

icTrainer

Just Train – No Game

Handbuch

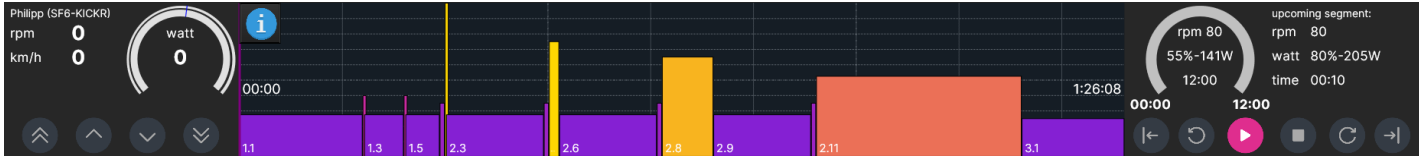


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Welcome

icTrainer is a tool that combines classic spinning programs (music as a motivational element) and modern computer-based training tools. The goal is on the one hand to train very purposefully and on the other hand to create the best possible motivation to carry out the trainings and bring them to a successful conclusion. Especially in training, it is not about constantly racing, but about completing a healthy mix of basic, pace and strength training. Therefore, our approach comes primarily from the question "What should be trained and how do I communicate this to the trainee" without neglecting the point "how do I motivate it". But all training only makes sense if it is the right content.



Especially the spinning and roller training offers the optimal framework to make the training very targeted. icTrainer can also be thrown on the wall for group units with the help of a beamer and give the participants information about what is still pending and the instructions of the trainer are still the important detailed information for performing the exercises. In the same way, a program can also be carried out alone at home on the roll. But even if you drive a recorded route, the meaningful splitting of the route into training elements is important in order to train the elements basis, pace and strength equally and in the right intensity.

In addition, icTrainer does not require an Internet connection to complete downloaded or self-created training rides.

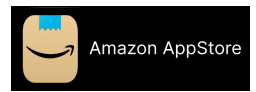
News

icTrainer 2.0.43 (23.12.2022)

- allow to continue a workout after an app crash
- remove error display if icTrainer.dlst.zip and startPage.XX.zip has to be downloaded both
- remove rare endless loop for tcx rework process
- allow to invite for GPX-Group-Sessions with fixed duration
- fix FTP-Test-Group-sessions FTP-calculation
- fix for old tacx devices

System requirements

The program is available for Windows, MacOS, iOS and Android. The program does not require an Internet connection. This is only necessary if further workouts are to be downloaded.



The Windows version can also be installed with the <https://ictrainer.de/en/download> setup file. In general, the program can also be installed on a USB stick. Then only the paths have to be adjusted accordingly in the [setup dialog](#) or alternatively only all media files, which are very large, especially for videos, can be copied/moved to external storage media such as USB sticks and SD cards (except under iOS, where the strict Apple security concept does not allow this).

Also for Android, APK files are available for installation on <https://ictrainer.de/en/download> if you don't have a Google Play or Amazon app store on your device.

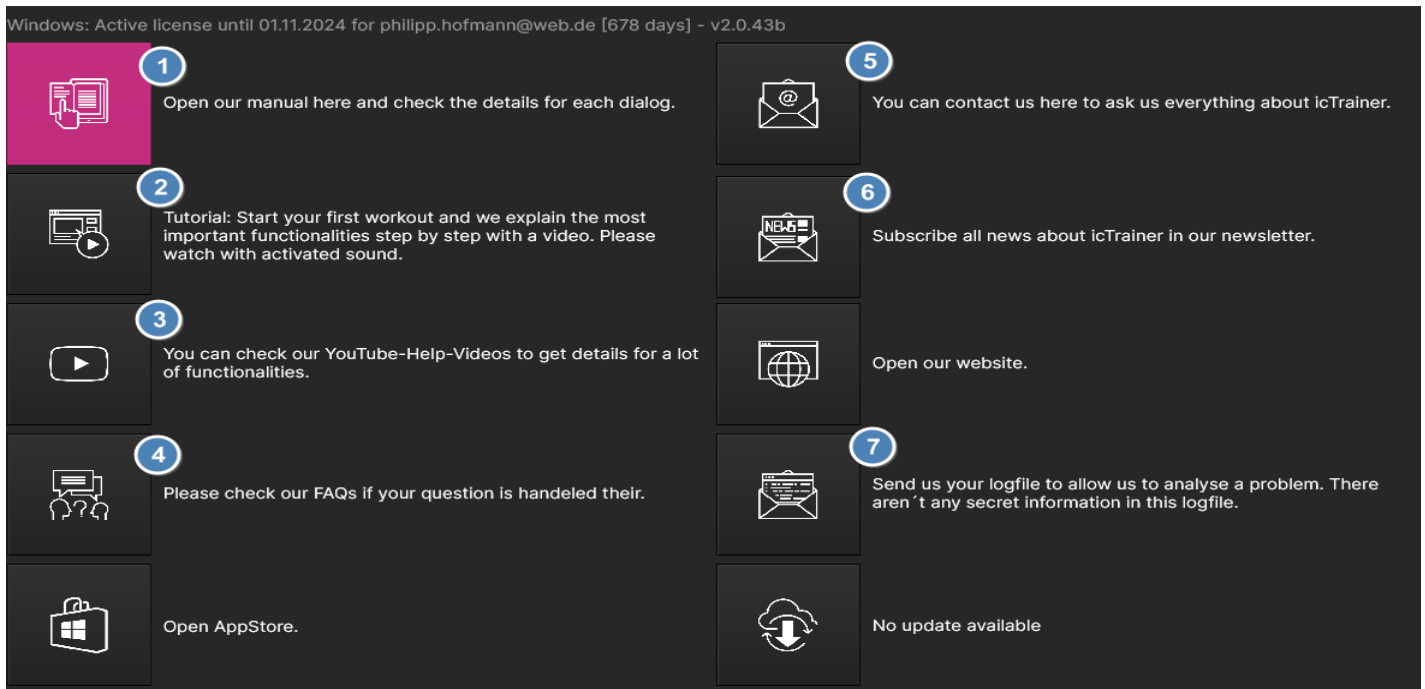
Both CPU and memory requirements are very low. The hard disk space requirement depends on how many audio and video files are to be made usable in the tool, icTrainer itself is also very frugal here and can also use external storage media such as USB stick or SD card for audio and video files under Windows and MacOS.

The roller trainer, power meter and heart rate measurement are carried out via Bluetooth-LE connection to the respective devices. You can find a list of tested devices on <https://ictrainer.de/en/compatibility/>. Currently, we definitely support smart trainers from CycleOps/Saris, Elite, Tacx and Wahoo and also some fitness bikes can be integrated at least as a power meter (where the resistance control takes place on the bike). But even without a connected smart trainer or fitness bike, you can use icTrainer for training support and get valuable information about the training and are also well entertained, which serves the motivation.

Rowing, kayak, swimming and ski ergometers can also be integrated (e.g. KayakPro, Concept2 or WaterRower). There, too, it is only about the power measurement, the resistance control takes place as usual on the device itself.

Find help

For this purpose, among other things, the present manual in the file icTrainer.pdf , which can be called in the tool in the help dialog. **1** :

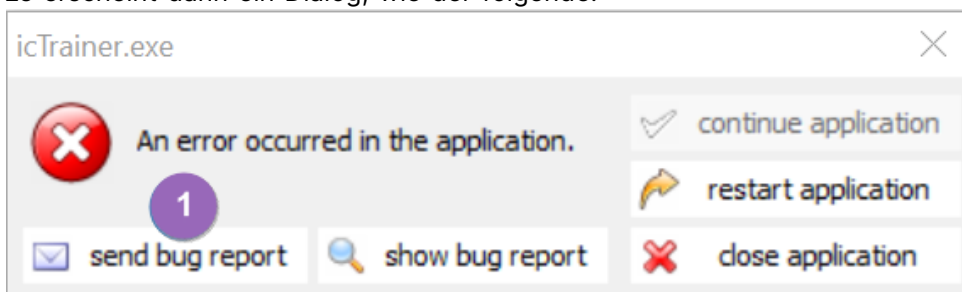


In the app we have also access to the tutorial **2** that shows the basic functions of the ap as a workout video. But there are also a number of [YouTube-Tutorials](#) **3** (be sure to subscribe it, where special functionalities are shown in detail and many questions can also be answered with the help of our [FAQ-List](#) **4** on the website.

Yo can ask additional questions **5** on our webiste <https://ictrainer.com> or subscribe our [newsletter](#) **6** or subscribe the [Facebook-News](#).

Falls es Fehlermeldungen gibt, ist es wichtig, diese Probleme uns zu melden, damit wir das Problem beheben können.

Unter Windows hast Du die Möglichkeit direkt eine Mail an uns mit den relevanten Informationen zu versenden. Es erscheint dann ein Dialog, wie der folgende:



We use the standard tool [madExcept](#), so we do not send us any secret information from your computer, but

only information about the error itself. You simply click **1** "send bug report" and can then enter your e-mail address and a few hints about what you just wanted to do in the program and then an email will be generated to us and we will take care of the fix immediately. With each message, our program becomes more stable for everyone.

Alternatively, there is also the log directory with the log files of the last 20 program runs in the program directory. Maybe this log will help us to recognize the error. You can also send us these log files from the help dialog by clicking on **7** .

Main menu

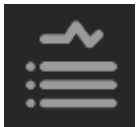
In the icTrainer app, the main menu is always displayed on the left and you can almost always, even during an ongoing training, jump to another function, e.g. to adjust your FTP value in the user profile. Only the currently necessary menu items are displayed. In the start menu and in the help dialog, the menu items also have a text.



If a workout is currently loaded, but you are not on the workout page (e.g. because you have left the dialog yourself or you are still on the workout list), you can jump to the workout (and edit the workout there, for example).



Here you can reach the start page of icTrainer.



Here you can find icTrainer's workout list. This includes already downloaded units, as well as self-created units as well as units available for download. You can better search the displayed units in the workout dialog via filters. These filters can also be selected directly from the start page.



Here you configure your user profile(s) and here you will also find configurations for controlling the connected devices.



Here you will find the general configuration dialog and, depending on the operating system, you can only see or adjust your configuration.



Here you will find the help dialog with access to the manual, the start tutorial, our YouTube tutorials, our FAQs, the contact dialog and much more.



If you use icTrainer on Windows and MacOS and have a second screen, you can switch between screens with one click.



For some of our displays, we offer a (Video-)Fullscreen display, i.e. the display of workout progress and workout control is reduced to a minimum and the rest of the screen is available for browser (Netflix & Co) and video display.



On Windows and MacOS, you can also reduce the icTrainer window to workout progress and workout controls, and use another window in the foreground on the rest of the screen.



The display of the fonts is too small for you. Then zoom in on the dialog and the main displays will zoom in.



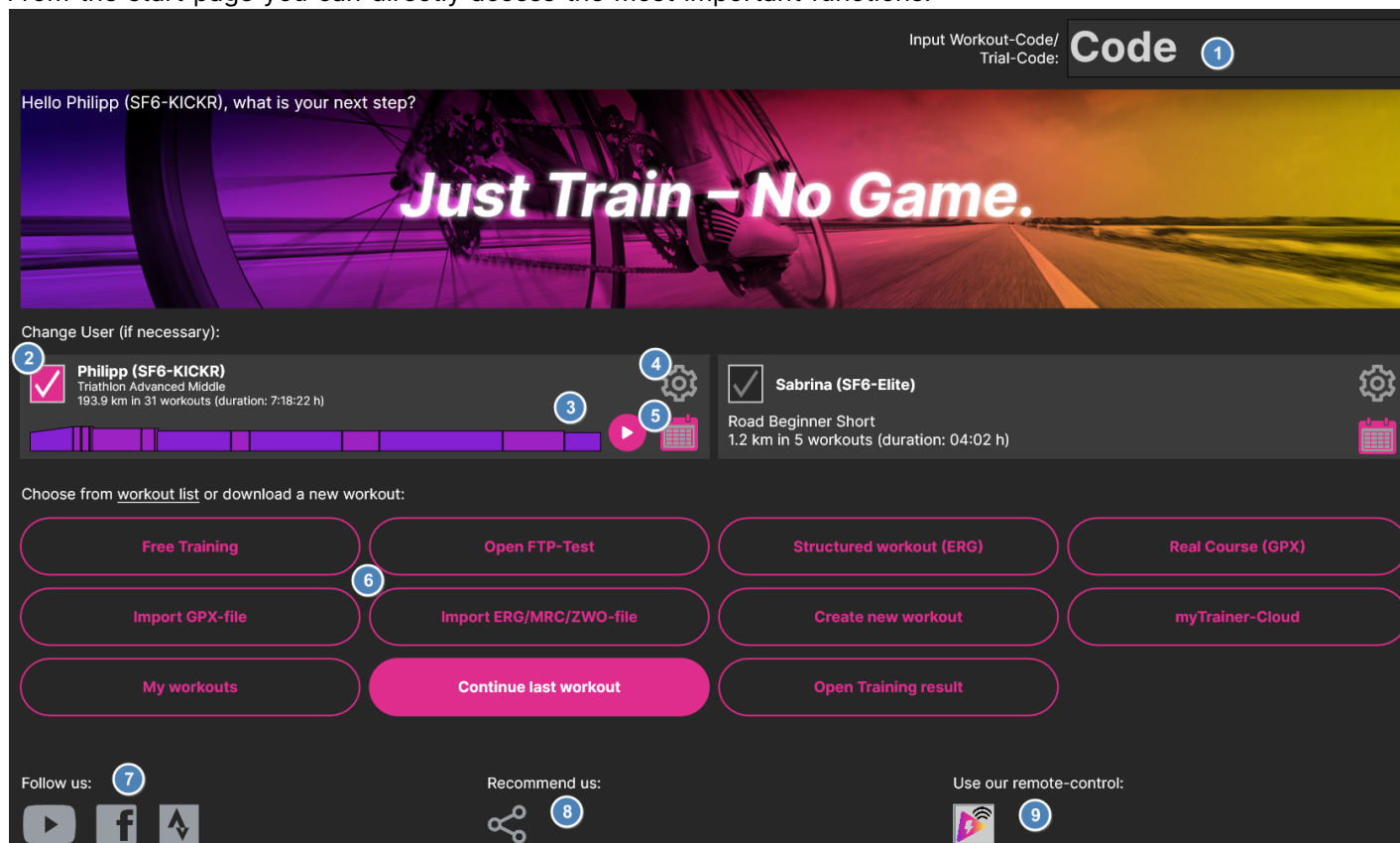
The display of the fonts is too big for you and there is too little space available for browsers & Co. Then zoom out the dialog here.



