

A large, stylized orange letter 'Z' with rounded corners and a slight shadow effect, positioned centrally above the brand name.

**ZWIFT**

# 如何使用Zwift App 連接Horizon 健身器材

# 以Horizon Paragon X 跑步機來示範 如何從Zwift連接健身器材

**ADD EXISTING USER**

**CREATE NEW USER**

**BACK**

首次使用Zwift 請選擇設定新帳號

# LOGIN

Email

required

Password

密碼

required

[Forgot password?](#)

**BACK**

**NEXT**

輸入E-mail & 密碼

# LOGIN

@gmail.com

\*\*\*\*\*

[Forgot password?](#)

**BACK**

**NEXT**



輸入E-mail & 密碼之後按下 “next” 進行下一步

# PAIRED DEVICES

RIDE

RUN

RUN SPEED



0  
kph

JFTI... X

✓ CONNECT

HEART RATE



TAP TO PAIR

CADENCE



TAP TO PAIR

OK

JUST WATCH

選擇這次連接的配對訓練裝置

# PAIRED DEVICES

RIDE

RUN

RUN SPEED



TAP TO PAIR



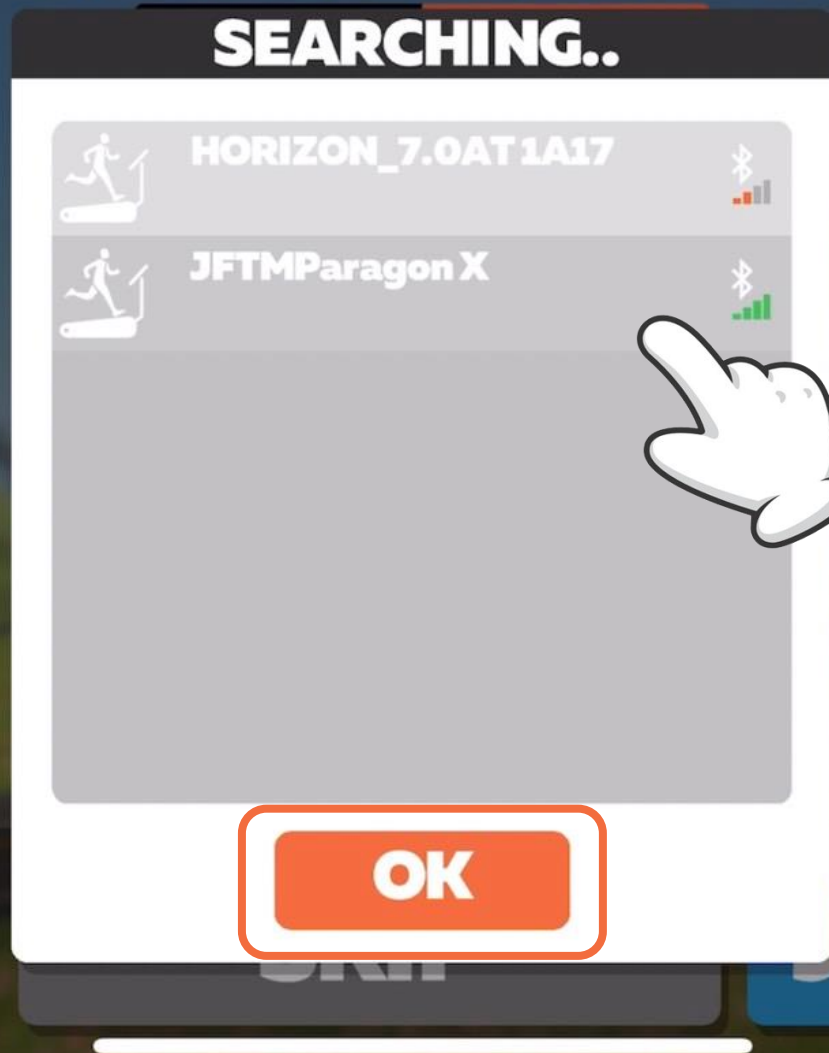
SKIP

JUST WATCH

再按一次來連接訓練機台



# PAIRED DEVICES



JUST WATCH

App 跑出可連接的機台清單  
選擇這次要連接的機台 之後按下 “OK” 按鈕

# PAIRED DEVICES

RIDE

RUN

RUN SPEED



0  
kph

JFTMParagon X

✓ CONNECTED

HEART RATE



TAP TO PAIR

CADENCE



TAP TO PAIR

OK

JUST WATCH

App 顯示已經連上機台 按下 "OK" 按鈕

# NEXT UP

**RUNNING**  
**101**  
INTRO TO ZWIFT

**ZWIFT 101: Running**  
WEEK 1/2

We're going to start off with shorter runs to get back in the swing of things. Focus on completion and form.



**Welcome To Running In Zwift!**



3.2km

DO BY FRIDAY NIGHT



**What Is My Body Doing? Tempo!**



4.2km

DO BY SUNDAY NIGHT



**Optional: Optional Miles**

[View entire plan](#)

**NOT NOW**

**WORKOUT**

按下 “work out” 按鈕



開始運動



按下機身 “Stop” 按紐之後 按下 “menu”

# PAUSED

★ **john johnson**  
M / 175cm / 70kg 

	kilometers	time	calories	climbed
this run	0.0	0:01	1	1m
your totals	0km	0:01	0	0.0km

	400m	800m	1km	1mi
this run	--:--	--:--	--:--	--:--
your best	--:--	--:--	--:--	10:00

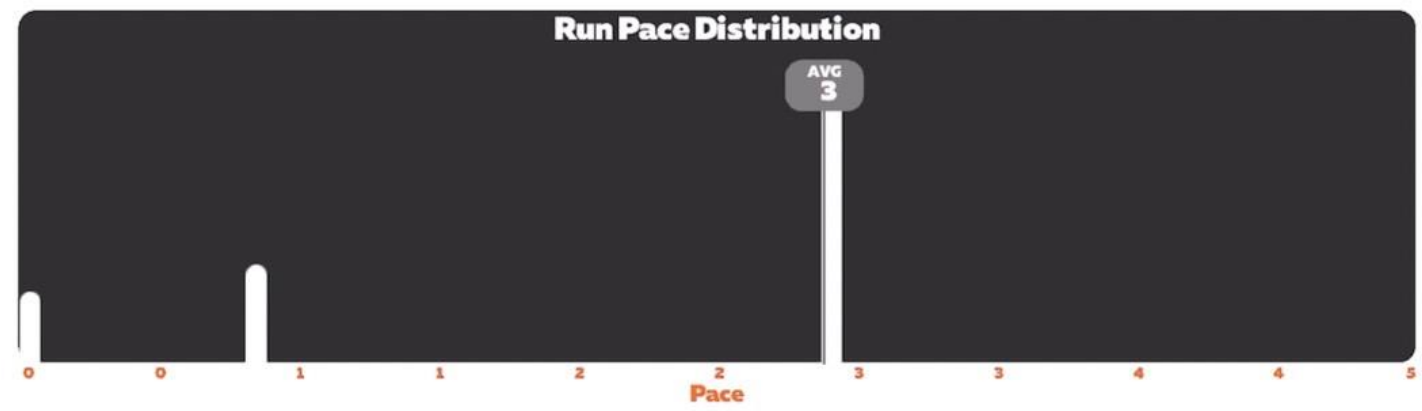


SELECT A CHALLENGE



CHALLENGES

- 
- 
- 
- 
- 



BACK

END RUN



完成本次訓練

參考影片

Reference Video

Thank you : )