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**MyRide V3.0**

Art. no.:  
5000 00 (ATSC/ NTSC TV)  
5000 01 (DVB-T / PAL TV)

**Caution!**

Read all precautions and instructions in this manual before you begin using this equipment. Please keep this manual for future reference.

Improper assembly, set up, use or maintenance may void the warranty.

MYRIDE V3.0 content is licensed to be used exclusively with an exercise bike as a personal training device. No other license is conveyed, expressed or implied.

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**INSTALLATION**

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The production batch number is found on the backside of the MyRide Wave stand located next to the connectivity plate. Please make note of the production code of the MyRide V3.0 system and keep a copy of your original commercial invoice. Warranty claims can only be processed upon remittance of this information.

**QUESTIONS?** At Indoorcycling Group we are committed to provide complete customer satisfaction. If you have any questions, please contact your local distributor or refer to our web-site [www.indoorcycling.com](http://www.indoorcycling.com)

**IMPORTANT PRECAUTIONS****WARNING!**

To reduce the risk of serious injury please read the following important precautions and information before enjoying the MyRide V3.0 personal training experience.

1. It is the sole responsibility of the owner/operator and his staff to ensure that all users of the indoor cycle are informed of all warnings and precautions by an authorized trainer or instructor prior to using the MyRide product.
2. Any indoor cycle used in conjunction with the MyRide must be operated and maintained in accordance with its owners manual.
3. The MyRide is intended for indoor use only. Do not use in areas with poor insulation, excessive dust or moisture (for example, near a swimming pool).
4. Place the MyRide on a level surface. To protect the floor or carpet from damage, place a mat beneath the equipment. Be sure there is sufficient space around the MyRide and indoor cycling bike for a user to mount, dismount, and operate the equipment safely.
5. Regularly inspect all parts of the MyRide V3.0 hardware. Please replace defective parts immediately and do not use the equipment until repairs are carried out. Only use original parts from the manufacturer.
6. Children under the age of 16 should only use the MyRide V3.0 with parental approval and under supervision of a specially trained instructor.
7. Always wear appropriate athletic clothes and shoes while operating the indoor cycle. Do not wear loose clothes that could become caught on the indoor cycle, and keep laces secured and out of the way of moving parts.
8. Before using the indoor cycle, make sure that you are familiar with the setup/operation of the indoor cycle. If not, refer to the respective owners manual of the bike or ask a trainer.
9. Some indoor cycles do not have an independently moving flywheel (wheel); the pedals will continue to move together with the flywheel until the flywheel stops.
10. If you feel pain or dizziness while using MyRide V3.0 personal training, stop immediately, rest and cool down and consult a physician.

**MEDICAL WARNING:**

Before beginning any exercise program, consult your physician. This is especially important for persons with pre-existing health problems. Read all instructions before use. Be aware that incorrect exercise may result in serious injury. The manufacturer assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

**MyRide Multimedia Console  
TECHNICAL SPECIFICATIONS**

**WARNING:** Do not allow this system to become wet, for risk of electric shock or fire. Do not expose the MyRide to moist environments, and do not place liquid filled containers on or near the unit.

**ATTENTION:** To prevent a risk of electric shock, be sure the power plug is fully and correctly inserted into the MyRide and the wall socket.

**CAUTION:** RISK OF ELECTRIC SHOCK. DO NOT OPEN High voltages are present within the enclosure. Do not open the monitor or computer housing. There are no user-serviceable parts inside the MyRide. Only trained and qualified service technicians should service the MyRide V3.0.



The exclamation point within a triangle is intended to warn the user of important operating and maintenance instructions.

**System specifications**

Monitor	17.3" / 1600 x 900 / 16:9 / 400 nits / 30W max
Touch screen	4 wire resistive industrial-grade touchscreen panel
Video content	1280 x 720p HD
OS	Ubuntu Linux Live System
PC	Intel Atom, ION2, 500 GB HDD, 2 GB RAM, 35W max
Power	110-220V AC input / 2 x 12V 3.5A DC output
TV tuner	built-in mini PCIe card (ATSC/NTSC or DVBT/PAL)
Working temperature	40° F-110° F (5° C - 45° C)
Connections	USB 2.0, RJ45 LAN, WiFi, TV coax (F-connector)

**BASIC MAINTENANCE****Environment:**

Keep the MyRide between 30% and 70% humidity. Low humidity can cause gaskets to dry out; high humidity may cause condensation inside the unit. (See the Troubleshooting Guide if you get moisture in your MyRide.)

Operating temperatures should not exceed 110° or dip below 40° Fahrenheit.

Spikes or dips in voltage may damage the MyRide. If your power is subject to fluctuations, prevent damage to the MyRide with a surge protector.

**Cleaning:**

The LCD and touchscreen panel is delicate. Clean only when necessary with a soft, damp cloth. If necessary, moisten the cloth with a diluted, mild detergent. Never use liquids on the touch screen, which can leak into the Wave stand and cause electrical problems.

The Wave stand itself may require occasional dusting. Do not use cleaning liquids on the wave stand, as they can leak into the stand and damage electronics. Avoid harsh chemicals or abrasives which may damage the coating on the surface of the stand.

**Software:**

To take advantage of new features and bug fixes, update the software on the MyRide occasionally. You can check for new software at <https://secure.myrideportal.com>.

To update the software, download the update file onto an empty USB stick (FAT32 file format), and plug the USB stick into the MyRide. Turn on the MyRide and follow the on-screen instructions. When the update is finished, the MyRide will reboot, signaling that it is safe to remove the USB stick. (If not removed soon after the reboot, the update process may happen again -- avoid this by promptly removing the USB stick when the MyRide reboots.) Check for updates at least semi-annually.

