01 / YOUR MOBILE EXPERIENCE

Start here

One CIS account. One connected history. Use the email already linked to your CIS membership.

Post My Ride	Submit ride evidence and receive a saved review.
My Coaching	Read your latest decision and next action.
CIS LIVE	Open the shared LIVE Chat.
Belt Chat	Open your eligible Belt conversation.
Events	See the available CIS calendar.
Profile	Check your Belt, account and supporting tools.

01 Open console.ciscycling.com on your phone, or open the installed RIDE SYSTEM app.

02 Choose Email My Login Code. Enter the newest six-digit code sent to your email.

03 Check your name and Current Belt in Profile. Returning members keep their existing history.

Your home screen

Home shows your greeting and Today’s Training Tip. The six bottom navigation items remain available across the main mobile experience.

Keep one identity

Do not create a second account or purchase again to solve a missing Belt or access issue.

02 / YOUR MOBILE EXPERIENCE

Your daily coaching loop

Train with a purpose. Post your evidence. Read the decision. Apply one clear next action.

01 On Home, read Today’s Training Tip. Choose Tip History to revisit available tips.

02 In My Coaching, read Your latest decision, Fix This First and Next Action. These use your saved coaching evidence.

03 Follow your current training plan in TrainingPeaks. A coaching suggestion is not confirmation that a workout or zone has changed.

04 After the ride, choose Post My Ride. Your new saved review opens when the submission finishes.

05 Return to My Coaching and your saved feedback to keep the next action in view.

System coaching and direct coaching

Movement members receive system coaching and community support. Collective support follows the verified coaching level. Direct work with Coach David is reserved for Elite and Premium arrangements.

No post = no review = no feedback

Completing a workout elsewhere does not by itself submit that ride to RIDE SYSTEM.

03 / YOUR MOBILE EXPERIENCE

Post My Ride

One ride. All available evidence. One saved coaching review.

Choose a ride description

• Outside: Solo; Group; Club / Social.

• Indoor / Virtual: Trainer; Structured Workout; Zwift Solo; Zwift Group; Zwift Race / Event; Other Platform.

• Events / Other: Race / Organized Event; Skills / Technique; Commute / Utility; Other Ride.

01 Tap Post My Ride in the bottom navigation. Choose screenshots, an individual Strava activity link, a supported activity file, or complementary evidence from the same ride.

02 Confirm the actual ride date. Choose Ride Description, such as Outside Solo Ride, Outside Group Ride, Indoor Trainer Ride or Zwift Race / Event.

03 Add a training goal or use your scheduled workout when available. Ride Description describes the setting; it does not establish the training goal.

04 Complete the required Athlete Training Log reflection: what you intended, how it felt, what worked and what needs attention.

05 Choose Post My Ride once. Wait for the saved coaching result to open before leaving the screen.

> **One ride per submission**
>
> Do not combine different rides. If a request times out, check saved feedback before trying again.

04 / YOUR MOBILE EXPERIENCE

Evidence and your result

Readable evidence makes the coaching decision more useful.

Ride evidence limits

• Screenshots: up to 4 JPG, PNG or WebP images. Keep labels and metrics readable.

• Activity files: up to 2 supported FIT, TCX or CSV files.

• Screenshots and activity files together: 4 MB maximum.

• Strava: up to 3 full individual https://www.strava.com/activities/... links. Profile and short sharing links are not accepted.

01 Use complementary views of the same ride, such as the workout overview, intervals and heart-rate / cadence / power details. Remove duplicates.

02 When the review opens, read Execution, What Went Well, Needs Attention, Fix This First and Next Action. Review any source limitations.

03 Read the evidence in CIS order: heart rate = COST; cadence and gearing = METHOD; speed and power = OUTPUT.

04 Close the result when finished. Reopen saved coaching through My Coaching or the available Coaching Feedback / training-history tools.

Evidence is not assumed

A Strava link may remain a saved reference when authorized retrieval is unavailable. Missing metrics remain unavailable. A URL alone does not prove workout execution.

Different upload tools

Ride evidence belongs in Post My Ride. Community chat photos or videos do not create a coaching review. Course GPX belongs in Event Ready.

05 / YOUR MOBILE EXPERIENCE

LIVE Chat

CIS LIVE is the shared member conversation. It is separate from Belt Chat and Private Coaching.

01 Tap CIS LIVE in the bottom navigation. The screen opens directly to LIVE Chat.

02 Tap Catch Me Up beside the title at the top. A recap opens in a modal; close it to return to the conversation. Read original messages when context matters.

