

START HERE

Your whole class, on *one big clock*.

Build a class once the night before. In the morning, set your phone on the handlebars, tap **Start**, and coach. The clock counts every interval, plays each song, tells you the move and the gear, and rolls into the next section on its own.



Orange means the room is working. Deep blue means rest. You can tell which from across the studio.

YOUR APP LIVES AT

Your app's address arrives with your delivery

OPEN THE APP

1	Put it on your phone	2 min
2	Bring in your songs	10 min
3	Build your first class	15 min
4	Teach from the clock	class day
5	Getting a new phone	when it happens

1

Put it on your phone

There is no app store and no account. You open a link once, add it to your home screen, and from then on it opens like any other app, full screen, even with no signal in the studio.

ON AN IPHONE

- 1 Open the app's link in **Safari**.
- 2 Tap the **...** button beside the address bar, then tap **Share**. On older iPhones, tap the Share button (a square with an arrow) at the bottom of the screen.
- 3 Scroll down and tap **Add to Home Screen**.
- 4 Leave **Open as Web App** switched on, then tap **Add**.

ON AN ANDROID PHONE

- 1 Open the app's link in **Chrome**.
- 2 Tap the **:** menu in the top corner.
- 3 Tap **Add to home screen**, then **Install**. If the app shows its own **Install app** button, that works too.

One habit that matters: always open the app from its new home screen icon. Your songs and classes live inside that icon on this phone. If you open the link in a different browser, it will look empty, because that browser has its own separate storage.

2

Bring in your songs

The app plays your own song files, the ones you bought and own. It copies each song onto the phone, so class plays perfectly in a studio with no signal.

FIRST, GET THE FILES ONTO YOUR PHONE

Your purchased songs are files on your computer. Send the ones you teach with to your phone the way you already move photos or documents: AirDrop, iCloud Drive, Google Drive, or a USB cable. Save them somewhere easy, like a folder called *Spin songs* in the Files app.

Streaming songs can't come in. Songs you play through a subscription (Apple Music, Spotify and the like) are locked inside those apps and aren't files you own. If you bought the song, you have the file.

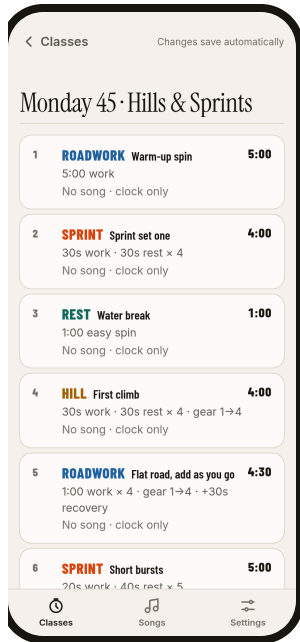
THEN, LOAD THEM IN

- 1 Open the app and tap **Songs** in the bar at the bottom of the screen (along the top on a computer).
- 2 Tap **+ Load songs**.
- 3 Find your *Spin songs* folder and select as many as you like in one go.
- 4 Each song appears in the list with its length, and **Play** lets you check it. The length matters in the next step.

3

Build your first class

A class is a list of sections, top to bottom, usually one song each. Every section has a move, how long the riders work, how long they rest, and how many times that repeats.



- 1 On **Your classes**, tap **+ New class** and give it a name, like *Tuesday 6 AM Climb*.
- 2 Below the list, tap the move you want to add: **+ Sprint**, **+ Hill**, **+ Roadwork** or **+ Rest**.
- 3 Tap the new section to open it, and choose its song.
- 4 Set **Work**, **Rest** and **Rounds** with the big **-** and **+** buttons, or tap the number and type it.
- 5 Changed your mind about the move? The four buttons at the top of an open section switch it.

YOUR FOUR-MINUTE SPRINT, SET UP

SPRINT · WORK 30 · REST 30 · ROUNDS 4 = 4:00



HILLS: THE GEAR CLIMBS FOR YOU

On a **Hill**, the app counts gears for you: one more gear each round, shown as a row of numbers so you can see exactly where the riders will be. During class the gear sits big on the clock, and at every new round you'll see and hear: *Stand up, add a gear*. Roadwork can count gears too, for a seated climb: open the section and switch on **Count gears**.

WHEN A SONG AND A SECTION DON'T MATCH

Open a section and the app tells you how its song lines up. If the song is longer, it simply ends with the section. If the song is shorter, the clock keeps going and you choose what the music does: **start again from the top** or **stay quiet**. There's also a one-tap button to make the section match the song.

Watch the total as you build. It tells you how far you are from your 45 minutes, and the coloured strip shows the shape of the whole class, section by section.

To change the order, open a section and tap **↑ Move up** or **↓ Move down**. **Duplicate** copies a section you like, and **Delete** removes one. Everything saves as you go; there's no save button to forget.

4

Teach from the clock

- 1 Turn the volume up, or connect your phone to the studio speaker over Bluetooth.
- 2 On **Your classes**, tap **Start class** on the class you're teaching.
- 3 Set the phone on your handlebar mount. The screen stays awake while the clock runs.
- 4 Tap **Start** on the clock when the room is ready. From here it runs itself.

READING IT IN A GLANCE

WORK

Orange screen: the room is working. The big word above the number is the move.

REST

Deep blue screen: recovery. The move's name stays up so you know where you are.

3

Gear tile: on hills, the gear the room should be in, with dots for how far up the ladder you are.

NEXT

Next line: what's coming and for how long, so you can call it before it lands.

You'll hear a chime at every change from work to rest and back, and at each new gear. A voice can call the move too (*Stand up, add a gear*); the speaker button in the top corner turns it on and off.

THE BUTTONS

Pause sits in the middle, under your thumb. **Skip** jumps to the next part of the class; **Back** returns to the one before. The arrows either side of the **Next** line jump a whole song at a time. To end class early, tap the **x** in the corner; it asks first, so a stray tap never ends anything.

If your screen dims anyway: on an iPhone, go to Settings, then Display & Brightness, then Auto-Lock, and choose Never for class. Set it back afterward.

5

Getting a new phone

Your classes and songs live on this phone, which is what makes class work with no signal. When you switch phones, bring your classes along in a small file:

- 1 On the old phone, tap **Settings**, then **Save classes file**. Keep the file in iCloud Drive or Google Drive, or email it to yourself.
- 2 Put the app on the new phone (chapter 1) and load your songs again (chapter 2).
- 3 In **Settings**, tap **Open a classes file** and choose it. Your classes come back; any song the new phone doesn't have yet shows up so you can load it.

Save a classes file now and then anyway. It's a good backup.

That's it. Build it once, tap Start, and coach the room.