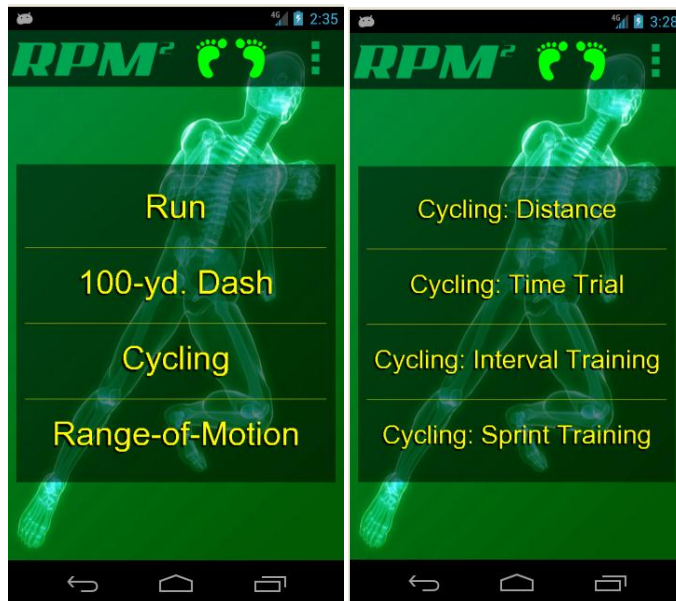




Official Partner

(Triathlon and Cycling Versions)

Clicking cycling takes you to cycling analysis where you will find four cycling options, which are Distance Training, Time Trial Training, Interval Training, and Sprint Training.

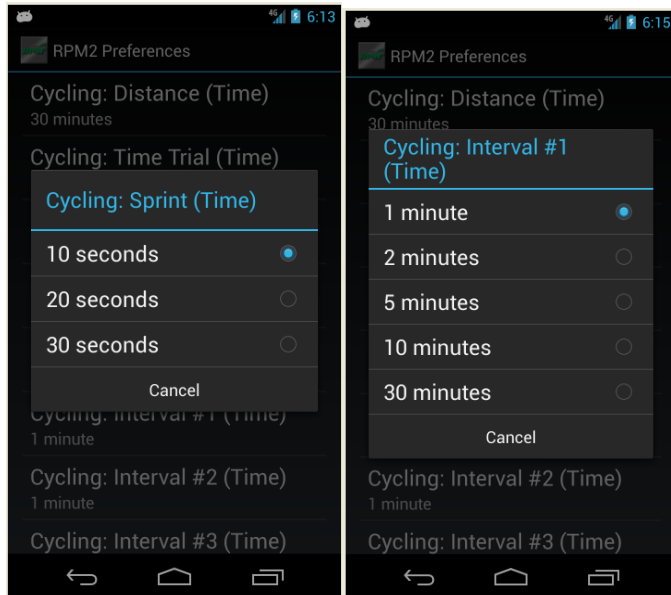
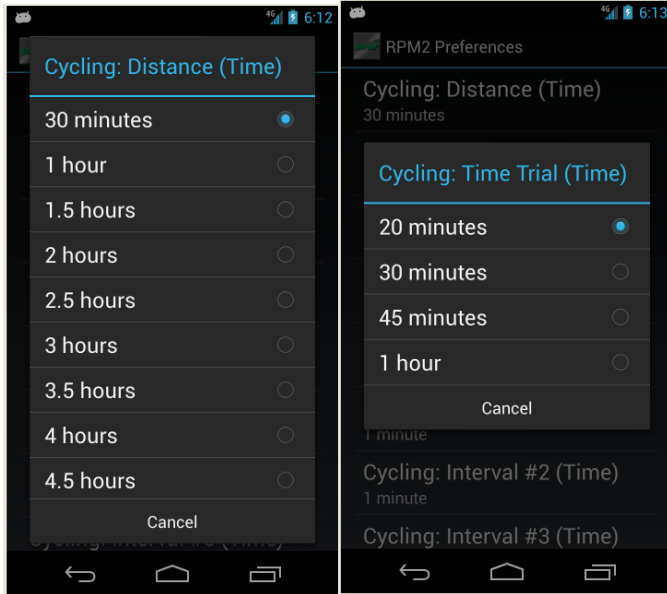


