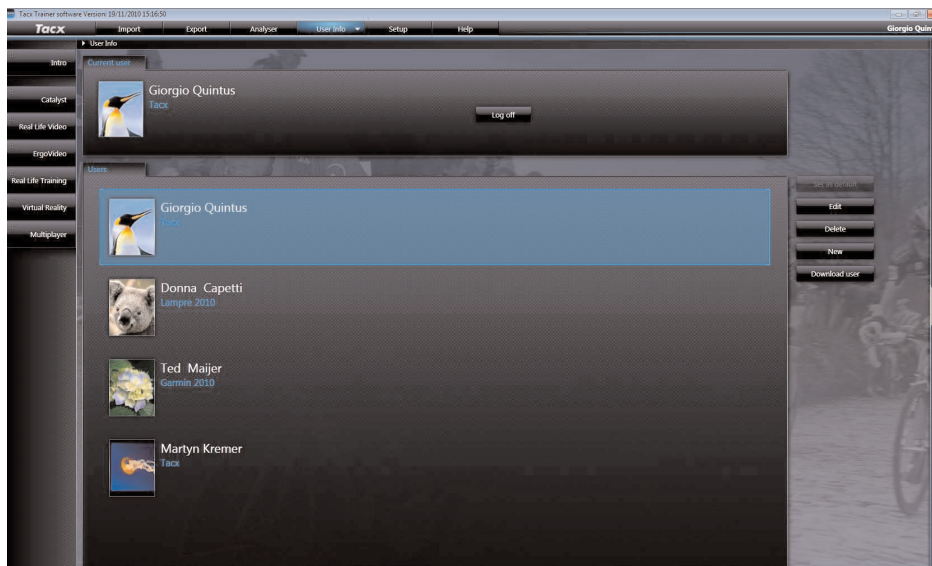


User info

You can enter several users in the Tacx Trainer software. Every user has his/her own user profile containing his/her personal data.

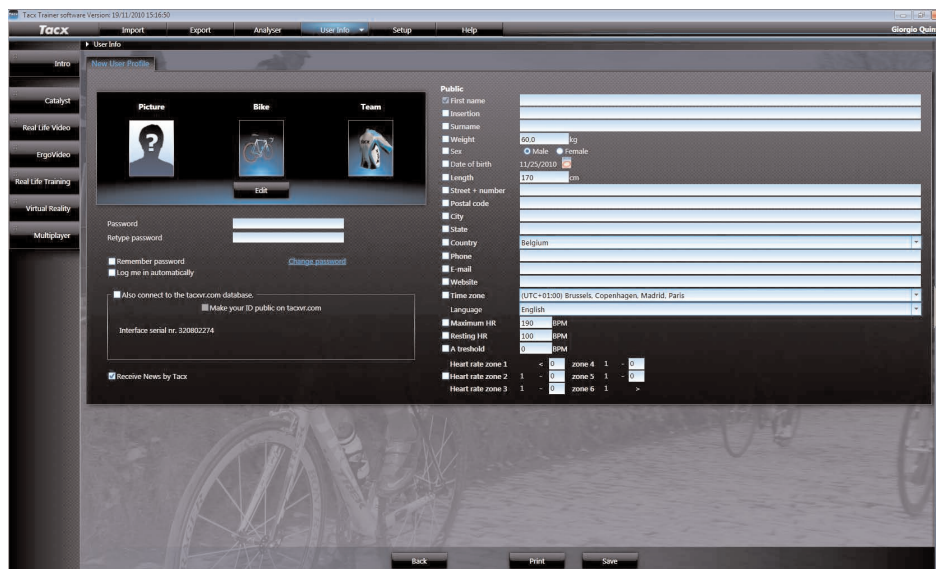


At the top left you will see the current user and in the middle a choice list with all the other users. The function buttons are to the right.

Select as user	Activates the selected user.
Adjust	Opens the user profile.
Remove	Removes the selected user.
New	Opens an empty profile.
Download User	Imports a profile from a previous version of the Tacx Trainer software to the current software. A pop-up will appear in which you can enter your e-mail and password.

User info new

The user profile contains the user's personal data. If you are connected to the Tacx VR website this profile will be saved online.



