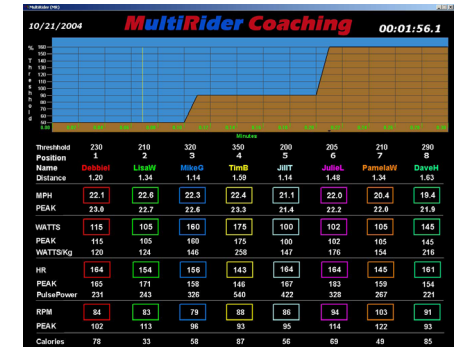


epicRIDES™ PowerProfiles™

**pre-programmed time based
workouts for indoor trainers**



HEALTH WARNING

Not all exercise programs are suitable for everyone, so please consult your physician before beginning this or any exercise program. You should always warm up for a few minutes before beginning any exercise program. You should never exercise beyond the level at which you feel comfortable. If at any time you feel that the recommended intensity is too difficult, reduce the resistance or shift to a lower gear. Take additional time to rest between sections if needed. If at any time you feel discomfort or you are exercising beyond your limit, you should slow down or discontinue the exercise immediately.

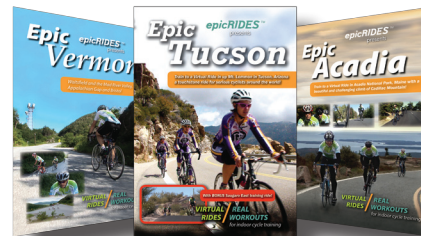
THE USER ASSUMES ALL RISKS OF INJURY IN USE OF THIS PROGRAM.

**for the
Computrainer Multirider System**



PO Box 4603
Burlington, VT 05406

www.epicplanet.tv



**VIRTUAL / REAL
RIDES / WORKOUTS**
for indoor cycle training

epicRIDES PowerProfiles

epicRIDES PowerProfiles are downloadable pre-programmed time-based workouts compatible with a specific bicycle trainer and programmed to run in a manual synchronization with its companion **epicRIDE** DVD.

These PowerProfiles are programmed for the RacerMate Computrainer system being controlled by the Multirider software application. The Multirider application can be obtained from RacerMate on their website at: <http://www.racermateinc.com/>

Set-Up Instructions

PLEASE NOTE: *Although the Computrainer Multirider System is a relatively simple application, we have found that it is not the most straightforward application to use and though we have done our best to provide a general instruction for using this application with our PowerProfiles, we must clearly state that we CAN NOT PROVIDE any support for the use of this application. For that users must contact RacerMate directly.*

Follow these general instructions to download your PowerProfile workout to your computer and load it on your Multirider Application .

1. Download your PowerProfile from the epicPLANET.tv web site: <http://www.epicplanet.tv>
2. Be sure to remember where you put the PowerProfile on your computer.

3. Start your Multirider software.
4. Right mouse click the background of the application and select **Change Mode**. A **Select File** dialog box will open.
5. If in this dialog box for **File Type** says CRS file, **Close** or **Cancel** out, the right mouse click the background again and select **Change Mode** again.
6. Now the dialog box for File Type should say MRC files. Browse to find your epicRIDES PowerProfile and open the file.
7. Next right mouse click the background of the application again and select **Rider Setup**.
8. Update the rider information and close the window, saving your changes.
9. Now you are ready to ride!

Running your PowerProfile Workout

Your PowerProfile Workout runs in a manual synchronization with the ride on the DVD. This simply means that you manually start the DVD and Workout in quick sequence and from there, both being time-based media, they will run in synchronization.

1. Load and run your **epicRIDES** DVD to the **Main Menu**.
2. Select the matching PowerProfile Workout on your Computer.
3. Select **Play** on your DVD player to start the ride.
4. Select **Start** on your Computrainer handlebar remote.
5. Enjoy your ride!

About the Computrainer Multirider System

CompuTrainer MultiRider systems provide a new, exciting and technically superior method of indoor GROUP bike training and racing. It's a great way to motivate people to stick with an athletic or exercise program. A basement, garage, bike shop or health club can double as an indoor cycling center for up to 8 riders at a time connected to one PC through a USB Hub.

For specific information about Computrainer and Multirider operation please consult the RacerMate web site at: <http://www.racermateinc.com/>

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