**Hardware:**

Heavy use may work some fasteners loose. As part of your quarterly maintenance, please verify that all bolts and screws are secure in the MyRide wave stand.

**Troubleshooting:**

Should any unexpected problems arise, please consult the troubleshooting guide. If problems persist, contact your service representative.

**USING YOUR MYRIDE****Using the Touchscreen**

The MyRide features a 17" single-touch industrial touchscreen. The touchscreen functions best with a firm touch from the fingertip – no stylus is required, and touching the screen with more than one finger at a time will not work.

Most icons on the MyRide are touch buttons – a single press will activate the control. Lists, such as a playlist for a custom-built workout, can be scrolled by touching the screen with your finger and dragging across the surface of the touchscreen. The Television channel list (MyTV) should be scrolled by touching near the channel listing and dragging.



The MyRide home screen. Note quick start arrows.

**The Home Screen**

The MyRide experience begins at the home screen. Touching the icons on the home screen will launch different entertainment and coaching options. The coached workouts are the MyRide studio experience (page TK) and MySportif coached outdoor workout (page TK). For non-instructed workout entertainment, the MyRide features MyScape (page TK), and optional television (page TK) and web (page TK).

You can always return to the homescreen by touching the “home” icon in the lower left corner of the screen (it will appear in the upper left on the Administration Screen).

## USING YOUR MYRIDE

### The Administration Screen

Starting from the home screen, enter the Administration Screen to make changes to the configuration of your MyRide. It is not password protected, but it is hidden from view. To activate it, touch the ICG logo in the lower-right corner of the screen, then touch the 'MyRide v3.0' text in the upper-left corner within 1.5-2 seconds. The icons will change color when pressed successfully.

This automatically launches the Administration Screen (picture below).

To return to the home screen, touch the "home" icon in the upper left corner. You can use the Administration Screen to make changes to your system.



Administrator Screen



A pre-programmed workout.

### QuickStart and Playlisting

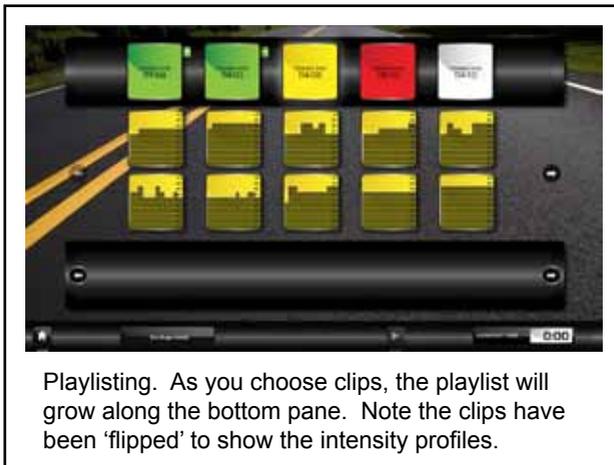
MyRide, MySportif, and MyScape all feature quickstart options. Pressing the quickstart button launches a workout with minimal setup. Pushing the MyRide, MySportif, or MyScape icons give you the option of choosing different pre-programmed workouts or creating your own.

Pre-programmed workouts are available by type and length of workout.

Choose your workout type first (fat burn, cardio, sports, or interval), then choose the length of your workout (20, 40, or 60 minutes). Your workout appears below, in the playlist pane. Every four minutes are represented by a colored tile. At the very bottom of the screen, you can see the workout length, the start button, and the 'flip' button. The flip button allows you to change the information you see in the represented on the tiles.

**USING YOUR MYRIDE**

For complete control, you can build a workout manually and choose to design your workout based on individual four-minute segments of video (five minutes for MyScape). The playlist view is similar to the pre-programmed view, because the workout you are building is visible at the bottom of the screen. At the top of the screen, there is a list of types of content available, and when you choose a category, the available clips appear in the middle pane. Choose a segment by touching its icon, and it will be added to the end of the playlist. You can remove a clip from your playlist by touching the 'x' in the upper corner of the clip's tile. When you are finished building your workout, begin by pressing the "start" button.

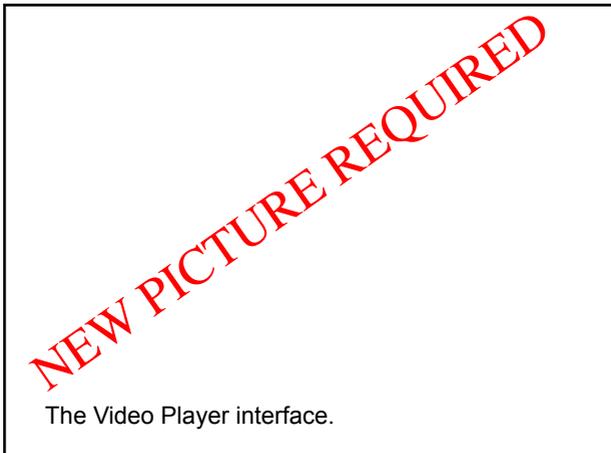
**Learn the Moves: Coached Workouts**

MyRide and MySportif workouts include on-screen coaching advice to structure your workout. The MyRide includes tutorial videos explaining the coaching methods and terminology. You can access these videos by choosing 'Learn the Moves' before a MyRide or MySportif workout.

**USING YOUR MYRIDE****WARNING**

This product is intended to motivate fit, healthy exercisers.

This product and coaching are not intended to replace the services of a physician, nor does it constitute medical advice. This product is not intended to diagnose, treat, or cure any medical condition. Any actions you take in the course of using this product are entirely at your own discretion; please use good judgment. You should consult with your physician about the appropriateness of any workout for your individual health, and before starting a new exercise regimen.

