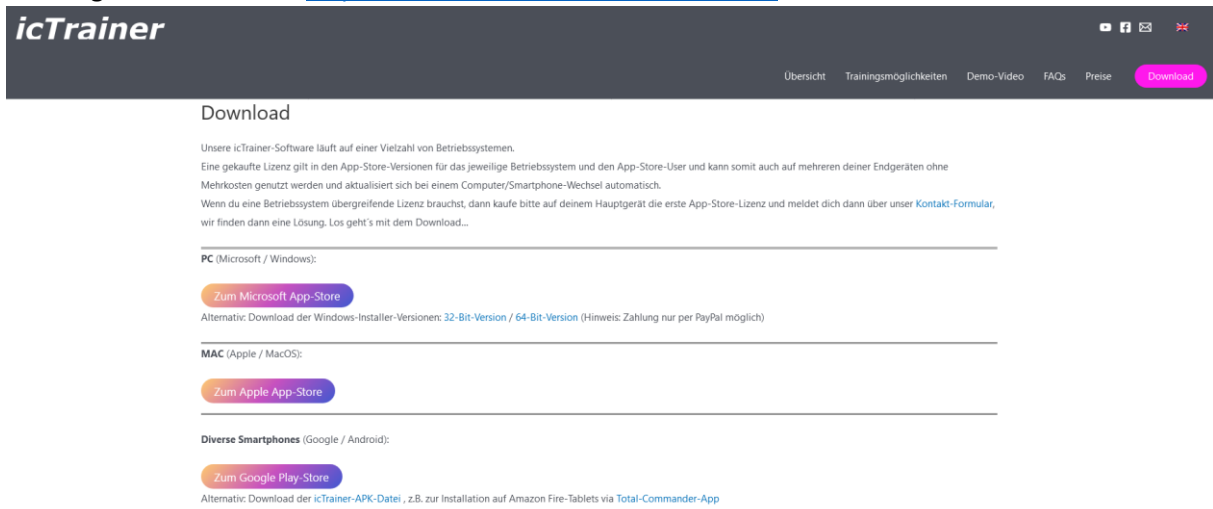


Quickstart Guide

Step 1 - Download & install the software

Please go to our website <http://www.ictrainer.de/en/download/> and download the suitable software:



The screenshot shows the 'icTrainer' website's download page. The header includes the 'icTrainer' logo and navigation links: 'Übersicht', 'Trainingsmöglichkeiten', 'Demo-Video', 'FAQs', 'Preise', and a pink 'Download' button. The main content is titled 'Download' and contains the following text:

Unsere icTrainer-Software läuft auf einer Vielzahl von Betriebssystemen.
Eine gekaufte Lizenz gilt in den App-Store-Versionen für das jeweilige Betriebssystem und den App-Store-User und kann somit auch auf mehreren deiner Endgeräten ohne Mehrkosten genutzt werden und aktualisiert sich bei einem Computer/Smartphone-Wechsel automatisch.
Wenn du eine Betriebssystem übergreifende Lizenz brauchst, dann kaufe bitte auf deinem Hauptgerät die erste App-Store-Lizenz und meldet dich dann über unser [Kontakt-Formular](#), wir finden dann eine Lösung. Los geht's mit dem Download...

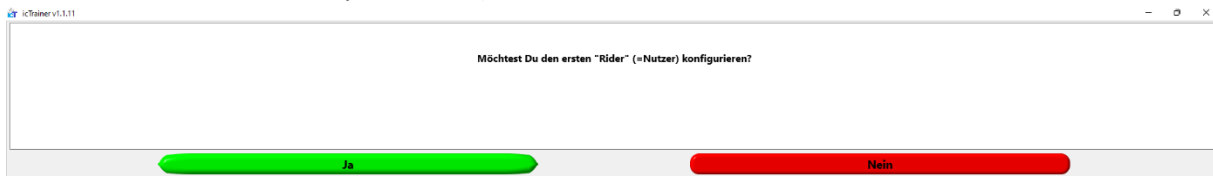
PC (Microsoft / Windows):
Zum Microsoft App-Store
Alternativ: Download der Windows-Installer-Versionen: [32-Bit-Version](#) / [64-Bit-Version](#) (Hinweis: Zahlung nur per PayPal möglich)

MAC (Apple / MacOS):
Zum Apple App-Store

Diverse Smartphones (Google / Android):
Zum Google Play Store
Alternativ: Download der icTrainer-APK-Datei, z.B. zur Installation auf Amazon Fire-Tablets via [Total-Commander-App](#)

Step 2 - Create a user

When you start the program for the first time, you will be asked to create a user (*Note: You can also create additional users at any time later*):



The screenshot shows a dialog box titled 'icTrainer v1.1.11'. The main text asks: 'Möchtest Du den ersten "Rider" (=Nutzer) konfigurieren?'. At the bottom, there are two buttons: a green 'Ja' button and a red 'Nein' button.

