

MAGNETICDAYS "VIRTUAL GEAR"

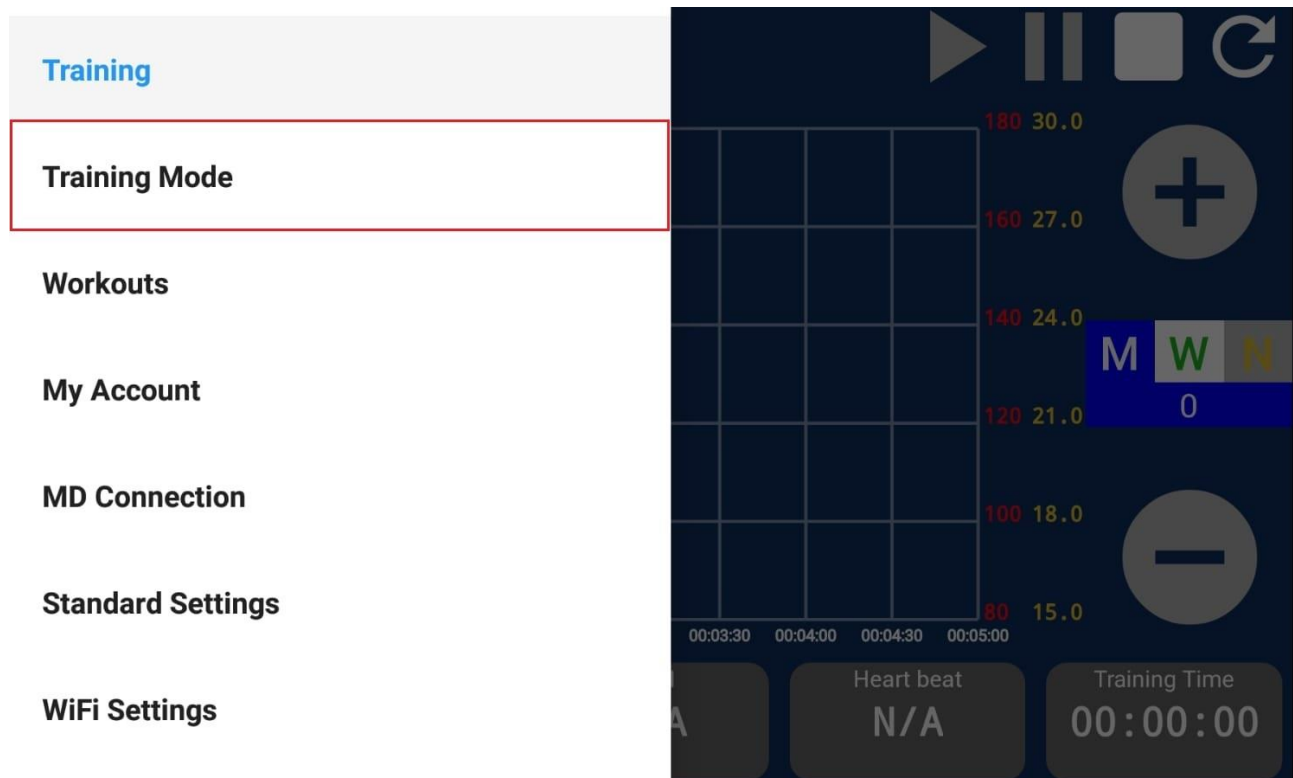
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How to choose the Training Mode

By default, App runs in “MD Training Mode”.

Training Mode can be selected from **Menu** → **Training Mode**.



The options that are available are:

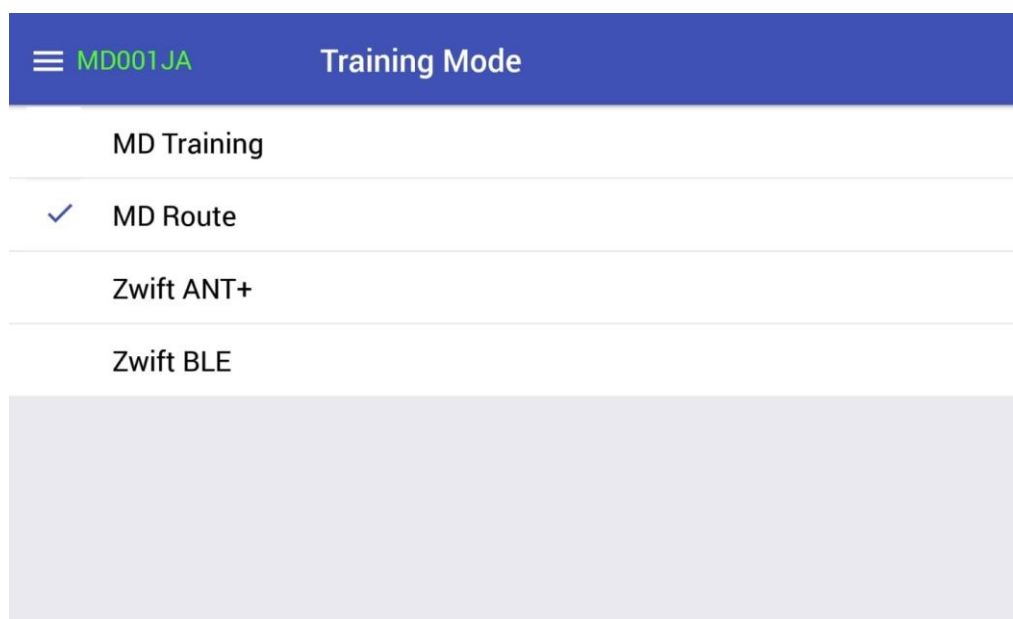
- MD Training
- MD Route
- Zwift ANT+
- Zwift BLE

MD Training

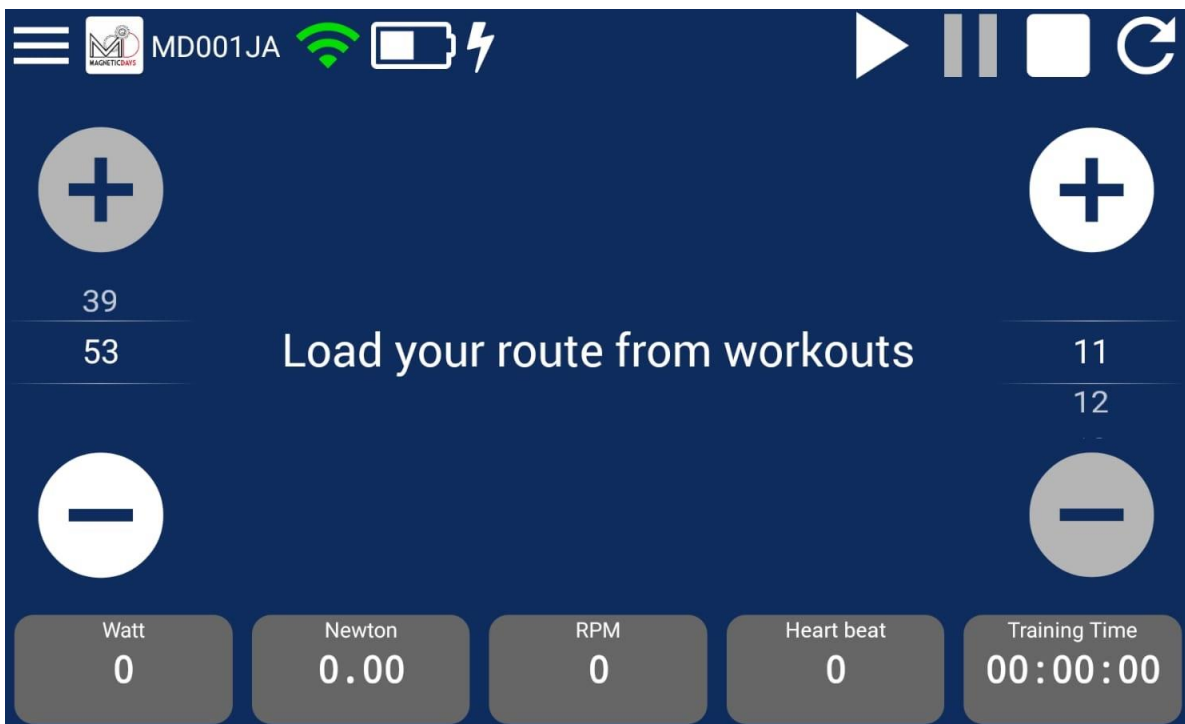
By default, MagneticDays WiFi App runs in *MD Training Mode*, allowing to do all the Workouts that are sent by MD Coach to the user/athlete or personally written (by PC program).