**Video Player**

MyRide, MySportif, and MyScape use the Video Player interface (picture TK). The main window displays the video and a variety of overlays, displaying workout information and details about the terrain (for outdoor workouts). The user controls are located in the bottom pane.

The 'home' button will end your workout and bring you back to the home screen. The start/pause button allows you to pause and restart your workout, and the 'next' button will skip to the next video segment. The audio symbol allows you to mute and unmute the audio, and the 'my media' button launches the audio control interface, allowing you to choose your music.

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## **About Indoor Cycling Group**

The MyRide is developed and manufactured by IndoorCycling Group (ICG). ICG consists of three brands – Tomahawk, MyRide, and I.C.E. – with one unified vision: to create an empowered indoor cycling experience. ICG is renowned for its commitment to improving standards of Indoor Cycling products and furthering education resources worldwide. ICG is one of the largest manufacturer of indoor cycles, and with over 20,000 I.C.E qualified instructors, the ICG program is the most comprehensive and premium support structure for health clubs and trainers alike. More information is available at [www.indoorcycling.com](http://www.indoorcycling.com).

## **About Virtual Active**

The video footage on the MyRide is produced by Virtual Active (VA), and the MySportif coached workout is co-developed by ICG and VA. Virtual Active is a San Francisco-based video and technology company that enables revolutionary virtual-reality exercise products. Virtual Active licenses its unique content and proprietary interactive video technologies to leading manufacturers of cardio entertainment systems, experience-driven health clubs, and directly to end users through a variety of digital entertainment platforms. With its partners, Virtual Active takes exercisers to hundreds of beautiful and iconic locations around the globe during their workouts – for more information, take a trip to [www.vafitness.com](http://www.vafitness.com).

**Installation Guide**  
**INTRODUCTION****The MyRide V3**

The MyRide V3 is a touchscreen media console for use as an exercise aid. The system consists of an industrial computer and touchscreen, housed in a sheet metal wave stand. The computer and touchscreen are fully connected and configured at the factory, but the wave stand requires some assembly on-site.

Depending on mounting and other options, setup may take from 30 minutes to slightly over one hour.

**Setup Requirements**

**Tools and parts:** All tools and parts necessary for assembling the wave stand are included in the original shipping box.

Wall mounting the MyRide will require additional hardware and tools.

**Customer Support**

For the most-current customer support, please visit the website at <https://secure.myrideportal.com>. Basic maintenance and support questions are addressed in this manual. If your problem is not answered by these resources, or if your MyRide requires service, please contact your distributor.

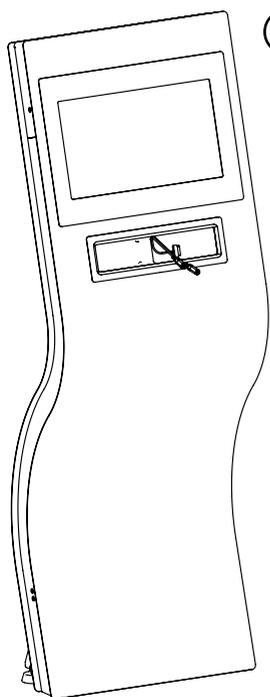
**Installation Notes:**

The MyRide personal training is a product for professional and / or commercial use. Such training equipment is intended for use in training areas of organizations such as fitness clubs or sport associations where access and control is regulated and the legal responsibility for use lies with such club or association.

<b>Foot print of MyRide 3wave:</b>	<b>86 x 56 cm / 34 x 22 inch</b>
<b>Weight of MyRide 3wave:</b>	<b>42kg / 92.5 Lbs</b>
<b>Height:</b>	<b>150cm</b>

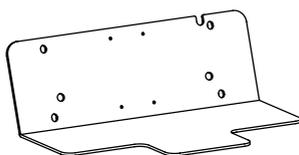
<b>Foot print of MyRide 3wave + bike:</b>	<b>approx. 200 x 65 cm / 79 x 26 inch</b>
<b>Weight of MyRide 3wave + bike:</b>	<b>approx. 100 kg / 220 Lbs</b>

