







Virtual Coaching Getting Started

What IT equipment do I need?

-  Laptop / Alternative Device
-  Mobile Phone
-  Ear Buds
-  Concept 2 PM5

What apps/software do I need?

-  Zoom
-  ErgZone
-  C2 LogBook

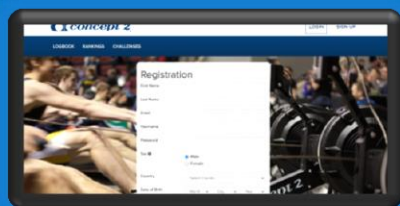


Software Installation & Account Set Up...

STEP 1

ZOOM

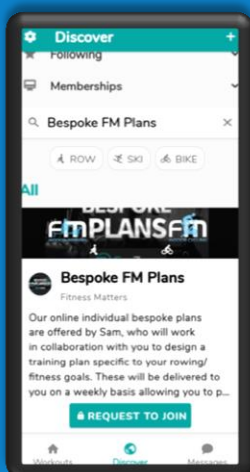
Download and install Zoom on your laptop. Completion of the Zoom 'sign up' process is not required.






STEP 2

ERGZONE & C2 LOGBOOK

Download and install ErgZone onto your mobile device. When prompted, sign up to a C2 LogBook account.



NEW CLIENTS

-  Go to the 'Discover' window in ErgZone and search for 'Bespoke FM Plans'.
-  Select 'Request to Join'.
-  Once request is approved, please go to 'Settings' wheel and enter your 2K / 4K benchmark times, if known.



Sam Blythe
Founder & Coach

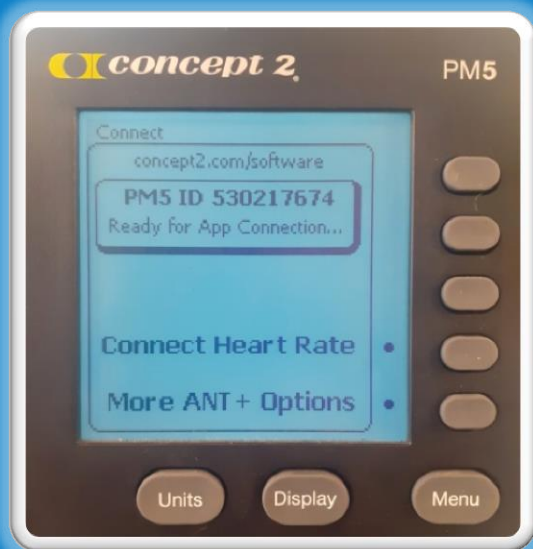
Preparing for a Session...



STEP 1

CONNECT PM5

On the PM5, select 'Connect' to enable Bluetooth connectivity.



STEP 2

CONNECT ERGZONE TO PM5

Log on to ErgZone.

Select the 'Bespoke FM Plans' track from the top of the window, locate the session, click

'CONNECT', then follow the on screen prompts. Once ErgZone and the PM5 are connected, they will both display the session details.



STEP 3

STARTING ZOOM CALL

Start the Zoom call by either clicking the link in your email invitation or by clicking 'Join' on the Zoom home page.

STEP 4

CALL FROM COACH

Connect ear buds to your mobile phone. Your coach will call you before admitting you to the Zoom call. Once admitted, select 'Mute' and 'Start Video'.

PLEASE NOTE – Alternative connection methods are available, but we have found this to be the most efficient way for the best coaching experience.



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