>

The display for Catalyst may differ, depending on the chosen route, but it works exactly the same way. Underneath you can see an impression of a Slope – Distance route.

The UP or DOWN key on your USB interface gives an outline of the different fields.

It is possible to zoom in on the graphs or modify camera positions; this is further explained in this chapter.



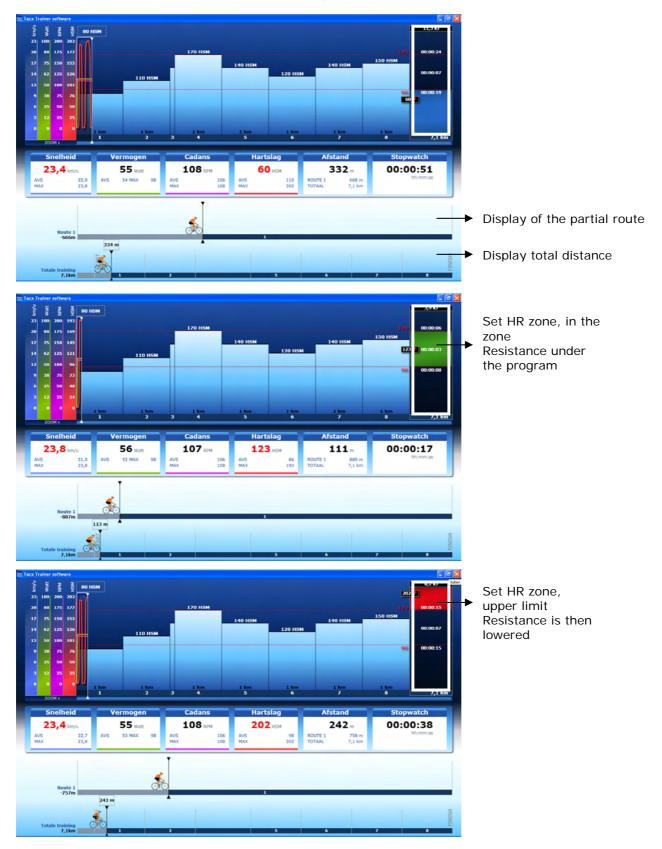
#### Catalyst - Free training

There is a dedicated outline for free training. This is because there is the possibility of adjusting the settings for slope / wattage / heart rate while you are riding by pressing the UP or DOWN button. The graph has a time delay, so any changes will show a bit later. In this impression the HF is on. By pressing ENTER a menu screen appears, where you can turn a number of settings on or off. This will be discussed further in this chapter.



## Heart rate training

The resistance is adjusted depending on the set heart rate. Is your heart rate lower, the resistance will automatically increase, so that you need to pedal harder which will make your heart rate go up. In the diagram on the right you can see if you are within the set heart rate zone. When the heart rate is shown in red, this means that the <u>program</u> has a different heart rate. Then the resistance is adjusted.

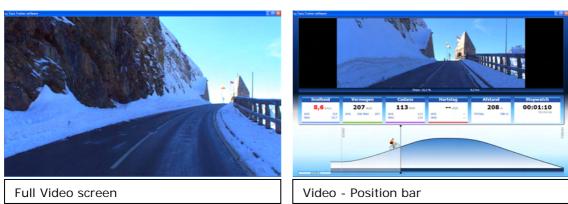


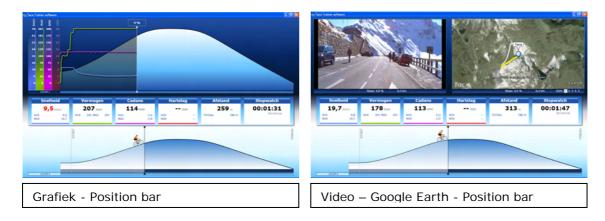
# <u>Real Life Video / Ergo Video</u>

In Real Life Video the following displays are possible. When a steering device is connected you have the possibility to look to the right or left while you are riding in the video.

You can also obtain the displays hereunder by pressing arrow UP or DOWN.









## <u>Real Life Training</u>

The difference between Real Life Training and Real Life Video is that the video display has been replaced by a 3D display, just like in the Catalyst program.