**ASSEMBLY PARTS & TOOLS**



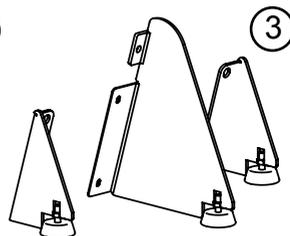
3 Wave stand

①



Base plate

②



Stabilizer rear Fin's

③

A



M10x16

4x

B



M5x10

6x

C



10.5 mm

4x

D



5.5 mm

6x



Allen key 4.00 mm for bolt B



Allen key 8.00 mm for Bolt A

**SERVICE PARTS**



**Art. no: 500 092**

connection terminal with  
extension cables to PC



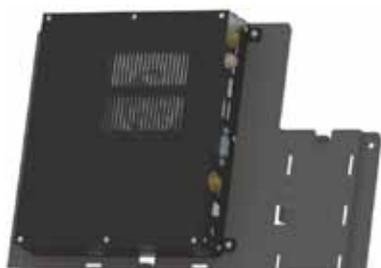
**Art. No: 02 11 05B**

Leveling feet



**Art. no: 500 091**

Ipod storage basket



**Art. no: 500 030 (ATSC/NTSC)**

**Art. no: 500 031 (DVBT/PAL)**

Industrial PC with mounting plate



**Art. no: 500 020**

17.3" 16:10 LCD-TS monitor with  
bezel and mounting material



**Art. no: 500 080**

110/220V PSU with 12V 2x3,5A  
„Y“ DC extension cable  
for Monitor and PC



**Art. no: 500 071**

Audio twin socket  
„Y“ extension cable



**Art. no: 500 070**

Made for Ipod  
connection cable



**Art. no: 400 209**

UK extension cable



**Art. no: 400 210**

USA extension cable



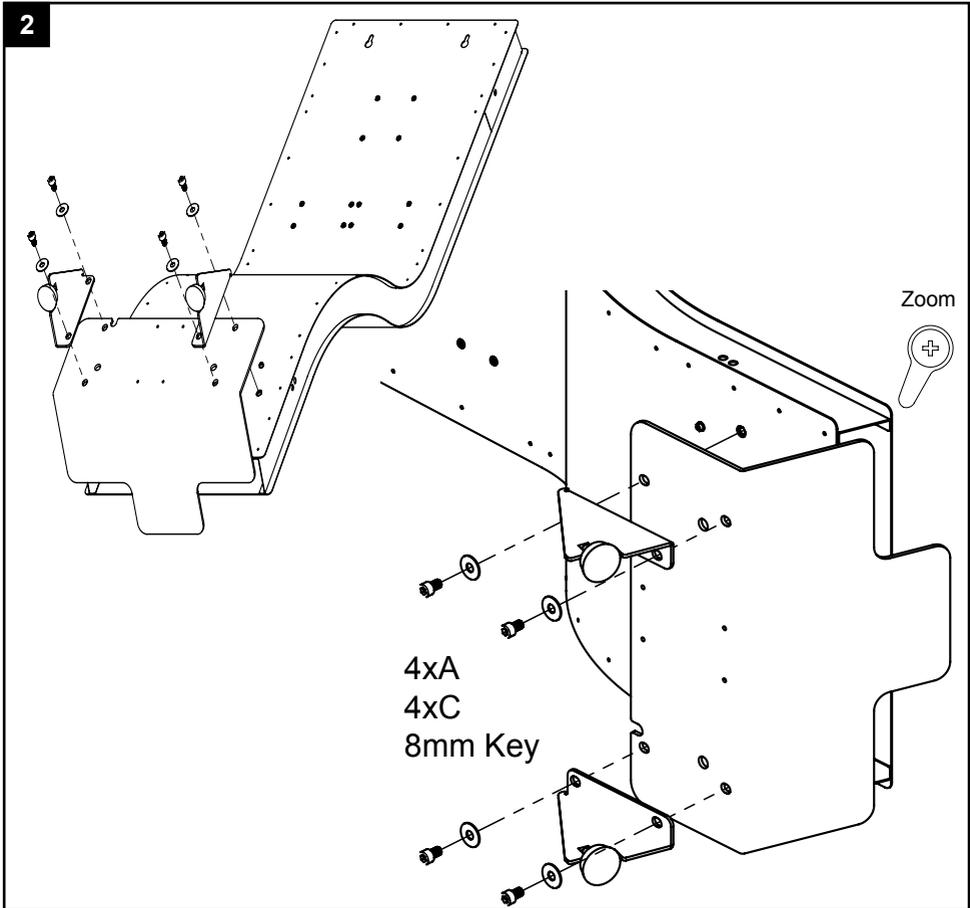
**Art. no: 400 211**

EU extension cable

**ASSEMBLY - free standing**

**1: Remove the wave stand from the packaging**

The Wave stand is very heavy! It requires at least two people to remove the stand from the packaging. Make sure you have a firm grip, and avoid holding the edges (which may bend). Please verify when unpacking that all of the required parts are included with the stand. Place the wave stand on the side for easier assembly.



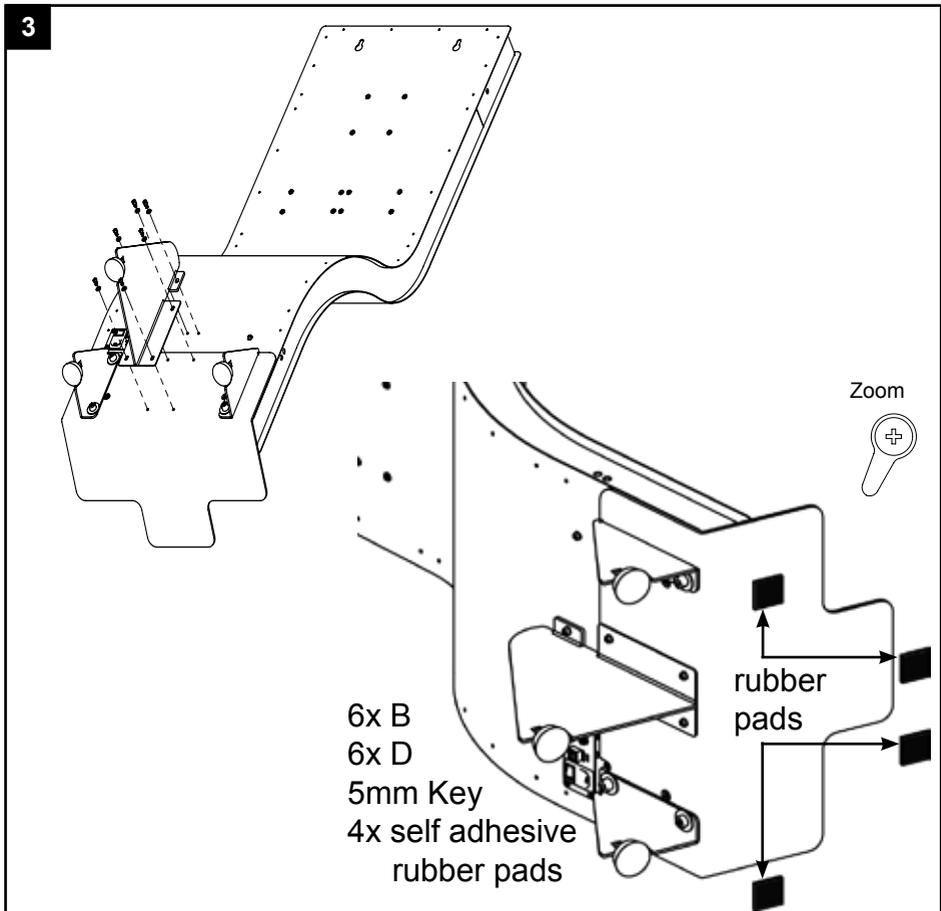
**2: Attach the bottom plate and side fins**

Place the Wave stand on its side for assembly. (See illustration.) Place the base plate on the stand and secure the two small fins to the rear by bolting through the base plate and into the screw posts at the bottom of the stand. Before tightening the bolts, tap or push the base plate to ensure it is seated firmly against the bottom of the wave stand.