Here you can activate and deactivate an alarm (bicycle horn), which always "wakes you up" 5 seconds before the start of the next segment.

Start page

From the start page you can directly access the most important functions:



1 Here you can enter workout, group session or voucher codes. You can also access all workouts without a code in the workout list, this is just an "abbreviation", e.g. GVDPW for Challenge Peguera

Here you have access to your user profile and can also activate/deactivate the users if you have two parallel users.

2 You can also have more user profiles in the background, but only a maximum of 2 of them can be used in parallel. You can see all other users in the user profile dialog and can also change them.

3 If you've integrated a training platform like TrainingPeaks, you'll see the next workout here – the Workout of the Day and you can open it with one click.

4 Here you have access to this user profile and can make changes.

5 Here you have access to the entire calendar of the training platform or the workout list of our workout plan. Check out our [YouTube tutorials](#) for more information on how to set them up once.

Here you have access to the most important functions:

- you can configure the workout lists with predefined filters such as FTP tests, structured workouts, ... open

6

- you can import workout files
- you can create your own workout
- you can download workouts from the myTrainer cloud (must be previously uploaded on another device/by another user)
- you can open a training result again (and also upload subsequently to the activated platforms)

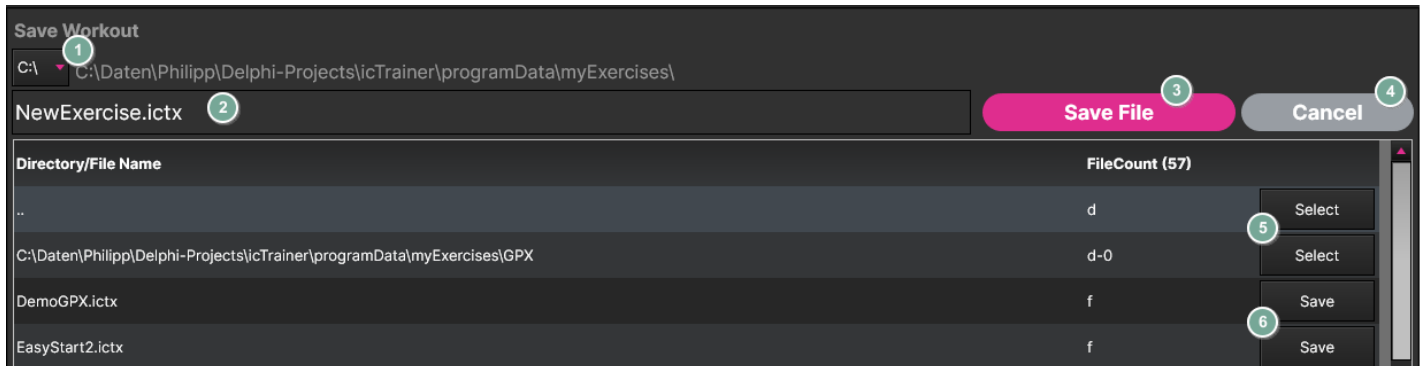
7 In general, it is worthwhile for everyone to follow us on YouTube and/or Facebook. We post a lot of help there that you should not miss.

8 You are welcome to send an email to your friends here and recommend icTrainer. We are happy about every new member in the club.

9 For details on using the remote control, see the corresponding [chapter](#).

Open files/directories

In some places in the program you have to select files or directories. So that this looks the same in all operating systems and we can integrate additional information, the normal operating system functionality is not always used here, but an open/selection/save dialog from us. But since you rarely have to change directories, this should not be a problem. Otherwise, [write us](#) where this particularly annoys you and we will check whether we can improve this sensibly.



1

Here you can change the drive under Windows.

2

You can enter the desired file name. The file extension will be added again automatically if necessary.

3

Here you can save the file.

4

This allows you to cancel the saving/opening/selection.

5

Here you can jump through the directory structure. This can be seen by the fact that the file count starts with "d...".

6

Here you select a file, i.e. in case of saving, you overwrite this file.

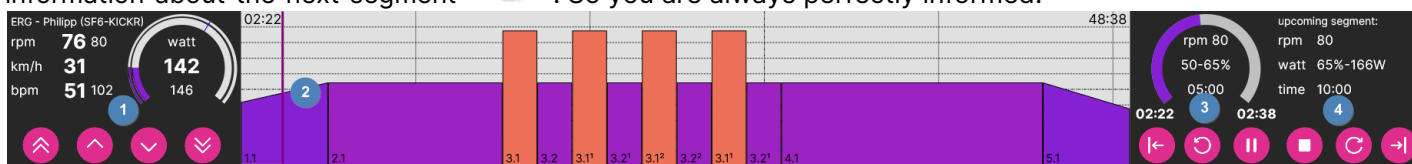
Control panel

In general, the highest principle in the tool is that you can do anything, even while a workout is running, so you can, for example, edit a workout while it is running, change your personal settings, ... Nothing should interrupt your training. Therefore, the program does not use the wizard dialogs known from other programs, where you are guided piece by piece through a function and thus click through to the end. Therefore, some dialogues seem overloaded at first and may overwhelm you. Here, of course, this manual will help you and on the second, third use you will hopefully learn to appreciate this procedure as we do.

As soon as a workout is selected, you have an overview of your current performance data in the upper part of

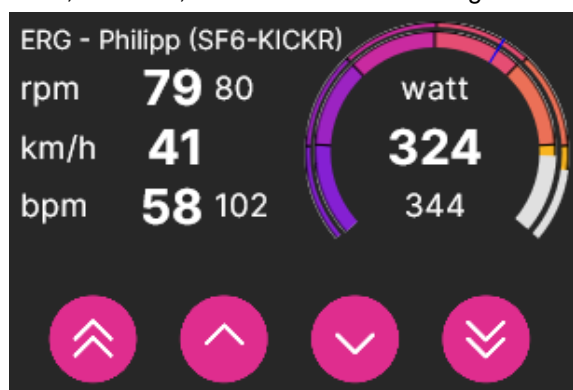
the app **1**, the overview of the workout **2** and the progress in the current segment **3** or

information about the next segment **4**. So you are always perfectly informed:



Your performance data

Here you can see your current performance data (bold) and, if available, the corresponding target data (smaller). rpm is the cadence and bpm is the heart rate. In the speedometer display you can see the graphic representation of the respective target value in the outer ring and your current actual value in the inner ring. The small blue line marks your FTP. In ERG mode, however, the role ensures that target and actual performance match.

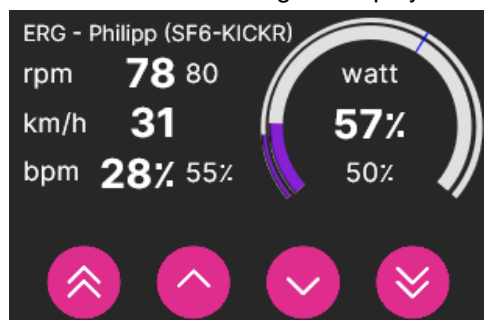


The different colours in the speedometer stand for the training ranges:

- Active Recovery
- Endurance
- Tempo
- Lactate threshold
- VO₂max
- Anaerobic capacity
- Neuromuscular power/Sprint

With the arrow keys the target resistance can be increased and decreased (+10/+1/-1/-10). You can set in the training dialog whether this happens for the current segment in absolute watt steps (i.e. +10 watts/+1 watts/-1 watts/-10 watts) or for the entire workout in percentage steps (+10%/+1%/-1%/-10%). In the case of gradients, the adjustment always acts as a percentage.

By clicking on the speedometer, instead of the wattage and BPM absolute values, the percentages are displayed, i.e. x% of your FTP or x% of your maximum heart rate. With another click you can switch to a table display. The third click switches back to the original display:

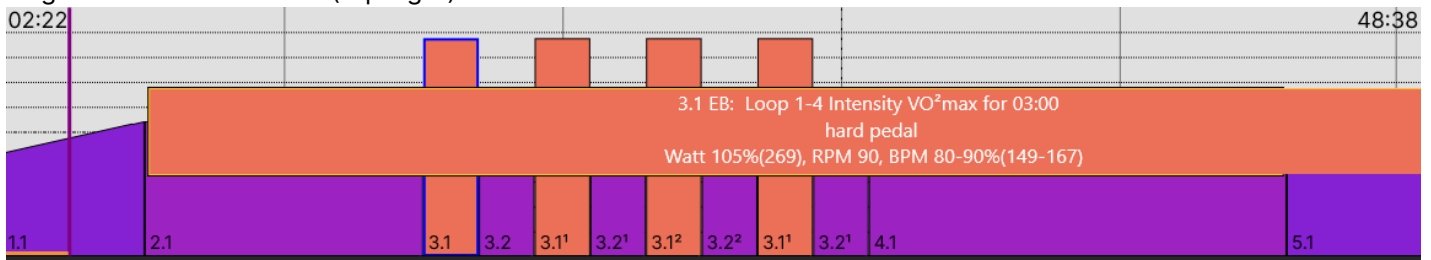


	-10 W		+10 W	
ERG	Watt	RPM	BPM	km/h
Cur	148-58%	77	53-28%	30.5
Target	166-65%	80	121-65%	
Lap	146-57%	75	52-28%	31.1
Total	146-57%	75	52-28%	31.1

Control panel (2)

Workout-Diagram:

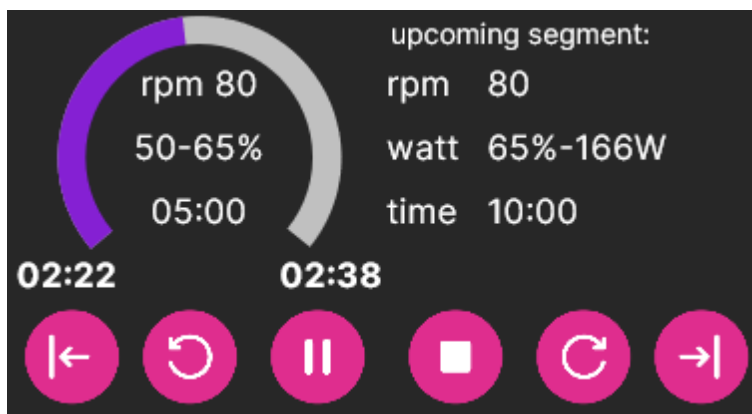
In the middle workout you can see how much time you have already spent in the workout (top left) and how long the workout will last (top right):



You can click on a segment at any time and get helpful information. You can see from the purple line where you are and the orange line at the bottom what you have already completed. The colors again stand for the performance ranges, the hotter, the harder it gets. In the case of a real route (GPX), the elevation profile is also displayed in relation to time. By clicking on the grey area, it is then displayed in relation to the distance.

Progress display:

On the right side you can see the display of the progress in the current segment displayed in the speedometer plus some information about the target values of the segment. The target performance value is displayed as a percentage of your FTP. By the way, on the left you can see the previous time in the current segment, in the upper middle the total time of the segment and on the right the remaining duration of the segment.



You'll also see information about the next segment on the right so you can better prepare.

