# LE5MILL5

## **Virtual Bike**

# Stages Installer - Application Setup Instructions

Version	2.0
Date Issued	8 <sup>th</sup> March 2019
Edits	Updates to include language and time zone settings
Application Version	Relates to application version 1.3.1 onwards



## Introduction

This document is intended to provide detailed step by step information on how to set up the Les Mills Virtual Bike on the customer's premises. This document is therefore intended for on-site sales or distributor staff – this is not intended for the customer.

The set up process will consist of 3 distinct parts

- 1. WiFi Set-up and Application update
- 2. Set regional setting and register the bike
- 3. Set up the application connectivity
- 4. Test and validate

If there are any issues with the setup process, please contact:

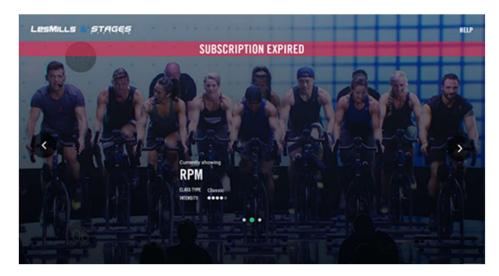
Stages Indoor Cycling Customer Support

Phone: (800) 717-8076 M-F 5am-8pm ET

Email: support@stagesindoorcycling.com

## WiFi Setup and Application Update

After constructing the bike and installing the console, connect and turn on the power. The console will automatically start and the Les Mills Virtual Bike application will be launched straight away. Initially you will be presented with the following "Splash Screen":



#### WARNING:

If you are presented with the following "QA MODE" screen, please contact the support team.



The first step in this process is to connect to the club's WiFi and allow the Les Mills Mobile Device Management (MDM) service to update the application. This step MUST be completed first.

1. To setup WiFi enter the Help menu by tapping on the "Help" menu option at the top right of the Splash Screen, this will bring up the Help page



2. Tap the bottom left corner of the help screen 10 times



#### This will bring up the Admin menu:

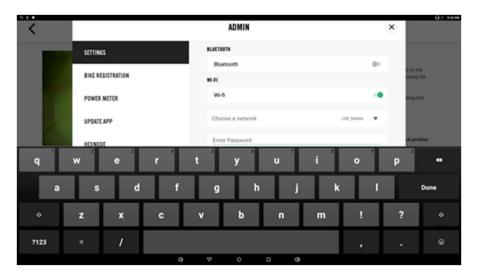
	ADMIN	×
SETTINGS	BLUETDOTH	a on the month the
	Bluetooth	On Argani
REGISTRATION	16-FL	
POWER METER	WrFi	
UPDATE	Choose Network	LM, MARK W
@ *	Language	
HEXNODE Standard w	Select Language	w Los M art or
like Bluet Ske at the Bey are set	Timezone	area post arreg with ar class.
APP VERSON: ust 131 APP any word 1 CONSOLE 0 unineer for back a construct and with experiment	Select Timezone	

3. From the Settings menu option, toggle the WiFi switch on, this will present a list of available WiFi connections

	ADMIN	×
SETTINGS	BLUETDOTH	a on the energy the
	Bluetooth	On longered
BIKE REGISTRATION	16-A	
POWER METER	Wi-fi	
UPDATE APP	Choose a network	ek prolite
HEXNOLE		w las Mi
tandard w An Bluete	LMI,Moble ClickShare/Tarea	art or man just
Are at the sty are set Are visition. Are visition, up Saturatyton Persons #10	ClickShare-Credit	ering will w class.
ny word 1 CONDULE 0. GETS/HIRDROOD WESTANDER PROD WICADORES 104074114246	LMI Guest	
COCK TOP	Meraki Setup	

Choose the appropriate network by tapping on it, this will bring up the screen where you can enter the password for the network connection.

**CRITICAL NOTE:** The bike MUST be connected to a WiFI network that allows for a permanent connection (i.e. NOT one that only allows a connection for a defined period of time, nor one that requires user acceptance via a web page). WiFi access is required so that the bike can receive new content, send error logs to Les Mills and also allows for remote analysis and resolution should errors occur



To enter the password, tap on the "Enter Password" text box, this will bring up the keyboard.

