

MOTOMed

Short-instruction sheet MOTOMed viva2 Leg trainer

- 1) **Set up:** Place the MOTOMed viva2 on a non slip surface, with the large tube and wheels (11) directly in front of a wall if possible. Sit in a wheelchair or in a stable chair in front of the MOTOMed viva2 within a reasonable distance of the trainer – make sure that the knee joints are not stretched out completely while training, particularly when the foot shells are at the most distant position.

Important: Make sure the wheelchair or chair is secure so that it will not tilt or slip away.

- 2) **Help inserting and securing the legs (if needed):** Press the small long blue button "help" (7). You can then move the foot shells (10) with the buttons "pedals forward" (5) and "pedals backwards" (6) to help you insert one foot after the other in the lower pedal position. Now secure your feet to the foot shells with the help of the Velcro straps or using the self operating foot holders (item no. 506).

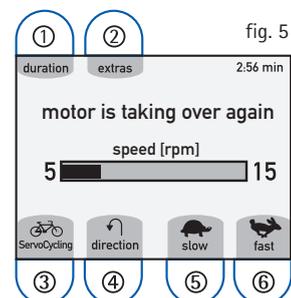
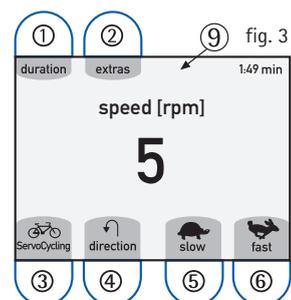
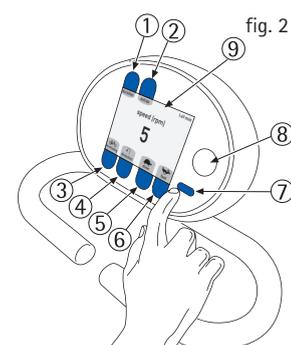
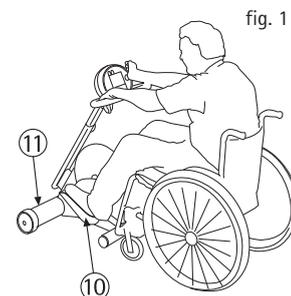
- 3) **Start training:** Press the red "start/stop" button (8). Automatically the foot shells will now begin to move slowly. First let the motor move your legs "passively" in a warm up phase for a couple of minutes.

- 4) **Motor-assisted (passive) movement / change of direction:** With the two "velocity" buttons (5) and (6) you can increase or decrease the number of revolutions per minute: By pressing the button "turtle" the speed is lowered, by pressing the button "rabbit" (6) it is increased. By pressing the button "direction" (4) you can change the direction of rotation – from forward to backward and vice versa.

Note: The buttons (3) to (6) have various functions depending upon the training mode you are in.

- 5) **Cycle with your own strength – motor-assisted or without motor:** When you feel you have loosened up enough, and you are ready to cycle with your own muscle power, press the "ServoCycling" (3) button (fig. 3). On the display a bicycle appears as well as the message "you are cycling yourself". With the buttons "light" (5) and "heavy" (6) you can adjust the resistance according to your muscle strength – from 0 (very light) to 20 (very heavy). Select a level of resistance that allows you to train without much effort. It is better to cycle in a lower gear for a longer period of time than in a higher gear for a shorter period.

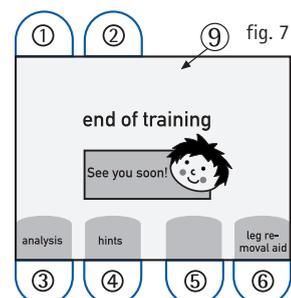
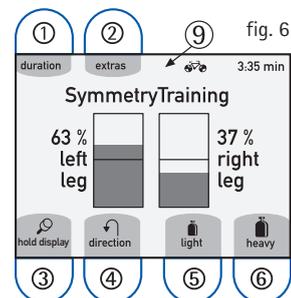
- 6) **Take a break:** As soon as you feel you are getting tired you can simply stop cycling (i.e. stop applying force), the MOTOMed will recognize this and take over automatically, moving your legs passively again. After a while you can try cycling yourself again (but only if you feel able) – the MOTOMed will recognize your impulse. A bicycle and the note "You are cycling yourself" (fig. 4) appears on the display.



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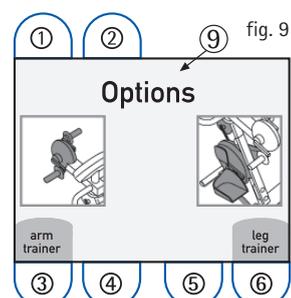
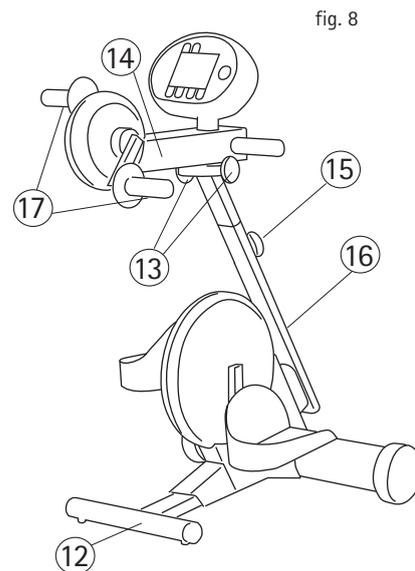
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- 7) **SymmetryTraining:** The function SymmetryTraining appears only in the active mode and ServoCycling mode respectively, while you are cycling yourself with your own muscle force. The purpose of SymmetryTraining is to find out the activity of each leg and to try to cycle equally with both legs. If both bars display approx. 50 %, it means that both legs are doing equal work. If one bar shows more than 50 %, then this leg is applying more power. Try to concentrate on training both sides equally. You can freeze the display for SymmetryTraining with button "hold display" ③, if however you do not want to train with the function SymmetryTraining, you can press the button "change display" ③ in order to switch to the standard alternating display information.
- 8) **Finishing your training / analysis:** Before you finish your exercise you are advised to have your legs moved passively again for a few minutes in order to loosen up your muscles. To finish the training, press the red "start/stop" button ⑧ (fig. 2). Then press the button "analysis" ③ before the display closes itself. In the analysis, you can see how long you have cycled with motor (passive) and how long you have cycled with your own muscle strength (active) etc..
- 9) **Removing the legs:** To remove the feet, please press the button "removal aid". Finally press the red "start/stop" ⑧ (fig. 2) again to switch off the MOTOmed.



Arm/upper body trainer passive/active

- 10) **Set up:** When using an arm/upper body trainer ⑭, you have to pull out the small front leg ⑫ approx. 15 cm. (please keep a minimum insertion depth of 10 cm). This provides the MOTOmed viva2 with more stability.
- 11) Open the two screw knobs ⑬ located underneath the arm/upper body trainer ⑭ and swivel the arm/upper body trainer ⑭ clock wise by 180 degrees. After that tighten the screw knobs ⑬ again.
- 12) Open the screw knob ⑮ at the supporting module ⑯ and adjust it to the desired height.
- 13) Press the red "start/stop" button ⑧ (fig.2) and then the button "arm trainer". Automatically, the handles ⑰ (fig. 8) begin to move slowly. Please let the motor move your arms "passively" in a short warm up phase firstly. If the hands and forearms are fixed to the arm trainer (e.g. in the forearm shells) permanent supervision is needed. The arm training operates in a very similar way to leg training (see leg trainer points 4) to 6) and 8)).



We wish you a lot of success and enjoyment with your MOTOmed.