**ASSEMBLY - free standing**

**3: Attach center fin and rubber feet**

Place the large center fin over the bolt holes in the wave stand, and secure using six M5 bolts with washers. Affix the four adhesive rubber pads to the base of the wave stand as shown in the illustration.



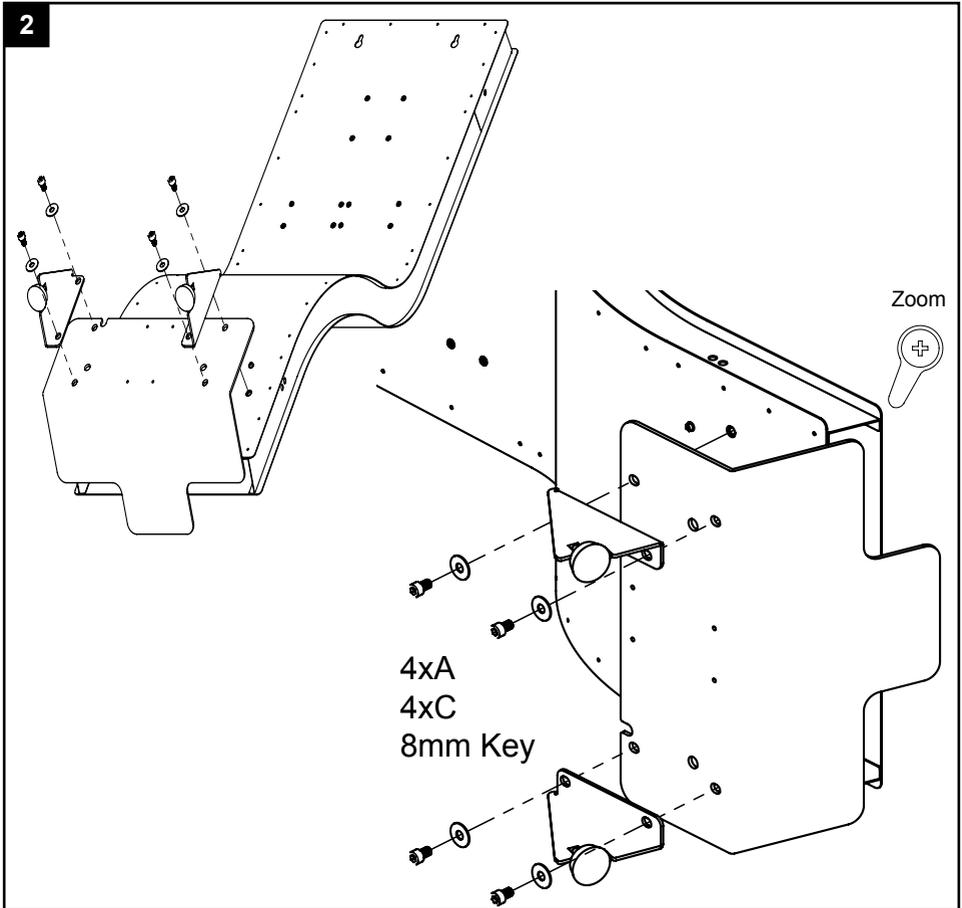
**4: Move the MyRide into position**

With at least two people, pick the MyRide up and move to its proper location. Use a firm grip; do not slide or tilt the stand, as the weight of the unit may bend the metal frame.

**ASSEMBLY - wall mounted**

**1: Remove the wave stand from the packaging**

The Wave stand is very heavy! It requires at least two people to remove the stand from the packaging. Make sure you have a firm grip, and avoid holding the edges (which may bend). Please verify when unpacking that all of the required parts are included with the stand.