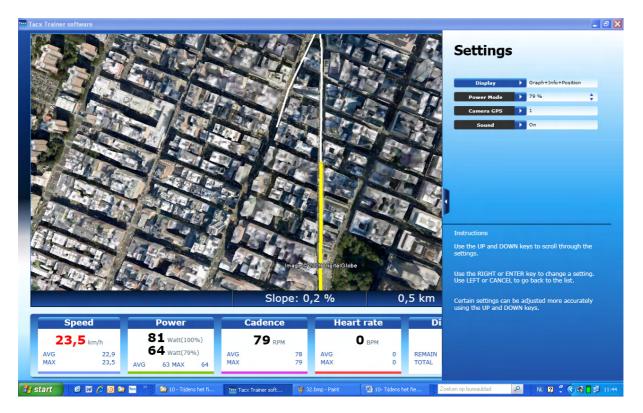


# Information bar

Speed	Power	Cadence	Heart rate	Distance	Stopwatch	
<b>21,4</b> km/h	64 Watt	78 RPM	<b>118</b> врм	<b>54</b> m	00:00:18	
AVG 13,0 MAX 21,4	AVG 46 MAX 64	AVG 76 MAX 78	AVG 13 MAX 118	REMAIN 1,2 km TOTAL 1,2 km	ETA 11:44	
Speed	Red speed indication braking force. T	ates that it is no hat is because th		It is a compensatis not strong end	ation for the bugh to get the real s will not happen	
Power		is is not the cas	tly when you ha e. This picture w Power 81 watt(100%) 64 watt(79%) vs 54 MAX 64		Mode. In the Power Mode has	
Cadence	with the cadence sensor, otherwis	e sensor). Wher se the trainer (w	n it reads 0, cheo ith Fortius) will s	k if the magnet hake.	nute (as measured is touching the red in the brake.	
Heart rate	All analogue hea	art rate transmit		used, and most c	It (not supplied). coded belts as well. t	
Distance	Total distance a	nd remaining dis	tance are display	yed here.		

### Possibilities during the ride

You may change different settings during the ride. By pressing **ENTER** a menu will appear, you can operate it via the USB interface



The following functions are possible

Power Mode: You can increase or decrease power during the ride. The lower the %, the easier the ride becomes.

As already described in chapter 9, it is also possible to adjust the Power Mode DURING the ride. In that case however, it is NOT possible to use your score as an opponent.

GPS Camera: There are 5 different positions for the Google Earth display.

- 1: top view zoom
- 2: zoom rear view rider 3D
- 3: rear view rider 3D
- 4: pivoting view
- 5: top view

Sound: Turns sound on or off.

Cat3D Camera There are 5 different positions for the Cat3D function

- Position bar The position bar has 5 zoom levels.
- Zoom graph The zoom graph has 5 zoom levels.

#### <u>Saving</u>

You may save the data at the end of the route. You can also save the course prematurely. Then the part that has already been covered is saved. There is a recording every second that you can read out in the Analyser.

# 11. Virtual Reality (from version 2.0)

Before we start out with Virtual Reality it is important to enter the correct settings. This is because Virtual Reality uses a lot of processing power from the graphic card. First go to SETTINGS and then to VR Settings. Select the options that are needed (this is also where you can turn your steering device on or off). Do not forget to CALIBRATE your STEERING DEVICE under Settings first.



Virtual Reality is a 3D animation in which we have tried to include all aspects of the real world in our software. Virtual Reality also allows you to ride freely when a steering device has been connected. The Tacx Trainer Software offers 6 worlds to chose from (these are supplied with the software). Select a TERRAIN first and a route next (in Course).



After the route has been created you can chose the direction of the wind or change the weather for instance. You can also select opponents.



# During the ride

During the ride you will have a number of options. By pressing ENTER an option screen and a total map of the cycling world will appear.

When opponents have been selected an overview with the distances between the riders will appear at the bottom of the screen. The white bar represents your position.



## Other options / settings

+ and - keys on your keyboard modify the sensitivity of the steering

#### <u>Slipstream</u>

When you are riding behind an opponent (slipstream) resistance will diminish. This can offer an advantage in time/wattage of around 10%. Slipstream is always on. You can visually turn it on or off (see option menu). Blue and red colours on the screen show that you are riding behind someone.

