

THE NEW WAY OF SHOWING POWER

INNOVATION FOR YOUR CLUB

SIGN UP FOR STAGES
FLIGHT



SKAPA DIN PROFIL

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FYLL I DINA UPPGIFTER.

OBSERVERA
Viktigt att skriva ditt mobilnummer
utan den första nollan i numret.
Annars kan det bli lite krångel
vid inloggning.

REGISTER

Log In with Facebook

First Name

Last Name

Mobile +46

Email

Date of Birth

Weight Gender

Password

Retype Password

By clicking the "Register" button above, you agree to the [VismoX Terms of Service](#) and [Privacy Policy](#).

Profile

The changes have been successfully saved

First Name Birthday

Last Name Country

Display Name Phone Number

Gender Units

FAMILY SITUATION

Single Couple Small Family Big Family

WORK ACTIVITY LEVEL

Sitting all day Low Average High Running all day

WORK HOURS PER WEEK

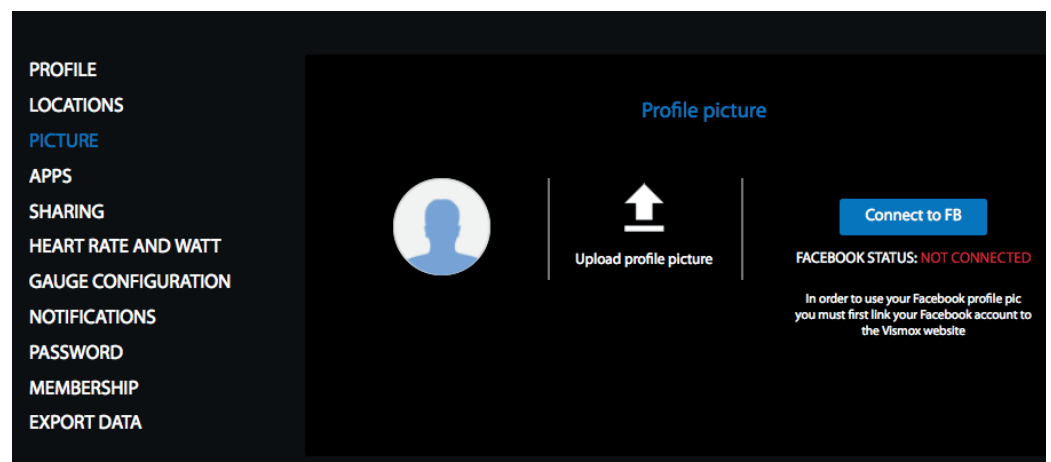
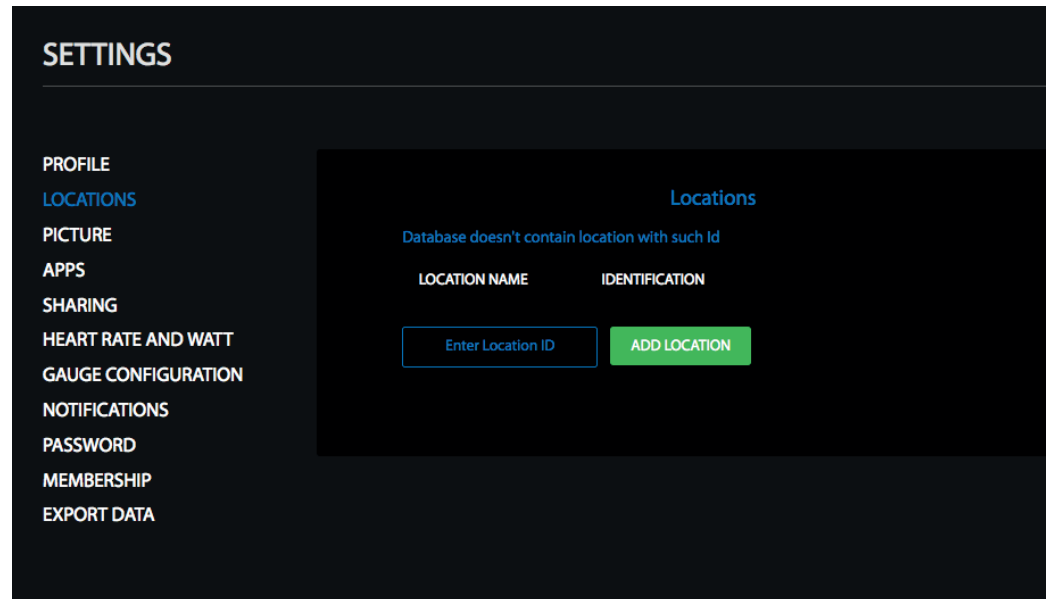
0 25 50 75 100+

