

Thank You!

Thank you for purchasing the Kinetic inRide Power Sensor. The Power Sensor sends data to training apps running on Apple™ and Android™ devices using ANT-FEC and/or Bluetooth FTMS communication standards. Try our favorite apps:



Kinetic Fit

kinetic.fit



Zwift

zwift.com



TrainerRoad

trainerroad.com



Rouvy

rouvy.com



Kinomap

kinomap.com



FulGaz

fulgaz.com



Download on the
App Store



ANDROID APP ON
Google play

Scan QR code for Kinetic Fit App configuration and installation instructions and heart rate monitor usage directions or go online to:
kurtkinetic.com/inride/instructions



What's in the box?



sensor pod

grommet



magnet



Kinetic inRide 3.0 Installation

[User Guide: T-2005]



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MADE IN CHINA

Featuring certified wireless ANT+™ connectivity.
Visit www.thisisant.com/directory for compatible products.

kurtkinetic.com/inride/instructions

Install the grommet



Insert rubber grommet into roller hole



Press in rubber grommet until seated against lip

Install the magnet



Snap magnet to standard screwdriver to firmly hold



Using screwdriver, press magnet into grommet

Install the magnet



Press magnet flush with grommet using screwdriver



Magnet should be flush with top of grommet

Sensor installation Guidelines



Install the sensor



Clean plastic surface with isopropyl alcohol



Peel backing from adhesive patch on sensor

Install the sensor



Carefully position and place sensor on trainer yoke bracket and press into place. **NOTE:** alignment is critical. Edges of sensor must match edges of trainer yoke bracket.

Connect with Training Apps

BEFORE YOU START: Kinetic T-2005 inRide Power Sensors pair with apps using the Bluetooth Smart communication protocol [a.k.a. Bluetooth 4.0, Bluetooth LE or BLE] found in most mobile devices manufactured within the past 5 years or with Garmin computers and watches using the ANT+ communication protocol.

PAIRING BEST PRACTICES USING BLUETOOTH AND MOBILE DEVICES

inRide sensors and heart rate monitors pair directly with training apps and NOT within the device settings like wireless headphones or an earpiece. *Do not pair your trainer or heart rate monitor in your device settings*, even if the device will let you as some Android devices will. In your device SETTINGS > BLUETOOTH, if you see your sensor listed please delete it and follow the directions below.

- Download and install the software you'd like to use. **We recommend that all customers start with the Kinetic Fit app.**
- Open the Kinetic Fit app and create an account.
- SELECT PROFILE from the menu in the lower left corner of the app and configure your profile
- With inRide sensor installed and bike mounted on trainer, wake up your inRide sensor by pedaling your bike for a few turns.
- Pair to the Fit app: Open the Fit app and select SENSORS from the menu on the bottom left of the app screen. Your inRide sensor should show on the SENSORS screen. Select the CHAIN LINK ICON. It will turn green when paired. [All training apps will have a similar process for pairing. Just make sure the trainer or sensor is active before trying to pair to any 3rd-party app.
- On the Kinetic Fit app home screen, select WORKOUT button on bottom of screen and choose a workout.
- Select a WARMUP and start riding. Each Kinetic Fit workout includes a 10-minute warmup followed by a spindown calibration. Once calibration is complete, actual workout begins.

For additional information: <https://support.kurtkinetic.com/hc/en-us/categories/200442600-Kinetic-Fit-App>
<https://www.kurtkinetic.com/training-blog-feed/getting-started-with-zwift>

COMMON PAIRING ISSUES [sensors not showing in app]

- Dead battery in inRide or HR sensor - replace battery.
- Sensor has been paired to Bluetooth in device settings instead of the chosen training app - delete sensor in device settings and re-pair through Kinetic Fit app.

RESETTING INRIDE SENSOR

- Hard quit the Fit app by double tapping the home button and upswiping the app if it's on. [varies with device type]
- In your device settings, turn off Bluetooth.
- Power off your device.
- Pull battery from sensor and install it upside down.
- While your sensor battery is flipped, power up your device, turn on bluetooth again in settings, open the Fit app, and open the Sensors screen.
- Flip the battery back to positive side up in the sensor and reinstall battery cap. If this doesn't work, try it again with a fresh battery. [a magnet helps with battery removal]

[DE translation]

Installation der Gummütülle

1. Stecken Sie die Gummütülle in das Loch in der Lauffläche
2. Pressen Sie die Gummütülle so tief hinein, bis sie mit den Gummilippen anliegt

Installation des Magneten

3. Legen Sie den Magneten auf die flache Fläche eines Schraubenziehers [er hält dort von alleine]
4. Pressen Sie mit dem Schraubenzieher den Magneten in die Gummütülle
5. Drücken Sie den Magneten so tief hinein, bis er mit der Gummütülle bündig abschließt. Nutzen Sie den Schraubenzieher dazu
6. Überprüfen Sie nochmals das bündige Abschließen mit dem Schraubenzieher

Sensor Installations-Richtlinien

Der Magnet muss über der Kerbe des Sensors sitzen [in einer Linie]