#### Free cycling

When the steering device is connected you may ride a free route in the Virtual World. You also have the possibility to create your own route.

When the steering device (article T1905) is connected the option FREE CYCLING will appear in Virtual Reality

#### Your own Route

In order to create a route you must always cross a finishing line (or start line) once. This is represented by a white line across the road (see photo on this page) with a FINISH flag. Worlds have several FINISHING points, allowing you to create different routes. A route will always lead from start to finish. When you continued on after crossing the finish line, the route that was covered after the finish line will not be included in the new route. You will be able however to read this information out in the Analyser.

# 12. Multiplayer (from version 2.0)

By using the Internet or a local network it is possible to ride against each other

:	Internet Racing >	Start a server	Catalyst
Multiplayer >	Lanracing >	Join a server	Real Life Video
	Purchase		Real Life Training
			Virtual Reality

### Internet Racing:

Start Server. When you want to start a route yourself, you need to first adjust the port settings in your router and Firewall. The basic rule is:

- 1. Open your Router first. Access is different for many routers. Open Internet Explorer and go to <u>www.portforward.com</u> to find out which address you will need to gain access, standard address is 192.168.1.1
- 2. Go to internet options and select port forward
- 3. Always open 2 successive ports (e.g. 5000 and 5001) in TCP and UDP. Open the ports separate (so not from to option). For each port one rule.
- 4. To learn the IP address, go to search function and fill in CMD. Then key in ipconfig. The IP address is now visible. Vista users should take the IPv4 address.



- 5. Fill in the same ports for the Firewall. Use the port **5000** in your Tacx Trainer software.
- 6. You can find an extensive manual at <u>www.tacx.com-</u> Sales&Service Product manuals VR Trainers Multiplayer settings

Once the settings have been entered it becomes possible to set up a Multiplayer account with all of the routes.

### LAN Racing

LAN racing is used when you set up 6 trainers next to each other and link these between themselves. This requires the once-only purchase of a Multiplayer license (see Ordering).

In case of LAN racing the port number is always <u>7328</u> (invariable number). The only thing that needs to be done in LAN is the attribution of an IP address to the PC. For an extensive manual check: <u>www.tacx.com-</u> Sales&Service – Product manuals – VR Trainers – Multiplayer settings

# Ordering

All Fortius Multiplayer (T1930) trainers are equipped with a 1 year license for Webracing and a LAN license. When it expires you can order an extension. It is also possible to order these for the Fortius, i-Magic and Bushido trainers. You will be automatically guided to Tacx's order site. BE SURE TO ALWAYS CONNECT THE USB / COMPUTER BOX.



# Multiplayer Information Screen

	Multiplayer > Intern									
Intro		et Kacing > Start a server > R	Real Life Training							
	Training proc	grams Name	Distar		Creation date					
		01 Cairns_Lake Tinaroo		nce Time 3 km -	16-11-2009 16:04					
Catalyst	Real Life Training	edede	558 m	n -	16-11-2009 14:57					
	Real Life Training Real Life Training	hrenk Lauchheim-Nördlingen_55 new york manual	298 m km_500HM 52,26	n - km -	16-11-2009 11:26 9-11-2009 13:30					
Real Life Video	Real Life Training Real Life Training	new york manual	1,23	km - km -	2-12-2009 9:40 2-12-2009 10:52					
	Real Life Training	test	6,31	km -	16-11-2009 16:05					
ErgoVideo	Real Life Training	Tour de France 2008 Time	trai 1 53,58							
al Life Training						_	_		_	
			/							
Virtual Reality										
Virtual Reality			3							
			/							
Multiplayer >										
							<u> </u>			
					70 m					
						x -				+
	_ Server Settir	าตร						a da		
	Server Name	New York Manual	Port 5	.000 s	Gerver Type	Public	-			
	Start Time	00:30		Q	Quit on first finish	No	-			
	Extra Info			в	Brakes Allowed	All				
						5	-			
				M	4aximum Riders	5	· · ·			
		THE PERSON OF			Start a s		Dist			

