

MoonRun Video Tutorial Guide

Welcome to the MoonRun video tutorial guide. Use this list to navigate through the ropes and find cutting-edge tips to further your game.

For additional questions please visit www.moonrun.com or [contact us](#).

[Unbox and Setup MoonRun](#)

This video guides users to unbox MoonRun, learn the parts, do the initial assembly, connect MoonRun to a hinged door and fine tune the device before use.

[Attach MoonRun to a hinged door](#)

This video guides users to connect MoonRun to a hinged door and fine tune the device before use.

[Setup and fine tune MoonRun](#)

This video guides users to fine tune the device before use.

[MoonRun Three Stretches](#)

This video guides users to three lower limb stretches which are recommended before and after MoonRunning.

[How to MoonRun](#)

This video guides users to MoonRun correctly and safely

[MoonRun Suspension Exercises](#)

This video provides users with a wide range of exciting MoonRun movement and strength exercises which can be used either while stationary or while running on MoonRun.

[MoonRun App](#)

(IOS, Android) Free

[MoonRun with the MoonRun app](#)

Learn how to use the app and connect to MoonRun sensors.

[Interval training with the MoonRun app](#)

Learn how to use the app, connect MoonRun sensors and do an interval training session with MoonRun's virtual speed coach.

[Zwift](#)

(IOS, Android, Apple TV, Mac, PC) Free

Requires also Zwift Companion app (IOS, Android)

[Join a Zwift event with MoonRun](#)

Learn how to use the app, connect MoonRun sensors and join a Zwift social event.

[Arcade Fitness](#)

(IOS, Android, Nvidia Shield, PC) Subscription

[MoonRun Solo with Arcade Fitness](#)

Learn how to use the app, connect MoonRun sensors and run and play games in different worlds with interactive AI characters.

[Learn the MoonRun moves for Arcade Fitness](#)

Learn how to Jump, change lanes, do a U-turn, release a bomb and do a summersault while MoonRunning in the futuristic Arcade Fitness gaming worlds.

MoonRun Maintenance

[Replace the MoonRun Elastic Set](#)

Learn how to replace MoonRun's elastic set. It is recommended to replace with a fresh set once a year, or if it was damaged by exposure to heat or by a sharp object.

- LIGHT Set (optional):
 - Users who weigh less than 40kg
- MEDIUM Set (standard):
 - Users who weigh between 40-100kg
- HEAVY Set (optional):
 - Users who weigh between 100-150kg
 - Resistance training users