APT-1

USER'S MANUAL

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NOTE: Design details may change without notice

1. INTRODUCTION

The ***APT-1*** is an electric exercise machine used for the improvement of physical abilities. The ***APT-1*** provides the user with a variety of exercise options and modes of operation that meet a broad range of physical needs.

A wide range of accessories are available that offer many exercise options and make the ***APT-1*** suitable for the maintenance of fitness and physical well being.

The ***APT-1*** can be operated in either the ACTIVE mode at varying degrees of resistance or in the PASSIVE mode at adjustable speed and torque levels. In the PASSIVE mode it is also possible to combine PASSIVE with ACTIVE training by using physical effort in conjunction with the electrical operation of the motor. The ***APT-1*** functions forwards or backwards and is suitable for arm or leg exercises (upper or lower limbs).

The ***APT-1***'s light weight makes it portable, easy to store and convenient to use in the comfort of one's home. The unit is also suitable for use in health care institutions.

Use of the ***APT-1*** is recommended for the maintenance of muscle strength, flexibility, muscle tone, endurance and general fitness for users of all ages.

2. SYSTEM COMPONENTS AND DETAILS

2.1. *APT-1* unit (Figure 1)

APT-1 Hi-Lo (Figure 1A)

1. Operator panel
2. Angle release knob
3. Angle securing knob
4. Crank-arm
5. Power input socket
6. Height release knob (***Hi-Lo*** only)
7. Height securing know (***Hi-Lo*** only)

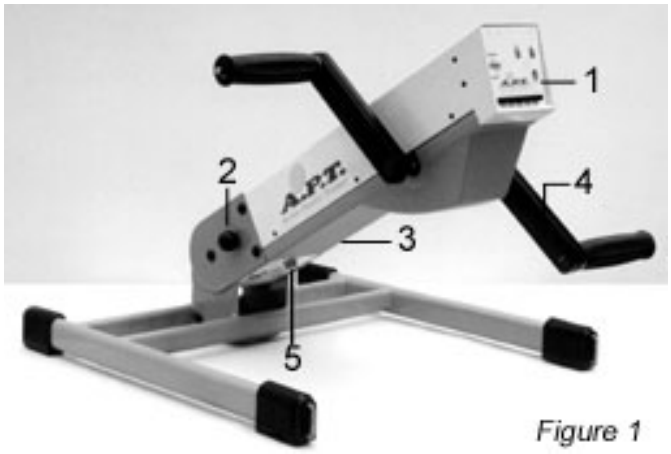


Figure 1

Figure 1A

2.2. Primary components (Figure 2):

1. Power supply unit
2. Straight hand-grips
3. Footrests
4. Finger protection disks
5. Securing straps

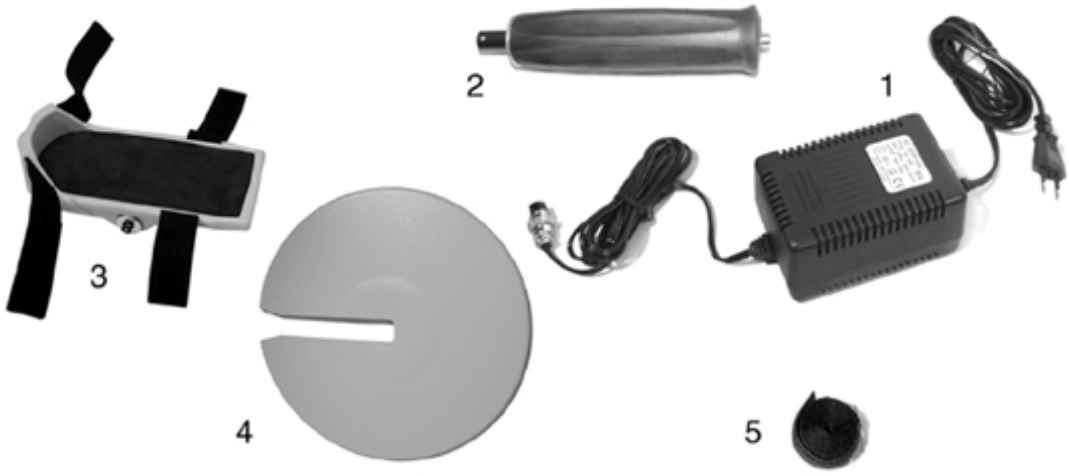
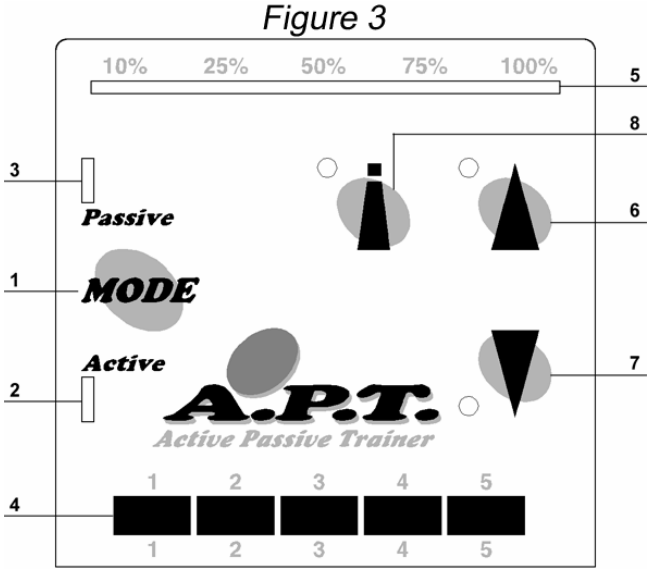