The button bar at the bottom controls the training:

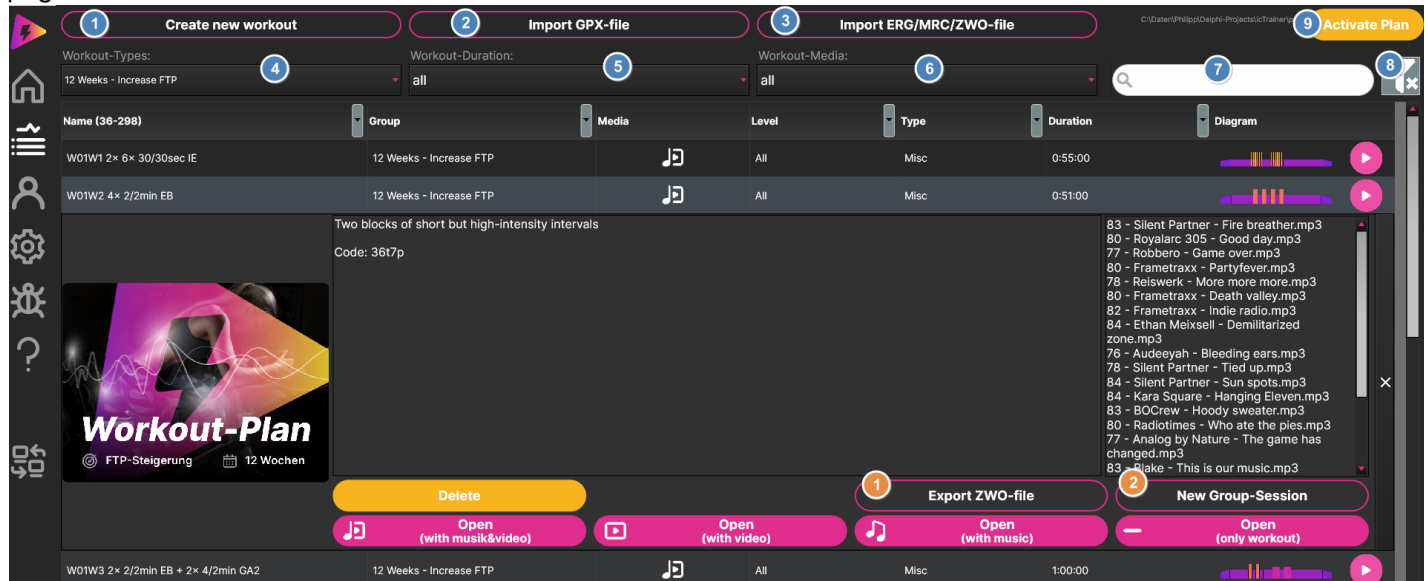
- go back one segment
- go back a minute
- pause (or start) the workout
- ends the workout
- go one minute ahead
- go ahead of one segment


Thus, you have the possibility to extend or shorten the workout at any time.

Workouts

Workout-List

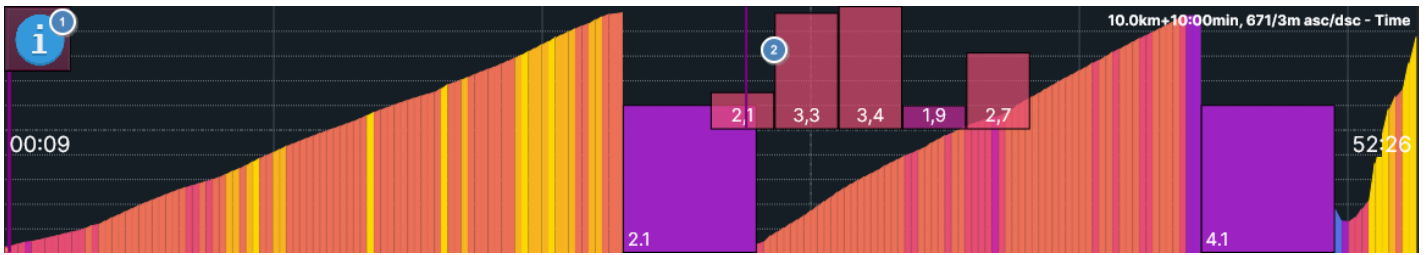
Here you can see all available workouts. You can access this list either via the predefined filters on the start page or via the workout list in the main menu on the left:



- 1 You can also initiate the creation of a new workout here.
 - 2 You can import a real track from a GPX file. If you have the parallel recorded video file in the same directory with the same file name (only with the suffix ".mp4" instead of ".gpx", this will also be played).
 - 3 You can open ERG, MRC and ZWO files downloaded from other training platforms here.
 - 4 You can filter here again according to the different workout types. There are also weekly schedules in this list, i.e. workouts that build on each other. You activate such a workout list with 9, i.e. the upcoming workout from the plan is displayed as Workout-of-the-day in the start menu and you can start it with one click.
 - 5 You can filter by duration here.
 - 6 Here you can filter whether the list of workouts should contain at least workouts with music and/or video.
 - 7 You can filter by the name of a workout here.
 - 8 You can remove all filters and see all existing workouts.
- If you click on a row in the workout list, you will see all the options for that row. If you see the play button  in a row on the right, you can open the existing workout directly and then start it.

- 1 You can export a workout as a ZWO or ERG file so you can import it back into your training platform. This is particularly interesting for coaches who set up the training plan for several athletes in a training platform. When opening such a workout via icTrainer, the original workout with all icTrainer benefits such as music, video, ... open.
- 2 Here you can ride a workout as a group session together with other icTrainer users.

Real Course (GPX-Workout)



Instead of structured workouts (ERG mode) with a given wattage, you can also drive real routes based on GPX data, where the slope is then specified and you can drive it in a light gear with little watt or a heavy gear with a lot of watts. This corresponds (when using the dynamic duration, see below) so a real trip. This can also be very interesting, for example, to test drive upcoming competition routes. This can also be very interesting, for example, to test drive upcoming competition routes. In the upper view we recognize the GPX part by the elevation profile, which is then displayed, the greater the slope, the redder the ascent. You can click on each part of the climb and then see below the slope in percent and distance driven (along with horizontal and

vertical difference). By clicking **1** on the current slope segment and the following 4 slopes are displayed **2**, so that you can prepare better and when you click on it again, the magnifying glass is displayed again. The role is used in such workouts in SIM mode.


In the normal view, the altitude profile is displayed time-related, i.e. the same ascent is shown as the faster descent. If the time bar is in the middle, you have completed half the time of the GPX parts. If you click in the grey area of the profile, you switch to the normal route profile, where the elevation profile is displayed distance-related.

If you want to run the altitude profile a little more moderately, this can be changed again via the normal resistance buttons. This time they react only in %, i.e. if you click -10% n, a 10% gradient is driven with 9%, if you click again -10% it is driven with 8%.

For such a workout you only need a normal GPX file (GPX Exchange Format), which you can pull from your cycling computer. In the same way, you can also use the appropriate video file. This also happens automatically if the GPX file has the same file name as the MP4 file and is located in the same directory. The GPX file may also be zipped to save disk space.

Before you do a GPX workout, you will be asked whether you should do so with fixed duration (i.e. the duration is based on how fast the GPX file creator is driving) or dynamic (the faster you ride, the faster you are up and the playback speed of the video adapts accordingly and you see a blue bike for you and a red bike for the original speed in the GPX display).

Info: Depending on the system, the video playback quality may suffer in the dynamic variant, this can be

improved by  disabling. The video jumps forward or backward from time to time depending on your speed then, i.e. the duration remains dynamic. only the video is played more resource-efficiently.

Up here we see the mix between a structured workout (WarmUp and CoolDown with a given wattage) and a GPX workout. So you can also interrupt the climb with break intervals, which makes it more usable again for meaningful training.

- If you only have one FIT file, you can convert it to a GPX file on www.alltrails.com or use GPS-Babel.
- By the way, you can also switch to SIM mode in a structured training and then adjust the incline accordingly.

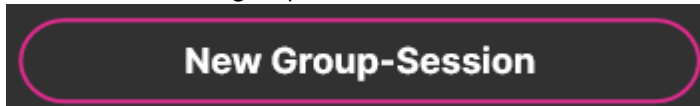
This can be done in the training dialog with the button



- If you have your own GPX videos (e.g. recorded with an action cam like the GoPro), we would be very grateful if you would share them with the general public and we can make them available to everyone in the downloads. Especially for competition courses, this would be incredibly interesting for many. Just contact us by mail and we will discuss where you can store the files. Of course, your own only means files free of third-party rights, i.e. recorded by yourself.

Group-Session (online)

You can create a group-session-workout from the workout-list with



or in the editor with



share with friends and complete together online.

To do this, you set a time and can send emails to you and your friends using the automatically generated five-digit code of the unit (always starts with "q"). You can customize the invitation text yourself, leave only the placeholders [TIME] and [DATE] in the template so that the date and time can be inserted. You can also send the email to yourself at first and then write your own e-mail with you as the sender to the participants.

During the unit you will see the data of all participants, whereby each participant can also display the watt/RPM/BPM data via the selection



only to the host (= host) or nobody:

Show your info to all					1	21:45:30
Name	Watt	RPM	BPM	km/h		
Philipp (SF6-KICKR) ¹						
Philipp (S4-Kickr)*	*	*	*	*		
Status	stopped					

Host: You access the training by entering the five-digit code in the wizard and will then be asked if you want to ride the unit "alone" or with the "group". "Alone" would be a normal training session. If you ride with the "group", you can see if all connected participants are already finished (rich green) and can then start the unit normally by clicking on the red play button. The unit then starts synchronously for all participants (small countdown of 10 seconds). If you pause, pulse or stop, this happens automatically to all participants. Rewinding is also the only change you can make in an online session, as the exercise is distributed to the participants in advance. If a participant chooses later, he starts training at the current position.

If you want to pause, but you want the group session to continue, you can do so with the button "||" above your watt display and there you start your training again by clicking on ">".

If you have uploaded the training on a different computer as a group unit than you want to run, you must make sure that both riders have the same e-mail address. You will then be asked once on the other computer/tablet if you are the host of the group unit.

If you want to ride the unit with music and/or videos, the same music/videos must of course also be present with the participants. We therefore recommend downloading our music library (download code "music") with over 300 songs and video library (download code "video"). If a playlist consists of this data, it is automatically downloaded with the unit.

Participants: They also call up the training by entering the five-digit code on the wizard page. In the first step, the participants can then download the necessary data (description of the unit and playlists for music/video) for the unit. In the second step (or when entering the code again), the participant is then asked whether he wants to ride the unit "alone" or with the "group". If the participant clicks on the red start button and the group unit has not yet started, then a "Wait" will be displayed in the upper right corner until the host has started the unit. But you can already see who is already registered. If you pause the session with the pause button, it will continue to run, only the training recording will be paused and you can trigger it again with the play button.

Tip 1: If you drive with music and hold a video conference, the participants should be logged in with headset, otherwise you will hear the music several times with a slight offset.

Tip 2: You do not have to perform the unit at the predefined time, this only serves to coordinate with the participants and can also be carried out several times. But if you use a video-chat this is only possible to the given time.

myTrainer-Cloud



The cloud function is suitable for two points:

- you can comfortably create exercises on the large display with mouse and keyboard on a desktop computer (e.g. Windows/MacOS) and then download them on your device used on the role. The license key is only necessary on the device where you perform the training.
- coaches can also provide training programs for their athletes

You start the upload of a workout in the editor 1 :



You can upload this workout to our cloud now (Cloud-Button) to share with others. You set a Cloud-Key (e.g. different per Athlet) to allow to download the data with and an Admin-Key for yourself to admin the data later (Info-Button).

Cloud Key 1 Admin Key 2 3  4 

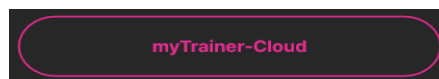
You can upload the currently loaded (and saved) workout to the icTrainer cloud 3 and must enter a cloud

key of at least 10 digits 1 and an admin key of at least 10 digits 2 Both keys must contain at least one lowercase letter, one uppercase letter and one number so that only you or your authorized persons have access to this workout.



With 4 you have access to all your uploaded workouts, which you can do with the entered admin key

3 . You can then delete them from the cloud or look at the files locally again (and theoretically update them again).

You can start the download on the start page with the item













You can download workouts uploaded from your trainer or yourself from our cloud here. You need to input the Cloud-Key the data was uploaded with and click to Cloud-Button to list the available workouts. You can start the upload of workouts in the Edit-dialog for a loaded...

Cloud Key 1 2  search for new Cloud-Content 

Check cloud for news (2.044 secs)

Check cloud for news: 14 new workouts found.

Name	Status	MB	Group	Level	Type	Duration	Comment	Diagram	
SHoch2x8(30/30)	Downloaded	0,0	myExercises/	Beginner	Endurance	1:15:20			
SHoch2 GA1 Varianz	Downloaded	0,0	myExercises/	Beginner	Endurance	0:03:00			
SHoch2x 10 (20/40 + 30/30)	Downloaded	0,0	myExercises/	Beginner	HIIT	1:15:00			
Stairway	Update	0,0	60min	Beginner	Endurance	1:00:00	and again a staircase		
SHoch2 2x(4x2 Min)	New	0,0	myExercises/	Beginner	Endurance	1:16:00			

Again, you have to enter the cloud key 1 and retrieve the list of workouts 2 . With 3 you can call up

already downloaded workouts, with 4 more workouts download.

The downloaded workouts are usually also available in the workout list under "My Workouts".