MD Route

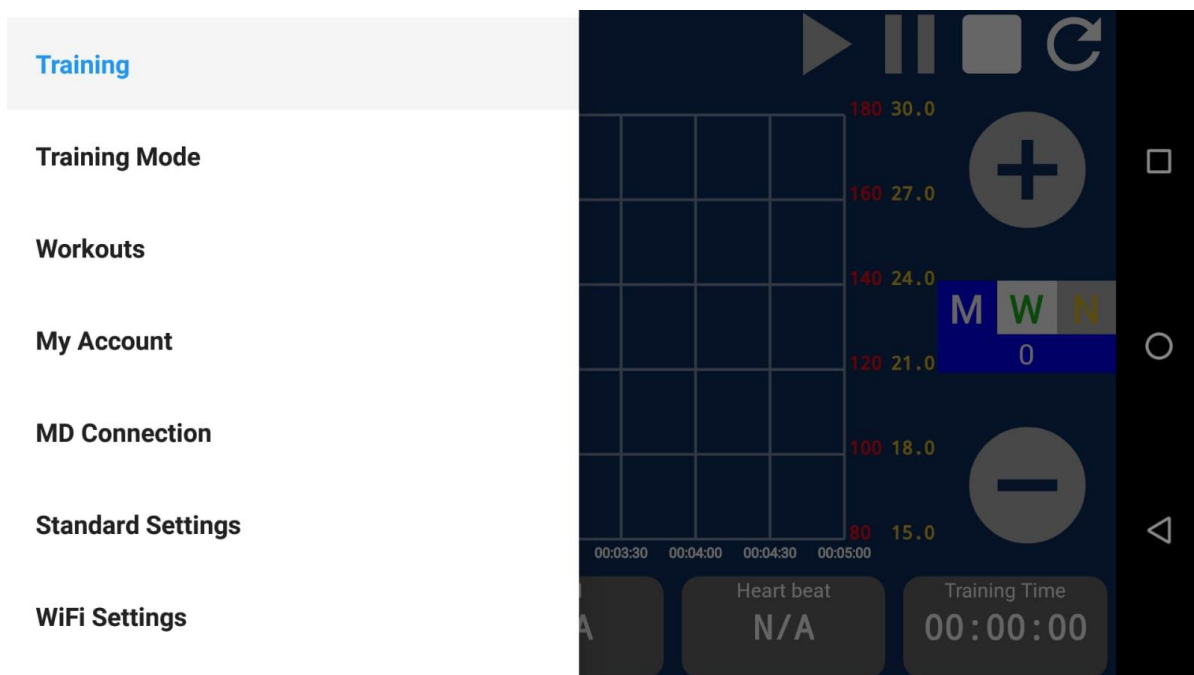
MD Route allows to use the “*Virtual Gear*” when you import your cycling route as .tcx or .gpx files.



Select *MD Route* than click on the menu (≡) and choose **Training** to see the new screen that includes 2 pairs of buttons control +/- for the virtual gear, one for chainring (to the left) and one for cog (to the right).



Click on the menu (≡), than click on **Workouts** to load your cycle route file on App. Click on **Start Training** to select your route.



MD001JA

Workouts (MD Route)