Once successfully connected the WiFi connection will be shown as green (active):

	ADMIN	×
SETTINGS	BLUCTOOTH	a on the resing th
	Bluetooth	0- Broam
REGISTRATION	10-F1	
POWER METER	WrFi	
UPDATEAPP	Choose Network	LM,Made V
	Language	
HEXNODE	Select Language	English stor
liver.		And Party and And
APPVERSON UNIT 2 MIS		ar class.
AND GASTATUS GA		

4. The next step is to step away from the bike and allow the application to be automatically updated. This can take up to 5 minutes and the application will be re-started.

If you want to check if something is happening, tap on the android menu home button which will take you to a blue screen with the Les Mills icon showing, this should be "spinning"

### Select Language, Time Zone and Register Console

Once the application has been successfully updated and the application re-started, please proceed to the Settings menu in the Admin page:

1. To set regional preferences and to register the bike enter the Help menu by tapping on the "Help" menu option at the top right of the Splash Screen, this will bring up the Help page



2. Tap the bottom left corner of the help screen 10 times



This will bring up the Admin menu:

	ADMIN	×
SETTINGS	BLUCTOOTH	
	Bluetooth	
REGISTRATION	10-ft	
POWER METER	W-Fi	
UPDATE	Choose Network	LM,Mole V
·	Language	
HEXNODE	Select Language	10 L
Ten I	Timezone	
APP VERSION: set 1.3.1 #60 CENSIOLE D: unknown	Select Timezone	
GA STATUS PROBJECTED NHCADORESS scientification CENT		

3. Ensure WiFi is on and the console connected to the internet. From the Settings menu, select your preferred language (scroll up to reveal all languages). Note that the preferred language is applied to the application **and** to the default audio for the rides themselves.

	ADMIN		×
SETTINGS	Choose Network	List, Muble 🖤	to on the
	Language		brig and
REGISTRATION	Select Language	English	
POWER METER	English		
UPDATE APP	92		ck position
	Français		
HEXINGUE	Deutsche		te Les Mill
et a latt THO	Italiano		to Part of the part of the part of
APP VERSION unt 1.2 MIS	日本人		or class.
HES CONSULED GETS/180400013	Pytousk		
Tar	Español		

4. Next, select the Time Zone for the region the bike is in. To do this tap on the "Select Timezone" field to show a list of common time zones (scroll up to reveal all time zones)

This is a very important step. Please do not skip!

	HELP	
	ADMIN	×
SETTINGS	Increase	to the stand the
	Select Timezone	bra grea
REGISTRATION	Midway GMT: -11:00	
POWER METER	Hawaii-Aleutian Standard Time GMT: 10:00	
UPDATE	Alaska Standard Time GMT: -09:00	ek position
	Pecific Standard Time GMT: 08:00	
HEXNODE	Tijuana GMT:-08:00	ter Les Mills
	Mountain Standard Time GMIT: -07:00	man just arrive point
APP-VERSION: unit131#00 CENEDLE D: unitessue	Chihushus GMT: 47:00	or chara.
GA STATUS PROB_NOT_INSPECTED WHIC ADDRESS activated for an 7/1	Costa Rica GMT: -06:00	
Energy and a second sec	Central Standard Time GMT: 05:00	

You should now have a screen that looks similar to the following:

	HELP	
	ADMIN	×
SETTINGS	BLUCTDOTH	a on the many the
	Bluetooth	0- argut
REGISTRATION	10-F1	
POWER METER	WER	
UPDATE	Choose Network	(M.Mobie 🖤
	Language	
N CAN UN	Select Language	English at ar
An Durit	Incluse	The print
APP VERSON: unt 1.3.1 #10		of class.
y wired 5 CDNSX.E.D. unknown e bouch as gas status PROE.NOT.AMPECTED	Select Timezone	Auckland GMT: +13:00
ACK TOP		