Trainingsplatforms (TrainingPeaks/Today`s Plan/Tredict/Intervals.icu)

icTrainer is compatible with the training platforms

- TrainingPeaks
- Tredict
- Today's Plan
- Intervals.icu

so that you can get the planned workouts from these platforms and upload your training results. In addition, you can also upload your training results to

- GarminConnect
- Strava

Unfortunately, GarminConnect is only semi-automatic, because Garmin does not (yet) allow us to use their API. Feel free to ask there, maybe increases the will on Garmin's side. Likewise, Garmin does not want to be able to download the training plans (even if this would be useful for the role). Further platforms are planned, mostly due to the fact that many of these platforms do not yet provide program interfaces for downloading the workouts and uploading the training results. But we are talking to some platforms, because it helps both sides and especially you athletes.

On the start page you can call up the workout upcoming today in the training plan ¹ or the calendar with all workouts. When you connect to a training platform for the first time, you must log in once to the platform's website and allow icTrainer to connect. You can also solve these independently at any time.

The screenshot shows the icTrainer interface for a user named Philipp (SF6-KICKR), a Triathlon Advanced Middle athlete. The top section displays a workout plan for 1.0 km in 2 workouts (Dauer: 00:43 h) with a bar chart showing intensity over time. Below this, there is a section for downloading workouts from TrainingPeaks. It includes a date range selector (30.12.2022 to 7 days), a button to 'Read TrainingPeaks-Workout-List', and a dropdown menu to select the platform (TrainingPeaks). A 'Calendar' button is also visible. Below the download section, a table lists the retrieved training plans from TrainingPeaks.

Title	Date	Type	Duration	Last update	Completed
Freies Training	2022-12-30	Bike	?	2023-01-01 17:08	Yes
Endurance workout	2023-01-02	Bike	52:00	2023-01-02 08:20	No
Ramps	2023-01-03	Bike	59:00	2023-01-02 08:20	No

- 1 For which day do you want to view the training plans?
- 2 You can also load the training plans for a period of up to 10 days (0=only for the specified day).
- 3 The training plans are retrieved here. If you have also enabled other platforms (e.g. Today's Plan or Tredict) to download training plans in the [user profile dialog](#), a selection box will be displayed here to select them here.
- 4 If you have activated several platforms, you can switch between them here (please do not select with the mouse wheel, but by clicking)
- 5 Here you can call up the calendar of the respective platform.
- 6 Here the training plans are displayed, with the info icon you can see the description of the training plan
- 7 and with the download icon you can download the unit built in the TP Workout Builder.

MP3/Videos/...

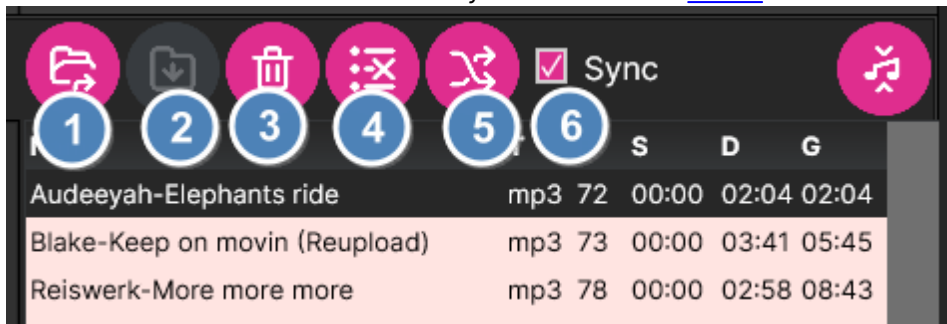
The simple view of the MP3/video mode is the heart of the tool, which is displayed during the execution of a training program with video files. This view is four-part (top, left, center, right).



- 1 Information on [target and actual performance](#)
- 2 Presentation of [the current training program](#)
- 3 + 4 Informationen über das aktuelle und das nächste Segment
- 5 Display elapsed, remaining time and duration of the current segment
- 6 [Control](#) of the training program (segment forward/back, one minute forward/back, pause/stop)
- 1 Here you can show all existing media files (bottom left) to add them to the training program.
- 2 Here you can jump to the next song (or last song). This function is only displayed if you have checked "Activate special functions" in the setup dialog.
- 3 The progress bar in the current song. This function is only displayed if you have checked "Activate special functions" in the setup dialog.
- 4 This adjusts the volume of the music. There are mute/dismute, +/-5 and you can slide also to the wished volume. If you have already set the volume to 0 and click Mute again, then you will be asked if you want to completely deactivate the playlists for this run. Then they are grayed out and not played. If you load a new exercise or increase the volume again, the playlists will be activated again. If full volume is activated, you can also change the output device for the sound by clicking on Unmute.
- 5 This allows you to show and hide the lower right side with the information about the music 6 and video files 7 available in the training program, at the expense or in favor of the playback zone. MP4 video files are displayed in green, MP3 audio files are displayed in rose and images in beige. When you click on the list of music files, the progress bar shows the position/duration of the song, when you click in the list of videos, the position/duration of the song is displayed. The difference between the top and bottom list is that the top list contains files with sound (music or videos with sound) and the lower list contains files without sound (e.g. cycling videos). This allows you to put two playlists next to each other.
- 1 For some media content there is additional information, such as information about the musicians, the increase, the lyrics, ... If such information exists, these buttons are no longer grayed out. The audio and video information are automatically displayed and automatically hidden depending on the text length. You can then click on the button to display the next information.

MP3/Videos/... (Edit-Functions)

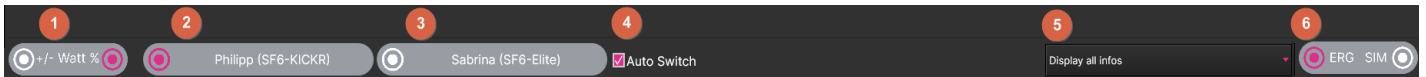
The following editing functions are only necessary if you want to adjust a training session at short notice. Most functions are much more conveniently available in the [editor](#).



- 1** Open existing playlist
- 2** Save playlist
- 3** delete the selected track from the playlist
(if both a title is selected in the top and bottom lists, the last selected title will be deleted)
- 4** Clear playlist
(if both a track is selected in the top and bottom lists, the last selected playlist will be emptied)
- 5** Sort all titles randomly
(if both a track is selected in the top and bottom lists, the last selected playlist will be sorted)
- 6** If "Sync" is checked, the position is synchronized between the workout segments and the corresponding songs/videos during all forward/rewind actions.
If "Sync" is not checked, they run workout segments independently of the songs/videos and you can rewind in both lists independently of each other;

Training

In this dialog you can view the details of a workout before, during or afterwards. During the training you have the following possibilities to control the training or the display:



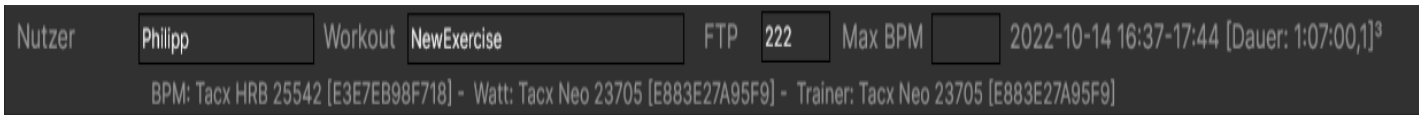
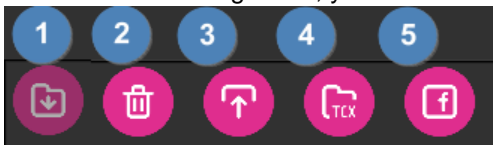
1 You can increase or decrease the resistance in your "speedometer" at the top left. If "+/- Watts" is enabled, increase/decrease the resistance in the current segment by +/-1 or +/-10 watts. If the setting is "Watt%", you increase/decrease the resistance by +/-1% or +/-10% throughout the workout.

2 + **3** If two users train at the same time, you can choose whose training result is currently displayed. With the **4** auto-switch function the display changes between both users every 5 seconds.

5 This allows you to choose how the line chart below is structured and which data should be displayed.

6 With structured units you have the possibility to switch in the SIM mode, i.e. the roller no longer applies a nominal watt resistance in watts (and controls internally via the ERG mode that you adhere to this), but the roller creates a slope and you control the difficulty as outside via the circuit (or the transmission).

With a saved training result, you also have the following functions:



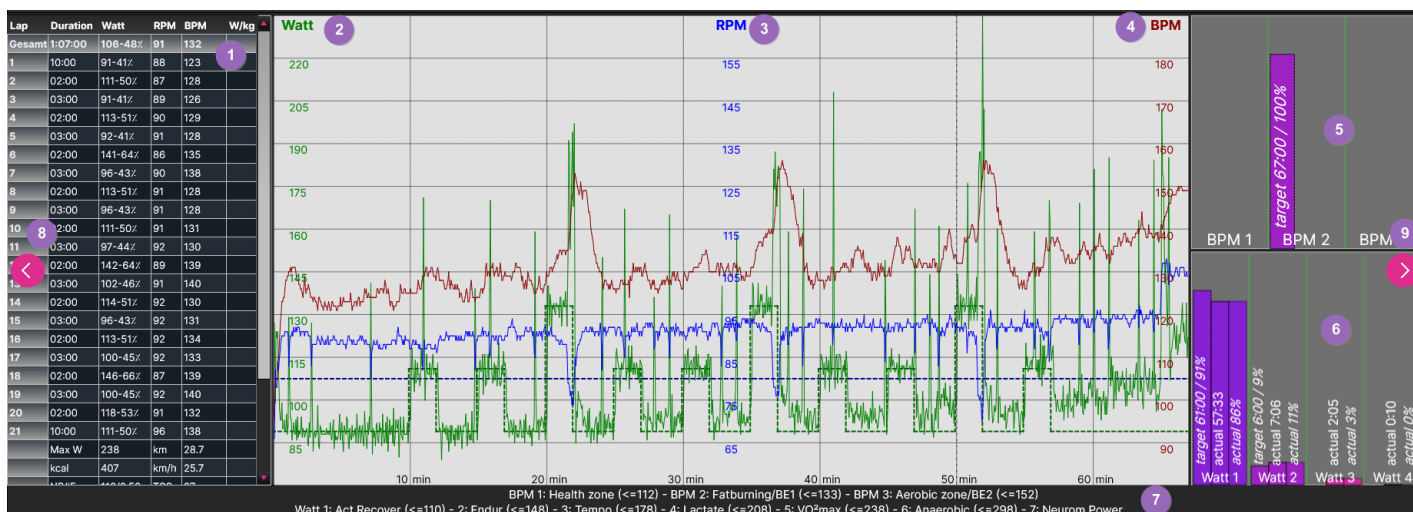
1 If you have details such as user, FTP, ... , you can save it. With **2** you delete a training result.

3 You can upload training results to Strava, GarminConnect, TrainingPeaks, Tredict, Today's Plan and Intervals.icu platforms. This can also be done retrospectively at any time.

4 You can save the training result as a tcx file on your device and then upload it to any platform if icTrainer has not yet implemented an interface to it.

5 You can share your training results on Facebook.

Training (2)



1 Here you can see per lap, the duration and the average values for power (watts), cadence (RPM) and heart rate (BPM). With a right mouse click on the table you can export the data to a CSV file. If an exercise with two riders has just been completed in parallel, the wattage values of these two riders are also directly compared with each other.

2 + 3 + 4 Here, the actual and target values of power (watts/green), cadence (RPM/blue) and heart rate (BPM/red) are displayed over time. The dashed line indicates the target value, the solid zigzag line the actual value.

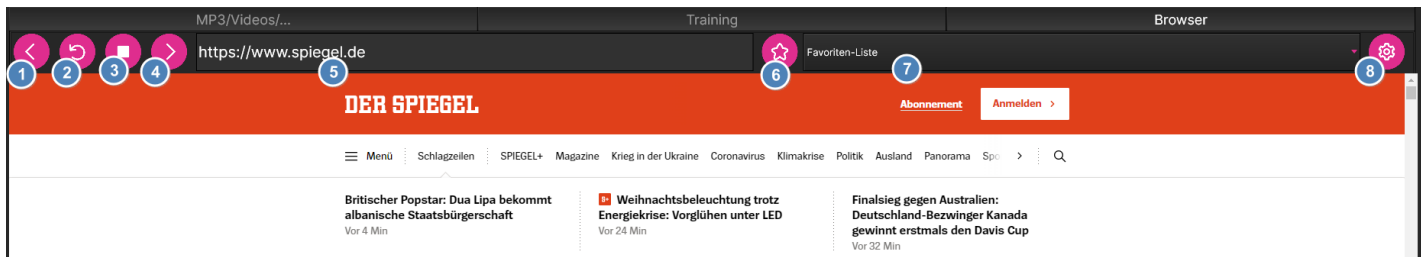
5 + 6 For heart rate and performance, there is a goal in each training session, how much of the training should be done in which area. Here this is represented with target and actual (actual) both in duration and percentage distribution. The sooner the actual (actual) corresponds to the target (target), the more effective the training session was. In the end, this is the relevant parameter.