**2: Attach the side fins**

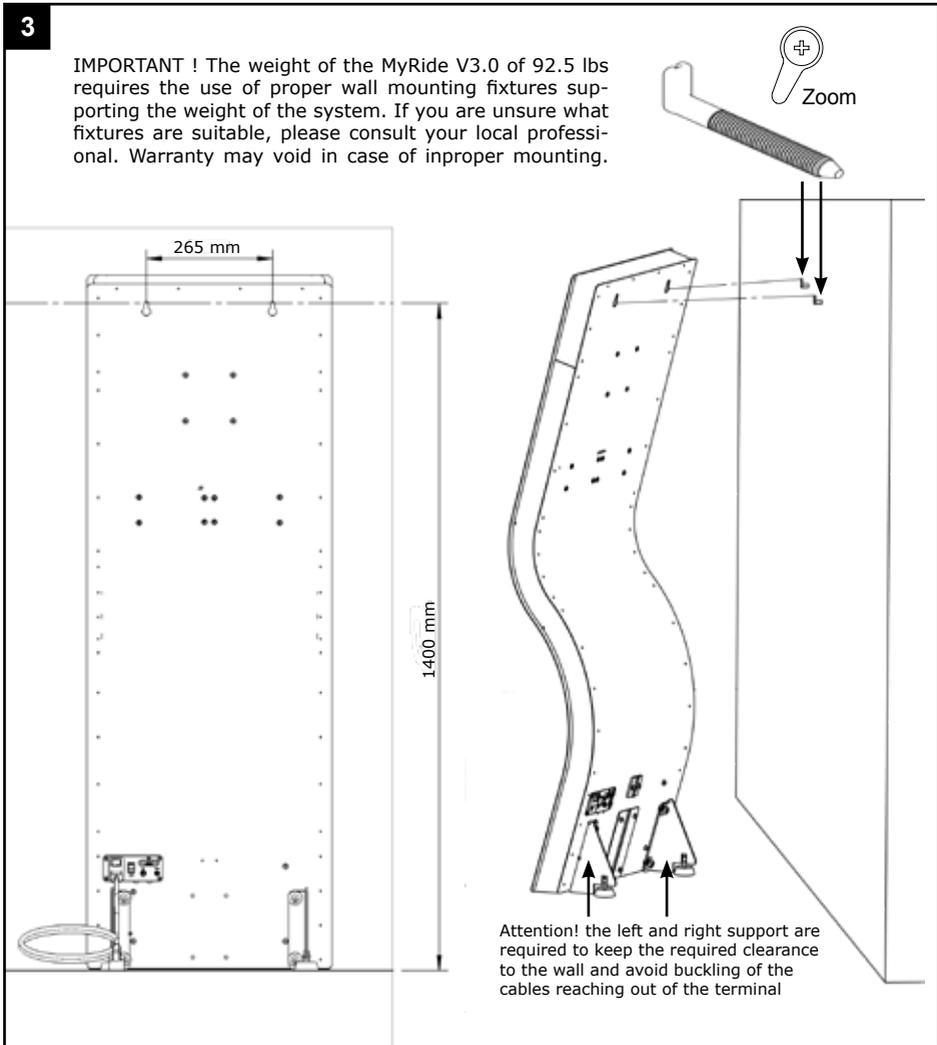
Place the Wave stand on its side. Secure the two small fins to the rear of the wave stand, rubber foot side down, by bolting into the posts.

When wall mounted, the MyRide does not use the base plate or the center fin.

**ASSEMBLY - wall mounted**

**3: Prepare the wall anchors**

Measure up 55" (1400 mm) from the floor. Insert two wall anchors 10.5" (265 mm) apart, following the anchor manufacturer's directions. Note: the anchor must be rated to support at least 100 lbs. Be sure the wall itself can support the weight of the stand!



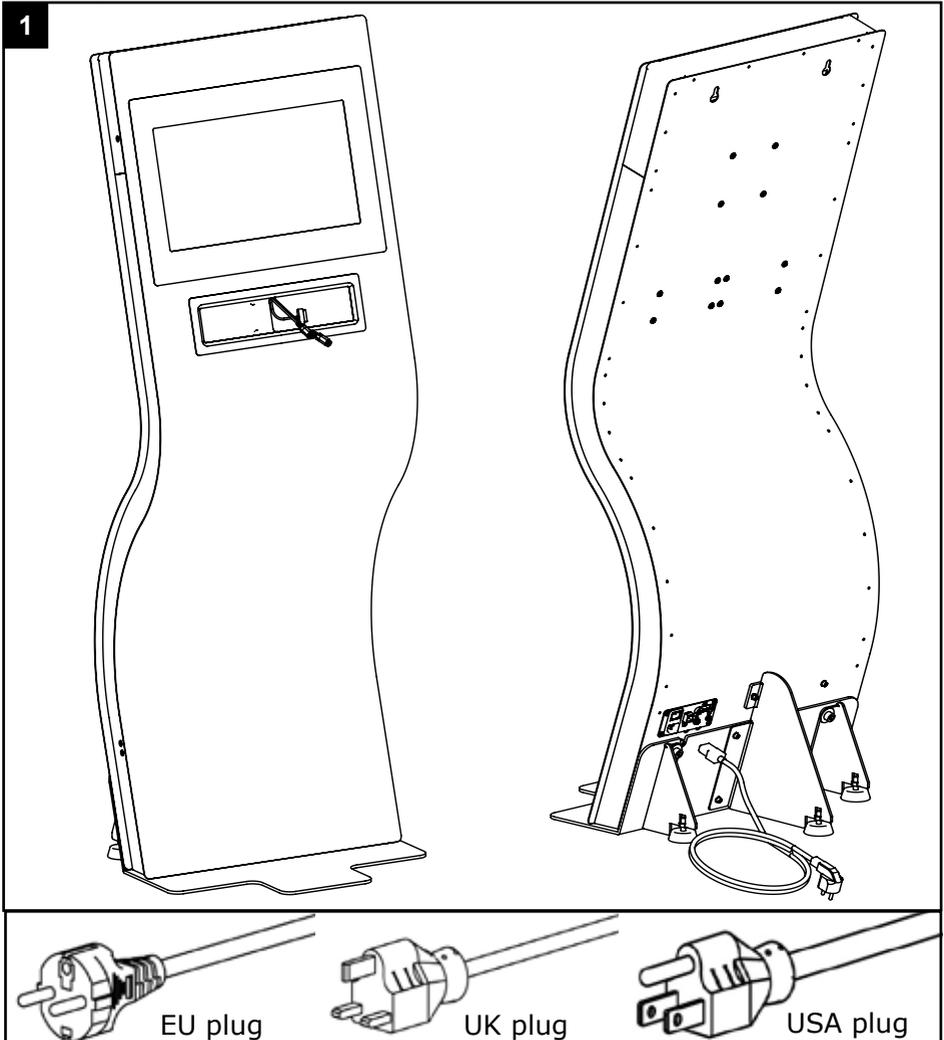
**4: Mount the MyRide to the wall anchors**

With at least two people, lift the MyRide onto the wall anchors.