REFRESH

The Beast and Big Buddha Ride

START TRAINING

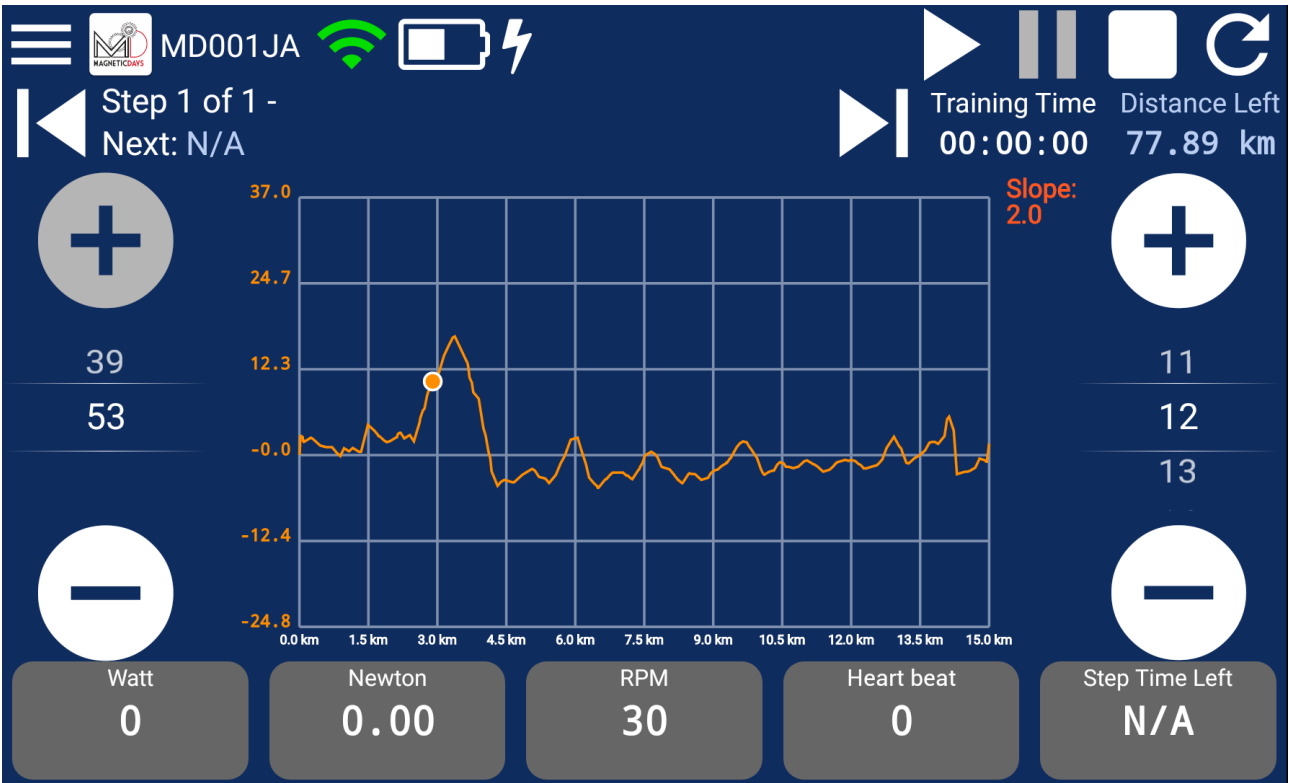
Type: ROUTE

Mount Butler Road

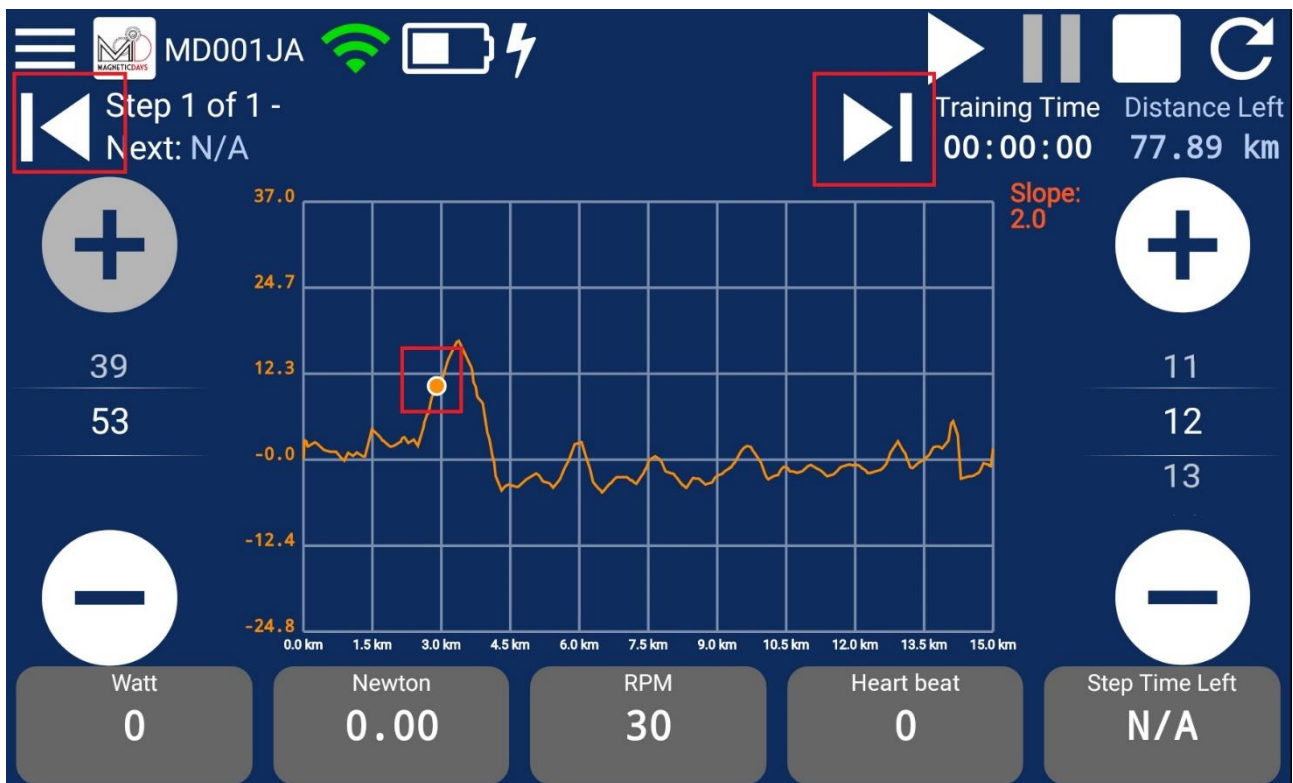
START TRAINING

Type: ROUTE

You can see the value of Slope [%] on the screen of the route/workout.
 RED for climb and GREEN for downhill.

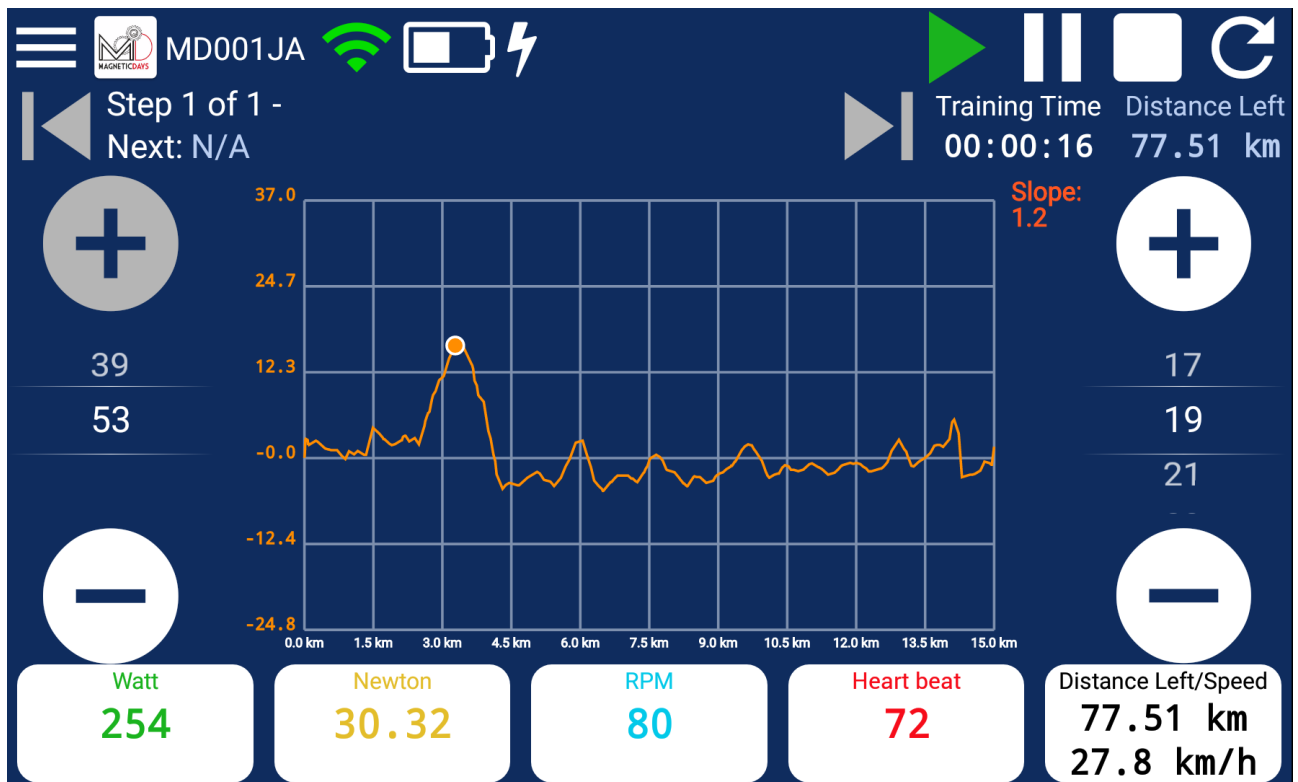


After the selection of the route, you can choose to start the workout from any point selecting one of the two buttons showed in the screen. The indicator - **orange** color - moves depending on your choice.