03 Write in the message box. Type @ and choose a CIS member from the suggestions to mention the correct person.

04 Tap Send or press Enter. Use Shift + Enter for a new line on a physical keyboard.

05 Use the bottom tools for emoji, photos, short video, GIF, supported files or a link. Add one attachment per message, up to 3 MB.

06 Use cheers to react. The message's three-dot menu contains available reporting and moderation actions.

Catch Me Up summarizes conversation

It is a conversation recap, not a new ride review or a replacement for private coaching.

Private topics stay private

Do not post login codes, payment information or private coaching details in community chat. LIVE Chat has no voice/video calling feature.

06 / YOUR MOBILE EXPERIENCE

Belt Chat

Your Belt community, with a focused weekly discussion topic.

The three rooms

- White / Yellow
- Green / Brown
- Black, including degree and Master Black Belt levels

01 Tap Belt Chat in the bottom navigation. Your verified Belt determines your normal room.

02 Open This week’s topic to read the discussion prompt. Topics rotate automatically; you do not need to edit or set them.

03 Write a message, mention a member with @, or use the same chat tools available in LIVE Chat. Enter sends; Shift + Enter starts a new line.

04 Use Catch Me Up in the top header to open a recap for the current room.

05 After an official promotion is recorded, your normal room updates automatically. Extra room access granted by CIS can appear in the room selector.

A room does not award a Belt

Chat activity does not itself confirm a promotion. Your verified award record controls your Belt.

Coaching staff access

Authorized coaches can access the Belt rooms they oversee. Coach David has access to all three rooms.

07 / YOUR MOBILE EXPERIENCE

Private Coaching

A private conversation between you and the CIS coaching team.

01 In My Coaching, choose Private Coaching. The link appears for eligible accounts or for an existing saved conversation.

02 Write your training question or refer to a saved ride review. Choose Send, or press Enter. Shift + Enter creates a new line.

03 Any authorized coach on the team can answer. Chris Cain, Milt Sharp and Coach David share the coaching inbox.

04 Return to this conversation for the reply and earlier context. Messages refresh while the page is open.

05 Read indicates that an authorized recipient has opened the message; it does not mean a training change was approved.

Who has access

New private messages require active Guided, Performance, Elite or Premium coaching. Basic and Movement retain their existing system coaching and community access. Saved private conversations remain readable if messaging access becomes inactive.

Private, not public

Other members cannot see your conversation. This release supports text messages. It does not send email or phone push notifications.

For coaching staff

Coaching Team Inbox appears lower in the Console navigation and opens inside RIDE SYSTEM. Any coach can answer. Coach David alone sees the enterprise inbox overview.

08 / YOUR MOBILE EXPERIENCE

Profile, events and your app

Keep your verified identity, training and community connected.

01 Open Profile. Current Belt appears near the top. Use My Belt Journey and the available certificate action to review your award record.

02 Use Training Programs and the available TrainingPeaks action to open your current training. Follow the access shown for your account.

03 Open Events to see upcoming CIS opportunities and the available event details. Check registration and preparation requirements on the actual event.

04 Use Mobile User Manual in Profile to reopen this guide or download the PDF.

05 To install on iPhone, open RIDE SYSTEM in Safari, then Share > Add to Home Screen. On Android, use the offered install action or your browser’s Install app / Add to Home screen menu.

Installation preserves your account

Use the same CIS email. Installing an icon does not create a second account, grant a membership, or guarantee offline posting.

Your data follows your identity

Verified Belts, saved reviews and training history remain connected across mobile and desktop. Sign Out when using a shared device.

09 / YOUR MOBILE EXPERIENCE

If something does not work

Recover the current account and saved work before starting again.

01 No code: confirm the CIS email, check spam, wait before resending and use the newest six-digit code. Never share a code in chat.

02 Wrong Belt or missing access: check Profile and the email used to sign in. Contact CIS through your established support channel; do not create another account or buy twice.

03 Screenshot rejected: select the original readable JPG, PNG or WebP. Remove duplicates and keep all ride screenshots and files together under 4 MB.

04 Review not visible: let the submission finish, then check saved Coaching Feedback or training history before submitting the same ride again.

05 Missing Private Coaching: new messages require active Guided, Performance, Elite or Premium access. LIVE Chat and Belt Chat are separate features.

06 Old layout: refresh the live console.ciscycling.com page or close and reopen the installed app. Avoid an old preview URL.

07 Unresolved problem: tell CIS which screen failed, the plain-language error and the relevant ride date. Keep credentials and private data out of community chat.

The daily loop

PLAN > EXECUTE > POST EVIDENCE > RIDE SYSTEM REVIEW > FEEDBACK > ADAPT.

Current edition

Mobile User Manual 1.0 - updated October 19, 2026. Screen actions follow verified membership and account access.