



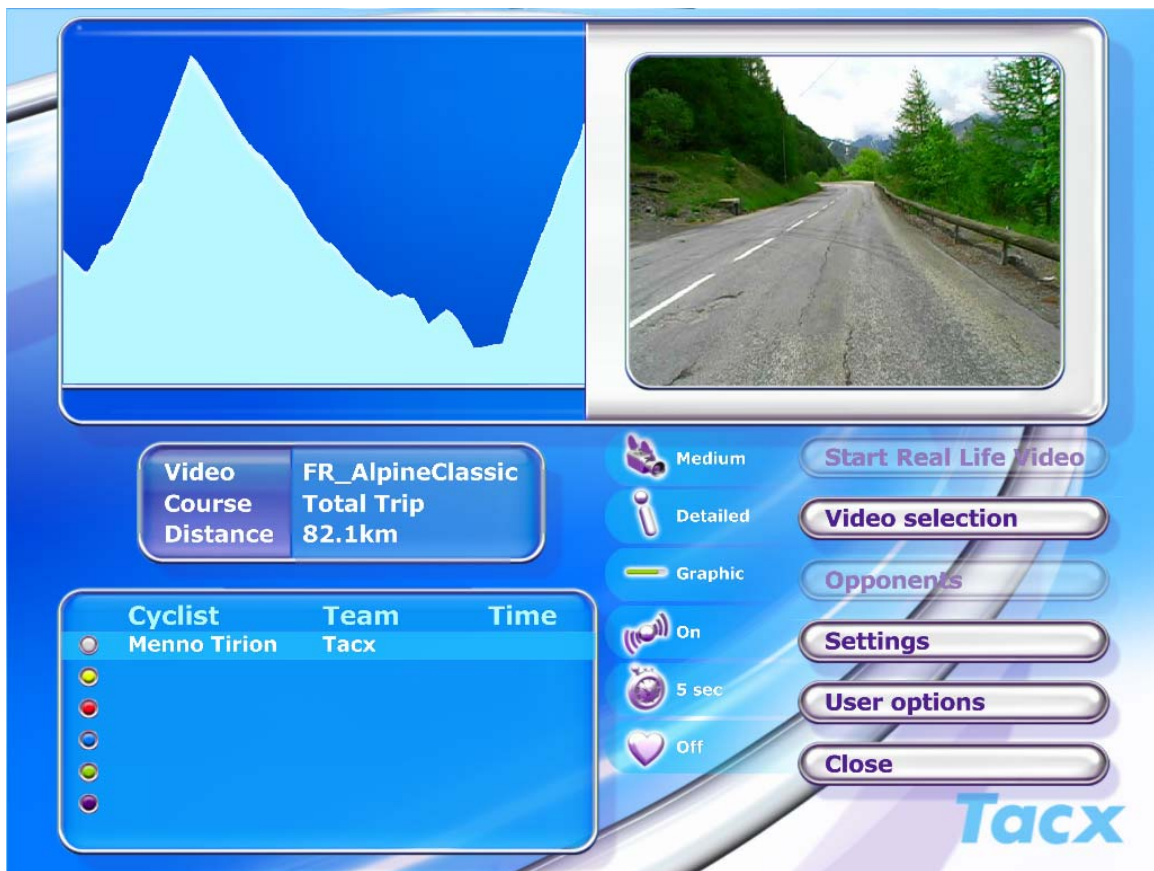
USER MANUAL FOR FORTIUS REAL LIFE VIDEO



Welcome to the Wonderful World of Real Life Video!

To bring up Real Life Video's, just click on the Real Life Video Tab on the previous screen print.