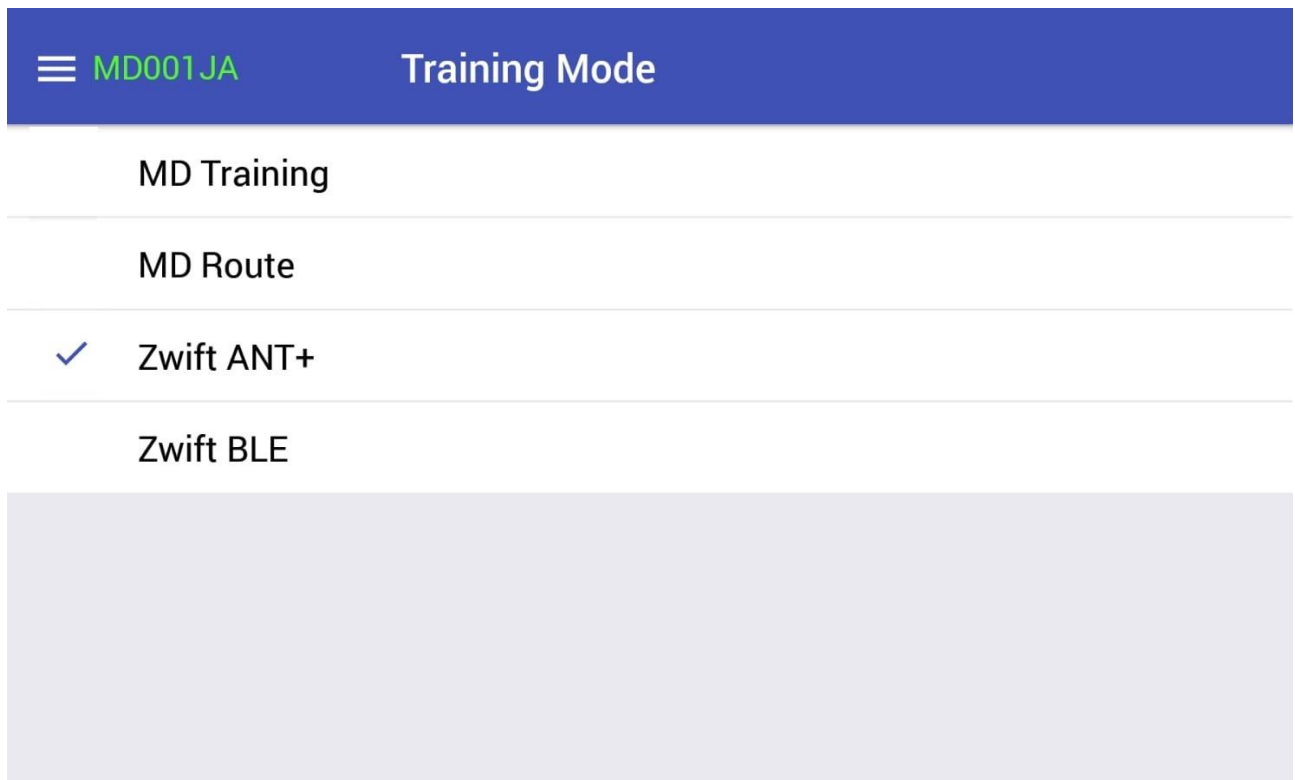


The workout **STARTS** when you click on ►

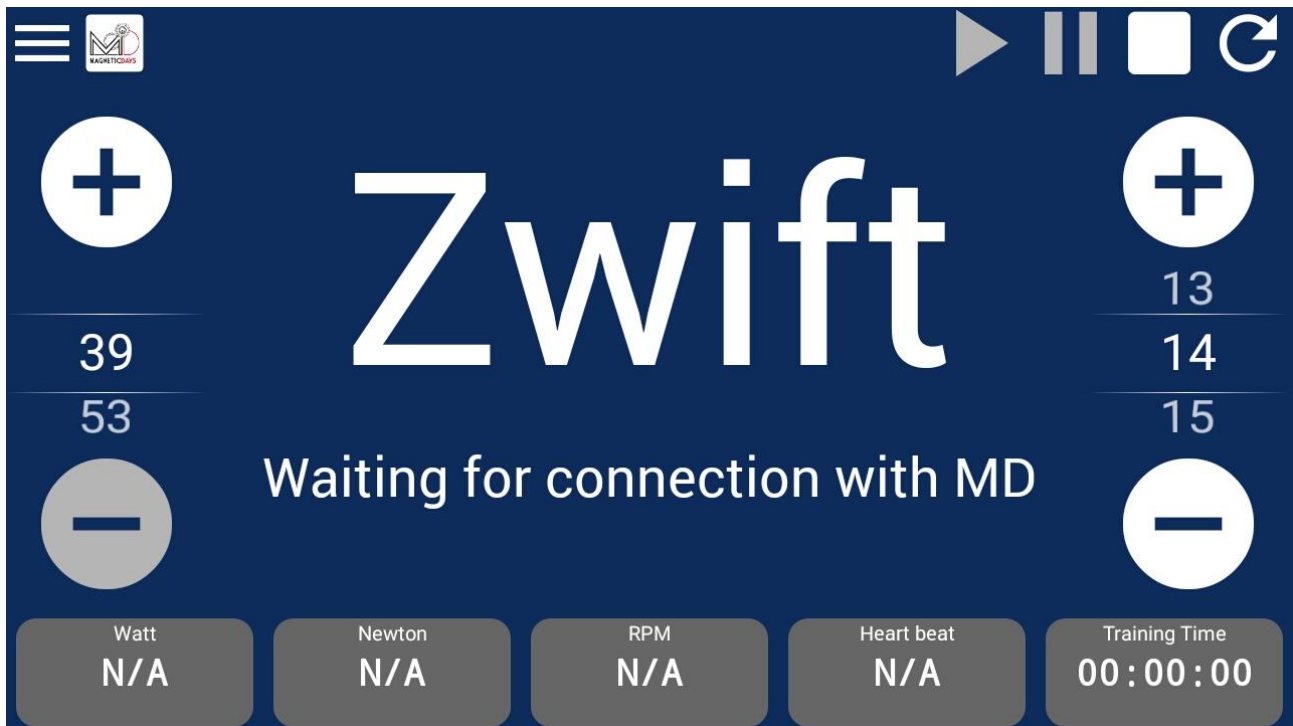
You can choose your favorite *virtual gear ratio* selecting the buttons control +/- for chainring (to the left) and cog (to the right).