**1: Power on the MyRide**

**REGISTRATION AND UPDATE**

Once you have finished the installation of the MyRide, plug in the power cable and turn the power switch to on (I). The MyRide will take a moment to boot up.



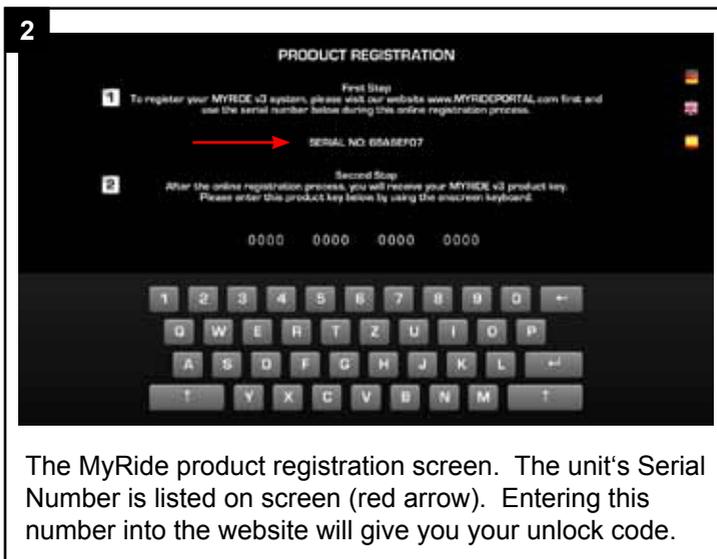
**Attention!**

Please use the AC extension cable required for the electrical system in your country. Consult a professional electrician if you are unsure how to connect the MyRide V3.0 System to your inhouse electrical circuit.

**REGISTRATION AND UPDATE**

**2: Register the MyRide**

In order to activate the MyRide, you need to acquire a 16-digit activation code from the ICG website. The code is specific to each machine and is tied to the serial number (visible on the MyRide's registration screen). To receive your 16 digit activation code, use an internet-connected computer or mobile device and go to <https://secure.myrideportal.com>. If this is the first time you have registered a MyRide, click 'Register new Account' and follow the on-screen directions to create your account.



The MyRide product registration screen. The unit's Serial Number is listed on screen (red arrow). Entering this number into the website will give you your unlock code.

Once you have logged into the site, navigate to the 'devices' section of your account to register your MyRides. Type each serial number for your MyRides into the registration tab, and the website will automatically generate your activation code. If you are registering multiple MyRides, you may find it useful to download a text file from the site with a list of your serial numbers and activation codes.

Once you have your activation code, simply type it into the on-screen keyboard on the MyRide's registration screen. Use the backspace button to correct any mistakes. Once you have entered the correct activation code for the MyRide, it will automatically launch into the main menu.

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**2: Register the MyRide (cont.)**

(If the onscreen keyboard is not responding, please see 'Calibrating the Touchscreen' in the troubleshooting guide.)

2

**INDOOR CYCLING**  
GROUP

LOG OUT

WELCOME **DEVICES** ACCOUNT

**1**

REGISTER YOUR DEVICES

Please enter each serial number of your MyRide devices and press the 'register' button for each device.

Serial number:

Register

ALREADY REGISTERED DEVICES

6BA6EF07	
	BQGY-A43Z-UUEG-BA3A <span>Delete</span>

Download keycodes

Imprint | © Indoorcycling Group 2010

Once you have entered the serial number into the dialog box and pressed 'Register,' your unlock code will appear below (red arrow). Enter this code into the MyRide to unlock the device.

If the code does not work, double-check that you are entering the correct code, and that this code matches the activation code you received at <https://secure.myrideportal.com>.

**REGISTRATION AND UPDATE****3: Update the MyRide software**

To get the latest functions and bug fixes. To get the latest product update, download a software update from <https://secure.myrideportal.com>. Load the file onto an empty USB stick, and plug the USB stick into the MyRide. Power the MyRide on and follow the on-screen instructions. When the update is finished, the MyRide will reboot, signaling that it is safe to remove the USB stick. (If not removed soon after the reboot, the update process may happen again -- avoid this by promptly removing the USB stick when the MyRide reboots.)



Note: the USB stick must only have the update file on it (empty your computer's trash to ensure old files on the stick are deleted), and it must be formatted FAT32 – on Mac OS, 'MS-DOS (FAT)'.

Congratulations! Your MyRide can be used immediately. (There are still some steps for setting up television and internet, if you choose.)

**Introduction:**

The MyRide can only be connected to the internet via the ethernet (LAN) connection; WiFi is not currently supported. Connecting the MyRide to the internet will allow you to view RSS feeds and content from ICG by using the MyWeb tab on the home screen.

**1: Connect the MyRide to your Local Area Network**

In order to connect the MyRide to the internet, you must have a Local Area Network with DHCP (check with your network administrator if you are not sure about your settings). To connect the MyRide, plug an ethernet cable into the back of the MyRide that is connected to your router or other access point.

**2: Activate 'MyWeb' in the administrator settings**

From the home screen, navigate to the administrator page by touching the ICG logo in the lower-right corner of the screen, then touching the 'MyRide v3.0' text in the upper-left corner of the screen. On the administrator screen, choose the 'General' tab on the left side of the screen. Checking the 'Web Access' check box activates the internet connection. (Unchecking the check box later will disable MyWeb and remove the MyWeb option from the home screen.)

**Introduction:**

The MyRide has the ability to decode analog and digital television signals. Some television signals will not be appropriate, such as encrypted channels (which would require a cable or satellite decoder), but most cable boxes and all over-air and in-club television signals will work.