Option Menu for each training mode

Each training mode offers options for the user, which are as follows:

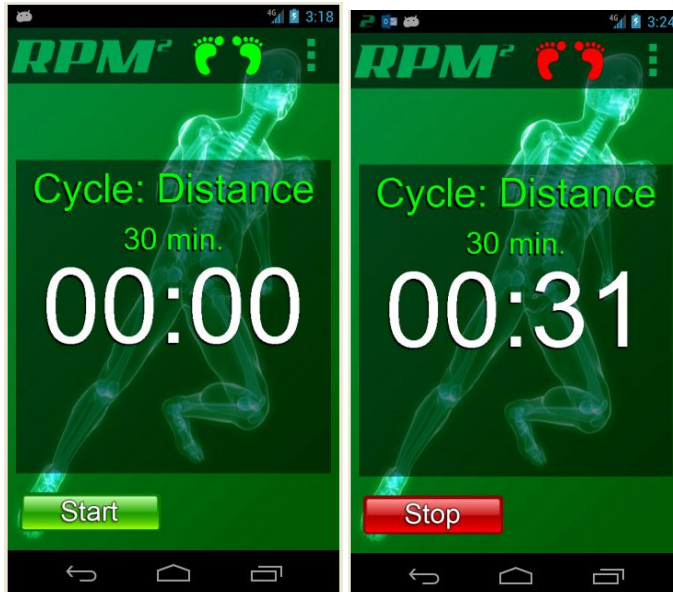
- 1.) Distance offers rides from 30 minutes to 6 hours. This option makes 5 separate measurements, equally distributed throughout the ride. This provides the user the ability to see how bi-lateral pressure, cadence, and power changes, or remains constant, throughout the ride.
- 2.) Time Trial offers ride options of 20, 30, 45, and 60 minute rides. This provides the user the ability to see how bi-lateral pressure, cadence, and power changes, or remains constant, throughout the ride. This option makes three separate measurements for each option.
- 3.) Interval Training offers 5 ride options, each with options of 1, 2, 5, 10, and 30 minutes. This provides the user the ability to see how bi-lateral pressure, cadence, and power changes, or remains constant, throughout the ride. This option makes 1 to 3 measurements, dependent on the amount of time selected.
- 4.) Sprint Training offers 12 ride options, each with options for 10, 20, and 30 seconds. This provides the user the ability to see how bi-lateral pressure, cadence, and power changes, or

remains constant, throughout the ride. This option makes 1 measurement for each ride, regardless of time selected.

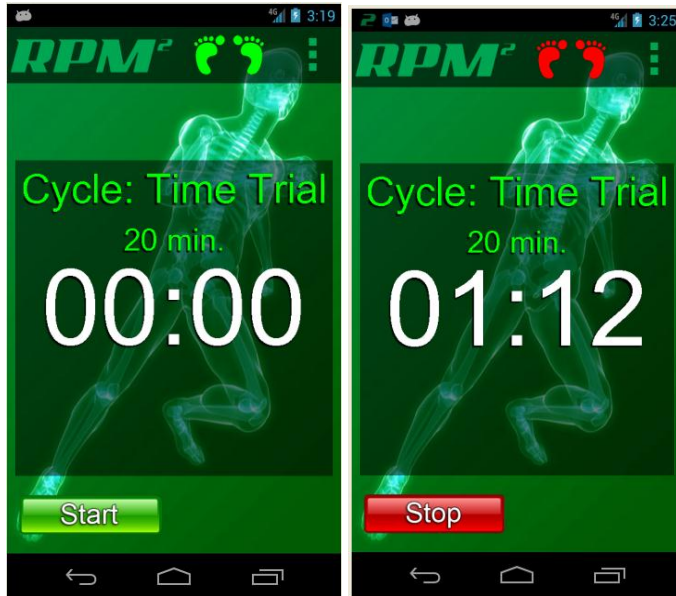


Distance Ride: Click Start and begin your ride. This displays the specific training mode and the amount of time for the ride. To begin the ride, the user simply clicks start. During the ride, the system will take 5 separate measurements evenly spaced throughout the ride. The data from this mode will allow the user to see how bi-lateral pressure, cadence, and power changes during the ride. See how to “read dashboard reports” on the website. During the ride, the user can force stop by clicking “stop. If total

