

# MYRUN TECHNOGYM

ZWIFT Integration



EVERYTHING YOU NEED FOR  
SUCCESSFUL MARKETING & SELLING

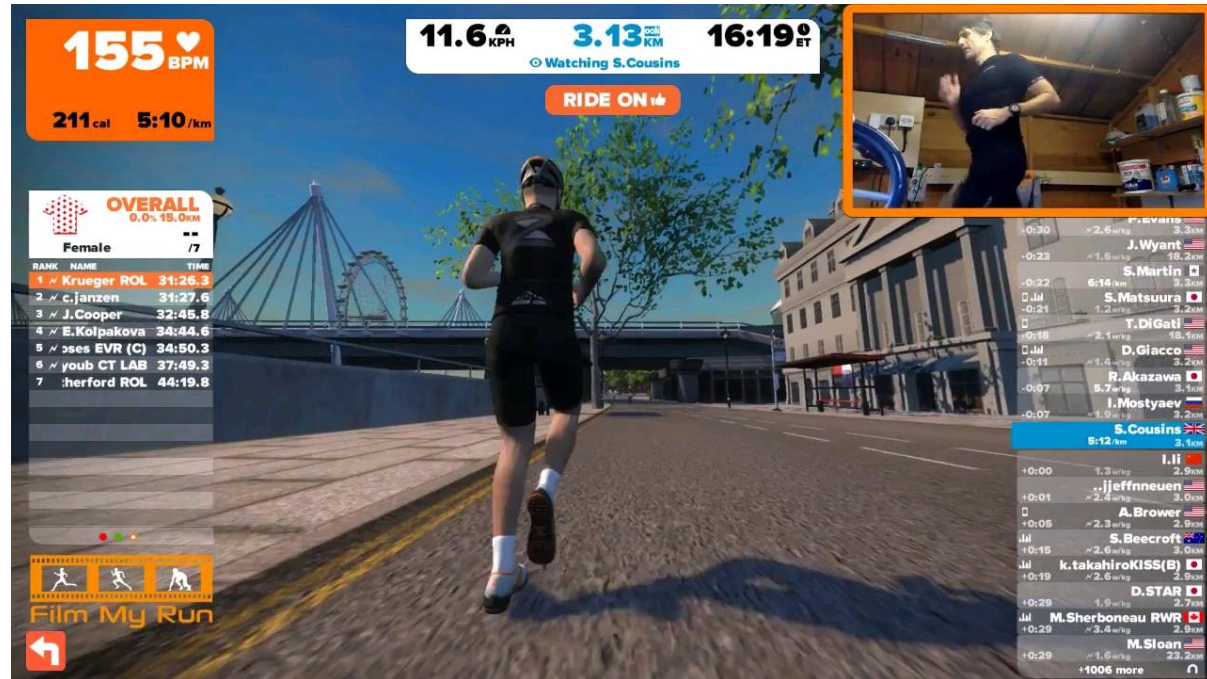


# WHAT IS ZWIFT – PART 1

Adventure.  
Achievement.  
Group runners, workouts, and competitive races.

**Zwift is an indoor virtual training made fun, social, and rewarding for every body.**

Group rides are the heart of the Zwift experience. Choose between hundreds of events - from social, comfortable meetups to high energy races. Most group runners are fronted by a leader, who will welcome you aboard and keep you motivated.



# WHAT IS ZWIFT – PART 2

Connecting MYRUN equipment with the Zwift app, the runner will be able to access a wide environment of virtual rides, challenge other users and live new adventures while training indoor.

To connect MYRUN equipment with the Zwift app, **it's necessary to update MYRUN firmware.**

The firmware update has to be done downloading and connecting the latest version of MYRUN app (1.30 version) to your MYRUN equipment.