7 Here the training areas including the own limit values are listed again.

8 + 9 This allows you to show/hide the left table and the right area overview. When starting a workout, it is hidden by default.

Browser

Here is a very simple browser docked. Not with all websites the display is optimal, but for many websites this is sufficient and you do not necessarily have to switch back and forth between apps. It is an embedded browser provided by the operating system, which is of course not as powerful as the standard browser in terms of functionality. Therefore, there may well be websites that do not (completely) work with it. Unfortunately, there is nothing we can do about that.



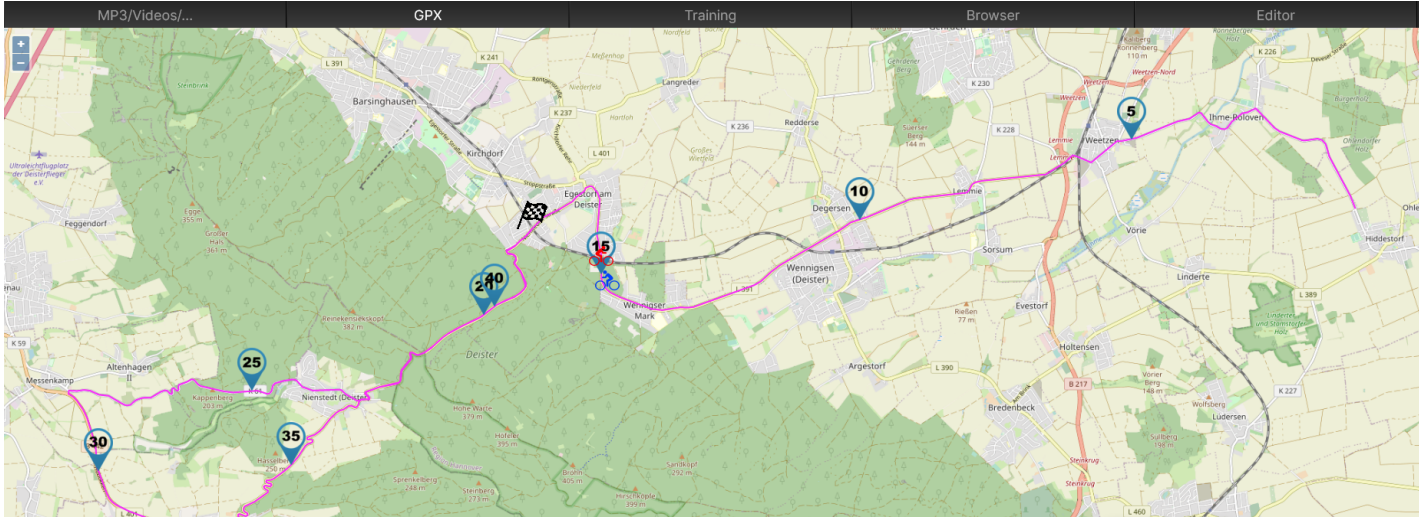
- 1 Flip back page
- 2 Reload page
- 3 Stop page load
- 4 Flip page before
- 5 Enter or select the website to display.
- 6 Here you can add the currently displayed page to the favorites.
- 7 Here you can choose from the favorites list.
- 8 Here you can manage the favorites list.

Info: There are two browser implementations here: a modern Chromium implementation and a classic browser implementation. You can switch between both implementations in the [setup dialog](#).

GPX-Map

For real routes (GPX) there is the GPX dialog with the map display of the route. On Windows and MacOS we use OpenStreetMaps, because the Google Maps display would be chargeable here. Under Android and iOS we use the Google Maps display, so that the satellite display is also possible. If you drive the route with dynamic duration, you will see your own position with the blue symbol and the position of the original user in red. So if you are in front of the red symbol, you are faster, you are behind, you are too slower. If you only see the red symbol, you are traveling at the same speed.

With a double-click or long-tap on the GPX tab, the GPX map is centered on your position.

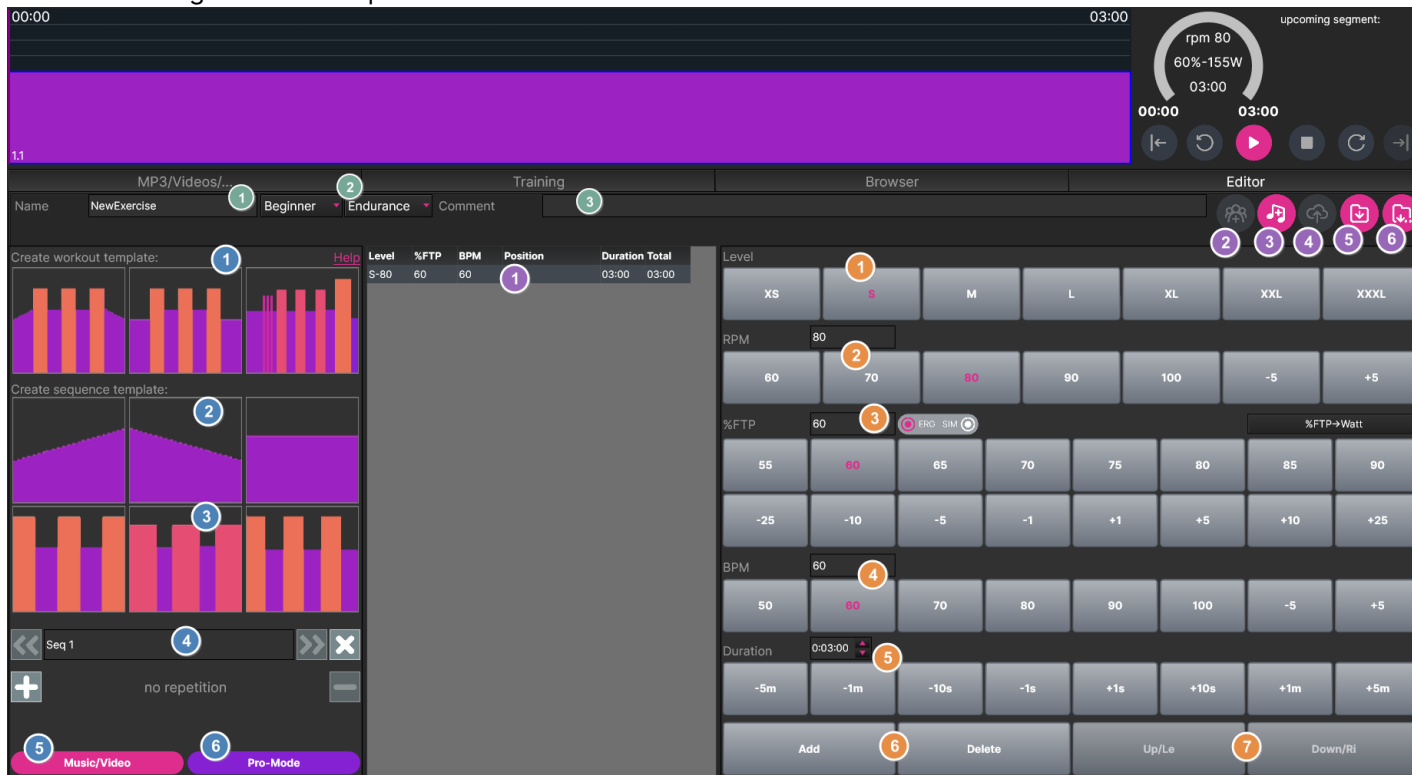


Editor

The editor is a very powerful tool to create your own workouts and distribute them to other users. You either start the editor for a new workout via the start page "Create new workout" or select an existing workout from the workout list and then go to the action area in the upper left corner with the "<<" button and go to the editor to adjust the workout (in this case, however, you have to think carefully about whether you want to start

the unit with "Save" or "Save as" .

On the one hand, a workout consists of successive segments. The sequence function can also be used to ensure that segments are repeated.



1 You can enter the name of the workout and a few groupings 2 plus a comment 3 in these fields.

1 Here you can see the segment table with all information about the workout

2 You can issue a [group invitation](#) for a workout after saving.

3 You can fill a unit with music. If the target cadence (RPM) is entered for each segment, the app can select the matching songs.

4 You can upload a unit to the [myTrainer cloud](#).

5 "Save" overwrites the current workout, "Save As" 6 writes the unit under a second file name, so that the original state is not lost.

Editor Sequence-Mode

1 2 3

You can assemble your workout from predefined workout or sequence templates and then customize them in detail to suit your needs.

4

You can give the sequences a name.

5

If you want to add music or videos, you've come to the right place.

6

In Pro Mode, some more functions are available.
However, this is usually only used for the absolute fine-tuning of a unit.
95% of all functions are also available in simple mode.

1

Here you select the load level for the currently selected segment.
This is circled blue at the top of the view.

2

You can select a target cadence for the segment with the buttons or in the text field.

3

You can select a target resistance value as a percentage of your FTP via the buttons or in the text field.
If you want to drive the segment in SIM mode, you can change this via the [ERG/SIM](#) button.
If you want to select the wattage as an absolute value instead of depending on the FTP value, you can change this on the right for the entire unit.

Special features for the text field:

50-60	In this case, the segment is driven as a ramp starting with 50% and ending with 60%
150/80s	In this case, the segment is driven either with 150% of the FTP or with 80% of your 5 seconds maximum (if this is entered in the power profile)
120/90m	In this case, the segment is run either with 120% of the FTP or with 90% of your 1 minute maximum (if this is entered in the power profile)
80/5%	In this case, the segment is driven either in ERG mode with 80% or in SIM mode as 5% incline; you will be asked before the start how you would like it to be)

4

Here you can select or enter the target heart rate.

5

Here you can adjust the duration for the segment.

6

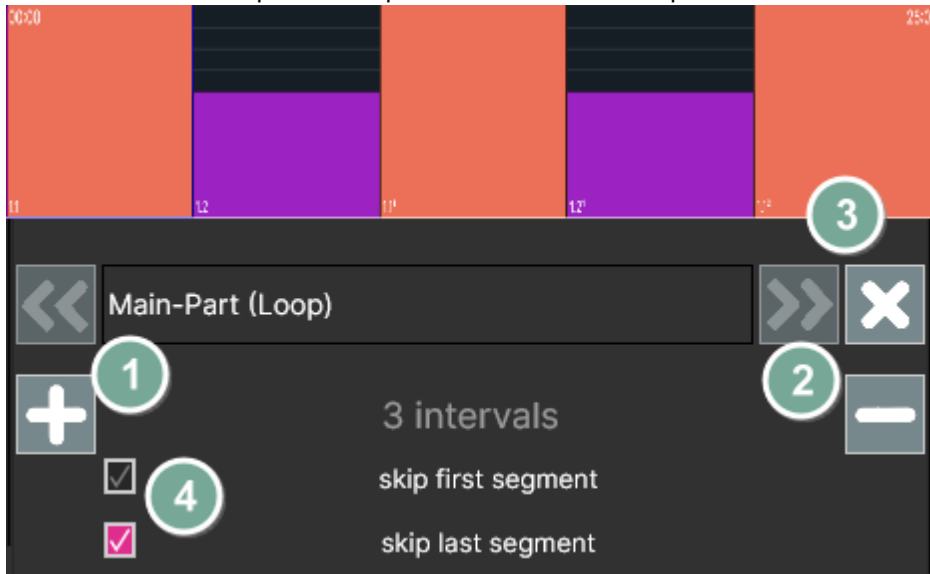
You add a copy of the current segment here or delete the current segment

7

You can move the current segment left or right in the workout history
(or up and down in the segment table)

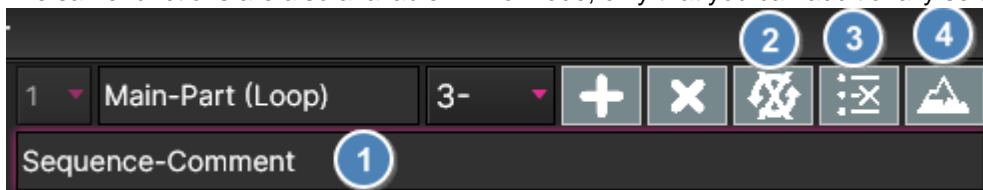
Editor-Sequence-Details

Here we see an example of a sequence where the load repeats three times:



- 1 This increases the number of repetitions
- 2 This reduces the number of repetitions
- 3 With the "X" you delete the sequence completely. Use the arrow keys to switch to the sequence before or after.
- 4 So that a sequence of load/relief does not necessarily end with a relief, you have the chance to skip the first or last segment of a sequence. In the example here you have three loads, but only two reliefs, so that e.g. the CoolDown can follow directly.