Figure 2 - components

2.3. The *APT-1* - Operator Panel

Figure 3



1	MODE	Operation mode Button - for selecting mode of operation.
2	Active	Green indicator is lit when ACTIVE mode is selected by mode button.
3	Passive	Green indicator is lit when PASSIVE mode is selected by mode button.
4	1 2 3 4 5	Exercise level selection push switches 1 - Lowest level 5 - Highest level
5	10% 25% 50% 75% 100%	Indicates actual load level (%)
6		Button for forward operation in the PASSIVE mode. The green indicator is lit to indicate forward operation.
7		Button for backward operation in the PASSIVE mode. The green indicator is lit to indicate backward operation.
8		Button activating Auto-Reverse function in the PASSIVE mode. In the ACTIVE mode this button activates the constant force function. The green indicator is lit when activated.

3. PREPARING THE APT-1 HI-LO

Figure 4 Figure 4A

3.1. Moving your *APT-1 Hi-Lo*

The ***APT-1 Hi-Lo*** can easily be moved by lifting the end of the frame and pushing the unit using its wheels, see Figure 4.

3.2. Positioning the *APT-1 Hi-Lo*

Position the ***APT-1 Hi-Lo*** close to an electrical socket outlet. The adjustable feet on the underside keep the ***APT-1 Hi-Lo*** level and prevent it from sliding.

NOTE: Ensure that the ***APT-1 Hi-Lo*** is level in order to prevent damage to the trainer or its components.

If readjustment of one of the feet is needed, open the contra nut (4A/1), turn the foot (4A/2) to the desired height and secure the foot with the contra nut (4A/1).