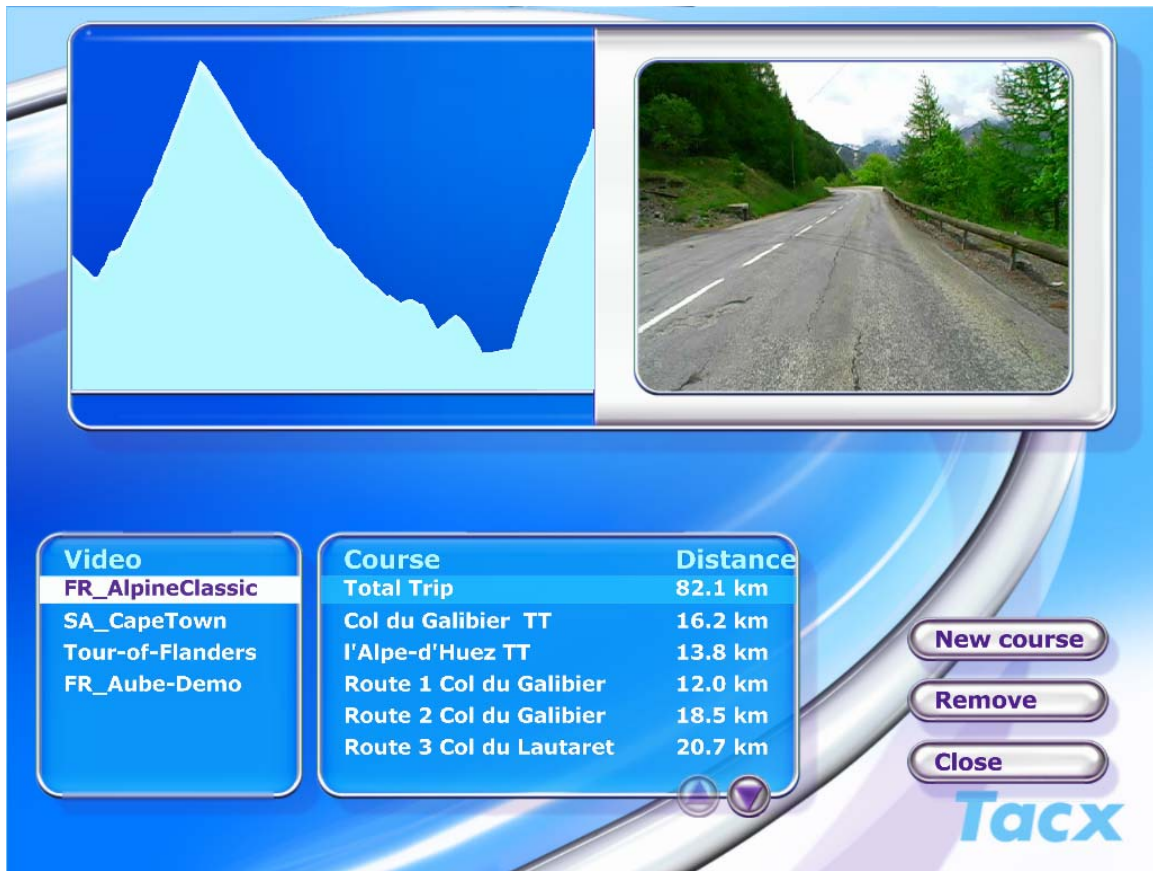
Now you will see this!



Now we make our Video Selection by clicking on the Video Selection tab.



Now you will see something like this:



Under the Video column, you may have other Video's.

Here is where you select your Real Life Video DVD by clicking on the desired Title in the VIDEO Column.

As an example, I will click on SA Capetown and then under Course I'll click the Total Trip line and then click on the CLOSE tab.