To the right you will find the boxes for personal data. The following fields are obligatory: first name, last name, date of birth, weight, e-mail and time zone. This is in regard to registrations on the VR website. After having completely filled out the user profile you can **Save** it. All programs you have opened and all training rides you have done will also be saved under this user. If you wish to do so you can also **Print** the profile.

Filling in the profile

Always make sure the USB interface or handlebar computer is connected to your PC. The serial number (bottom left) will be shown. When no serial number is visible there is no connection. Filling in the profile is easy and self evident. A few functions are explained hereunder.

Weight Fill in only your body weight. The software will automatically add 7 kg for the bike.

Date of birth Click the icon to change it. A pop-up will appear in which you can change the year first by clicking on the top line, the choose month and day.

Time zone Is important in regard Multiplayer races. The time zone should correspond to the agenda functions on the Tacx VR site.

Heart rate zones Calculated automatically when date of birth is filled in.

Heart rate zones

After filling in the date of birth, your maximum heart rate, the lactate threshold (or anaerobic threshold) and the corresponding heart rate zones for specific training exercises are calculated. It goes without saying that when you fill in your "real" maximum heart rate and lactate threshold, the six heart rate zones will be more accurate. Training exercise:

Heart rate zone 1 recovery	Heart rate zone 4 substantial endurance
Heart rate zone 2 steady endurance	Heart rate zone 5 lactate threshold - long extensive interval
Heart rate zone 3 moderate endurance	Heart rate zone 6 interval

Training advice, annual planning and testing: www.tacx.com > Tacx coach.

User photo, bike and team

Using the button **Adjust** you can publish a user photo and select a bike and jersey (team).

User photo

There are a number of options under file tab photo. Click on **Search** to add a photo. A browse screen will appear in which you can select a photo from your PC. With help from the buttons below you can adjust your photo. The function only works when you hold your left click on the mouse.



Zoom in- or out



Shift left or right (up and down)



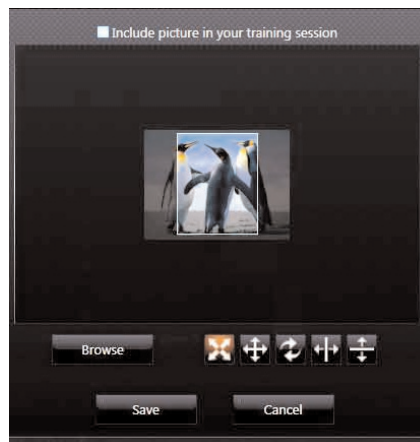
Turn



Mirror (left-right)



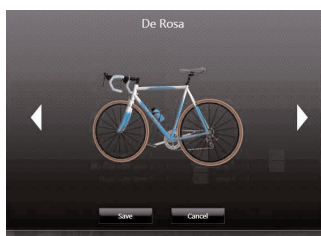
Mirror (top-bottom)



If you activate the tick box above the photo, the photo will be automatically added to every training ride. Other VR riders, who download your score through BikeNet, will see this photo under additional information.

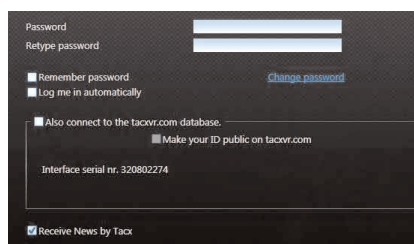
Photo, bike and team

For the virtual riders you can choose from three racing bikes and three MTB's. There are many different team jerseys. Through the Tacx VR website, under the interactivity chapter, you can download new jerseys. The jerseys are visible in the virtual worlds and the Google Earth terrains. When you are using Real Life Training, it is smart to choose distinctive colours for the jerseys so that the opponents will be very visible during races.



Connection to the VR web site

When your PC is connected to the internet, you have direct access to the Tacx data base. Activate the tick box and fill in a password (2x). You will need that very same password and your profile's e-mail address to log on to the VR website > interactivity. This is where you can download rides through BikeNet, put Multiplayer races on the calendar and use the chat box.



Show your profile on tacvr.com

When you activate this function you are publishing your profile on the Tacx VR web site. Under personal data, on the right side of the screen, you can use the tick boxes under **Public** to determine which information appears on the web site with a score you've published on the BikeNet.

Want to receive News by Tacx?

Tick this box if you want to be kept updated on the latest developments at Tacx. You will automatically receive News by Tacx per e-mail.