4. INSTALLATION FOR USE – ARMS EXERCISE

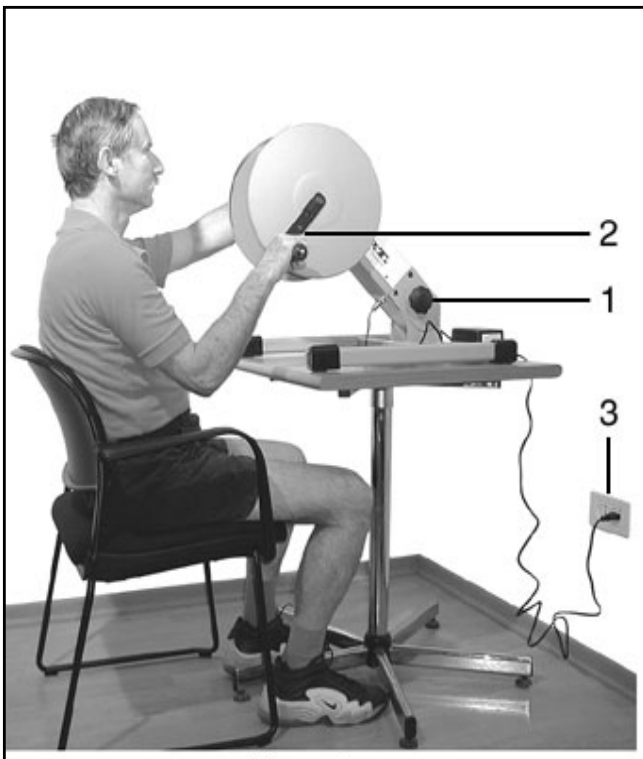


Figure 5

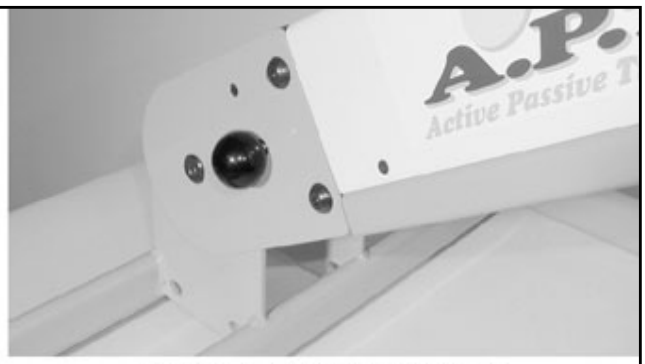


Figure 6 - angle release knob

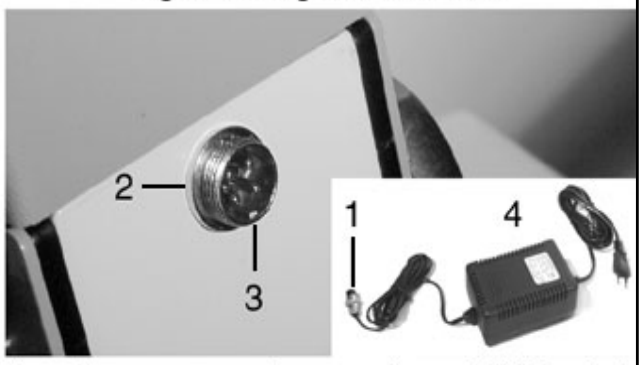


Figure 7 - power supply connector and APT socket

Step 1: Position the ***APT-1*** on a level table top close to an electrical socket outlet (Figure 5).

For the ***APT-1 Hi-Lo***: loosen the height securing knob (Figure 1A-7, pull the grey ring of the height release knob (Figure 1A-6) and adjust the unit to the required height. Release the grey ring and tighten the height securing knob (Figure 1A-7).

Step 2: Loosen the angle-securing knob (Figure 5-1) and adjust the ***APT-1*** to the required angle. To increase the angle, lift the body of the ***APT-1***, allow it to "click" into one of the operating positions and retighten the securing knob. To decrease the angle, pull the angle release knob (Figure 6), lower the body of the ***APT-1***, allow it to "click" into another operating position and tighten the securing knob.

CAUTION: Make sure that the minimum distance between crank arm and the table surface is approximately 5 cm. / 2" (Figure 5-2).

Step 3: Connect the output connector (Figure 7-1) of the power supply (Figure 7-4) to the ***APT-1*** power input socket (Figure 7-2) while ensuring correct position of connector groove opposite the guide key of socket (Figure 7-3).

NOTE: The ***APT-1*** must be used only with an original ***APT-1*** Power Supply unit.

Step 4: Install the finger protection discs (Fig. 8-1) by sliding them into the grooves on the outside edges of the crank arms (Figure 8-2) in the direction shown.

NOTE: The finger protection discs are important for safe operation of the unit during hands exercise.

Step 5: Insert handgrip (Figure 9-1) in one of the four mounting holes (Figure 9-2) in each of the ***APT-1*** crank arms. Installation or removal requires only a straight push or pull while simultaneously pressing on the release pin (Figure 9-3) at the end of the handle.

NOTE: The choice of mounting hole provides variable resistance levels and ranges of motion. See operation instructions.

