FREEMOTION



START AN INTERACTIVE IFIT WORKOUT

Select "Start" to begin a workout or log in to an existing iFit account.



After making a selection, press "Start" to begin the training.

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Warm-up or tap "End Warm-Up," to begin the coach-led session.



Choose a workout from the dashboard or select "Browse" to explore the full library of content.







Start pedaling and experience a world-class **Interactive. Personal. Training.**



FREE/MOTION



CREATE A CUSTOM GOOGLE MAP WORKOUT

Select "Start" to begin a workout or log in to an existing iFit account.



Select the geographic location in which to draw a route.



Press "Save New Workout," and name it.



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Touch "Create" at the bottom of the screen.



Touch the specific points on the map to create the desired route.



Hit "Start Workout" and enjoy a personalized terrain-matching workout experience.



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