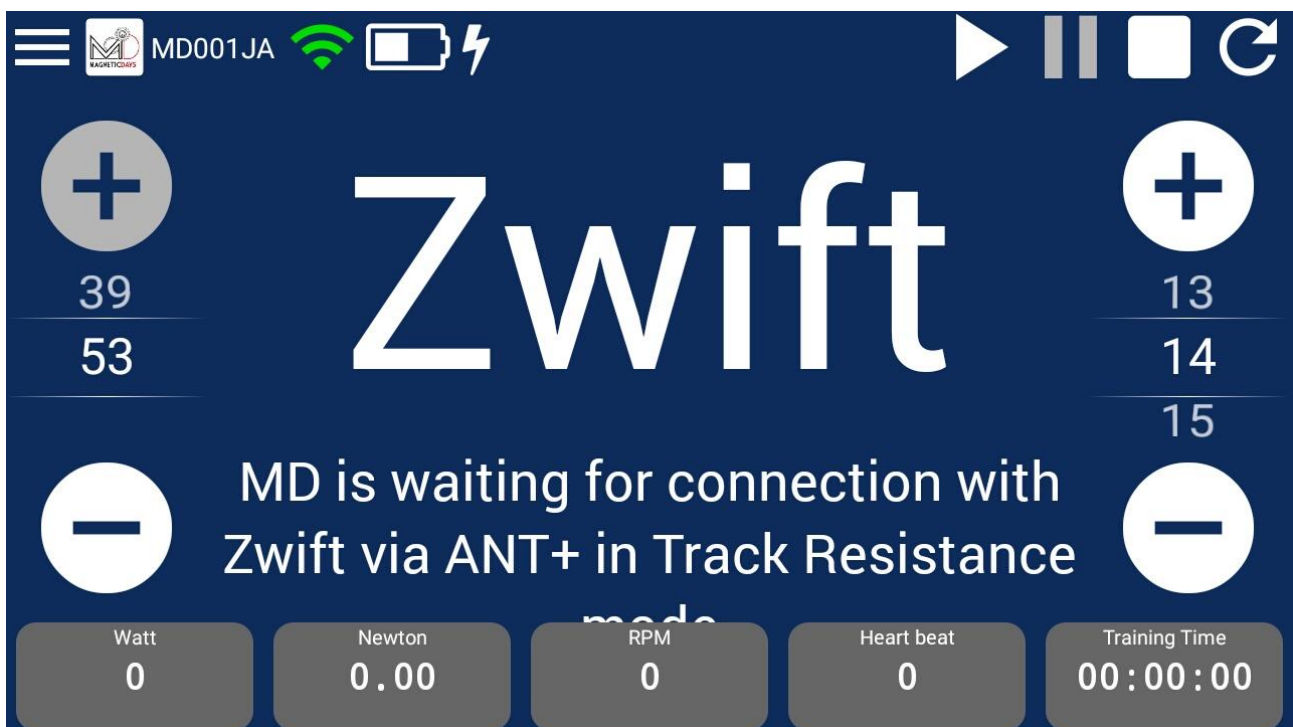
Zwift ANT+



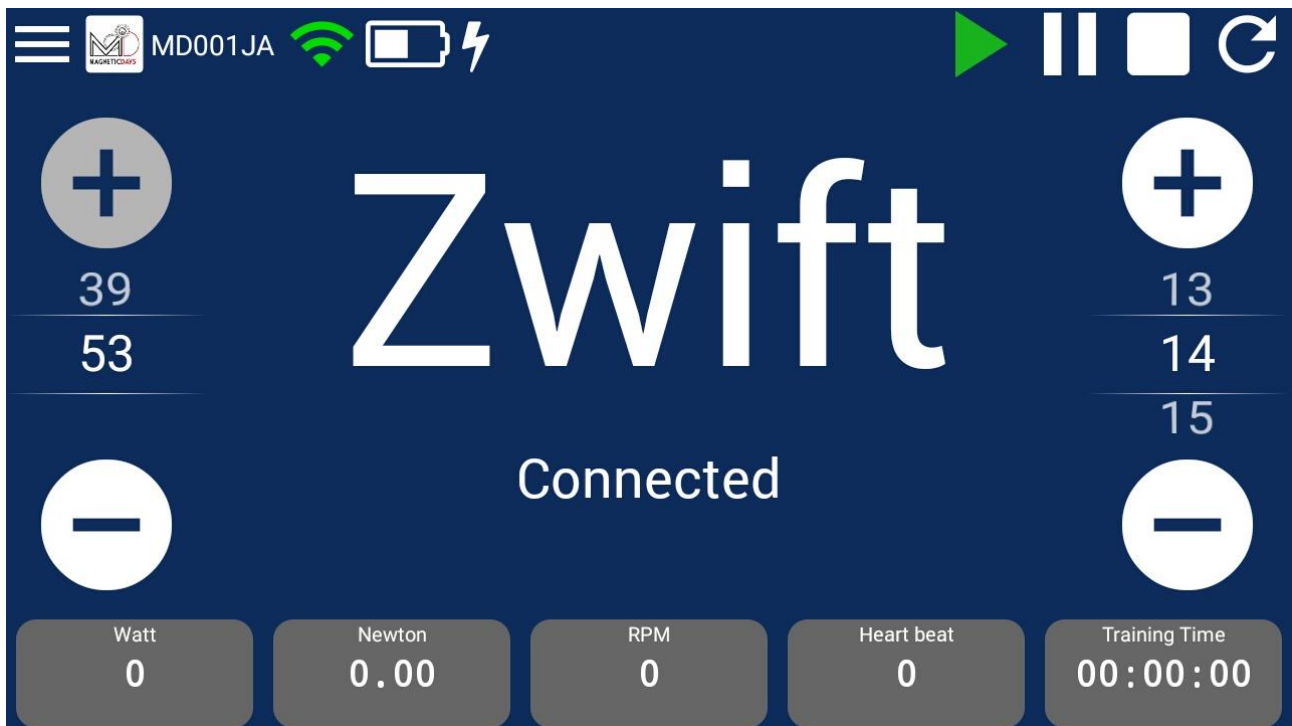
When “Zwift ANT+ mode” is ON, MagneticDays can be in “Waiting for connection with MD” if it’s not connected.



When MagneticDays is connected (but Zwift is not yet started), it’s in “Waiting for connection with Zwift via ANT+ in Track Resistance” mode.



When MagneticDays is connected (and Zwift is started), the System shows this screen:



At this point, you can see the values of Watt, RPM, Newton and BPM “cycling” your route on Zwift modifying the virtual gear by MagneticDays WiFi App or optical remote control, if available.

Zwift BLE

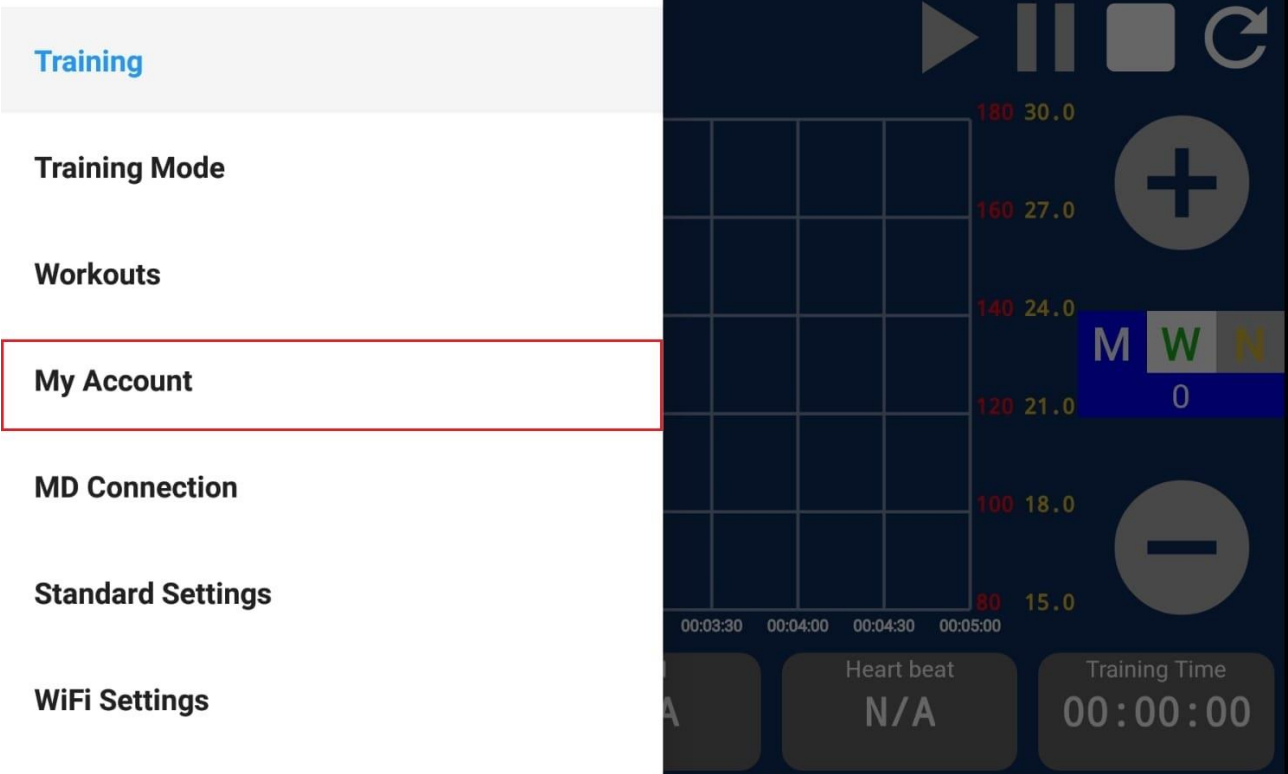
Zwift BLE mode is equal to Zwift ANT+ mode. *The only difference* is in the typology of connection with MagneticDays (via Bluetooth for Zwift BLE mode).

Zwift is opened on your device (iPad/iPhone).

Zwift BLE mode needs of 2 devices, one for MagneticDays WiFi App (iOS or Android) and one for Zwift App (iOS).

Settings - My Account

This section is focused on the personalization of all parameters about the virtual gear.



<div> <div> <div>≡</div> <div>MD001JA</div> </div> <div>My Account</div> </div>	
	<div> <div>Threshold Heart Rate (BPM)</div> <div>120 →</div> </div>
<div> <div></div> <div>Training Graph</div> </div>	<div> <div></div> </div>
<div> <div></div> <div>Rider Weight</div> </div>	<div> <div>75 →</div> </div>
<div> <div></div> <div>Bicycle Weight</div> </div>	<div> <div>14 →</div> </div>
<div> <div></div> <div>Cogset</div> </div>	<div> <div>53, 39 →</div> </div>
<div> <div></div> <div>Cassette</div> </div>	<div> <div>11, 12, 13, 14, 15, 17, 19, 21, 23, 25, 28 →</div> </div>
<div> <div></div> <div>Wheel Circumference (mm)</div> </div>	<div> <div>2074 →</div> </div>