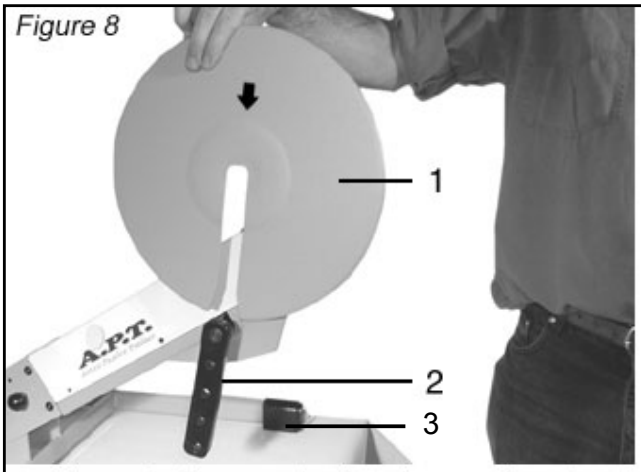


Figure 8 - finger protection discs and crank

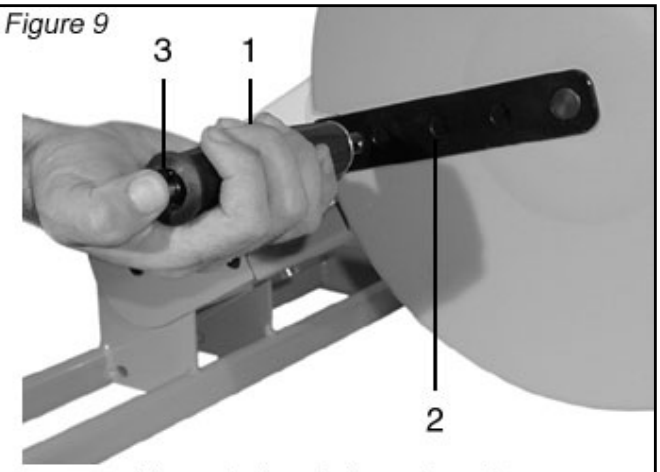


Figure 9 - handgrip and crank-arm

Step 6: Plug the power supply mains power plug into the electrical socket outlet (Figure 5-3). The ***APT-1*** will enter a stand by position. **To start operating,** press the MODE button. The green ACTIVE mode indicator will light up. You may start exercising in the ACTIVE mode. For operation instructions, see 5.1 & 5.2.

NOTE: If the ***APT-1*** moves across the table during arm exercises, anti-slip pads (Figure 8-3) may require cleaning.