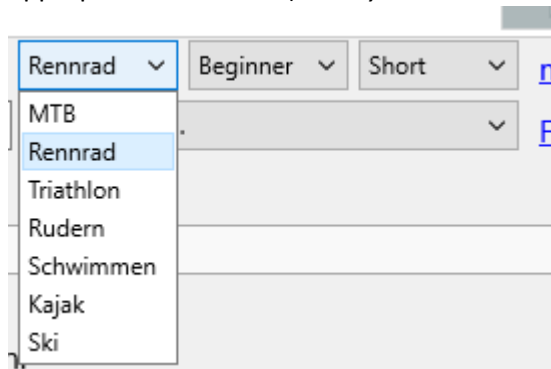
Please give your user profile a name and fill in all fields:



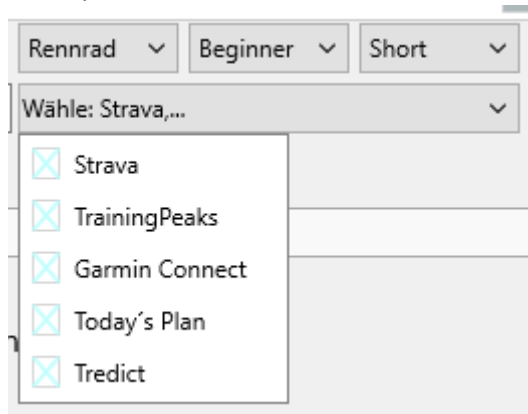
Height, weight, maximum heart rate(BPM) and FTP will help you to control your training perfectly
(Note: you can also enter this data later if you don't know it right now):

max BPM	<input type="text"/>	Größe (cm)	<input type="text"/>
FTP	<input type="text"/>	Gewicht (kg)	<input type="text"/>

By selecting your sport, you determine the future choices of your workout and the display of appropriate data fields
(Note: you can also create additional users with other sports later):



By optionally selecting one or more training platforms, you can synchronize your training results with other platforms or download external training plans:



Connect your devices to view and/or control your workout:

Trainer (Bike)	<input type="text"/>	neue Suche
Power (Watt)	<input type="text"/>	neue Suche
Herzfrequenz (BPM)	<input type="text"/>	neue Suche
Trittf./Geschwindigk.	<input type="text"/>	neue Suche

*Note: For the sports **road bike, triathlon and mountain bike** you will first be asked to connect your "Trainer (Bike)" (->"New search").*

If you don't have an interactive indoor-trainer, you can also connect a power meter/"Power(Watt)", a "Cadence/Speed sensor" and/or a "Heart rate sensor" via "More sensors".

*For **rowing, kayaking, swimming and skiing**, the lines for "Trainer (Bike)" and "Cadence/Speed" are disabled and you can only connect your device via "Power(Watt)" and a "Heart rate Sensor".*

Step 3 - Activate software

You have the option to activate a trial month or purchase an annual subscription.

If you have a coupon code for an annual subscription, enter it directly into the field on the Wizard home page:



Step 4 – Download training

Go to the "Wizard/Start Page" (see below in the middle):

Red buttons - First you need to download a workout (e.g. "Download New Exercises"):

You can filter our workouts ("All Exercises types") by various criteria (e.g. with real track videos, with suitable music, by duration, etc.):

