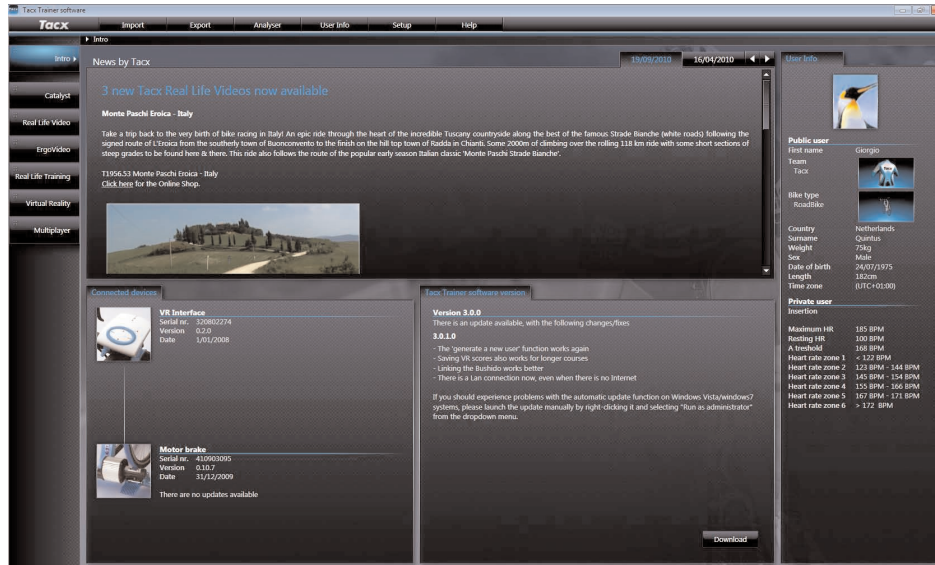


## General operation

### The Intro screen

The intro field is the first field you will enter. It offers swift and easy access to all of the software's possibilities.



Left are the training buttons. In the task bar at the top you will find the function buttons, to the right the selected user and all of his data, in the centre the latest "News by Tacx" message. At bottom left, under connected devices, you will see if your trainer is correctly connected to the computer, you will also see if there are any online updates available.

### Function buttons

The buttons at the top of the task bar. These buttons can only be operated through your keyboard. This is where you adjust the program's settings and where you can import or export training rides and scores. The Analyser can also be opened to look at your scores through the menu.

- More info: [Chapter Function buttons](#)

## Training

The big buttons on the left side of the screen. This is where you may select different training types. You make up your programs and set everything for your training ride. Settings in this chapter are adjusted via the keyboard, but simply starting a training ride can also be done from the bicycle by using the VR interface or handlebar mounted computer. You can choose from the following training types

### **Catalyst**

Professional training programs with incline (slope), power (watt) and heart rate for scientific analysis.

### **Real Life Video & ErgoVideo**

Films for VR trainers. You can choose from more than XX 3D films with legendary stages and classics

### **Real Life Training**

Riding outside, copying your ride indoors with the gps-data through Google Earth. Unlimited possibilities with help of the Tacx web site. The gps-editor lets you build your own circuits.

### **Virtual Reality**

Five animated terrains for mtb, race- and track bicycles with virtual 3D riders.

- More info: **Chapter Multiplayer & BikeNet**

### **Multiplayer**

Allows you to race real opponents, anywhere in the world. Via internet all of the aforementioned training types may be ridden.

- More info: **Chapter Multiplayer & BikeNet**