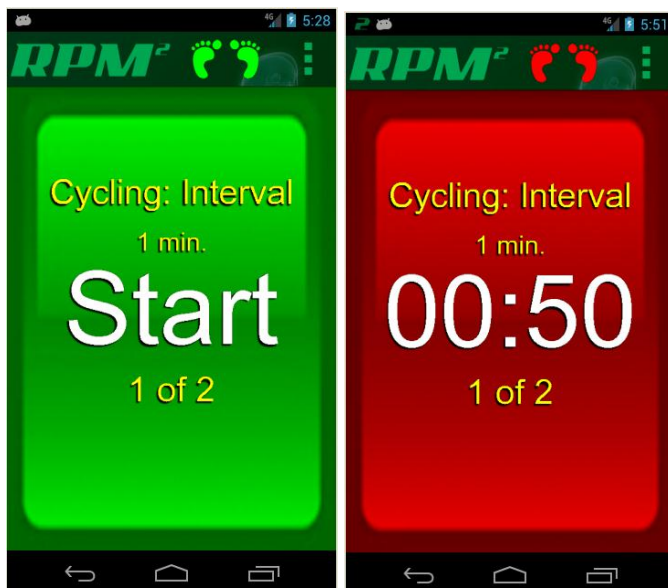
cycling time is achieved, the device will sound and vibrate to signal that monitoring is complete and that you have reached your preset cycling time. Although the timer will sound and monitoring is complete, the clock will continue to run until turned off. This allows you to exceed the desired cycling time. If cycling is stopped before pre-set cycling time is complete, it is important to immediately “click” stop.



Time Trial: Click Start and begin your ride. This displays the specific training mode and the amount of time for the ride. To begin the ride, the user simply clicks start. During the ride, the system will take 3 separate measurements evenly spaced throughout the ride. The data from this mode will allow the user to see how bi-lateral pressure, cadence, and power changes during the ride. See how to “read dashboard reports” on the website. During the ride, the user can force stop by clicking “stop. If total cycling time is achieved, the device will sound and vibrate to signal that monitoring is complete and that you have reached your preset cycling time. Although the timer will sound and monitoring is complete, the clock will continue to run until turned off. This allow you to exceed the desired cycling time. If cycling is stopped before pre-set cycling time is complete, it is important to immediately “click” stop.



Interval Training: Click Start and begin your ride. This displays the specific training mode and the amount of time for the ride. This screen also informs the user of which exact interval is being measured. For example; the screen will show 1 of 1, 1 of 2, 1 of 3, 1 of 4, or 1 of 5. To begin the ride, the user simply clicks start or anywhere on the screen. During the ride, the system will take 3 separate measurements evenly spaced throughout the ride. The data from this mode will allow the user to see how bi-lateral pressure, cadence, and power changes during the ride. See how to “read dashboard reports” on the website. During the ride, the user can force stop by clicking “back”. If total cycling time is achieved, the device will flash and a robotic voice will signal that monitoring is complete and that you have reached your preset cycling time. Upon completion of the interval training, the screen will turn green and advance to the next interval training for the session...for example; 2 of 2.



Sprint Training: Click Start and begin your ride. This displays the specific training mode and the amount of time for the ride. This screen also informs the user of which exact sprint is being measured. For example; the screen will show 1 of 1, 1 of 2, 1 of 3, 1 of 4, or 1 of 5, all the way to 1 of 12. To begin the ride, the user simply clicks start or anywhere on the screen. During the ride, the system will take 1 measurement. The data from this mode will allow the user to see how bi-lateral pressure, cadence, and power changes during the ride. See how to “read dashboard reports” on the website. During the ride, the user can force stop by clicking “back”. If total cycling time is achieved, the device will flash and a robotic voice will signal that monitoring is complete and that you have reached your preset cycling time. Upon completion of the interval training, the screen will turn green and advance to the next sprint training for the session...for example; 2 of 2.



Upon completion of each training mode, there are three levels of report dashboards. The first level represented by the “yellow feet” icons allows the user to click on any foot to look at a specific level two dashboard represented by a sprocket. By clicking on one of the 12 points around the sprocket (clock), the screen will advance to the level three report providing detailed information regarding bi-lateral pressure, and whether the foot is flat in the pedal or pronating or supinating. See how to read dashboard reports on the website (www.RPM2.com).