Rider Weight → available for the Virtual Gear use only

Bicycle Weight → available for the Virtual Gear use only







Cogset → list of cogs that are available

Cassette → list of cassette that are available

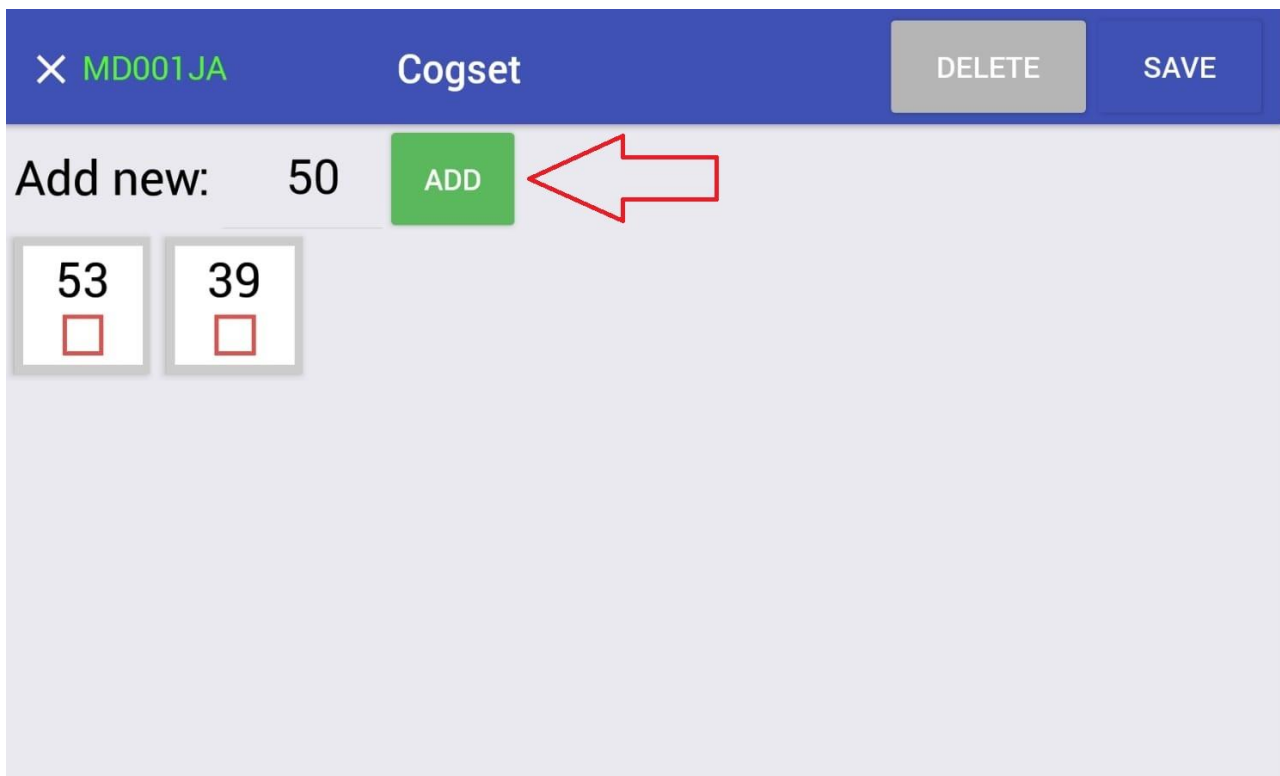
Wheel Circumference

Personalization of Cogset

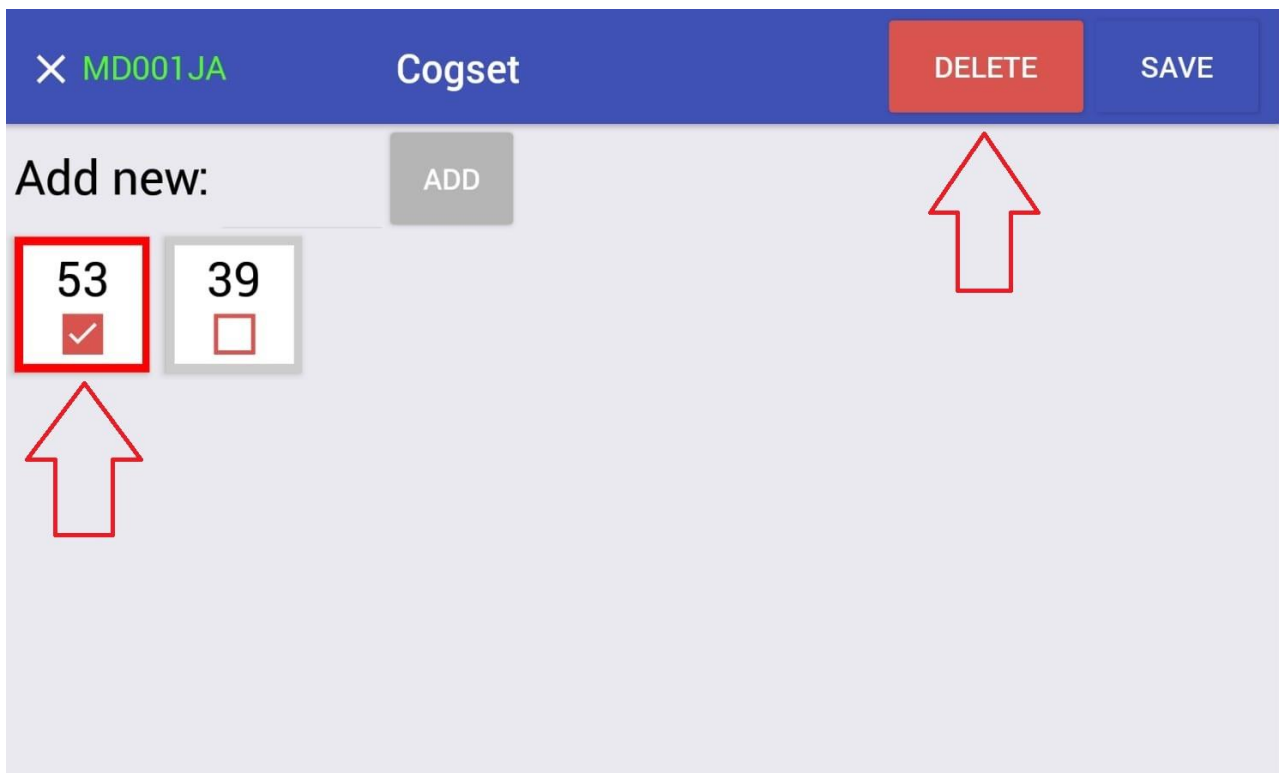
List of Cogs that are available can be personalized in the section named **My Account** → **Cogset**.

MD001JA My Account		
	Threshold Heart Rate (BPM)	120 →
	Training Graph	<input checked="" type="checkbox"/>
	Rider Weight	75 →
	Bicycle Weight	14 →
	Cogset	53, 39 →
	Cassette	11, 12, 13, 14, 15, 17, 19, 21, 23, 25, 28 →
	Wheel Circumference (mm)	2074 →

In this section you can *Add* or *Delete* the values of Cogset.



The screenshot shows the 'Cogset' configuration interface for 'MD001JA'. The top bar is blue with a close button (X), the identifier 'MD001JA', the title 'Cogset', and 'DELETE' and 'SAVE' buttons. Below the bar, the 'Add new:' section shows a value of '50' and a green 'ADD' button, which is pointed to by a red arrow. Below this, there are two input boxes: the first contains '53' with a checked checkbox, and the second contains '39' with an unchecked checkbox.









The screenshot shows the 'Cogset' configuration interface for 'MD001JA'. The top bar is blue with a close button (X), the identifier 'MD001JA', the title 'Cogset', and 'DELETE' and 'SAVE' buttons. Below the bar, the 'Add new:' section shows an empty input field and a grey 'ADD' button. Below this, there are two input boxes: the first contains '53' with a checked checkbox, and the second contains '39' with an unchecked checkbox. A red arrow points up to the '53' checkbox, and another red arrow points up to the 'DELETE' button in the top bar.

At the end of setting, click on **SAVE**.

Personalization of Cassette

List of Cassette that are available can be personalized in the section named **My Account** → **Cassette**.

≡ MD001JA My Account		
	Threshold Heart Rate (BPM)	120 →
	Training Graph	<input checked="" type="checkbox"/>
	Rider Weight	75 →
	Bicycle Weight	14 →
	Cogset	53, 39 →
	Cassette	11, 12, 13, 14, 15, 17, 19, 21, 23, 25, 28 →
	Wheel Circumference (mm)	2074 →

In this section you can *Add* or *Delete* the values of Cassette.