Die Sensor-Kanten müssen an den roten Pfeilspitzen anliegen

Installation des Sensors

7. Reinigen Sie die Plastikoberfläche, so dass sie schmutz- und fettfrei ist
8. Ziehen Sie die Folie von der Klebefläche auf der Rückseite des Sensors ab
9. Positionieren Sie vorsichtig den Sensor auf dem Verbindungsbügel und pressen ihn fest. **HINWEIS: Die richtige Ausrichtung ist wichtig. Sensorkanten müssen an den Kanten des Verbindungsbügels anliegen.**

[ES translation]

Instalar la funda de goma

1. Insertar la funda de goma en el agujero del rodillo
2. Presionar la funda hasta que entre hasta el fondo

Instalar el imán

3. Colocar el imán en el extremo de un destornillador
4. Usando el destornillador, insertar el imán en la funda de goma
5. Presionar el imán con el destornillador para insertarlo
6. El imán debe estar alineado con la parte superior de la funda de goma

Consejos para instalar el sensor

El imán del cilindro debe estar alineado con la muesca del sensor
Los bordes del sensor deben estar alineados con los bordes señalados con las flechas rojas

Instalar el sensor

7. Limpiar la superficie plástica con alcohol isopropilo
8. Retirar el protector del parche adhesivo del sensor
9. Posicionar cuidadosamente el sensor del soporte del yugo y apretar para que quede pegado. **NOTA: el alineamiento es crítico. Los bordes del sensor deben coincidir con los bordes del soporte del yugo**

[FR translation]

Installer l'oeillet

1. Insérer l'oeillet en caoutchouc dans le trou du cylindre.
2. Appuyer sur l'oeillet caoutchouc pour qu'il soit complètement enfoncé.

Installer l'aimant

3. Placer l'aimant sur un tournevis standard
4. A l'aide du tournevis, pousser l'aimant dans l'oeillet
5. Enfoncer l'aimant solidaire de l'oeillet en utilisant un tournevis
6. L'aimant doit affleurer la partie supérieure de l'oeillet

Directives d'installation du capteur

L'aimant doit passer au-dessus de l'encoche du capteur

Les côtés du capteur doivent être alignés avec la limite indiquée par des flèches rouges.

Installer le capteur

7. Nettoyer la surface plastique avec de l'alcool isopropylique
8. Enlever la protection de la partie adhésive à l'arrière du capteur
9. Délicatement positionner et maintenir le capteur sur le support. **Note : l'alignement est primordial. Les côtés du capteur doivent bien correspondre avec les bords du support.**

[IT translation]

Installare la gomma stabilizzatrice

1. Inserire la gomma nel foro del rullo
2. Premere bene la gomma fino in fondo

Installare il magnete

3. Attacca il magnete a un cacciavite standard
4. Usando il cacciavite, spingi il magnete dentro la gomma stabilizzatrice
5. Spingi a filo il magnete nella gomma con l'aiuto di un cacciavite
6. Il magnete deve essere a filo con la gomma

Linea guida per l'installazione del sensore

Il magnete del rullo deve passare sopra l'intaglio per il sensore

Le estremità del sensore devono essere allineate con le estremità indicate dalle frecce rosse

Installazione del sensore

7. Pulire la superficie di plastica con alcol isopropilico
8. Togliere la pellicola adesiva dal sensore
9. Posizionare delicatamente sul regolatore di pressione e premere. **NOTA: l'allineamento è fondamentale. Le estremità del sensore devono essere a livello delle estremità del regolatore di pressione**

[NL translation]

Installatie van het rubbertje

1. Plaats het rubbertje in het gat in de rol
2. Druk het rubbertje geheel in de rol tot aan het lipje

Installatie van de magneet

3. Plak de magneet op een platte schroevendraaier voor een goede grip
4. Druk nu met de schroevendraaier de magneet in het rubbertje
5. Druk de magneet met de schroevendraaier in het rubbertje tot hij gelijk zit met de bovenkant
6. De magneet moet gelijk zitten met de bovenkant van het rubbertje

Installatie van de sensor

De magneet in de rol moet precies over de inkeping in de sensor komen

De randen van de sensor moeten gelijk zijn met de randen aangegeven met de rode pijlen

7. Reinig het oppervlak grondig met alcohol
8. Verwijder achterzijde van het plakkertje
9. Plaats voorzichtig de sensor in de juiste positie en druk hem aan. **LET OP: de plaatsing is erg nauwkeurig. De randen van de sensor moeten gelijk zitten met de randen van de bracket.**



Kinetic inRide 3.0 T-2005

Important Product Information



Featuring certified wireless ANT+™ connectivity.
Visit www.thisisant.com/directory for compatible products.

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This Important Product Information Guide contains safety and handling, regulatory, and warranty information.

Important Safety and Handling Information: CAUTION: RISK OF EXPLOSION IF BATTERY IS REPLACED BY AN INCORRECT TYPE. CAUTION: DISPOSE OF USED BATTERIES ACCORDING TO THE INSTRUCTIONS.