AVG HOURS OF SLEEP

1 4 7 9 12+


ID

Läggs till automatiskt efter första träningen.



SETTINGS


- PROFILE
- LOCATIONS
- PICTURE
- APPS
- SHARING
- HEART RATE AND WATT
- GAUGE CONFIGURATION
- NOTIFICATIONS
- PASSWORD
- MEMBERSHIP
- EXPORT DATA



VismoX App for your Mobile Device

The VismoX App is the best way to track your fitness data and integrate it seamlessly with your VismoX account. Track your outdoor activities using the GPS in your smartphone or tablet, or enter workout information from indoor activities manually.


Other Apps



FACEBOOK STATUS: **NOT CONNECTED**

To connect you must first link your Facebook account to the VismoX website.

[CONNECT TO FACEBOOK HERE](#)




STRAVA STATUS: **NOT CONNECTED**

Strava, a sports community for athletes from all over the world. Strava lets you experience what we call social fitness. Connecting and competing with each other via mobile and online apps.

Learn more at www.strava.com

[CONNECT TO STRAVA](#)



TRAININGPEAKS STATUS: **NOT CONNECTED**

TrainingPeaks provides the complete web, mobile and desktop solution for enabling smart and effective endurance training. TrainingPeaks solutions are used by Tour de France teams, Ironman World Champions, Olympians, and age group athletes and coaches around the world to track, analyze and plan their training.

Learn more at <http://www.trainingpeaks.com>

[CONNECT TO TRAININGPEAKS](#)

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Activities

Activities – Here you can indicate if you want your activities to be public or private, and also who you want to share your activities with.

Viewable by: **FRIENDS**

Live Activities

Share LIVE activities with.

Viewable by: **EVERYONE**

Booking

Let your friends know when you have booked a spot in class.

Viewable by: **FRIENDS**

Challenges

Invite people to join challenges.

Viewable by: **EVERYONE**

HJÄRTFREKVENSENS OCH WATT.

Stages Flight räknar ut uppskattad "max heartrate" och FTP efter dina angivna uppgifter.

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HEART RATE SETTINGS

MAX HEART RATE

SENSOR ID

DEVICE TYPE

POWER SETTINGS

WEIGHT (kg)

