How to ride in Seac Studio
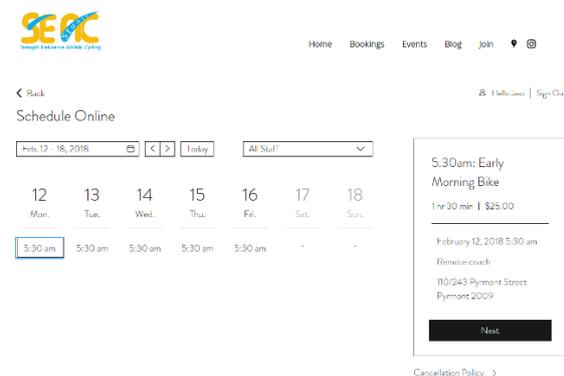
Jump to

1. Book online

- Go to https://www.seacstudio.com.au/book-online
- Login or (if new) create your login.
- Choose 'Squads' if you wish to ride a scheduled group ride OR choose 'Services' if you wish to book your own private ride, at your own selected time.
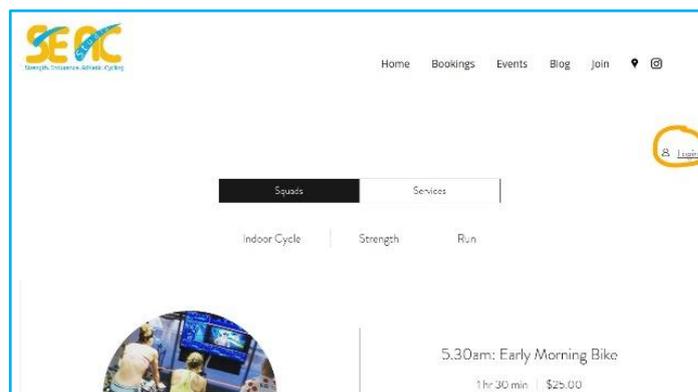
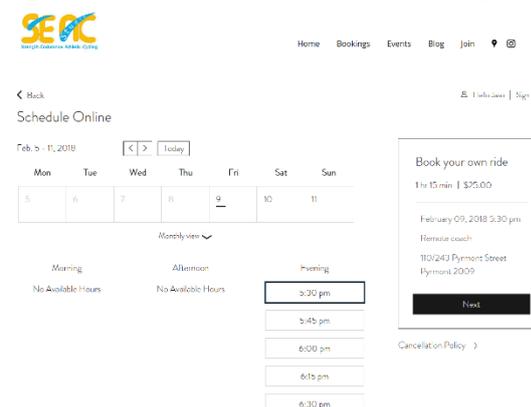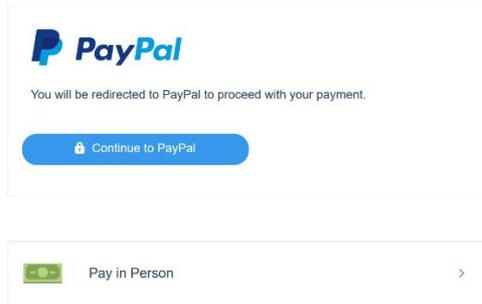| Squad ride	Services > Private Bike
These are specific group rides at set times of the day or set days of the week. Please arrive 15 minutes early to ensure everyone has time to setup and get the ride started by the scheduled time.	Members can book their own rides at any available time of the day. Note: for a limited time members can bring a friend to these rides, We ask that you register your friend when you make the booking.
• Find the ride of your choice and select 'Book Now' • Choose your ride day and/or time and press 'Next'. • Complete details (note: if you are logged in the details will be pre-filled) and click 'Pay Now'	• Select the day of the week and the time and then 'Next'. • These sessions are 1.15hrs if you wish to ride longer, please make additional concurrent bookings. • Complete details (note if you are logged in the details will be pre-filled) and click 'Pay Now'

Pay with PayPal

PayPal

You will be redirected to PayPal to proceed with your payment.