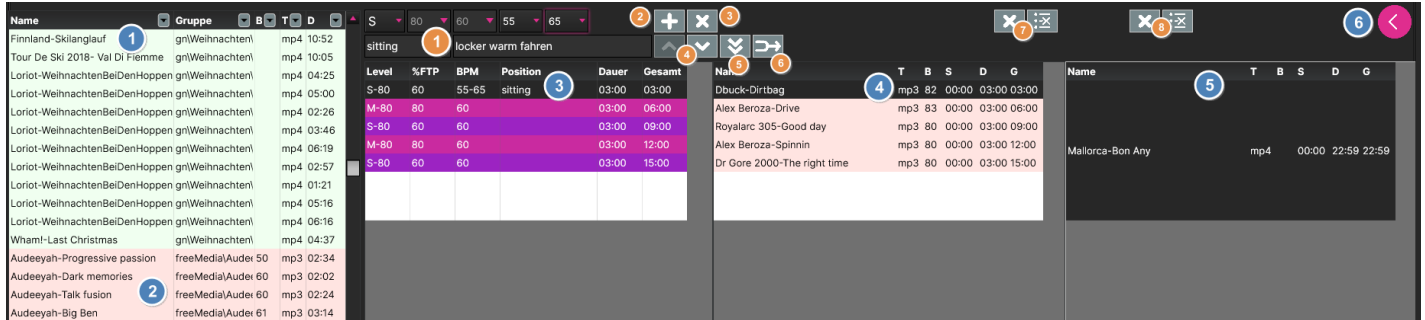
The same functions are also available in Pro mode, only that you can additionally select the current sequence and then



- 1 can add a name (top) and a comment (bottom) to the sequence and you can also select the number of repetitions (1=performed only once, 2=done twice, ...); for the repetitions, the repetition legs are alternately marked with ¹ and ².
P.S.: "2-"=performed twice, whereby the last leg of the sequence is omitted at the second repetition; this is useful, for example, if the last leg is a recovery and begins after the sequence anyway a recovery sequence
- 2 Can let a sequence "unloop" so that the segments can then be edited individually
- 3 You can delete all segments of a workout
- 4 You can assign a GPX file with elevation profile to a sequence so that the sequence is run in SIM mode.

Editor Music/Video





In music/video mode, you can manually assign videos and music to a workout from the existing media files.



- 1 List of all available media files:
light green -> video files, olive green -> video files used in this workout
- 2 List of all available media files:
rose -> music files, gray -> music files used in this workout
- 3 Workout segment table with all segments of the workout
Here as well as in the workout diagram at the top, you can select the segment to be edited by clicking;
as soon as there are media files, the height of the lines in all three lists corresponds to the duration of this segment/media file;
- 4 the left playlist contains all media files with sound (e.g. music and music videos)
- 5 the right playlist contains all media files without sound (e.g. cycling videos or pictures)
- 6 This allows you to hide the right playlist in favor of the segment update buttons
and switch back and forth between both views
- 1 here you can adjust the segment details such as load level, cadence, resistance, heart rate range, sitting
position and commentary
- 2 here you can add a segment behind the currently selected segment (move then goes in sequence mode)
- 3 here you can delete the currently selected segment
- 4 this allows you to adjust the duration of the currently selected segment to the end of the last/next music track
- 5 This allows you to fill up the segment list according to the durations of the music and video playlist and can then
provide the segments with detailed information accordingly;
this makes sense especially if you build the workout from a music playlist
- 6 hereby you join the current segment with the following segment to a segment
- 7 This allows you to delete some or all songs in the left playlist
- 8 this allows you to delete individual or all tracks in the right playlist

Editor Pro-Mode

Der Pro-Mode enthält einige zusätzliche Eingabe-Felder, die man aber nur selten braucht:

Name	NewExercise	Beginner	Endurance	Author/max...	100			
Start-Image		...	Comment					

- 1 Here a photo can be selected as the start image for the workout
- 2 Author's name
- 3 The maximum ratio for the display (i.e. vertical height in the display): this is at least the maximum value of the FTP ratio for an FTP-based program and at least the maximum watt value for a watt-based program.
- 4 Call up the [workout list](#) so that you can edit a workout here (important: after that it is advisable to use "Save as" instead of "Save").

1 +Pause

2

+Pause

1

*Start

1

3 0:00:00

0:03:00

4

0:00:00

3

0:25:

4

2

3

Name	Füge neue Segmente passend zu den ausgewählten Liedern hinzu (Dauer und Trittfrequenz wird dementsprechend voreingestellt)					S	D	G
Alex Beroza-Drive	mp3	83	00:00	03:00	03:00			
Royalarc 305-Good day	mp3	80	00:00	03:00	06:00			
Dbuck-Dirtbag	mp3	82	00:00	03:00	09:00			
Alex Beroza-Spinnin	mp3	80	00:00	03:00	12:00			
Dr Gore 2000-The right time	mp3	80	00:00	03:00	15:00			

Kronsberg (Hannover)-Summerslam 21 mp4

00:00 25:29 25:29

- 1 Adds a pause to the left/right playlist.
- 2 Automatically fills the workout with appropriate music.
- 3 Here the start time for a media file of the left/right playlist is set.
- 4 Here the duration for a media file of the left/right playlist is set.

In addition, there are the following functions for the right playlist:

- 1 If the same file (e.g. a video of a climb) already appears in the playlist higher up and has not been shown to the end, the start time is set to the end time of just, i.e. the video continues after the break. If you hold down the CTRL/CTRL key while adding a file by double-clicking, this function is performed automatically.
- 2 The duration is automatically set so that the element ends with the first, parallel running element of the middle playlist.
- 3 The duration is automatically set so that the element ends with the next element in the middle playlist.

User profile(s)

You can access the user profile(s) either via [the left menu bar](#) or on the start page ², where you can also select which user is currently active ¹. You can configure as many users as you like, a maximum of 2 of them are active in parallel (select Extra).

The screenshot shows the 'Profile' configuration screen for a user named 'Philipp (SF6-KICKR)'. The interface includes a header with a checkmark icon (1) and a settings gear icon (2). Below the header, the user's name and activity 'Triathlon Advanced Middle' are displayed, along with a workout duration '1.0 km in 2 Workouts (Dauer: 00:43 h)'. The main configuration area is divided into sections for personal information (E-Mail, Birthday, Gender), device selection (Trainer, Power, Heartbeat, Cadence/Speed), and connection status. Numbered callouts highlight specific features: 1 points to the user selection dropdown, 2 to the battery status indicator, 3 to the 'Reconnect All' button, 4 to the device selection dropdown, 5 to the 'Reconnect' button, 6 to the 'connected/Other' status, 7 to the 'Search New' button, and 8 to the 'Powermeter/Speed sensor' status.

You can remove all Bluetooth LE devices at once ¹ and then search again; this is necessary in very rare cases after an operating system update, when the internal IDs of the devices have changed;

With ² you can control the battery status of the active devices. Click on ³ to connect to all devices. However, the app also does this automatically when you start a workout.

Whether a user is currently active or just configured, you can see in ¹. You enter all information for the user here ². FTP (Functional Threshold Power) and MaxBPM (Maximum Heart Rate) are particularly important. Find out about the importance of these values on [our website](#). There are several workouts to determine the FTP (home page "FTP test") Running is more suitable for determining MaxBPM, as more muscle groups are active there than when cycling (e.g. running for 12 minutes and increasing the speed from slow to fast and the last minute maximum speed). We need weight and size to calculate the speed as realistically as possible from the performance.

³ You can also deactivate any configured device. It remains configured, but is not currently in use. You can see the unique ID of the device, which is often cryptic.

⁴ You can enter a meaningful name for the device yourself or select a device from the list of known devices.

⁵ Here you can see the connection status of the device and, depending on the device, different additional information, such as charge status, position, ...

⁶ This allows you to detach (or delete) a special device from this user. When solving, however, the device remains known in the application and can be reactivated in the selection box ⁴.

⁷ This allows you to reconnect a device.

⁸ This allows you to search for a new device (new search) if no device has yet been configured at this point and the device is still unknown in the application.

User profiles (2)

In order for us to suggest the most suitable units for downloads, you can enter under ¹ whether you are more of a road cyclist, MTB enthusiast or triathlete, whether you count yourself among the beginners and therefore do not need too many/long training sessions or prefer to train a little more/longer (Advanced) ² and whether you train for short, medium or long distances ³. In the same way, you can specify whether you want to upload your training results according to [Strava](#), [Garmin-Connect](#), [TrainingPeaks](#), [Tredict](#) and/or [Today`s Plan](#) (Note: you should use the same email address here at Rider as in the Today`s Plan account to minimize the number of user/password requests via browser) ⁴.

⁴ This allows you to create a new user profile. You can select which user profile is active on the start page.

⁵ If you do not have a power meter, but a BluetoothLE-enabled speedometer (e.g. Garmin Speed Sensor 2), you can activate speed instead of power here and configure a speed sensor in addition to the cadence sensor. But if a power meter is available, the speed is always determined from the watt value, as this is closer to reality on the roller and thus you do not have to set up a speed sensor.

Power-Profile

For this, either your FTP or your best values for a 5 second sprint (**1**), a 1 minute sprint (**2**), a 5 minute maximum load (**3**) and a 20 minute maximum load (**4**) are used. You can either enter these manually or determine them with the "FTP test for advanced" (then they will be automatically transferred to this display).

Profile		Power-Profile(s)		BPM-Table		Extra	
<div><div>Power-Ranges:</div><div>Please input your best values</div><div><div>Philipp (SF6-KICKR)</div><div>Show pro...<div>1</div></div><div>Show pro...</div><div>Sabrina (SF6-Elite)</div></div><div><div>VO²max 66.4 ml/min/kg</div><div>800</div><div>1</div><div>5 sec</div><div></div></div><div><div>AWC 31.2 kJ</div><div>500</div><div>2</div><div>1 min</div><div></div></div><div><div>CP 246.0 W</div><div>350</div><div>3</div><div>5 min</div><div></div></div><div><div>FTP 258 W, 4.3 W/kg</div><div>272</div><div>4</div><div>20 min</div><div>211</div><div>FTP 200 W, 3.1 W/kg</div></div></div>				<div>Get this values with the Advanced FTP-Test:</div> <div>VO²max: maximum oxygen uptake (calculated from CP performance over 8 min)</div> <div>AWC (Anaerobic Work Capacity, W'): Anaerobic work capacity (calculated from 5min and 20min test)</div> <div>CP (Critical Power): maximum aerobic work capacity (Monod+Scherrer)</div> <div>FTP (Functional Threshold Power): Functional threshold power, estimate e.g. from 20min or ramp-test)</div> <div>Objective long distance: high FTP value</div> <div>Objective climb: high FTP per kg (= specific FTP)+low AWC</div> <div>Objective sprinter: high FTP+high AWC</div> <div>Objective time trial: high FTP+low AWC</div> <div>The driver profile with the 4 test values here is helpful to set the correct intensity e.g. for sprint intervals (better than as calculated from the pure FTP value).</div>			
BPM-%	Watt-%	Power-Ranges	Watt-%	BPM-%			
50-60% <=112	<=55% <=142	Active Recovery	<=110 <=55%	<=114 50-60%			
60-70% <=130	55-75% <=194	Endurance	<=150 55-75%	<=133 60-70%			
70-80% <=149	75-90% <=232	Tempo	<=180 75-90%	<=152 70-80%			
80-90% <=167	90-105% <=271	Lactate threshold	<=210 90-105%	<=171 80-90%			
	105-120% <=310	VO ² max	<=240 105-120%				
	1 min 375-500	Anaerobic capacity	<=300 120-150%				
	5 Sek 720-880	Neuromuscular power/ Sprint	>300 >150%				
90-100% >167	Danger zone			>171 90-100%			
100% 186	Maximum			190 100%			
















From this data, a performance profile can also be displayed **1**

Profile	Power-Profile(s)		BPM-Table	Extra
Philipp (SF6-KICKR), M: 60.0kg	5s: 800 13.30W	1min: 500 8.33W	5min: 350 5.83W	FTP: 256 4.27W
World class	12.50	11.50	7.60	6.60
	24.88	11.38	7.49	6.50
	24.57	11.27	7.39	6.41
	24.27	11.15	7.28	6.31
	23.97	11.03	7.18	6.22
Exceptional	23.67	10.91	7.07	6.12
	23.36	10.80	6.97	6.03
	23.06	10.68	6.86	5.93
	22.76	10.56	6.75	5.84
	22.46	10.44	6.65	5.74
Excellent	22.15	10.33	6.54	5.65
	21.85	10.21	6.44	5.55
	21.55	10.09	6.33	5.46
	21.25	9.97	6.23	5.36
	20.94	9.86	6.12	5.27
Very good	20.64	9.74	6.02	5.17
	20.34	9.62	5.91	5.08
	20.04	9.50	5.80	4.98
	19.73	9.39	5.70	4.89
	19.43	9.27	5.59	4.79
Good	19.13	9.15	5.49	4.70
	18.83	9.03	5.38	4.60
	18.52	8.92	5.28	4.51
	18.22	8.80	5.17	4.41
	17.92	8.68	5.06	4.31
Moderate	17.61	8.57	4.96	4.22
	17.31	8.45	4.85	4.12
	17.01	8.33	4.75	4.03
	16.71	8.21	4.64	3.93
	16.40	8.10	4.54	3.84
Fair	16.10	7.98	4.43	3.74
	15.80	7.86	4.32	3.65
	15.50	7.74	4.22	3.55
	15.19	7.63	4.11	3.46
	14.89	7.51	4.01	3.36
Novice 2	14.59	7.39	3.90	3.27
	14.29	7.27	3.80	3.17
	13.98	7.16	3.69	3.08
	13.68	7.04	3.59	2.98
	13.38	6.92	3.48	2.89
	13.08	6.80	3.37	2.79
	12.77	6.69	3.27	2.70
	12.47	6.57	3.16	2.60
	12.17	6.45	3.06	2.51
	11.87	6.33	2.95	2.41
	11.56	6.22	2.85	2.32
	11.26	6.10	2.74	2.22
	10.96	5.98	2.63	2.12
	10.65	5.87	2.53	2.03
	10.35	5.75	2.42	1.93

Heartbeat overview

Here in the dialog, the pulse ranges (vertical) are displayed starting from the maximum pulse (horizontale). This helps to control the training sensibly. If a MaxBPM value is entered, then this distribution for Rider 1 is displayed on the left side and Rider 2 on the right side of the table.

