After reading the article on FMO people newsletter, many people got interesting on the Zwift

Since I have some experience on using Zwift for indoor riding,Simon asks me to do this sharing, introducing little bit more of Zwfit.

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Well, I quite like this commercial since it really reflected the essential of Zwift.

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In a word, zwift is a video game and the only game controller is your legs.

Indoor training is always a good option considering cold/raining weather, limited daylight, and a busy schedule.

Zwift additionally makes it more fun, social and rewarding.

In this virtual worlds of Zwift you could level up by just paddling more

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each higher level you get, you could get more virtual equipment, like new clothes or new bikes in this highly virtual world.

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This world is built up by several maps. When dsegin theres map, zwift combined the real world which purpue imagations.

So you could chose to ride the extraly the same rotue in lodon City

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or centry Park in New York

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Or if you looks same usual, you can always chose riding on snow moutains

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under the water,

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in the vocalno

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Well, you could do all kinds of tranning by yourself on Zwift, but I think the most important part of experience you could get from zwift is join online events.

Baicly every half hours, there is at least on event is schdueled. Users can sign up this event by their choice. So it offers the opportunity of its users to ride with other rides all over the world any time, any day.

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They including group training seesion,

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racing

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social ride.

Although zwift just a application you simply need to download and installed, there are few device you need to get before in join the ride with Peter Sagan.

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The device will adjust the angel of the bike automatically accoding to the route in you riding in Zwift. For example, if you are climbing, the angle of the bike will increase. Also, if you are riding on some country road with bad road condition, you will also feel some vibirition from this mechine.

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Other similar indoor training app on the market.

However, Due to the enrichment of social interaction, especially in the past year, Zwift dominated the indoor training software market. I think due to Covid-19, people have got the new perspective of Physical well-being, and also still not able to back to work in office every day. Zwift just provide this sweet combination of video game exerisce with social interaction with others people is missing.