**Compatibility with Zwift is available for 3<sup>rd</sup> generation Ipad (e.g. Ipad 3, Ipad 3 mini) and later versions.**



# HOW DOES IT WORK?



ZWIFT is available on iPad only

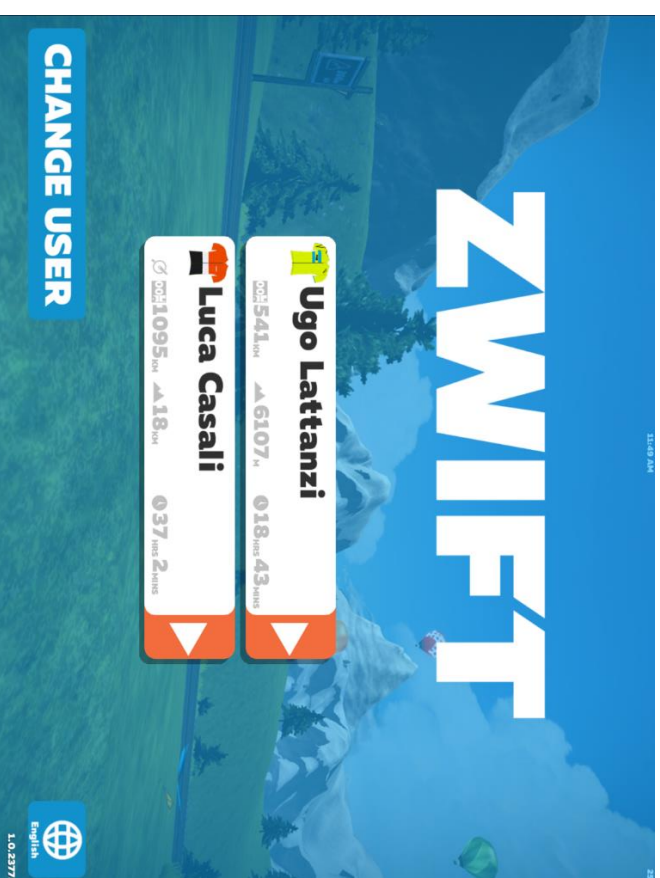


# STEP 1



If you haven't connected your MY RUN equipment with Zwift yet:

- **Update MYRUN firmware:** on all 3<sup>rd</sup> generation tablets, the **1.30 version of MYRUN app** will tell you to update MY RUN firmware. Follow the instruction available on MY RUN app leaving the tablet placed on the equipment display the whole time of the firmware update.  
When the update ends, close My Run app.
- **Download the Zwift app,** open it and create an account Zwift with your credentials.





## STEP 2

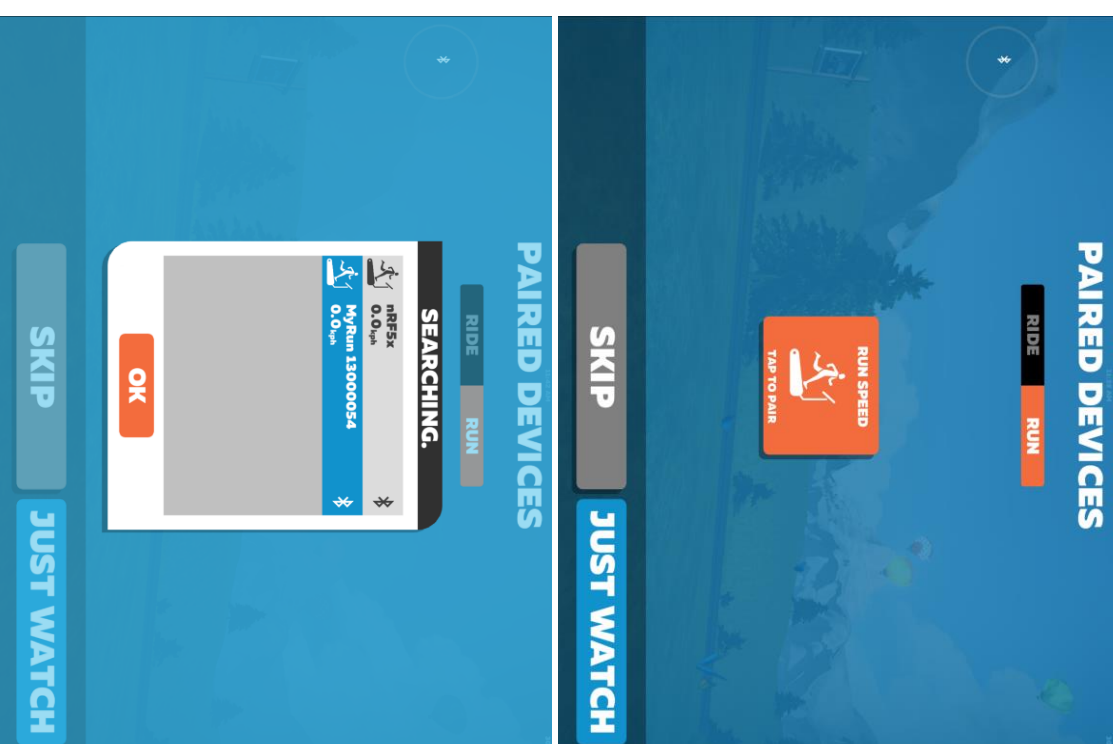


Use the Zwift app to connect your MY RUN equipment.