Before beginning or modifying any exercise program, please consult your physician. If you have a pacemaker or other implanted electronic device, consult your physician before using a heart rate sensor. This product is intended for recreational use only and is not intended for medical purposes. Heart rate and other readings could be influenced by interference from external sources. If you use this product with navigation software, always be aware of your surroundings and do not fixate on the screen. Moreover, set destinations and other user inputs prior to your departure to ensure your attention stays on task and your facilities are directed to your activity and not the device. This device contains no user serviceable parts and repairs / modifications should only be done by a Kinetic-authorized technician. Any unauthorized modifications or repairs will void your warranty. Do not leave device exposed to excessive heat or cold.

FCC ID: 2A08MT2005

FCC Rules Part 15

The enclosed hardware device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference and (2) it must accept any interference received, including interference that may cause undesired operation.

FCC Caution

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

MPE

This equipment must be installed and operated in accordance with provided instructions and the antenna(s) used for this transmitter must be installed to provide a separation distance of at least 20 cm from all persons and must not be co-located or operating in conjunction with any other antenna or transmitter.

Canada, Industry Canada (IC) Notices

This device complies with Industry Canada license-exempt RSS standard(s). This Class B digital apparatus complies with Canadian ICES-003 and CAN ICES-3(B)/NMB-3(B). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept

any interference, including interference that may cause undesired operation of the device. The IC ID for this device is 23700-T2005.

Canada, avis d'Industrie Canada (IC)

Cet appareil numérique de classe B est conforme aux normes canadiennes ICES-003 et CAN ICES-3(B)/NMB-3(B).

Son fonctionnement est soumis aux deux conditions suivantes: (1) cet appareil ne doit pas causer d'interférence et (2) cet appareil doit accepter toute interférence, notamment les interférences qui peuvent affecter son fonctionnement. L'identifiant IC de cet appareil est 23700-T2005.

This document details the terms and conditions of the warranty provided with this product. Please disregard any other representations contained on this product's packaging or provided with this product, which constitute or appear to constitute a warranty.

CE statement

Europe – EU Declaration of Conformity This device complies with the essential requirements of the R&TTE Directive 1999/5/EC. The following test methods have been applied in order to prove presumption of conformity with the essential requirements of the R&TTE Directive 1999/5/EC:

EN 60950-1:2006+A12:2011

EN 55022+EN 55024(2010)

EN 301 489-1 V1.8.1(2008-04)

EN 301 489-3V1.4.1(2002-08)

EN 300 440-2 V1.3.1(2009-03)

This device is a 2.4 GHz wideband transmission system (transceiver), intended for use in all EU member states and EFTA countries, except in France and Italy where restrictive use applies.

In Italy the end-user should apply for a license at the national spectrum authority in order to obtain authorization to use the device for setting up outdoor radio links and/or for supplying public access to telecommunications and/or network services.

This device may not be used for setting up outdoor radio links in France and in some areas the RF output power may be limited to 10 mW EIRP in the frequency range of 2454 – 2483.5 MHz. For detailed information the end-user should contact the national spectrum authority in France. Hereby, Kinetic, declares that these products are in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC.

Ant+ certified: OEM Products, Ant+ certification #NEED NEW NUMBER HERE!

California Proposition 65

The enclosed hardware and its packaging contain chemicals the State of California has found to cause cancer, birth defects or reproductive harm.

Limited Warranty

KINETIC warrants this product to be free from defects in material and workmanship, under normal use, for two years from the date of original purchase. Defects that have resulted from improper or unreasonable use or maintenance, accident, excess moisture, insects, improper packing, lightning, power surges, or unauthorized tampering, alteration or modification are not covered. KINETIC will, at its discretion, repair or replace with a comparable product, at no charge to the customer for parts or labor, so long as customer is responsible for shipping costs. Products may be new, refurbished or reconditioned and are warranted for the unexpired period of the original purchase, or 60 days from return, whichever is greater. Any products replaced become the property of Kinetic.

WHERE PERMITTED, THE PROVISIONS OF THIS LIMITED WARRANTY ARE IN LIEU OF ANY OTHER WRITTEN WARRANTY, WHETHER EXPRESS OR IMPLIED, WRITTEN OR ORAL, INCLUDING ANY WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE.

IN NO EVENT SHALL KINETIC BE LIABLE FOR SPECIAL, INCIDENTAL, CONSEQUENTIAL OR INDIRECT DAMAGES. SOME PLACES DO NOT ALLOW LIMITATIONS ON THE EXCLUSION OR LIMITATION OF LIABILITY TO SPECIFIED AMOUNTS, SO THE ABOVE LIMITATIONS OR EXCLUSIONS MAY NOT APPLY TO YOU.

To obtain warranty service, contact KINETIC for shipping instructions and an RMA tracking number at: <https://kurtkinetic.com/support>. Return your device, freight prepaid, along with the original sales receipt which is a required proof of purchase for warranty repairs, with the RMA tracking number written on the outside of the package, and mail to at:

Kinetic Smart Trainer Warranty Return:
5280 Main St. N.E.
Minneapolis, MN 55421
USA