

MagneticDaysMD

Workout

VIEW

25 Workouts to be performed



25 new workouts out of 25

Activities

VIEW

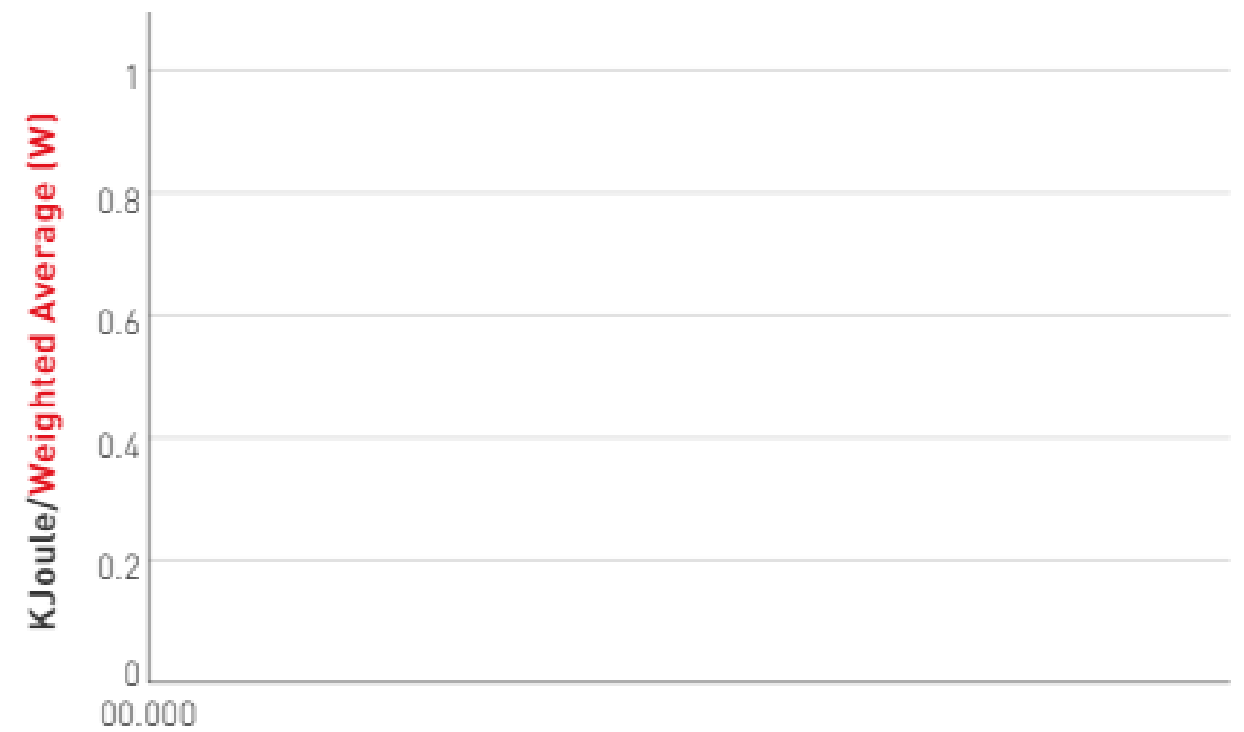
0 Performed workouts

Create Workout

CREATE +

Create your own workout with the Writing tool!

Activities trend



HEART RATE Control

ACTIVE

Account Options

VIEW

Messages

CHATS

- Upload route
- Upload .fit
- Upload File ERG MRC ZWO**

MagneticDaysMD

Workout

[VIEW](#)

25 Workouts to be performed



25 new workouts out of 25

Activities

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0 Performed workouts

Create Workout

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Create your own workout with the Writing tool!

Activities trend



HEART RATE Control

[ACTIVE](#)

Account Options

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Messages

[CHATS](#)

Upload File ERG MRC ZWO

Supported files are ERG, MRC and ZWO

Apri

Questo PC > Desktop > ALLENAMENTI .ZWO

Cerca in ALLENAMENTI .ZWO

Organizza Nuova cartella

Nome	Ultima modifica	Tipo	Dimensione
MagneticDays Workout.zwo	23/12/2021 09:37	File ZWO	5

Nome file: File personalizzati (*.erg;*.mrc;*.zwo)

Apri Annulla

pma.magneticdays... test.ma

Sei collegato come

PROFILO ALLENAMENTI - CARICA - IM

G, MRC o ZWO

ERG, MRC and ZWO

SCOPRI E ACQUISTA

- JARVIS
- J-BIKE
- Forza Pura
- Allenamenti HTT
- Accessori
- Software CYBER TEST
- MD Biomechanics