5. INSTALLATION FOR USE – LEG EXERCISE

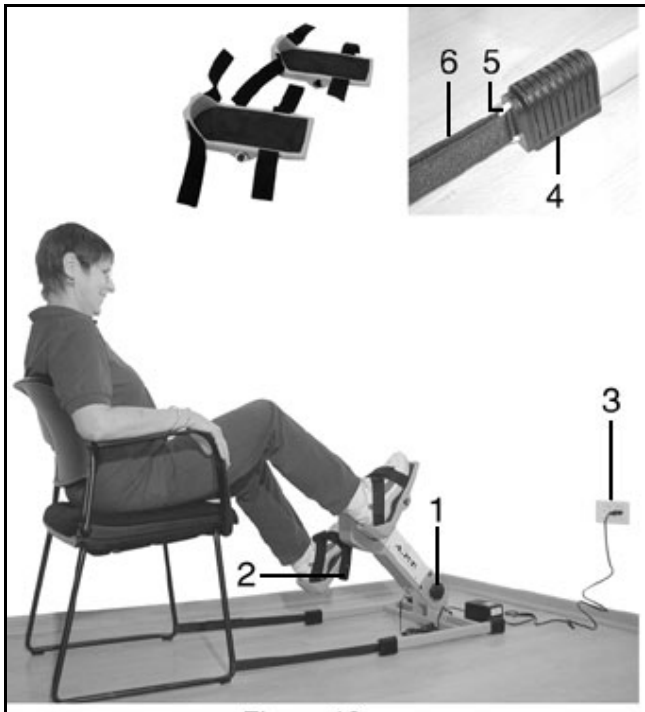


Figure 10

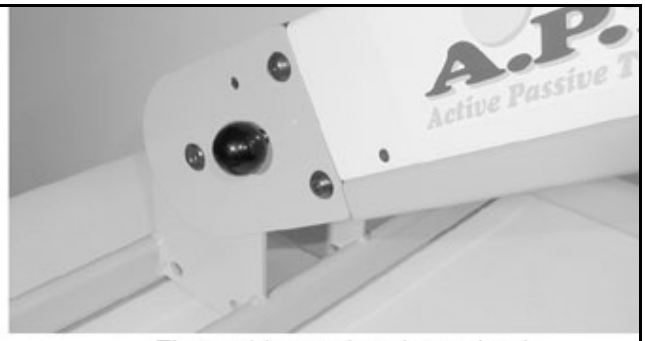


Figure 11 - angle release knob

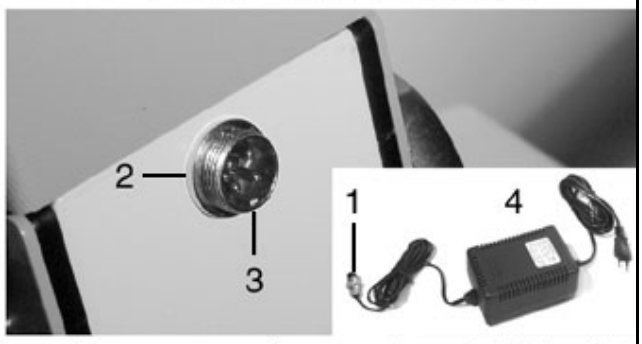


Figure 12 - power supply connector and APT socket

Step 1: Position the ***APT-1*** on the floor close to an electrical socket outlet (Figure 10).

For the ***APT-1 Hi-Lo***: loosen the height securing knob (Figure 1A-7, pull the grey ring of the height release knob (Figure 1A-6) and adjust the unit to the required height.

Step 2: Loosen the angle-securing knob (Figure 10-1) and adjust the ***APT-1*** to the required angle. To increase the angle, lift the body of the ***APT-1***, allow it to "click" into one of the operating positions and retighten the securing knob. To decrease the angle, pull the angle release knob (Figure 11), lower the body of the ***APT-1***, allow it to "click" into another operating position and tighten the securing knob.

CAUTION: Make sure that the minimum distance between crank arm and the floor surface is approximately 5 cm. / 2" (Figure 10-2)

Step 3: Place a chair at the desired distance from the ***APT-1***. If necessary, attach the Securing straps (Figure 10-6) between the ***APT-1*** base rings (Figure 10-5) and the chair legs to prevent any change in distance between the ***APT-1*** and the chair during leg exercises.

Step 4: Connect the power output connector (Figure 12-1) of the power supply (Figure 12-4) to the ***APT-1*** power input socket (Figure 12-2) while ensuring correct position of connector groove opposite the guide key of socket (Figure 12-3).

NOTE: The ***APT-1*** must be used only with an original ***APT-1*** Power Supply unit.

Step 5: Insert Footrest (Figure 13-1) in one of the four mounting holes (Figure 13-2) in each of the ***APT-1*** crank arms. Installation or removal requires only a straight push or pull while simultaneously pressing on the release pin (Figure 13-3) as shown. Secure feet in place with straps fastened diagonally as shown in Figure 10.

NOTE: The choice of mounting hole provides variable resistance levels and ranges of motion. See operation instructions.

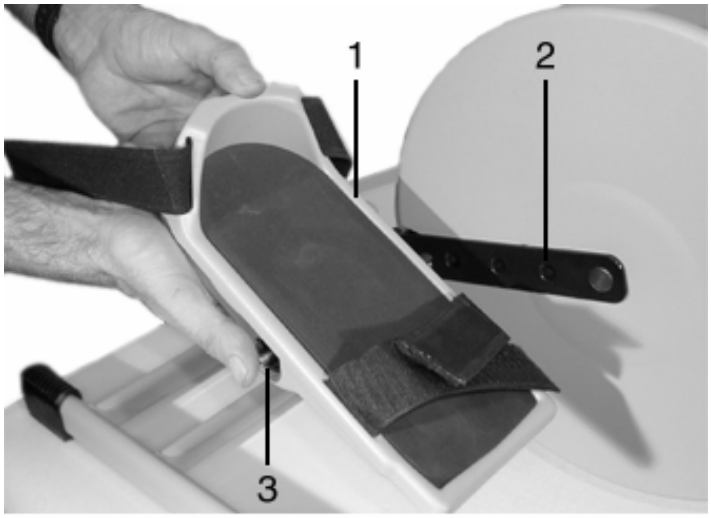


Figure 13 - footrest, crank-arm, mounting holes

Step 6: Plug the power supply mains power plug into the electrical socket outlet (Figure 10-3). The ***APT-1*** will enter a stand by position. **To start operating,** press the MODE button. The green ACTIVE mode indicator will light up. You may start exercising in the ACTIVE mode. For operation instructions, see 5.1 & 5.2.

NOTE: If the ***APT-1*** moves across the floor during leg exercises, make sure anti-slip pads (Figure 10-4) are clean. If possible – use the ***APT-1*** on a carpet or rubber mat.

6. OPERATION INSTRUCTIONS

NOTE: Install ***APT-1*** for arms or legs exercise as described in the previous chAPT-1ers.