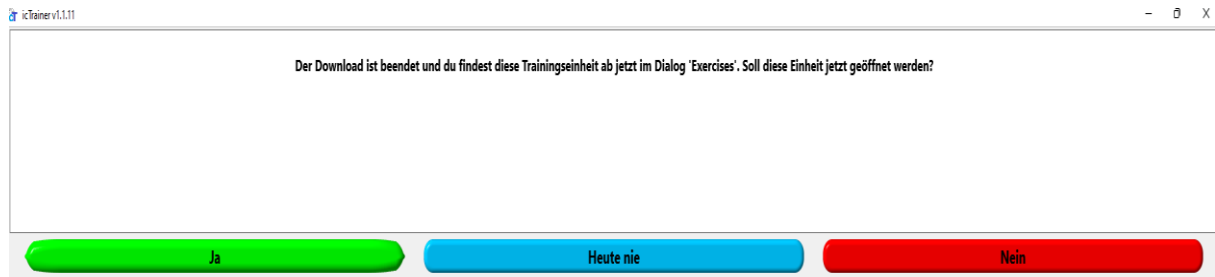
Name	MB	Gruppe	Level	Typ	Dauer	Kommentar	Diagramm
El Teide - GA1		0.1 120min	Advanced	Endurance	1:54:34	Grundlagendauer mit leichten Anstiegen	
HIIT-Training		0.0 45min	Pro	HIIT	0:47:04	kurz aber heftig	
lockerer Einstieg (1)		0.5 45min	Beginner	Endurance	0:44:03	Einfache Starteinheit, lockeres Pedalieren unterbrochen von einigen Stücken mit etwas höherer Trittfrequenz	
lockerer Einstieg (2)		0.1 45min	Beginner	Endurance	0:47:01	Einfache Starteinheit, lockeres Pedalieren unterbrochen von einigen Stücken mit etwas höherer Trittfrequenz	
lockerer Einstieg (3)		0.8 45min	Beginner	Endurance	0:46:14	Einfache Starteinheit, lockeres Pedalieren unterbrochen von einigen Stücken mit höherer Trittfrequenz (Treppe)	
lockerer Einstieg (4)		0.0 45min	Beginner	Endurance	0:46:35	Einfache Starteinheit, lockeres Pedalieren unterbrochen von einigen Stücken mit niedriger Trittfrequenz und mehr Widerstand	
Stairway		0.0 60min	Advanced	Endurance	0:56:22	und immer wieder die Treppe hoch	

To download, click the button next to the training session:

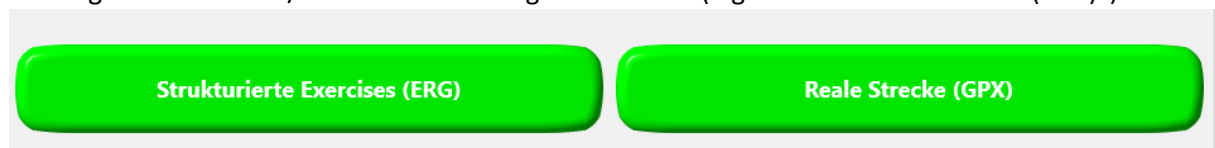


Step 5 - Start training

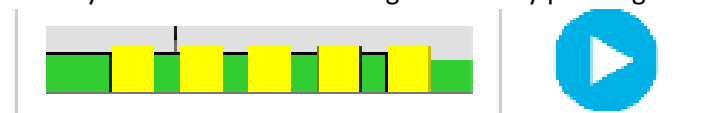
After downloading the workout you can start it directly::



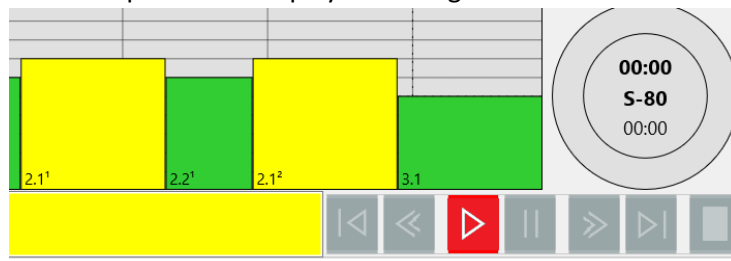
Alternatively, you can find our already installed standard trainings and all your newly downloaded trainings on the "Home/Wizard" under the green buttons (e.g. "Structured Exercises (ERG)"):



There you can select the training sessions by pressing the blue button:



And then press the red play button again to start:



Have fun!

P.S.: If you have further detailed questions about the software, you can find extensive help in our help area ("question mark" in the upper right corner of the software). For example, a complete manual to read through or our YouTube-Tutorials for specific questions.