SERVIZI

- Supporto
- Smart Rent MD
- Usato Garantito MD [new!]
- Servizio Pay Per Use
- Corso software Cyber Test
- Pagamento diretto online

I VALORI MD

- Partner
- Sostenibilità
- Filosofia MD
- Progetti di innovazione
- Bio MagneticDays

CHI SIAMO

- Su di noi
- Il metodo MD
- Articoli Tecnici
- Newsroom
- MagneticDays TV
- Blog
- Contatti - Centri

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P.IVA IT00345410518 | Tel. +39 348 7078770 | Tel. +39 0575 640522

4 (ZWO)

Upload File ERG MRC ZWO

Supported files are ERG, MRC and ZWO

FTP:

200

Required *

MagneticDays Workout.zwo

CLICK TO UPLOAD 



#	Time	Watt	Rpm
1	00:02:00	80	
2	00:01:00	100	
3	00:04:54	141	
4	00:08:30	120	
5	00:08:22	170	

4.1 (ZWO)

Apri

Questo PC > Desktop > ALLENAMENTI .ERG

Cerca in ALLENAMENTI .ERG

Organizza Nuova cartella

Nome	Ultima modifica	Tipo	Dimensione
MagneticDays Workout.erg	10/02/2022 10:49	File ERG	1

Nome file: File personalizzati (*.erg;*.mrc;*.)

Apri Annulla

pma.magneticdays...

Sei collegato com

PROFILO ALLENAMENTI - CARICA - IM

G, MRC o ZWO

ERG, MRC and ZWO

CHI SIAMO

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5 (ERG)

Upload File ERG MRC ZWO

Supported files are ERG, MRC and ZWO

FTP:

