



Congratulations on your new VZFit!

Be sure to familiarize yourself with the operation of your Oculus Quest or Go before setting up your VZfit. If you are using your Oculus for the first time please refer to <https://www.oculus.com/setup/> for instruction. VZfit requires a bluetooth cadence sensor on a stationary exercise bike. Your Oculus Quest or Go controller can be used for other inputs, or a bluetooth media button. The VZfit Sensor Kit includes the most responsive cadence sensor available, and a custom handlebar mountable button controller. For a list of compatible devices, or to purchase a VZfit sensor kit, visit www.vzfit.com.

The latest version of these Instructions can always be found at: <https://www.virzoom.com/setup>

Account Setup

1. Create a VZfit.com account and download apps

- a. Go to vzfit.com/signup and create a user name and password.
- b. Please follow the instructions at vzfit.com/account to acquire the apps for your VR headset.

2. Run apps to register your sensor

- a. Put on your Oculus Go or Quest
- b. Find the apps in the "Not Installed" section of your library. Click on each to initiate the download.
- c. Launch VZfit Play or VZfit Explorer from your Oculus library
- d. Accept all permission requests. They are necessary for the apps to talk to the sensor.
- e. Follow on-screen instructions to register your sensor

3. Select Membership

- a. After registering at vzfit.com/register you need to select a membership and add your billing info for Premium trial.
- b. Your first 7 days of Premium will be free, you can cancel at any time.

Requirements:

- VZfit Play and VZfit Explorer are available for the Oculus Go and Oculus Quest. Other VR systems are not supported at this time.
- VZfit is intended for use with stationary exercise bikes. Bicycles on trainers can also be used, but we recommend a front fork stand. The gameplay requires leaning from side-to-side, and a front fork stand will provide the necessary stability.
- VZfit requires web access for content updates, license refreshing, online events, and head to head workouts. It can be played offline for a period of time without license refreshing in case of network outages.

Usage:

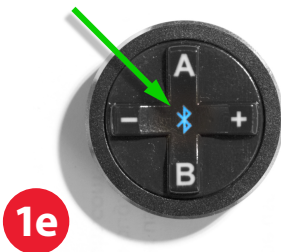
- Manage your VZfit account and more at vzfit.com/account. Set your weekly spin goal, watch your fitness stats, check on event leaderboards, and use our private forums to give us feedback and connect with other owners.
- The VZfit Cadence Sensor & Button Controller are battery powered and should last 45 connected hours before needing to be replaced. This equates to 6 months of light use (~2 hours per week), or 1 month of heavy use (~11 hours per week).
- The VZfit Sensor Kit can be used in conjunction with the free VZfit SDK for Unity and any software created with it.

Support:

- Reach out to us and other users on the private forums at vzfit.com/forums if you have any questions or encounter a bug. If any problem prevents you from enjoying VZfit please contact: support@virzoom.com.

Contents of Box:

- Cadence Sensor
- Button Controller
- Spare Batteries (CR 2032)
- Elastic bands for attaching sensor
- Button Handlebar Mount

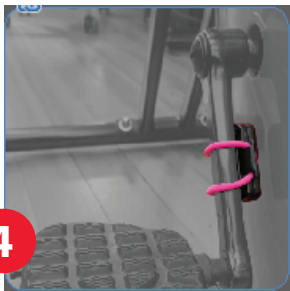


1. Pair the Button Controller to your Oculus Headset

- Open the Oculus app on your phone.
- Tap the settings gear icon on the right side of the menu.
- Tap on your Oculus Go or Quest from the list on the top of the settings panel.
- Tap the Controller icon, then tap **Pair New Controller**, then tap **Pair Gamepad**.
- Place the Button near your Oculus headset. Press and hold the Bluetooth button in the center of the Button Controller for 3 seconds to initialize bluetooth pairing. A blue led will flash slowly when pairing mode is initialized.
- In the Oculus app, tap VZ Button when it appears. If it fails to appear choose Rescan and repeat step e.
- Note that this button has a power saving shut off feature if inactive for several minutes after pairing or a battery swap. To prevent this from happening, hold the center button for more than 4 seconds to power off the button. Then press the center button for 2 seconds to turn it back on. This will prepare it for use such that it only goes to sleep when inactive.
- The Cadence Sensor does not need to be paired in the same way. It connects from inside each game when pedaled.

2. Attach the Button Controller to the handlebar

Attach in a location comfortable for the user's thumb to hit the A button.



3. Verify Sensor is ready for use

Rotate the Sensor in your hand faster than 90 degrees per second, and watch the LED on your Cadence Sensor. The light should flash, indicating that the device has power and is seeking a Bluetooth connection.

4. Attach Cadence Sensor

Attach Sensor to the stationary bike crank, preferably facing inwards to reduce chances of it being caught by your foot, but only if there is enough room between the crank and the bike housing over the entire rotation.

5. When you need to replace batteries

- To replace the sensor battery, grip the removable cap, press one of the tabs on the side of the Cadence Sensor case, and pull the cap away. Insert one of the included CR 2032 batteries with the positive '+' side facing away from the VZ logo.
- To replace the button battery, pop the back off using your fingernail or a knife. Insert a CR 2032 battery with the plus sign facing you. Line up the plastic tab with the groove in the cover, and press the cover back on.

Thank you for choosing VZfit!