× MD001JA Cassette DELETE SAVE

Add new: 16 ADD

11 <input type="checkbox"/>	12 <input type="checkbox"/>	13 <input type="checkbox"/>	14 <input type="checkbox"/>	15 <input type="checkbox"/>	17 <input type="checkbox"/>	19 <input type="checkbox"/>	21 <input type="checkbox"/>
23 <input type="checkbox"/>	25 <input type="checkbox"/>	28 <input type="checkbox"/>					

× MD001JA Cassette DELETE SAVE






Add new: ADD

11 <input checked="" type="checkbox"/>	12 <input type="checkbox"/>	13 <input type="checkbox"/>	14 <input type="checkbox"/>	15 <input type="checkbox"/>	17 <input checked="" type="checkbox"/>	19 <input type="checkbox"/>	21 <input type="checkbox"/>
23 <input type="checkbox"/>	25 <input checked="" type="checkbox"/>	28 <input type="checkbox"/>					

At the end of setting, click on **SAVE**.

Personalization of the Wheel Circumference

The Wheels Circumference can be personalized in the section named **MyAccount** → **Wheel Circumference**. In this section you can choose to select a standard size or personalized value.

MD001JA My Account		
	Threshold Heart Rate (BPM)	120 →
	Training Graph	<input checked="" type="checkbox"/>
	Rider Weight	75 →
	Bicycle Weight	14 →
	Cogset	53, 39 →
	Cassette	11, 12, 13, 14, 15, 17, 19, 21, 23, 25, 28 →
<input type="radio"/>	Wheel Circumference (mm)	2074 →

X MD001JA Wheel Settings		SAVE
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<input type="radio"/>	Wheel Size (inches)	28	▼
<input type="radio"/>	Wheel Circumference (mm)	2234	

×

MD001JA

Wheel Settings

SAVE

☐ Wheel Size (inches)

Custom

☐ Wheel Circumference (mm)

26

27.5

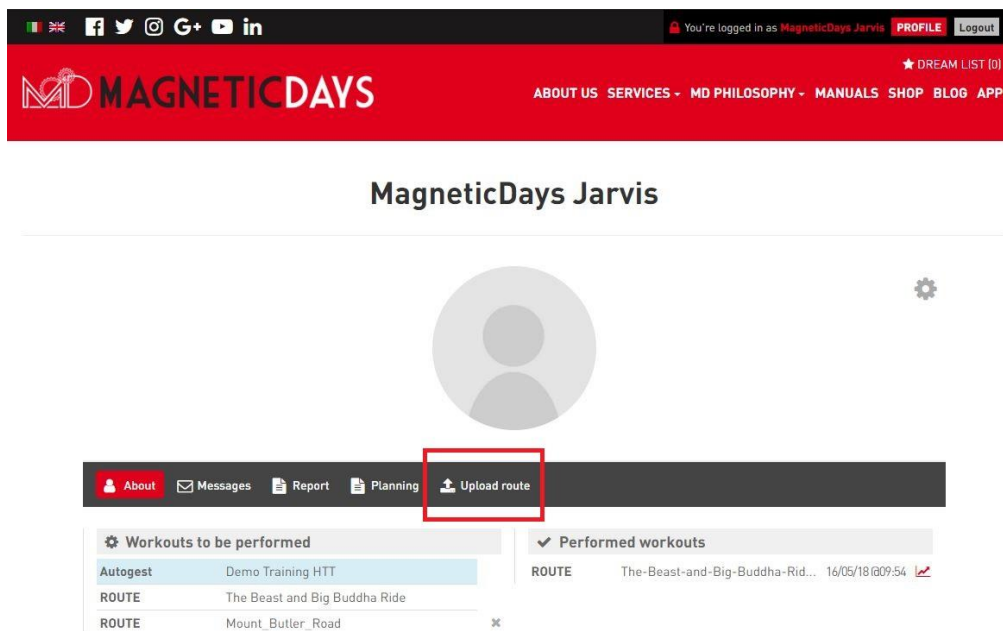
28

29

At the end of setting, click on **SAVE**.

How to import .tcx or .gpx file as routes on the Website

Login to your personal account on MagneticDays Website, then click on Upload route.

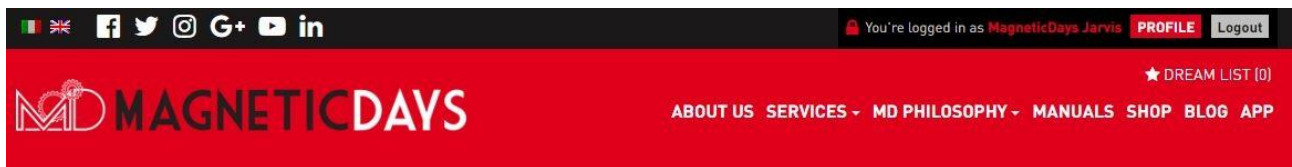


Select your file and click on **UPLOAD**.



NOTE: the routes must be uploaded as .tcx or .gpx files (maximum size 10 Mb).

When the route was uploaded, you can see the confirmation message **Route uploaded.**



Upload route

Route file must be in .tcx or .gpx format, maximum size 10MB.

Scegli file Nessun file selezionato

UPLOAD

Route uploaded.



Click on *profile* to see the route in the homepage of your personal account as showed below.

MagneticDays Jarvis

★ DREAM LIST (0)

ABOUT US SERVICES - MD PHILOSOPHY - MANUALS SHOP BLOG APP

Workouts to be performed

Autogest	Demo Training HTT
ROUTE	The Beast and Big Buddha Ride
ROUTE	Mount_Butler_Road

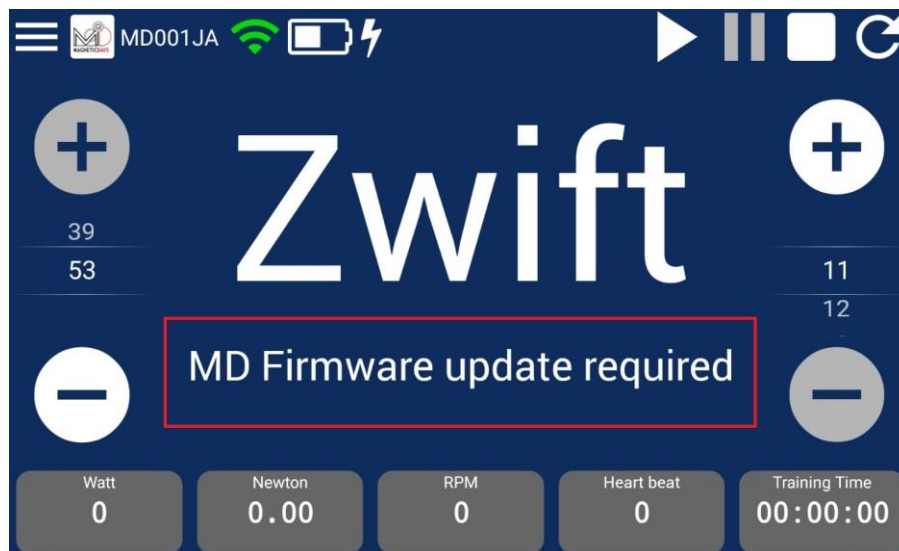
Performed workouts

ROUTE	The-Beast-and-Big-Buddha-Rid...	16/05/18@09:54	✓
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Troubleshooting

Here's a list of the most common problems that you may encounter during the utilization of the System.

What do you mean "MD Firmware update required"?



