

# RIDESUM

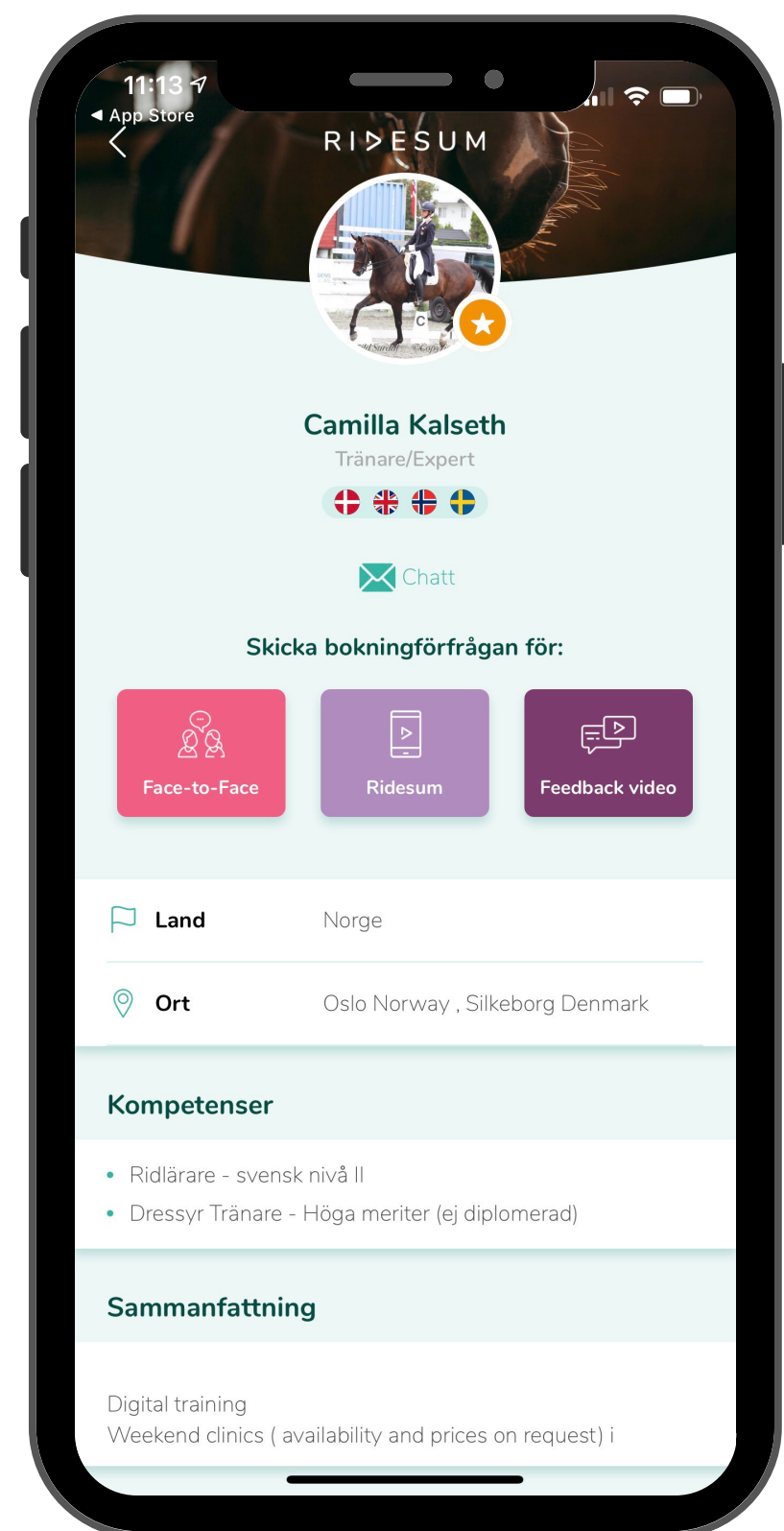
## BOOK YOUR TRAININGS THROUGH RIDESUM!

Book all your trainings through Ridesum's booking system. Both digital via live streaming, traditional face-to-face or get written feedback on recorded training. Why not receive digital coaching from your trainer when in your warm-up before a competition?

You can train digitally by yourself or with an assistant that does the filming. The trainer watches the lesson on his/her computer and the rider hears the trainer in his/her headset.

### Get started:

1. Download the app – Ridesum is available in App Store and Google Play.
2. Search for trainers/experts in our trainer pool.
3. Choose what kind of training/ advice you are looking for to see available time slots.
4. Book a session or request feedback on recorded sessions.
5. Train and develop!



### Rider Premium

Train via digital video streaming and record and save your digital Ridesum sessions – with your trainers instructions and watch them as often as you want. Please note! We offer all new users 300 minutes digital training for free.

Read more at [www.Ridesum.com/en/](http://www.Ridesum.com/en/)

