Familiarize yourself with the operation of your Oculus Quest or Go. If you are using your Oculus for the first time please refer to https://www.oculus.com/setup/ for instruction.

Pair the Thumb Controller to your Oculus Headset
a. Open the Oculus app on your phone.
b. Tap the settings gear icon on the right side of the menu.
c. Tap on your Oculus Go or Quest from the list on the top of the settings panel.
d. Tap the Controller icon then tap Pair New Controller.
e. Tap Pair Gamepad.
f. Place the Button near your Oculus headset. Using a paper clip or something similar, press and hold the small button on the back of the Thumb Controller for 5 seconds to initialize bluetooth pairing. A blue led will flash under the face of the controller when bluetooth pairing is initialized.
g. In the Oculus app, tap Satechi Media Button when it appears. If it fails to appear choose Rescan and repeat step f.
h. The Crank Sensor does not need to be paired in the same way. It connects from inside each game when pedaled.

Attach the Thumb Controller to the handlebar in a location comfortable for the user’s thumb to hit the A button.
4 Insert Crank Sensor batteries
   a. Grip the removable cap, press one of the tabs on the side of the Crank Sensor case, and pull the cap away.
   b. Insert one of the included CR 2032 batteries. It should be inserted with the positive ‘+’ side facing away from the VZ logo. Replace the battery cover securely. Extra batteries are included in your Crank Sensor packaging. Please save them as replacements for later.

5 Verify Sensor Power
   Rotate the Sensor in your hand at least 90 degrees per second, and watch the LED on your Crank Sensor. The light should flash, indicating that the device has power and is seeking a Bluetooth connection.

6 Attach Crank 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 crank and bike housing over entire pedal rotation.

7 Create a VZfit.com account
   a. Go to vzfit.com/signup and create a user name and password.
   b. Enter the Sensor Kit ID included in the VZfit packaging.
   c. Enter payment information for the membership fee.

8 Acquire VZfit apps from Oculus
   a. Please visit vzfit.com/account for instructions on acquiring the apps for your VR headset. You will not find the apps by browsing or searching the Oculus store.

9 Install, and run the apps on the Oculus Headset
   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, and follow the on-screen instructions.
   d. Accept all permissions requests. They are necessary for the software to talk to the sensor.

Thank you for choosing VZfit. Now that you are set up you can move to another bike just by moving the crank sensor and thumb controller.
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, not with bicycles on trainers. The gameplay requires leaning from side-to-side, and trainers are not designed to be stable under those conditions.

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 Crank Sensor and Thumb 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.