6.1. Active mode - ISOKINETIC operation

Step 1: Insert the handgrips or footrests in one of the four mounting holes according to the radius and range of motion required.

NOTE: As the effective crank arm length is reduced in the ACTIVE mode, the amount of effort required increases while the range of motion decreases, and vice versa.

Step 2: To activate the active mode from the stand by position (after the electrical power is supplied to the ***APT-1*****):** press the 

button. The green ACTIVE mode indicator (Figure 3-2) will light up.

Step 3: Set the desired load level by pressing one of the five load selection push switches (Figure 3-4).

Step 4: Rotate the ***APT-1*** handgrips or footrests forward or backward. Actual exercising force is displayed as a percentage (%) on the Bar Indicator (Figure 3-5).

NOTE: In this mode, an increase in the rotation speed (RPM) will lead to an increase in the exercising force (**Table 1, Appendix 1**).

6.2. Active mode - CONSTANT FORCE Operation

Step 1: Press the  button to activate the CONSTANT FORCE FUNCTION in the ACTIVE mode. The green indicator will light up.

Step 2: Set the desired load level by pressing one of the five load selection push switches (Figure 3-4).

Step 3: Rotate the ***APT-1*** handgrips or footrests forward or backwards. The exercising force as displayed on the Bar Indicator (Figure 3-5) will now remain constant at 50% for the selected load level, irrespective of the crank arm rotation speed (**Table 2, Appendix 1**).

6.3. PASSIVE mode

Step 1: Insert the handgrips or footrests in one of the four mounting holes according to the radius and range of motion required.

NOTE: As the effective crank arm length is reduced in the PASSIVE mode, the range of movement is reduced and the degree of resistance that the motor can overcome is increased.

Step 2: To activate the passive mode from the stand by position (after the electrical power is supplied to the ***APT-1***): Press the MODE button two times, until the green PASSIVE mode indicator (Figure 3-3) will light up. From the ACTIVE mode – press once only.

Step 3: Set the desired rotation force and speed by pressing one of the five exercise level selection push switches (Figure 3-4). 1 = lowest force, 20 rpm / 5 = highest force, 60 rpm

Step 4: Hold onto the handgrips (for arm exercise) or secure both feet to the footrests (for legs exercise). Make sure that ***APT-1*** is placed at a comfortable distance for exercise by turning the crank arms one complete revolution.

Press the ▲ button for forward rotation.

Press the ▼ button for backward rotation.

NOTE: There will be a short delay before the ***APT-1*** begins to turn in the chosen direction.

Step 5: The operation force of the crank arms should rotate the arms or legs of with no effort on the part of the user. This rotation force varies according to exercise level and crank arm mounting hole location selected **(Table 3, Appendix 1)**.

Step 6: To stop the rotation of the crank-arms and exit the PASSIVE mode, press the MODE button. The indicators will turn off and the ***APT-1*** will return to the stand-by position.

6.4. COMBINED active/passive mode

Step 1: Operate the ***APT-1*** in the passive mode and work against the force of the motor by applying resistance to the rotation of the crank arms.

Step 2: The resistance force to the rotation is displayed on the on the Bar Indicator as a percentage (%) at each level.

Step 3: If the resistance force stops the crank arm rotation completely, the Bar Indicator (Figure 3-5) reaches 100% and the red indicator will light up. After holding this position for approximately 2 seconds, the crank arm rotation will stop automatically.

NOTE: To restart, Press the  button for forward rotation, or the  button for backward rotation.

6.5. Passive mode - AUTO-REVERSE function

Step 1: Push the  button to activate the AUTO-REVERSE function in the PASSIVE mode. The green indicator will light up.

Step 2: Operate the ***APT-1*** as in usual passive or combined active/passive mode.

Step 3: When the resistance force stops the crank arm rotation completely, the Bar Indicator (Figure 3-5) reaches 100% and the red indicator will light up. After holding this position for approximately 2 seconds, the crank arm rotation will stop automatically. After a short delay the **DIRECTION OF ROTATION WILL BE REVERSED.** This feature also serves as an **ANTI-SPASM** function, stopping the motor in case of muscle spasm and reversing the direction of rotation after a short delay.

Step 4: As long as the  button indicator is lit, this function will continue to operate in the PASSIVE mode.