Now you will see the next screen print:



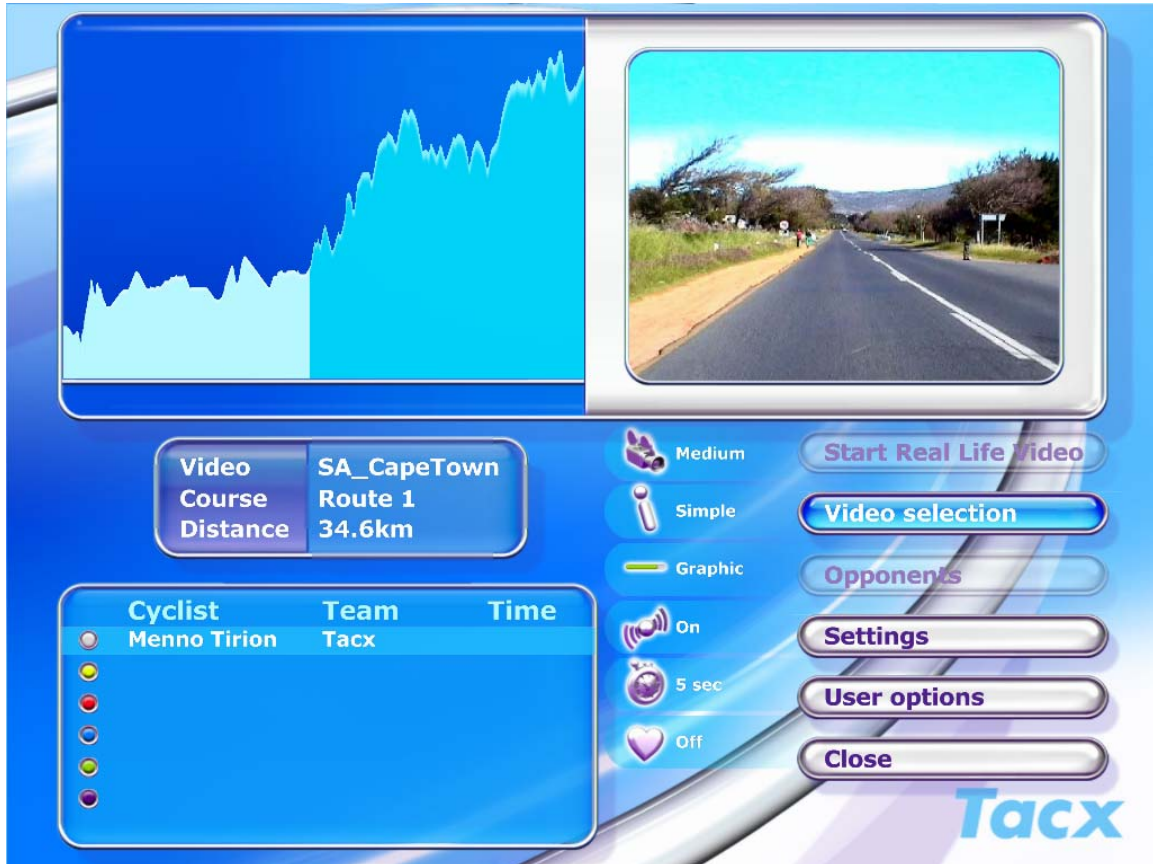


As you see in the **COURSE** column, you can ride the entire 73km trip or simply click on one of the other routes for a shorter or more targeted ride. The graphic on the left of the picture illustrates the grade level changes of the ride.

Once you've determined which ride you want to do (for demonstration purposes, I will now click on Route 1), then simply click on **CLOSE** on the bottom right of the screen print above.



Now you will see this next screen-print:



Here you will click on the Start Real Life Video tab. The count down will begin and you will be riding through some beautiful parts of the world.

When you start pedaling, the video will begin. Once started, hit the up arrow on your green controller located in the center of your handlebars and the screen will be filled with the video.

You will also see the training information displayed on the screen.

The faster you pedal, the faster you move through the video. If you stop, the video stops. If you pedal faster, the video moves faster as well.

When you are satisfied, stop pedaling and hit the ESC button at the top left of the computer keyboard.

This is just the beginning of the wonderful experiences you will have as you learn more about the exciting world of VCycling's Real Life Video's on DVD's.