5. Next step is to press the Bike Registration menu option which will display the registration page:

	HELP	
	ADMIN	×
SETTINGS	CONSOLE	a se te
and the second se	Bike ID: G\$156180400040	terg a
BIKE REGISTRATION	Enter Oustomer 10	
POWER METER		
	REGISTER BIKE	ek pes
UPDATE APP	CUSTOMISE BIKE NAME	
HEXNODE	Enter Bike Name (optional)	se Los
dard + Blanc		at or resta
at the are tell markets APP VERSION: gal Subscription Preview #29	SAVE	arrest of the
INCOME OF CONTRACTOR OF CONTRACTOR	SUBSCRIPTION DETAILS	
NAC ADDRESS 10 40 74 11 x2 46	Status: Not active	No bike registered

6. Enter the Stages customer ID from the worksheet into the Customer ID field and press the green "REGISTER BIKE" button:

•		Al Constraints	0.41
<		HELP	
		ADMIN	×
	SETTINGS	CONSOLE Bike ID: 05156180400040	s on the using the
- 6	BIKE REGISTRATION	Accedo-Active	ang and
100	POWER METER	REGISTER BINE	ck proline
UPONIEAPP	HEXNOLE	CUSTEMISE BIKE KAME	_
You can us Standard w Bike, Bluets	REARUE	Enter Bike Name (optional)	in Les Mills art or mes just
ble at the they are set automatics any wired b	APP VERSION: on Subscription Preview #29 CENNOLX 0: DETAINING00000	SAVE	arrig all of class.
De tout o QUICK TIP decoverab	GA STATUE PROD MAC ADDRESS: 10.4874 11.42.46	Status: Not active	No bike registered
		• • • •	

The application will then contact the back-end server and select a subscription to register against.

7. If there is an available subscription, the application will display the subscription as Active along with the subscription's expiry date:

	HELP	
	ADMIN	×
SETTINGS	Cexsol.6 Bike ID: 03156180400040	a on the many th
BIKE RESISTRATION	Customer ID: Accedo-Active	ting and
POWER METER	CUSTOMISE BIKE NAME Enter Bike Name (optional)	ek positi
UPONE APP	SIVE	
REXADOL Randard w	SUBSCRIPTION DUTINUS	wites M
Her Blurk Reg BY BY RY BY AN APP VERSON: ga Subscripton Preview KIN	Status: Active	06/35/2019 or class
y wine 1 CONDULE 0 GETS/18040040 FDUCT # GA STATUS PROD Wel ADDRESS 10-00 Ty T1 aD 46	CENTIFICATION & LICENSE AGREEMENT	
OUICE THE	VIEW BOCUMENTATION	

8. If an unassigned subscription is not available the following will be displayed:

* •			Q 🕈 E. 1984
<		HELP	
		ADMIN	×
	SETTINGS	CONSOLE	maing the
	BIKE REGISTRATION	Bike ID: GS156180400040	brig and
		Accedo-No-Licenses	
100	POWER METER	No free subscriptions found for the customer	ek position
	UPDATE APP	REGISTER BINE	
The Case of M	HEXNODE	CUSTOMISE BIKE KAME	te Les Mills
Standard w Bike, Bluete		Enter Bike Name (optional)	art or mes just
bits at the they are set automatics	APP VERSION: ga Subscription Proview #29	SIVE	aring will ar class
any sited b the buch a	CONDOLE (0) GETSATROADD640 GA 575/705 PROD		
QUICK TIP	NINC ADDRESS 10 4874 11 42 46	SUBSCRIPTION OCTAILS	
discoverab		• • • • •	

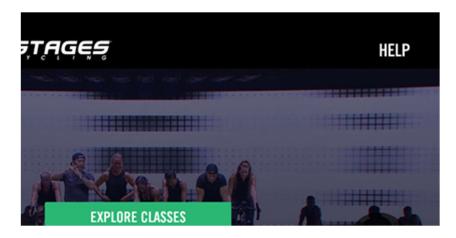
In this situation, please check that the customer ID you have entered is correct. If incorrect, simply edit the customer ID and press the green "REGISTER BIKE" button again.

If the customer ID is correct and the error continues, please contact Stages Support.