Profile				Power-Profile(s)					BPM-Table					Extra			
	User 1	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220	
50 %	93	75	78	80	82	85	88	90	92	95	98	100	102	105	108	110	50 %
55 %	102	82	85	88	91	94	96	99	102	105	107	110	113	116	118	121	55 %
60 %	112	90	93	96	99	102	105	108	111	114	117	120	123	126	129	132	60 %
65 %	121	98	101	104	107	110	114	117	120	124	127	130	133	136	140	143	65 %
70 %	130	105	108	112	115	119	122	126	130	133	136	140	144	147	150	154	70 %
75 %	140	112	116	120	124	128	131	135	139	142	146	150	154	158	161	165	75 %
80 %	149	120	124	128	132	136	140	144	148	152	156	160	164	168	172	176	80 %
85 %	158	128	132	136	140	145	149	153	157	162	166	170	174	179	183	187	85 %
90 %	167	135	140	144	148	153	158	162	166	171	176	180	184	189	194	198	90 %
95 %	177	142	147	152	157	162	166	171	176	180	185	190	195	200	204	209	95 %
100 %	186	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220	100 %
	User 1	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220	

Profile	Power-Profile(s)	BPM-Table	Extra	
<input checked="" type="checkbox"/> activate for this program run more Bluetooth-LE-Loggings for a support case 1				
<input checked="" type="checkbox"/> Activate PowerMatch: to improve the resistance of the turbo muin by an external powermeter 2				
<input checked="" type="checkbox"/> Activate second powermeter, if left and right side sends this data separatly 3				
<input checked="" type="checkbox"/> overwrite the device-type-mode (e.g. FTMS with TACX, default: on) 4				
ID	Name	Type	Delete	
ANT+ 28810	Garmin 945 LTE	HRM	5 	
ANT+ 30988	Garmin 735XT (Philipp)	HRM		
F37E1223D839	Wahoo TICKR 9D6E [F37E1223D839]	HRM		
Name	Type	as User 1	as User 2	Delete
Philipp (SF6-KICKR)	Triathlon			6 
Sabrina (SF6-Elite)	Road			
Philipp (Favero)	Road			
Philipp (Bike)	Road			

1 In rare cases, we need more information in the log files to analyze problems. Then you have to activate this point. The next time you start the program, it is automatically deactivated again.

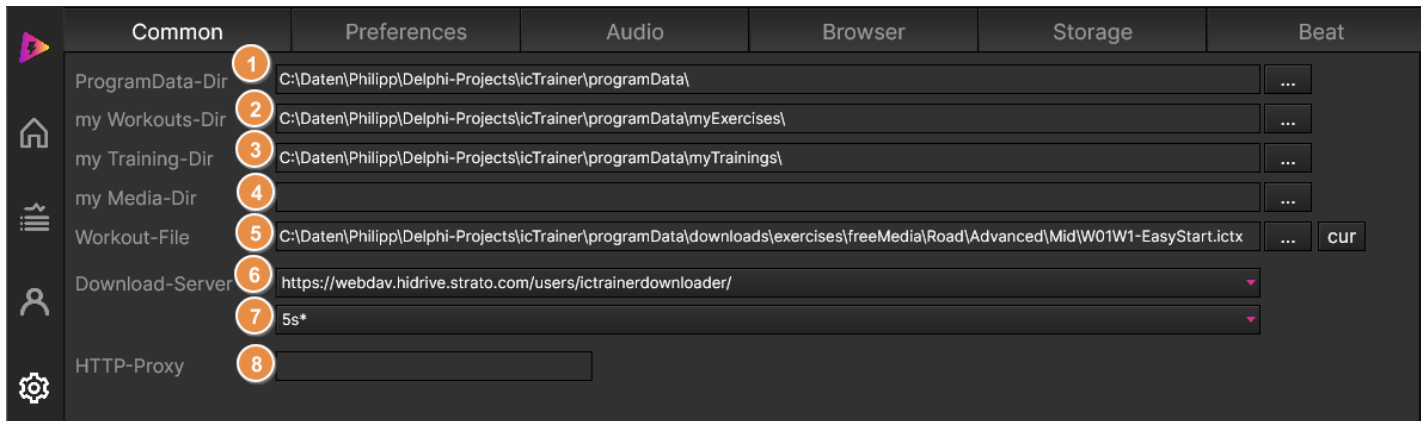
With most modern rollers, you can set up a hardware-side power match via ANT+ in the roller trainer configuration app if you have a power meter on the bike. icTrainer also offers the possibility to activate a software-side power match if you have configured the role as trainer and the power meter as power device in icTrainer. If possible, however, the hardware-side power match (Elite: PML) should always be used, as this reacts much faster and more accurately.

3 There are a few power meters where the left and right power meters provide data separately. In most power meters, the right power meter sends a signal to the left power meter and this provides the sum as a value to icTrainer. With the popular Favero-Assioma pedals, this can be set e.g. in the Assioma configuration app.

4 Some roles offer two protocols for performance control. If this item is activated, we will then select the protocol we favor so that you can train as undisturbed as possible.

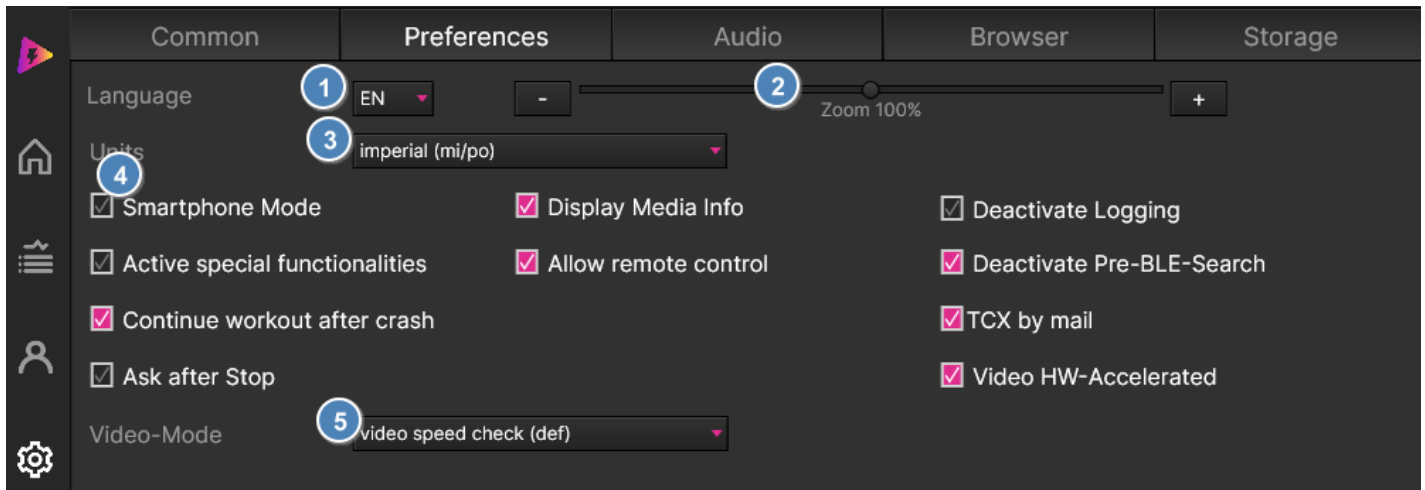
5 Here you can see all BluetoothLE/ANT+ known in the app and also delete individual devices.

6 Here you can see all user profiles known in the app and assign which profile is displayed as user 1 and which profile as user 2 and you can also delete profiles.



- 1 Here you can specify the directory where the software downloads and stores some files. Only a small part of the program files is stored in the installation directory.
- 2 From this directory, your own training programs are displayed in the [workout-list](#). If this entry is empty, only training programs downloaded from icTrainer will be displayed in this list.
- 3 In this folder, the program stores completed training programs.
- 4 From this directory, own music and video files are displayed in the media file overview. If this entry is empty, only music and video files downloaded from icTrainer will be displayed in this list.
- 5 You can set which training program should be displayed at program start.
- 6 We offer several download servers. If the current one is too slow, you can also try the other variants.
- 7 You can set how often the download progress is updated. If there are stability problems during the download, you can increase the value (the default is marked with *).
- 8 If you use an HTTP proxy to access the Internet, you can set it here (format: "ProxyDNS:ProxyPort"). This depends on the firewall configured in your own network.

Preferences



1

Two languages (DE/EN) are currently available. The default language is the language of the operating system and if it is not available as a language file, then EN. The program would be very easy to translate into other languages, but then a translation for manual and website is also necessary/useful. Let's see if more languages come.

2

Current zoom factor (precalculated based on display size and does not automatically start at 100%)

3

Select the units for the display (default is metric with Kilometer and Kilogram and imperial with miles and pounds)

4

Depending on the device, the "phone mode" is used, as the display is then significantly smaller than on monitors/tablets. For example, you have fewer buttons and dialogs (e.g. editor) so that the program can still be used. In general, a smartphone is only suitable for playing training programs, but not for creating them.

5

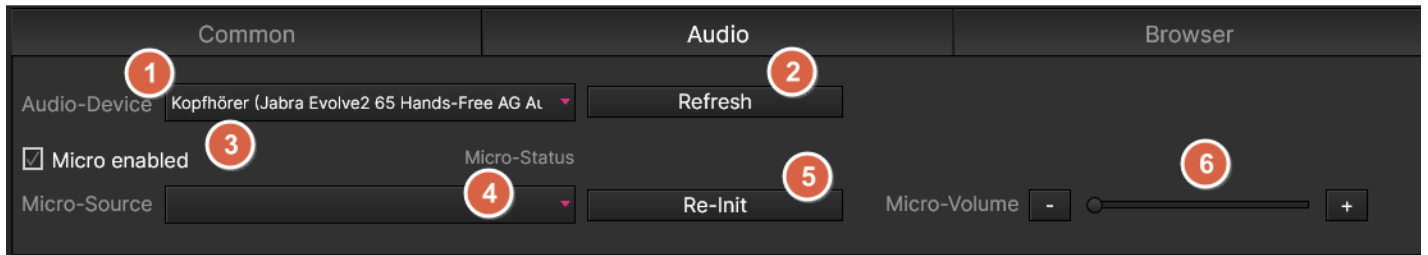
You can configure how often the playback speed is updated during dynamic video playback.

misc settings:


Activate special functionalities	We have a few feature enhancements, but only experienced users should use them. More buttons will appear in some places.
Allow remote control	The remote control of the app via icTrainerRemote can always be activated/deactivated here. This only means whether the button for it appears on the start page. The actual activation takes place via the button on the start page.
Continue workout after crash	During your workout all necessary result information are stored to allow you to continue/store the results after a crash of the app
Display Media Info	You get interesting additional information about the played music/video files displayed. These can also be hidden if necessary.
Ask after Stop	You get ask if you click the stop button if you really want to stop the workout or only pause it
TCX by mail	send the tcx-file by mail instead of storing it on
Video HW-Accelerated	Activate/deactivate the video-hardware-acceleration

Audio

Under Windows, the tool allows the trainer to transmit the instructions via microphone via the same speakers as the music:

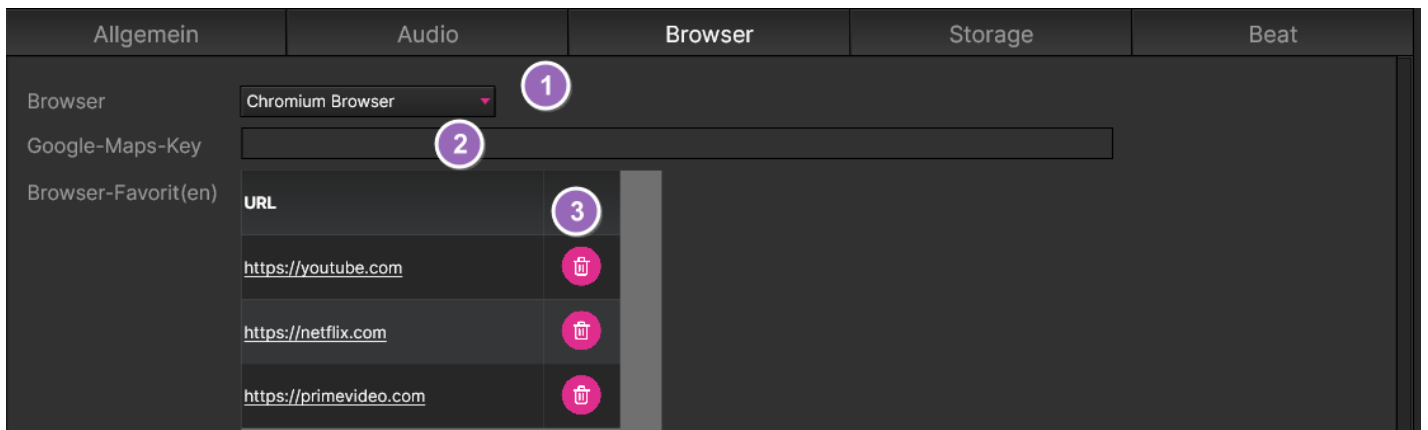


- 1 The output device is selected here. The default device is marked with an *.
- 2 This reinitializes the selection list.
- 3 The microphone mode can be switched on and off (default: off). Only when switched on, the activation button for the microphone appears in the menu on the left.
- 4 This is where the microphone is selected if multiple microphones are available to the system
- 5 Re-Init restarts the initialization and search for microphones.
- 6 Here you can adjust the volume of the microphone with the TrackBar or the -/+ buttons.