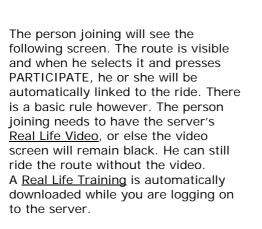
Server Name:	Enter a name the other riders will be able to see when you are trying to connect to a server					
Start Time: start	Is the time a server is OPEN. This is the amount of time that users have to join the server. It is also possible for the host to the server whenever he wants.					
Extra info:	Extra Info. This information is also visible to the other participants. You can say for instance if the ride is hard.					
Server Type:	Public: Accessible to all Private: You can set a password that you then share with your friends. The server will only be accessible with the password					
Dedicated Server :	Use this option if you do not wish to participate in the ride but use it as a server					
Stop after : 1st finish	When the first rider has finished everyone will end up in the finish screen					
Brake type:	It is possible to grant access to Fortius users only for instance . the reason behind this, is that the brakes don't work the same with the different trainers. Depending on your trainer you have the following options All Fortius i-Magic Bushido					
Maximum num	nber of riders: The maximum number of riders for					
	Catalyst6Real Life Video6Real Life Training6Virtual Reality6Tacx Trainer Software manual 2.0					

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### Joining a Server - Cycling

You do not need route settings to join a server. Only the Firewall can block this. In the Multiplayer manual there is an explanation for this.

When a rider has created a server it looks like this. Now he has to wait until someone else joins.



Once the rider has been added you can chat via your keyboards. The person who started the server can now press START to let the race begin

# 13. Bushido

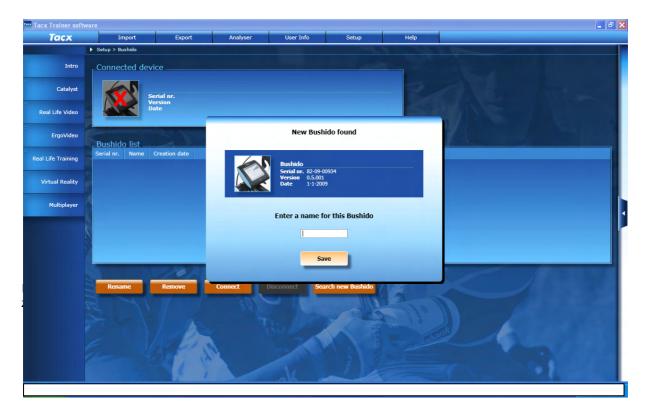
With the Bushido Upgrade pack, article T1990, you can link the Bushido trainer (T1980) to the Tacx Trainer Software. You need to execute a number of important points to get the Bushido to work with the Tacx Trainer Software correctly.

When the installation is completed you should plug the USB stick in your PC (or during installation when asked for this). Now when you start up the PC there will be a report asking you if you want to use the Bushido option in the Tacx Trainer Software. Select Yes.

Now go through the following steps.



Once everything is correctly installed the following report will appear. The software should automatically find the Bushido head unit.





Now the Bushido is connected to the software. In this menu you have the possibility of disconnecting the Bushido, so that you can train with the handlebar mounted computer alone. Once you have closed the Tacx Trainer Software the Bushido will be automatically disconnected.

Now for the last step

Go to INTRO

You will see that the DOWNLOAD button is lit. Click on the DOWNLOAD button



The latest version will now be installed. Follow the instructions on the screen. When you are updating it is best to put the Bushido computer NEXT TO or in Front off the USB stick so as to avoid interference during the upload process.

Now restart the software. An update for the brake may be available. Click on download again. You must be cycling DURING the up dating of the brake

### Bushido in comparison to the other Tacx Trainers

1. Due to the fact that there is no electricity present it will take about 5 seconds before a link between the Bushido and the software is established. So it will take a few moments before you can start cycling. The data during cycling will be stored though; it is therefore possible that the image jumps a bit at the time of the start

2. With the import / export function you may export all of the routes to the Bushido so you can ride them without the computer. As the Bushido can only process a limited number of characters you may have to modify the name.

3. Calibration may only be done in disconnected mode (STAND-ALONE mode). This value will be used in the Tacx Trainer software. does not take care of this.

4. When something goes wrong while you are updating the firmware, a program is available that can help you finish the update. You can find it at C:\program

files\Tacx\TacxTrainerSoftware(2)\updater\ then
select: TacxUpdate.exe

Make sure you put the box next to the USB stick.

	Online Update
	Tacx Trainer software Update
X	Motorrem Update
	Bushido Update
Tacx	Cancel