### Pair with the Stages Power Meter

An important aspect of the proposition is connectivity to the Stages Power Meter. This is done by enabling Bluetooth and pairing it to the application.

1. To Pair the power meter enter the Help menu by tapping on the "Help" menu option at the top right of the Splash Screen, this will bring up the Help page.



2. Tap the bottom left corner of the help screen 10 times



This will bring up the Admin menu:

	HELP	
	ADMIN	×
SETTINGS	BLUETDOTX	a on the maing the
	Bluetooth	On angent
RESISTRATION	16-FL	
POWER METER	we	
UPDATE APP	Language	ek positi
60 ×	Select Language	English
You can up		w Les M
Standard w Bike Bluett bike at their		and by any with
Buy are set automatics APPVERSON: use12.465		or class.
any wired 5 CONSOLE 0: GE154/80400013 The bouch is: GA STATUS: GA		
CLECK TOP Bin county		

3. On the settings menu, turn Bluetooth on:

	ADMIN	×	
SETTINGS	BLUETOSTA		1
	Bluetooth		-
BIKE RESISTRATION	m.ft		
POWER METER	wi-6		
UPDATE APP	Choose a tertwink	(Inclusion Control of	
	Language		
HEXNOOL	Select Language	- Emphanis	(11 89) 14
a Martin			
APP VERSEN OF Adversers #10			
SANDON PROP			

4. Select the POWER METER menu option:

<		HELP	
		ADMIN	×
SETTO	NGS REGISTRATION	POWER METER No power meter paired	to the saling the series and
	R METER	PAIR POWER METER	d puties
E B M HON	1E APP 10E		a Leo Millo
Standard w Bins. There bins at the they are set automatics. APP VERS any weed to the touch in GA STATU	9% ga Subassiyilat Perview K9 0 - G115/1004000 1 - PR00 555 10:4074/142745		er der enter Frank junt aufrag with auf allenes.

Ensure the bike's power meter has batteries installed and is active (do this by pedaling the pedal with the Power Meter on it (left pedal)). Press the green PAIR POWER METER button to show the available Power Meters. Please note that there may be more than one active Power Meter. Please ensure the one on the bike you are configuring is active, check the ID(s) on the screen with the ANT ID on the Power Meter.

		_
	ADMIN	×
SETTINGS	SETTINGS SELECT POWER METER TO PAIR WITH CONSOLE	
BIKE REDISTRATION	Pedal the bike to make the power meter disc	overable bing and
POWER METER	ANT ID - Stages 58643	
UPDATE APP	_	ek positio
TO CON UN		se Leo Mil
Randerf v Bies Burn Dela at De They are an APP VERSON: as Subscripton Preven KH		art or des post arring will or class.
ang weed 5 CENDLE 0 GETSING4000 Bit Touch II GA STATUE 1900 MIC ADDRESS 104674/11 x246 OURCE THE	CANCEL	HK .

5. Pair to the appropriate Power Meter ID by tapping on it. Once connection is established a green tick will appear against the Power Meter ID. Press the green OK button

		HELP		
		ADMIN	×	
SETTINGS		SELECT POWER METER TO PA	UR WITH CONSOLE	to on the standy the
BIKE RES	STRATION	Pedal the bike to make the powe	er meter discoverable	bing and
POWER	ET CR	ANT ID - Stages 58843	~	
UPDATE A	99			ck position
6 0 M HENRODE				te Les Mills
Standard w Bike Bluett				art or mes just aring will
and the second se	ps Subscription Preview #29 DD156/180400640			er class.
the bouch in		GANCEL	86	
discoverable	_			

6. The Power Meter is now paired with the console:

	HELP		
	ADMIN	×	
SETTINGS	POWER METER		s on the using the
BIKE REGISTRATION	ANT ID - Stages 58843	Status: Active	ang and
	ZERO RESET	FORSET	
POWER METER			ch position
UPDATE APP			
HEXNODE			e Les Mils
Standard or Bine Blues			et or nes just
bike at their Prey are set automatics APP VERSION: ga Subscription Preview #29			ering will or class.
any wired 5 CDNDLT 0 CE15418040040 the bouch a ga statue PR00			
QUACK TOP			