If the microphone mode is activated, you can turn the microphone on and off  in the menu on the left:



Browser



1

We have two browser implementations at launch, usually the Chromium implementation is the more powerful of the two and is therefore preselected. But if a website doesn't want it, you can try the "Classic Browser".

Windows: sometimes it is necessary to run the [Microsoft Evergreen Standalone Installer](#) once to use the Chromium implementation.

2

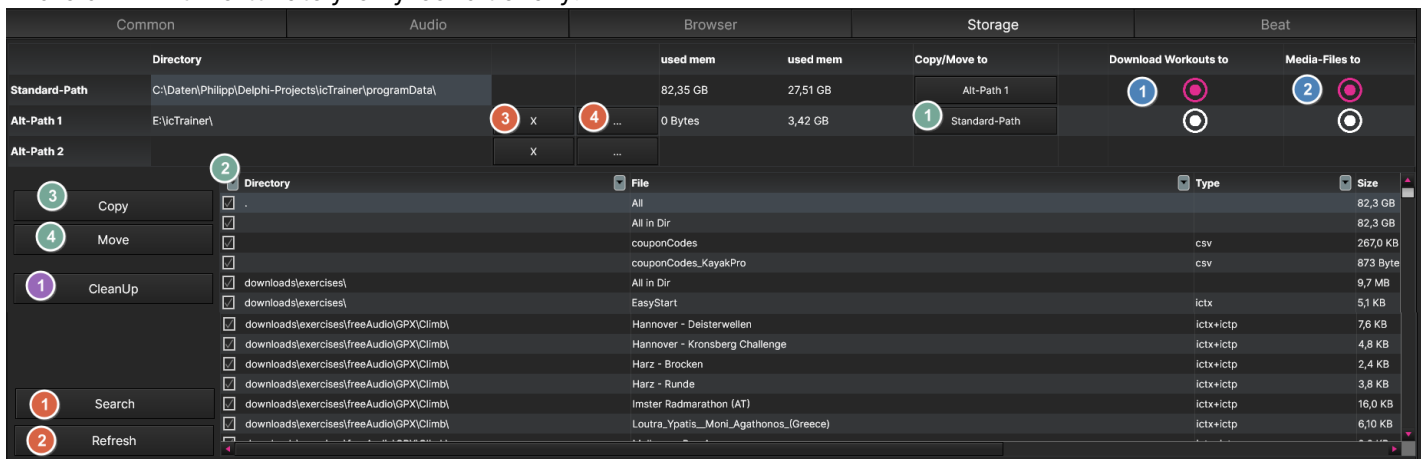
If, for example, you prefer the map display in the Google Maps map under Windows or MacOS (e.g. you can also use the satellite map), you have to get a Google Map API key yourself from Google, as these are subject to a charge from a certain number of displays ([Use API Keys with Maps Static API | Google Developers](#)). Individual users usually do not reach the payment limit.

3

In the browser dialog itself, you can add websites to the favorites bar. This allows you to delete them from the favorites bar.

Storage

Storage space is expensive, so with icTrainer you can easily use external storage such as SD cards or USB sticks. Unfortunately, this is only possible under iOS because of the strict Apple security concept (yet) and with Android >=11 unfortunately only conditionally.

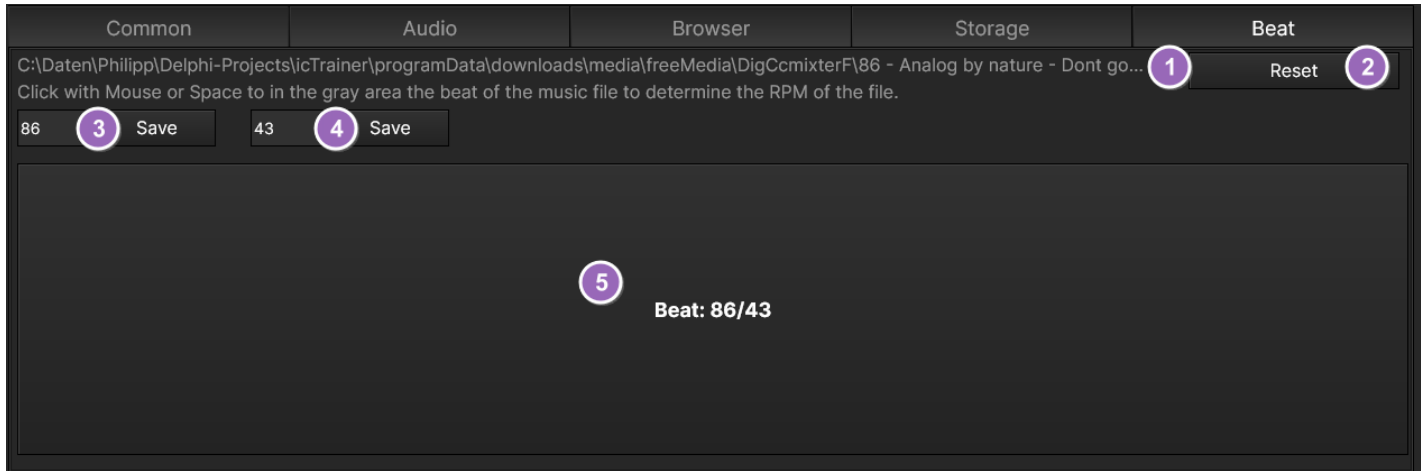


- 1 This checks whether the tool finds an SD card or USB stick that has already been peppered with icTrainer data. This varies depending on the operating system. In any case, it works if you format the storage medium with FAT32 and create an icTrainer directory at the lowest level.
- 2 This updates the disk space information.
- 3 Remove the path
- 4 Selection of the path via a selection dialog (with Android, a file in the path is selected by system)
- 1 Here you specify where the download process saves new exercise files.
- 2 Here you specify where the download process saves new media files.
- 1 Here you start the process if you want to copy or move exercise and/or media files to another storage medium.
- 2 Here you select the files to be copied/moved.
- 3 Here you copy the selected files (or delete in CleanUp mode).
- 4 Here you move the selected files.
- 1 This checks which media files from the icTrainer directories are not used in an exercise and then you can choose which ones you want to delete. Conversely, you can also see for which exercises media files are still missing.

P.S.: In the play lists, ¹ and ² are displayed if a file from Alt-Path 1 or Alt-Path 2 has been imported.

Beat

For spinning, one of the most important functions is to tune the beat of the song to the program. Therefore, you can determine the beat in this dialog and save it in the file name. This is done as follows:



- 1 The file name of the song currently playing in the playlist. For this song you can now determine and save the beat. If no song is currently playing in icTrainer but outside, you can also determine the beat for it, just do not save it.
- 2 With "Reset" you can start the determination of the beat. After selecting a song, this happened automatically.
- 3 Here the beat of the song is displayed and can be saved. You can also simply overwrite the displayed value or enter it yourself.
- 4 Here the half beat of the song is displayed and can be saved. You can also simply overwrite the displayed value or enter it yourself
- 5 Here you click (mouse, any key or finger tap on touch displays) the beat of the song and the beat will be determined from the last 20 clicks as an average value.

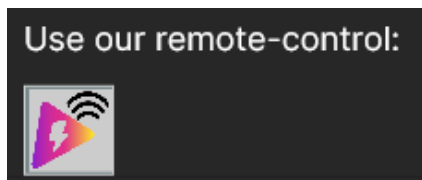
When saving, the file name is preceded by the beat, [beat]_[filename], so that it can then be displayed in the dialogs. Also, the file name is adjusted in all playlists where the tool finds this filename.

other functionalities

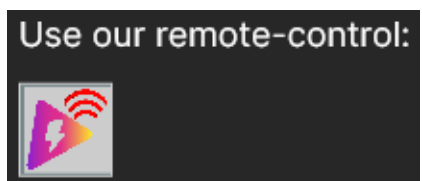
Remote Control (icTrainerRemote)

There is a smartphone app (icTrainerRemote), with which you can control the most important functions by remote control.

You have to activate the function on the [start page](#):

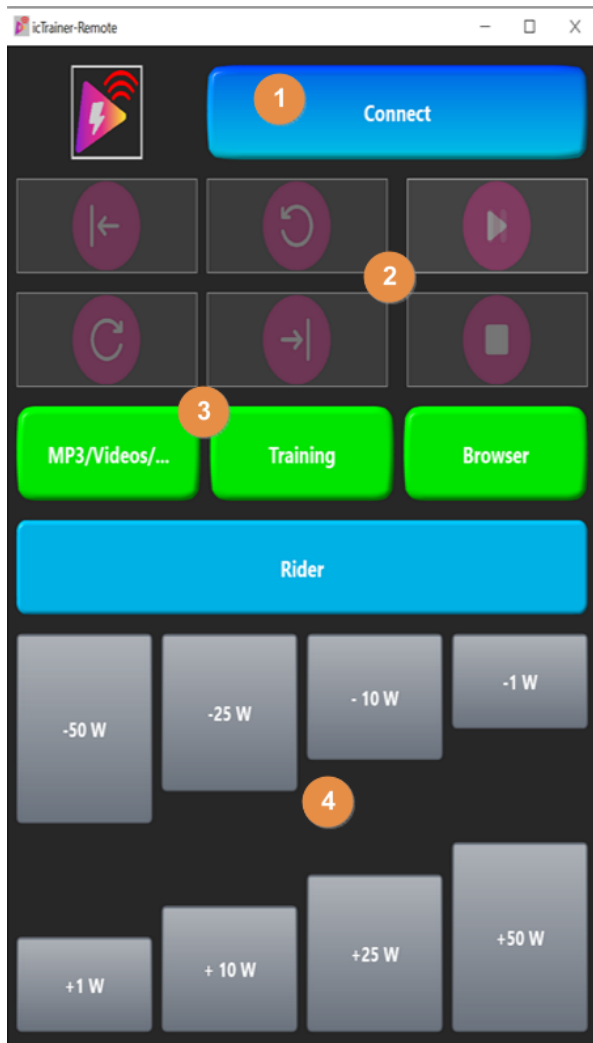
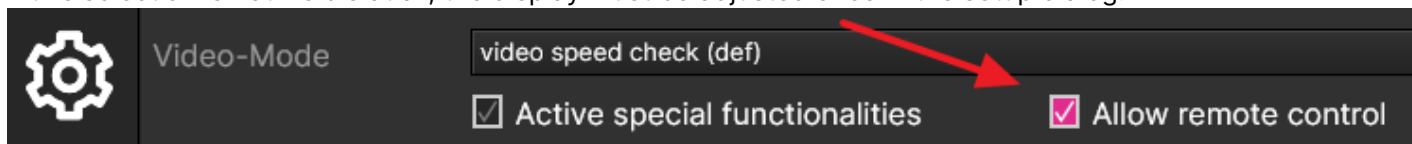


- Function is not activated, remote control cannot be connected to icTrainer
- Click here to activate it



- Function is activated, remote control can be connected to icTrainer
- Click here to deactivate it again

If this selection is not visible at all, the display must be adjusted once in the setup dialog:



You then start the icTrainerRemote app and click on Connect

1

and then the remote control connects to icTrainer. You will now see the most important buttons and can control this by touch from the bike.

If the remote control does not find icTrainer, this may be due to the firewall settings. The Windows Firewall actually asks very well if you want to allow connections. However, there are firewalls from third-party manufacturers where you either have to include the app as a permitted app or activate the ports 2020-2040. The smartphone must not be logged in in the guest area of your WLAN. It must be the same network as the main app.

2

This allows you to control the typical player functions such as play, pause, ...

3

Here you can change the currently displayed page.

4

This allows you to adjust the target resistance.

Roadmap

Here we will later list our and your ideas and approach them accordingly. The more users are interested in our product, the more features we can add.

- Integration of treadmills

Legal Notice

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