



Getting started with VQ/Velocity:

This is all free for Team Bright Side members! The only thing you need is an indoor bike setup, a laptop with a camera running with Google Chrome or an iPad. EZ.

Click this link to get started: <https://app.vqvelocity.com/join?s=ao4kui>

If you're training with power, like, you have a smart trainer or a power meter, then you'll need an FTP. If you don't know your FTP, just enter your weight. They'll approximate an FTP for you.

If you don't have a power meter or a smart trainer, **NO PROBLEM!** Same thing, just put your weigh in and they'll approximate it for you.

If you want to know more about this system, including how to connect your HR and power, should you be using those things, check out their videos here:
<http://bit.ly/3kVV5DC>

TROUBLESHOOTING SETUP on VQ/VELOCITY:

- 1) You need to be in a Chrome browser or in the iOS mobile app
 - a. Chrome on mobile devices is proprietary to the manufacturer (Apple, Samsung, etc.) and behaves differently so it's not compatible with Velocity
 - b. Velocity will not run in Safari
 - c. For iPads, download the "Velocity Cycling" app from the Apple app store. The app doesn't work on iPhones as the screen is too small.
- 2) If you're in a Chrome web page, log into the riding app: <https://app.vqvelocity.com/home>
- 3) Let the software check for updates
- 4) Before you connect your devices for the first time, it's generally a good idea to:
 - a. Hard refresh your Chrome browser

- i. Mac: Shift+Comand+R
 - ii. PC: Shift+Control+R
 - b. Connect your smart trainer to the manufacturer's app (Wahoo, TACX, etc.) and ensure your firmware is updated
 - c. Disconnect your smart trainer from the manufacturer's app and anything else it might be connected to like Zwift.
- 5) Once you're good to go, it's recommended to watch this [video](#)
 - a. You may have noticed there's a whole library of helpful videos to watch on a lot of topics like connecting to 3rd party apps for auto uploads and managing your account
- 6) From the main riding screen or from inside a workout, click on the devices icon in the top center of the screen.
- 7) Follow the device connection wizard and all of the icons should be green.
- 8) Click "Let's GO!" and enjoy your workout.
- 9) Please note:
 - a. The wireless signal strength indicator next to your device connection icons will let you know how strong your wifi connection is
 - b. Most devices like a HR strap or on-bike power meters (cranks, pedals, hubs,,etc.) are designed to communicate in a small "personal space" range, so if your Bluetooth signal/connection consistently drops out, you may be too far from your laptop/iPad.
 - c. You can reconnect your devices at any time by clicking on the icons and individually reconnect or rerun the connection wizard