**Click on your profile.** The home page will open : there you can choose between ride or run modes. **Select the item «Run».**

Press the orange button «Run Speed» to connect your MY RUN. Check that the Bluetooth is active on your tablet and MY RUN equipment is on.

Click on your MY RUN equipment code, which will be detected automatically, and press OK to continue.



# STEP 3



After connecting your MY RUN, click on «Heart Rate» if you want to connect an **Heart Rate monitor** for your training, or on «Cadence» if you want to calibrate your running pace before starting.  
Otherwise, press OK to continue.





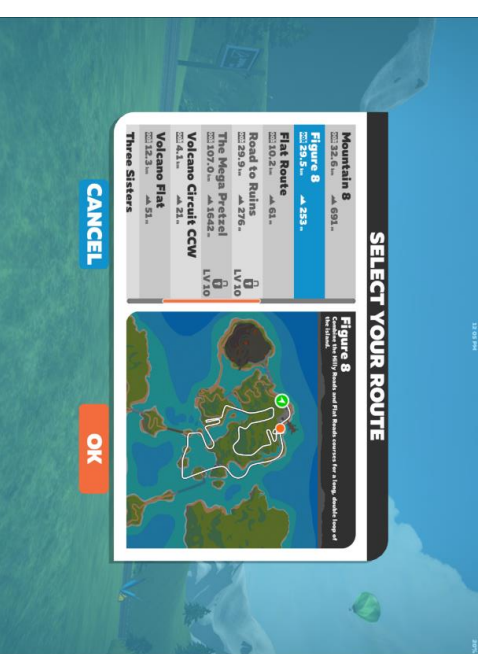
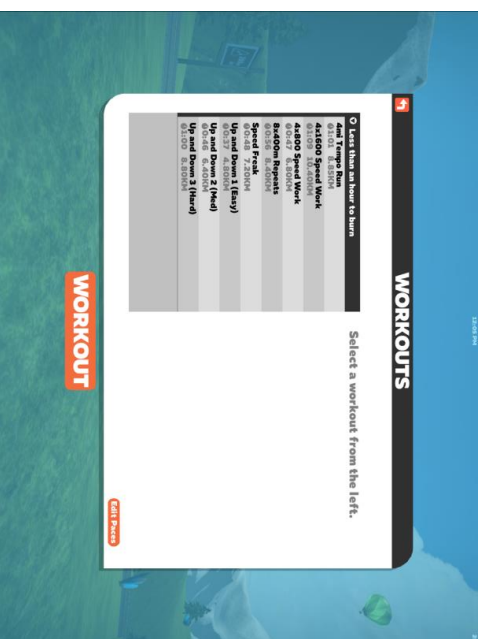


# STEP 4



Before starting your run, the **Zwift app will ask you to choose the route and the workout you prefer**. It shows you data from the users who are running at the moment; you can select someone from the list and challenge him/her.

**Click on «Run» to start your training.**





# STEP 5



The virtual route you have chosen will open: you will see your avatar and the avatars of many cyclists and runners who are training at the moment.

Press the green button on your MY RUN equipment and start running; your avatar will start moving.

At the end of the workout, you can save your running data on the Zwift app.

The results will not be visible on MY RUN app.



# WHAT ARE THE COMPUTER REQUIREMENTS FOR ZWIFT?

Of course apart from the turbo trainer you're going to need a computer on which to play the game. The minimum computer requirements for Zwift are as follows:

- OS: Windows 7 x64 bit, OSX 10.7
- Processor: Intel Core 2 Duo
- Memory: 4GB
- Graphics: 1GB dedicated GPU, or embedded Intel HD 4000/AMD R5
- Hard Drive: 4GB of free space

However it's important to note that those are the *minimum* requirements, and Zwift would recommend that you have 8GB of memory and a 2GB dedicated GPU if you want to play the game and see the virtual worlds in all their glory.



# BESPOKE MARKETING

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