TrainerRoad cheat sheet

Workout

Up arrow / Down arrow	Change intensity of a workout
W	Toggle workout text
Space	Play/Pause workout
H	Toggle heart rate data

Smart Trainer

T	Change trainer mode
Left arrow / Right arrow	Change resistance level

Group workout

M	Microphone
V	Video
C	Workout code

Workout Creator

Ctrl + Z or Cmd + Z	Undo action
Ctrl + Y or Cmd + Y	Redo action

Source: TrainerRoad

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More information: *defkey.com/trainerroad-shortcuts*

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