🔒 Continue to PayPal

Pay in Person ›

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- Gold membership includes all rides. Choose 'Pay in Person' (you don't have to pay at all)
- Bike-only members please choose 'Continue to PayPal' to complete the transaction.
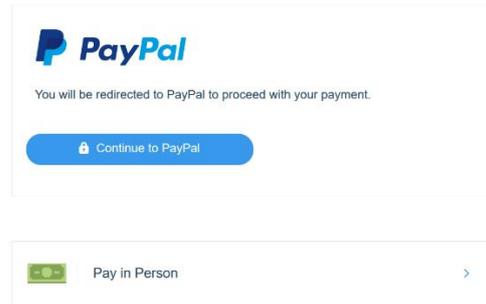
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Both ride types can be booked up to 1 hour before the ride, however booking the week in advance is preferable.

Ride Cancellation

Please assist your fellow squad mates by cancelling you ride as soon as you know you can't make the ride.

- Login as above
- Click your name as (circled in blue)
- Click the toggle next to the session you wish to cancel (orange arrow)
- Click the trash bid (red arrow)
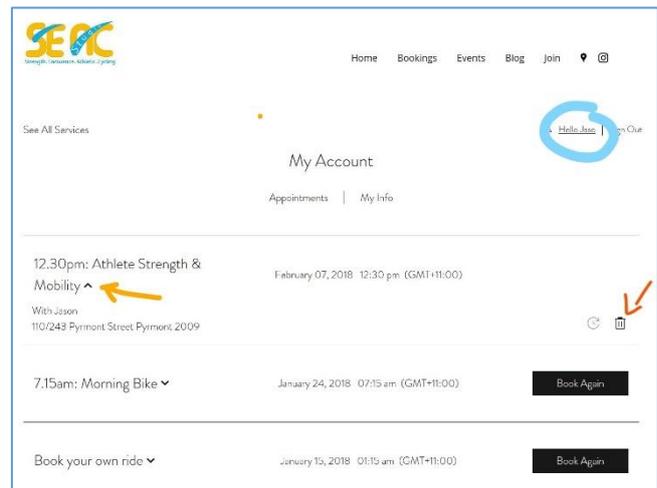
2. Let the squad know on Whatsapp

Help motivate others and yourself by letting the Seac Chaingang group on Whatsapp know you are planning to ride and when. Other members can then choose to join you. This is especially helpful if you are booking a 'Private ride'.

Of course, if you prefer to ride solo you can choose not to post it to the group. It is completely optional.

If you are not on the Seac Chaingang Whatsapp group please let jason@seacstudio.com.au know.

3. Setup your bike on the Kickr

- Please arrive 15 minutes before your scheduled ride to allow ample time to setup your bike and get yourself ready (drink, shoes, music, etc).
- Help yourself to the rubber gloves under the sink.
- On your bike move your front and rear derailleur to the small cog.
- Release the quick release on the rear wheel of your bike and unwind to loosen and remove.
- [Attach your bike to the Kickr](#) as shown.
- Setup a towel underneath your bike and a second towel over handlebars.
- Grab you water bottle – you are all set

4. Setup PerfPro software and press 'play'

- Turn on the computer screen with the sensor button as shown.

- Turn on the large TV screen with the remote control.
- Use the 'Input' button to select HDMI1 as shown.

- Double click **PerfPro** on the computer using the mouse and click OK to open the program.

- **Choose your ride** on the pop up window on the computer
- You can sort by duration, type, intensity (IF) or stress score (TSS).
- Double click to select the appropriate ride.

- The selected ride now appears at the top of the large TV screen.
- Drag the mouse to the far right, onto the TV screen.
- Click the red 'No rider' or existing riders name in the appropriate Kickr tile.
- Select your name from the pop up list
- If you have **Ant+ devices** such as HR monitor or cadence monitor that are not detected, right click at the top of your Kickr tile and select 'Assign discovered Ant+ devices and select your device from the pop out list

- If you like you can play **YouTube** or **Netflix** while you ride
- Use the Windows start button and choose Google Chrome. Then YouTube or Netflix as preferred.
- Alternatively you can Bluetooth your phones music to the **Phillips Soundbar**. Use the Philips remote to turn on Bluetooth and connect your phone.

- When you are ready to **start**, click the 'play' button on the left side middle tile of the TV screen as shown.
- **Get on your bike and start pedalling.**
- REMINDER: 3 minutes into the ride the system will automatically run a calibration. Pedal hard for a few seconds until told to 'coast down' this means stop pedalling until calibration is complete (about 1 minute)