FTP

LOCK FTP

SKRÄDDARSY

SETTINGS

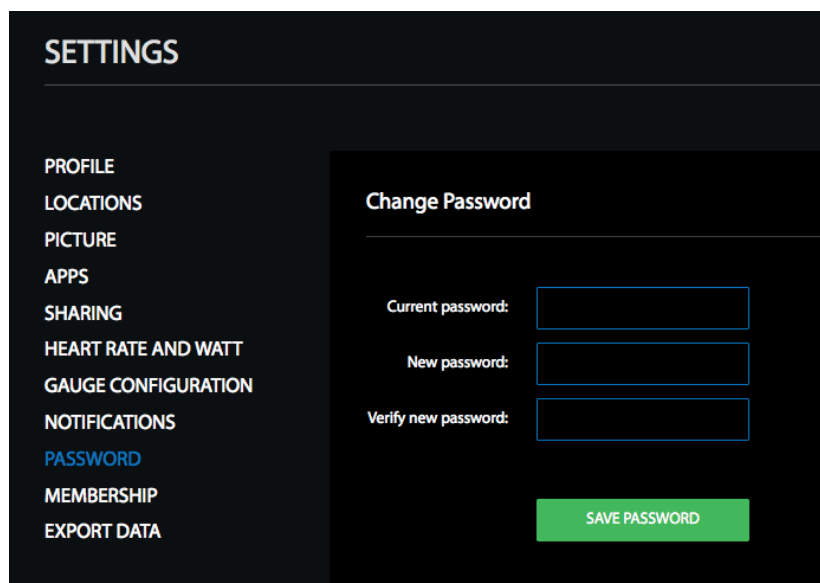
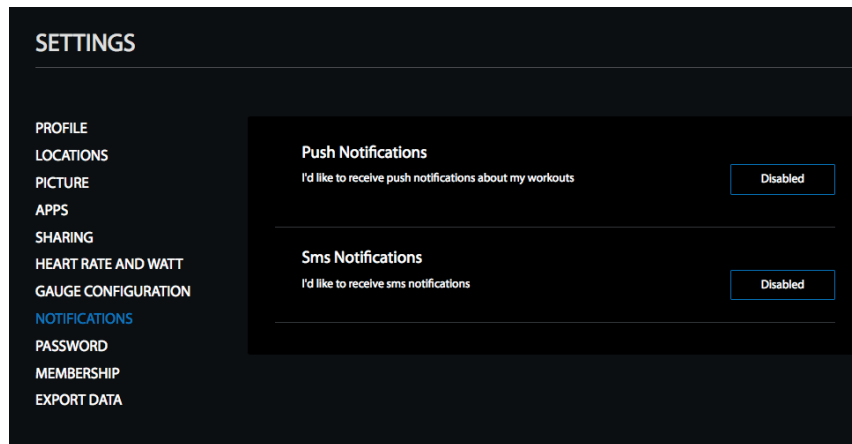
- PROFILE
- LOCATIONS
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Time between switch: sec Time between switch: sec

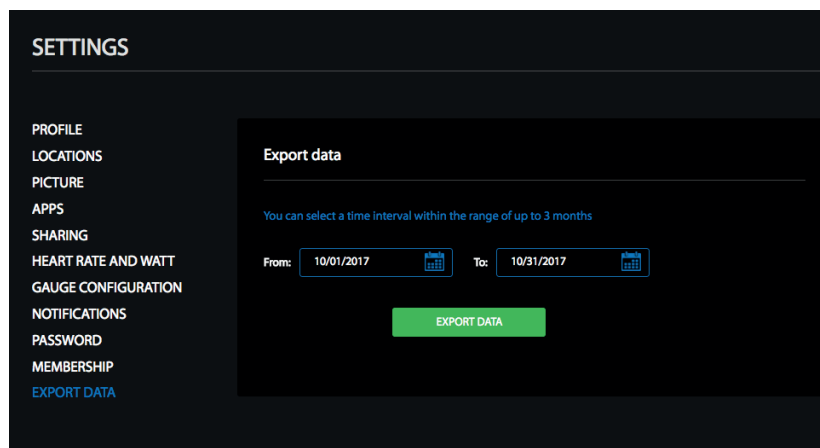
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SHOW KCAL	<input type="radio"/>	SHOW KCAL	<input type="radio"/>
SHOW RPM	<input type="radio"/>	SHOW RPM	<input type="radio"/>
SHOW AVERAGE SPEED	<input type="radio"/>	SHOW AVERAGE SPEED	<input type="radio"/>
SHOW MAX SPEED	<input type="radio"/>	SHOW MAX SPEED	<input type="radio"/>
SHOW AVERAGE HR	<input type="radio"/>	SHOW AVERAGE HR	<input type="radio"/>
SHOW WATT	<input type="radio"/>	SHOW WATT	<input type="radio"/>
SHOW HEARTRATE	<input type="radio"/>	SHOW HEARTRATE	<input type="radio"/>

HEARTRATE + WATT: % OF MAX HR % OF FTP (FUNCTIONAL THRESHOLD POWER)

PUSHNOTISER



EXPORTERA DATA TILL FIL



NU ÄR KONTOT KLART!