6.6. Shut down

Step 1: To turn off the ***APT-1***, from the PASSIVE mode- press the 

button once. From the Active mode – press twice. The indicators will turn off and the ***APT-1*** will return to its stand-by position.

Step 2: Disconnect the power from the ***APT-1*** by first disconnecting the mains electrical plug from the electrical socket outlet. Disconnect Power supply output connector from the ***APT-1*** power input socket.

CAUTION: For safe disconnection ***always*** take the mains plug out of the electrical socket before disconnecting the Power supply from the ***APT-1*****.**

7. GENERAL MAINTENANCE & STORAGE

The rugged design of the **Active Passive Trainer** and the use of selected, modern materials ensure minimal requirements for care and maintenance. The ***APT-1*** can be lifted safely in its folded position by grasping on to the centre of either of the legs of the base and carrying like a suitcase.

NOTE: Improper handling or neglect in the care of the **Active Passive Trainer** may reduce or cancel the coverage of the manufacturer's warranty.

7.1. Regular care

- Inspect Power supply cables and plug for visible damages.
- Check power-input connector for visible damage or insecure fastening.
- On a regular basis check that all screws and components are fastened tightly.
- Ensure that the anti-slip pads under the base are always kept clean.

CAUTION: If any damage is detected – do not use *APT-1*. Please contact your authorized dealer. Only authorized personnel may carry out repairs.

7.2. Cleaning instructions

- Disconnect Power Supply and wipe dry with clean cloth.

CAUTION: For safe disconnection of the *APT-1 always* take the mains plug out of the wall socket *before* removing the connector from the *APT-1* power socket.

- Take care not to allow water to enter the unit. Keep cables and electric components away from water and humidity.

7.3. Storage

- Store the ***APT-1*** between –20 and +40 degrees C and between 10% and 80% humidity.
- For storage in a confined space, fold the ***APT-1*** unit by pulling the angle release knob (Figure 1-2) and lowering it to the flat position. Tighten the angle-securing knob (Figure 1-3) to prevent unintentional unfolding.

8. TROUBLE-SHOOTING

Hereunder are some types of disorders, which can usually be repaired rather simply. If these following measures are unsuccessful, an authorized dealer should be contacted!

PROBLEM	CHECK POINT
The ***APT-1*** does not function at all	Power Supply not connected properly to mains outlet or to the ***APT-1***.
	APT-1 in standby mode. Press the MODE button to enter active or passive modes.
	(Models with Stop-switch) Stop switch in lower - disconnection position. Turn switch anti-clockwise to release.
The crank-arms do not start to rotate in the passive mode	No load/speed selection button is selected (pushed inwards)
	(Models with Independent Speed controller) Speed control Knob is in the “0” (off) position. Turn knob clockwise to desired exercise speed.
Models with remote control: remote unit not functioning smoothly	Remote unit’s transmitter LED needs to be wiped clean
	Remote unit batteries need replacement

9. ACCESSORIES

The following items are designed for use in combination with the ***APT-1***.
CAUTION: The use of accessories other than these can be unsafe.

9.1. Hand grips and Footrests

#	ACCESSORY	USAGE DESCRIPTION	FIGURE
a)	Straight Handgrips	Used for most of the upper limb exercising.	
b)	Angled Handgrips	Ergonomically designed, mainly for strength exercising in the Active mode.	
c)	Supportive Handgrips Not Available	Used for securely supporting the wrist and hand on the handgrips for users who have little or no muscle strength. Not Available	Not Available 
d)	Hemi-glove	Used for securely supporting the wrist and hand on the handgrips for users who have little or no muscle strength.	
e)	Pediatric Hemi-glove	Hemi-glove specially designed to be used by children.	
f)	Standard Footrests	Used for most of the lower limb exercising.	
g)	Not Available Balanced Footrests	Not Available Maintain upright position for easy attachment and removal.	Not Available 
h)	Pediatric Not Available footrest	Footrest specially designed to be used by children. Not Available	Not Available 
i)	High support for footrests	May be attached to footrests for supporting the lower limbs of users that have little or no muscle strength.	
j)	Handle Bar Not Available	Used to improve hold on APT-1 during leg exercise. Not Available	Not Available 

9.2. Optional added functions

#	ACCESSORY	USAGE DESCRIPTION	FIGURE
a)	Remote Control	Used mainly for lower limb exercising by users who have difficulty in reaching the operating panel.	