200

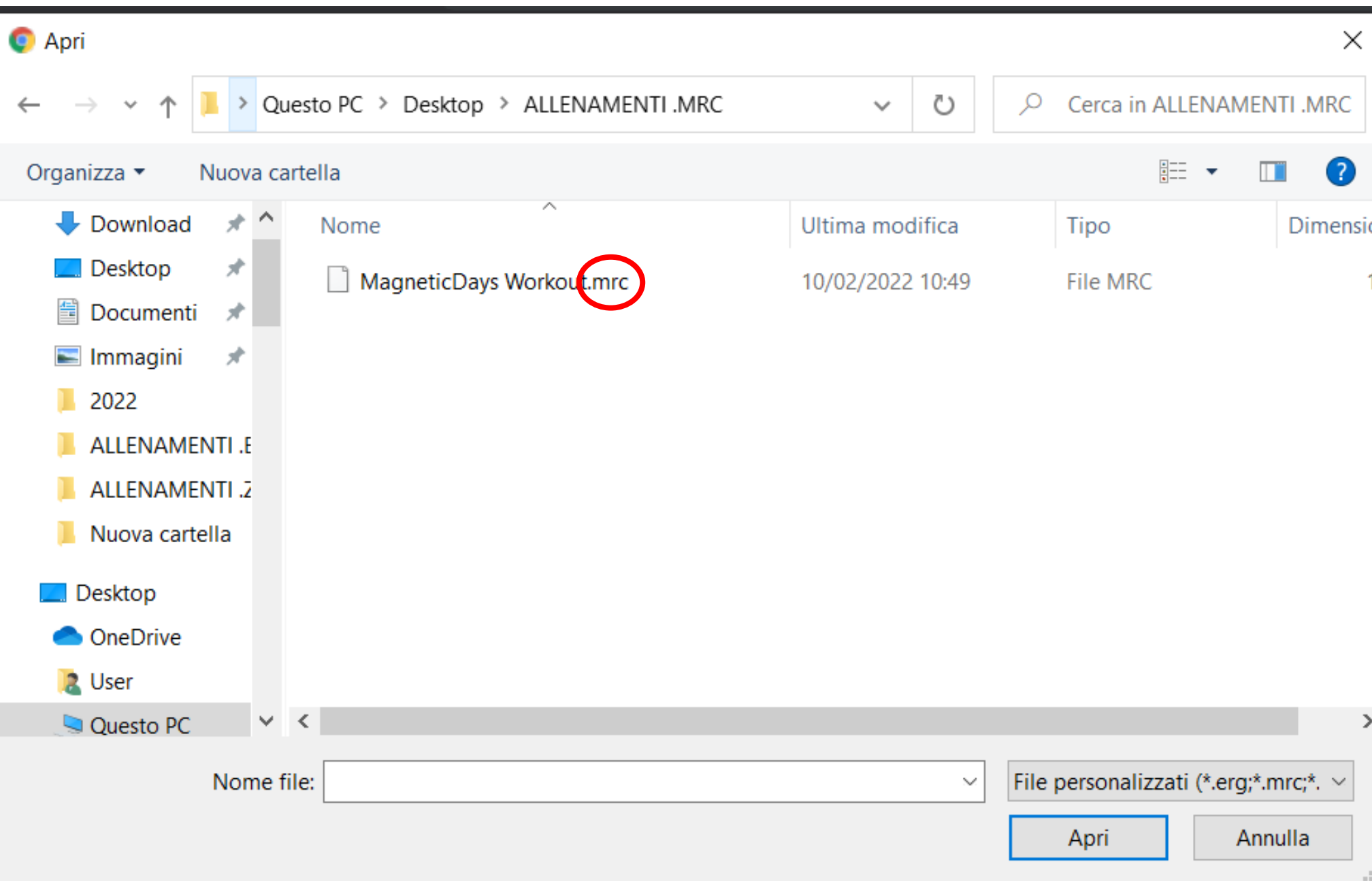
Required *
MagneticDays Workout.mrc

CLICK TO UPLOAD 



#	Time	Watt
1	00:02:00	90
2	00:02:00	150
3	00:03:00	120
4	00:03:00	140
5	00:03:00	160

5.1 (ERG)



6 (MRC)

Upload File ERG MRC ZWO

Supported files are ERG, MRC and ZWO

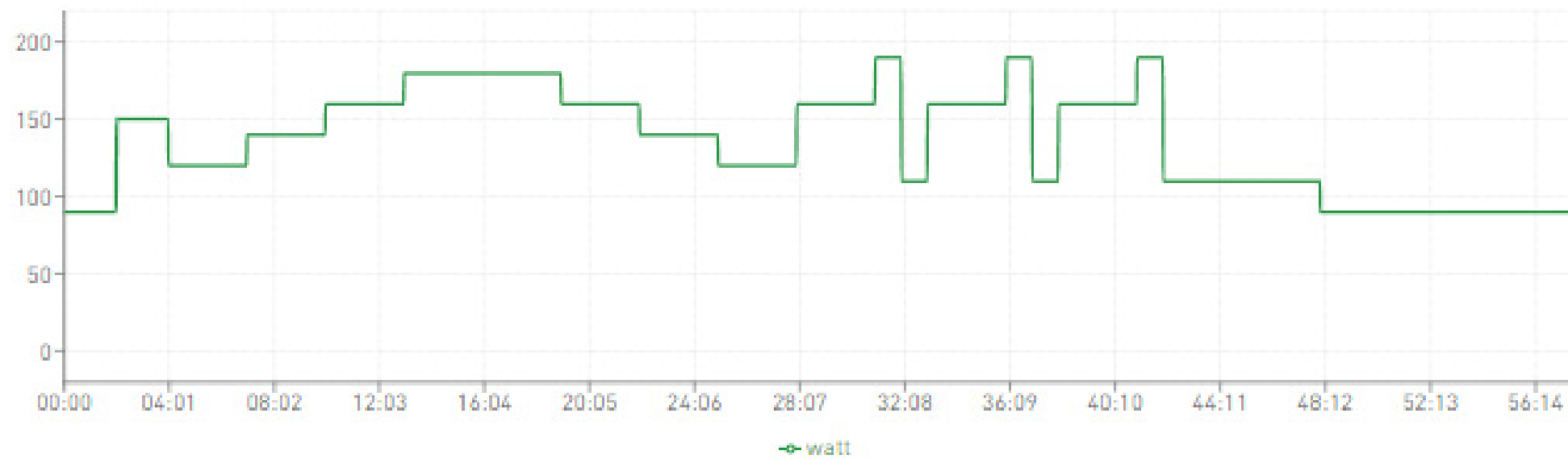
FTP:

200

Required *

MagneticDays Workout.mrc

CLICK TO UPLOAD 



#	Time	Watt
1	00:02:00	90
2	00:02:00	150
3	00:03:00	120
4	00:03:00	140
5	00:03:00	160

6.1 (MRC)

Upload File ERG MRC ZW0



Workout Uploaded

Workout uploaded successfully,

[UPLOAD ANOTHER ONE](#)