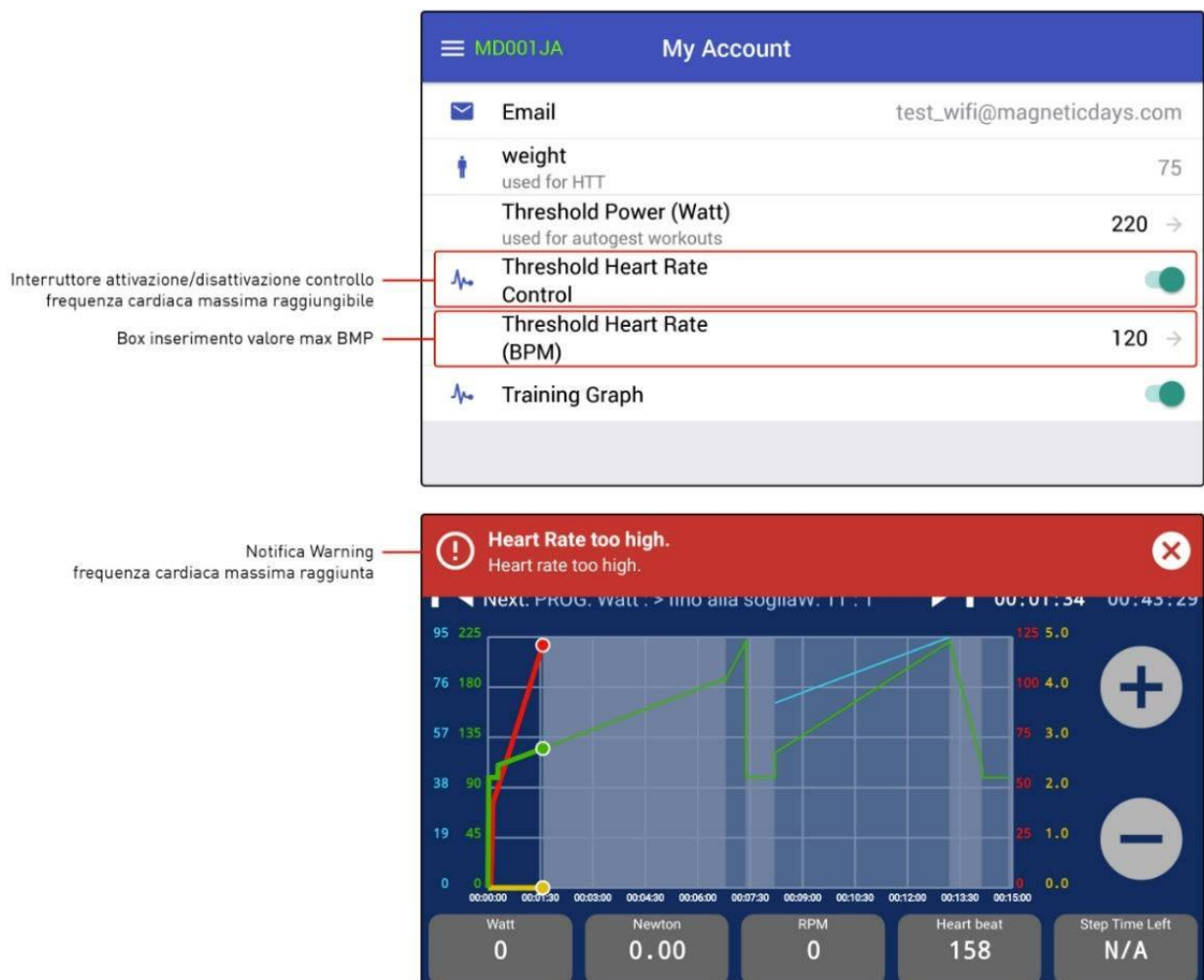
If you see this on the screen → *the update of the Firmware is necessary*. In this case you can download the Firmware from **App Section** of our website <http://www.magneticdays.com/app>, connecting your PC to MagneticDays by the USB cable.



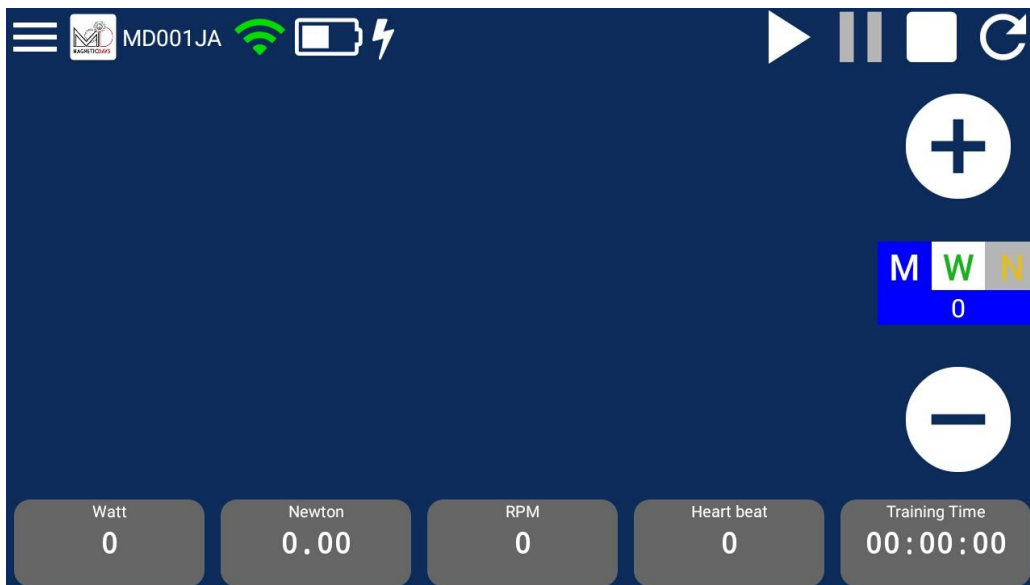
What do you mean “Heart Rate too High”?

“Warning Notification” (with immediate interruption of the workout at the max Threshold Heart Rate value reached - *default: 120 bpm*) is the new addition of the release! You can modify this value in the section named **My Account** → **Threshold Heart Rate (BPM)**.

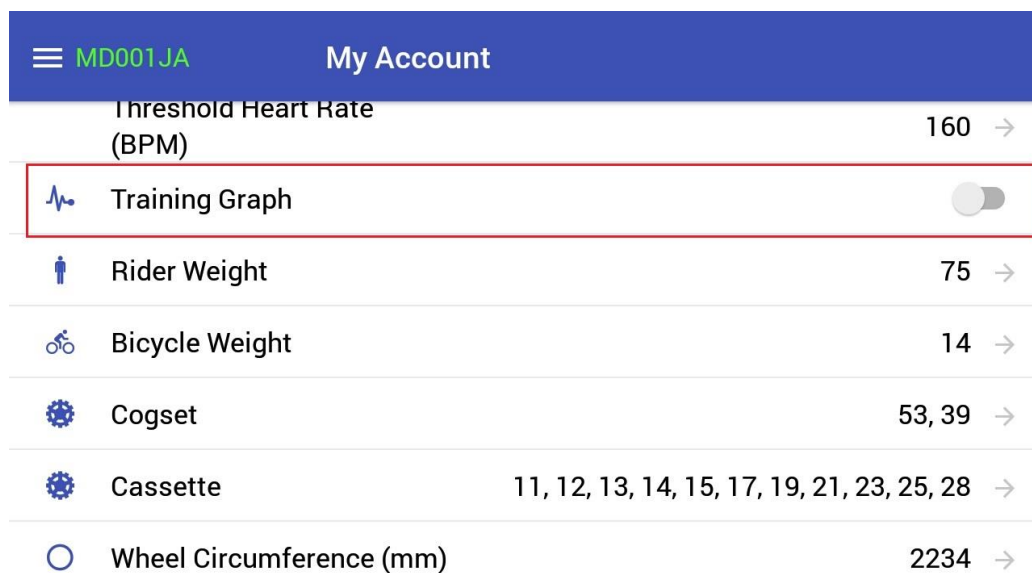
This option can be disabled (depending on your own preferences).



Why the graphic of Workout is no longer visible?



If you can't see the graph on the screen (as shown above), please control the settings in the section **Menu → My Account**, then switch ON to active the "Training Graph" mode.



switch **GREY** → graph is not shown

switch **GREEN** → graph is shown