

## WaterRower and Web Racing™

Web Racing™ is the feature of UltraCoach® VR that enables virtual athletic training and competition over the Internet.

UltraCoach® VR uses multi-disciplinary technology to enable users of WaterRower to train or compete in a realistic immersive outdoor training environment.



## Web Racing™: How It Works

### Step 1:

Connect your WaterRower to a PC running UltraCoach® VR via a serial or USB cable.

Use your PC to access the Internet.

### Step 2:

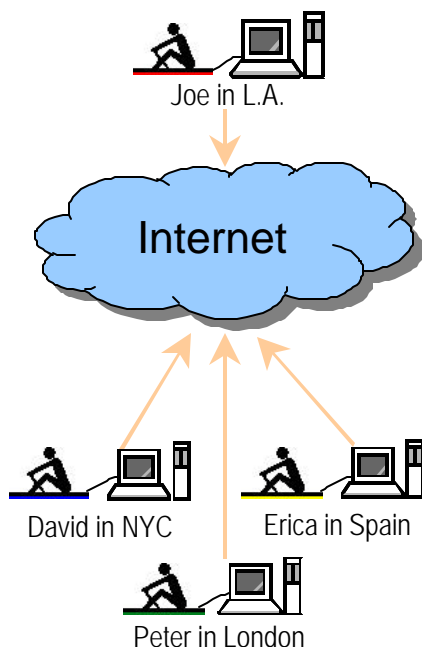
Log onto destination web site to initiate or join a Web Racing™ session.

### Step 3:

UltraCoach® VR uses the Internet to manage the exchange of data between users in a Web Racing™ session.

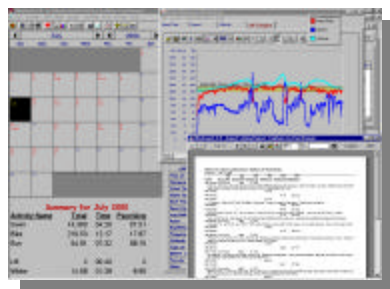
### Step 4:

UltraCoach® VR uses the Internet to synchronize the activities of other WaterRower users with your own.



### The Result:

Other WaterRower users appear in your view of the virtual world, for a fully interactive athletic training experience, bringing the outdoors indoors.



UltraCoach® is FitCentric's comprehensive fitness data management system. UltraCoach® makes athletic training easier and more efficient by simplifying the collection, recording, and analysis of fitness and performance data. UltraCoach® also automates collection of performance data by offering direct download compatibility with a wide array of performance measurement devices. Using Artificial Intelligence systems, UltraCoach® integrates historical performance data with future goals to create individualized workout routines using its proprietary Workout Generator™.



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