**1: Physically connect the television to the MyRide**

Using an F-connector coaxial cable (not included), connect the MyRide to your television source.

**2: Enable television in the administration menu**

Navigate to the administration menu by touching the icon in the lower-right of the screen, then touching the 'MyRide v3.0.' text in the upper-left corner of the screen. On the 'General' tab, touch the checkbox for TV. (Unchecking this box later will disable TV on the home screen.)

**3: Choose your television standard**

The MyRide can decode many different types of television signals. It is important you know what kind of television signal you are providing to the MyRide. If you are unsure of your television signal, contact your television service provider.



**3: Choose your television standard (cont.)**

In the administration menu, choose 'TV Channelscan' from the left pane. On the Channelscan screen (picture TK), choose your region from the top dropdown menu. This will highlight what types of television signals are available in your country. For analog sources (like in-club distributed TV), choose NTSC or PAL. For digital sources, choose the appropriate source: over-air if the MyRide is connected directly to an antenna, or terrestrial/cable if it is connected to a decoder or box (or if your club has digital television distribution -- this is rare).

**4: Perform a channelscan**

In order for the MyRide System to list and allow to change TV channels successfully, it must scan the incoming television signal. This process might take a while.

Once you have chosen the signal type, a 'scan' button will appear next to its checkbox. Touch the scan button to start a channelscan. (This process can take up to thirty minutes.) During this time, the MyRide is detecting available channels and adding them to the TV menu. While scanning, the MyRide will display a series of technical messages. When it is finished, the message 'channelscan finished' will appear at the end of the list. You can now navigate away from the message by touching the 'cancel' button (the results have already been saved).

**5: Editing the channel list**

Once the channel scan has finished, you can edit the list. Choose 'TV Channel Editor' in the left pane to bring up the channel editor. If the channelscan was successful, a list of detected channels will appear in the next pane over (picture below). By selecting each channel in that pane, you can choose to activate or inactivate individual channels.



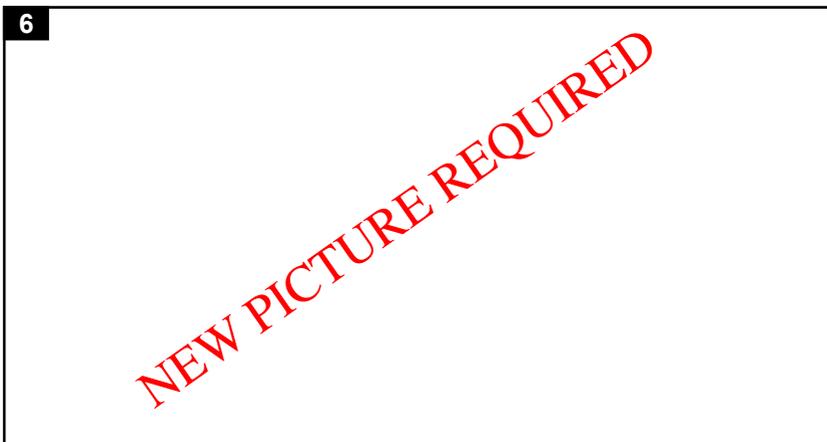
### 5: Editing the channel list (cont.)

If the channel list is empty, please verify that you selected and scanned the correct signal type. Most clubs' in-house television systems are analog (NTSC or PAL), while cable or over-air television is typically digital (ATSC or DVB). If you are unsure, contact your television provider or try scanning different television signal types.

Note: some cable or satellite television stations may be encrypted (for example, premium digital cable signals). They will be detected by the channelscan, but will appear as static and should be removed from the channel list in the channel editor.

### 6: Using MyTV

From the home screen, touching the 'MyTV' button will launch the television. To change channels, touch the MyTV channel button to call up the channel list. Touch the channel listing to change channels, and touch-and-drag to scroll the channel listings. Touching the TV screen away from the channel list closes the channel listing pane.



**WARRANTY TERMS**

Indoorcycling Group GmbH warrants that all new equipment will be free of manufacturing defects in workmanship and materials, becoming effective on the date of the original registration of the MyRide V3.0 on <https://secure.myrideportal.com>. Parts and components repaired or replaced under the terms of warranty will be warranted for the remainder of the original warranty period only. Warranty may vary by region or country. Please contact Indoorcycling Group GmbH by email [info@indoorcycling.com](mailto:info@indoorcycling.com) to obtain detailed information on applicable warranty terms and conditions.

Please note that warranty does not cover for damages caused by inappropriate use of the MyRide V3.0 product and any negligent act by the consumer. Manufacturer states that the product was thoroughly tested and found free of failure prior to shipping.

**IMPORTANT!**

**Manufacturer requires the proper registration of the product on his dedicated support website <https://secure.myrideportal.com> to uphold warranty obligations.**

**Limited Warranty on MyRide V3.0**

**5 years warranty:** MyRide V3.0 metal wave stand

**2 years warranty:**

- \* Monitor Bezel ( Art.: 500 020 B)
- \* Ipod basket ( Art.: 500 091)
- \* Internal Monitor cable routing (VGA, USB)
- \* External cable connection terminal incl. hard wires from terminal to PC (Art.: 500 092)

**1 year warranty:**

- \* Mini PC incl. HDD, RAM, TV Hybrid tuner (Art.: 500 030 ATSC/NTSC & Art.: 500 031 DVBT/PAL)
- \* 17,3" single touch Monitor (Art.: 500 020)
- \* Internal Power supply Unit (Art.:500 080)

**The following items are considered wear items excluded from warranty:**

- \* Audio twin socket „Y“ extension cable ( Art.: 500 571)
- \* Made for Ipod extension cable USB> 30pin ( Art.: 500 070)