9.3. Transportation accessories

#	ACCESSORY	USAGE DESCRIPTION	FIGURE
a)	Trolley	Used for transferring the ***APT-1***.	
b)	Carry bag	Used for carrying the power-supply and the ***APT-1*** accessories. Comfortable to use with the trolley.	

10. TECHNICAL DATA

Weight - Trainer	10 Kg. (22 lbs.)
- Power supply	1.4 Kg. (3lbs.)
Length	72 cm. (28 in.) overall
Width	46 cm. (18 in.)
Height	16 cm. (6½ in.) folded
Mains supply (to Power Unit)	110/230 VAC
Working voltage	18 VAC
Revolutions per minute	20 - 60 RPM
Power consumption	60 VA

Class II equipment  Type B equipment 

 Class of protection: II

- No protective (earthed) conductor
- No protective earth terminal

 Degree of protection at the applied part: Earth potential

- Not insulated against earthed parts
- Not suitable for direct cardiac application

Continuous operation

Equipment not suitable for use in the presence of flammable anaesthetic mixture with air or with oxygen or nitrous oxide.

11. APPENDIX

Table 1: Active Mode ISOKINETIC operation

Level			25%		50%		75%		100%	
			oz.	Kg.	oz.	Kg.	oz.	Kg.	oz.	Kg.
1	Force	R1	3.5	0.1	4	0.15	10	0.3	20	0.55
		R2	5.0	0.15	6	0.2	13	0.35	25	0.75
		R3	7.5	0.2	9	0.3	20	0.6	40	1.2
		R4	15	0.4	18	0.5	40	1.2	80	2.3
	Power	Watts	0.5		1		3		9	
	Speed	RPM	30		50		65		100	
2	Force	R1	7.5	0.2	9	0.25	21	0.6	40	1.1
		R2	10	0.3	12	0.35	28	0.8	53	1.5
		R3	15	0.4	18	0.5	42	1.2	80	2.3
		R4	30	0.85	36	1.0	84	2.4	160	4.6
	Power	Watts	1		2		6		18	
	Speed	RPM	30		50		65		100	
3	Force	R1	15	0.4	18	0.5	42	1.2	80	2.3
		R2	20	0.6	24	0.7	56	1.6	110	3.0
		R3	30	0.85	36	1.0	86	2.4	160	4.6
		R4	60	1.7	72	2.0	170	4.7	320	9.2
	Power	Watts	2		4		12		36	
	Speed	RPM	30		50		65		100	
4	Force	R1	30	0.85	36	1.0	84	2.4	160	4.6
		R2	40	1.1	48	1.4	110	3.2	220	6.0
		R3	60	1.7	70	2.0	170	4.7	320	9.2
		R4	120	3.4	140	4.0	340	9.5	640	18.5
	Power	Watts	4		8		24		72	
	Speed	RPM	30		50		65		100	
5	Force	R1	60	1.7	70	2.0	165	4.7	320	9.1
		R2	80	2.3	95	2.7	220	6.2	430	12
		R3	120	3.4	145	4.1	330	9.3	650	18
		R4	240	6.8	290	8.2	660	18.5	130	36
	Power	Watts	8		16		48		144	
	Speed	RPM	30		50		65		100	

NOTE: Force Levels are indicated for Mounting Hole locations R1, R2, R3 & R4 on crank-arms (Figure 9 / Figure 13).

Table 2: Active Mode CONSTANT FORCE operation

Level			50%	
			oz.	Kg.
1	Force	R1	4.5	0.13
		R2	6	0.17
		R3	9	0.25
		R4	18	0.50
2	Force	R1	9	0.25
		R2	12	0.3
		R3	18	0.5
		R4	36	1.0
3	Force	R1	18	0.5
		R2	24	0.7
		R3	36	1.0
		R4	72	2.0
4	Force	R1	36	1.0
		R2	48	1.4
		R3	70	2.0
		R4	140	4.0
5	Force	R1	72	2.0
		R2	96	2.7
		R3	140	4.0
		R4	280	8.0

NOTE: Force Levels are indicated for Mounting Hole locations R1, R2, R3 & R4 on crank-arms (Figure 9 / Figure 13).

Table 3: Passive Mode

Level			0%	25%		50%		75%		100%	
				oz.	Kg.	oz.	Kg.	oz.	Kg.	oz.	Kg.
1	Force	R1	0	25	0.7	50	1.4	75	2.1	100	2.8
		R2	0	33	0.95	67	1.9	100	2.8	135	3.7
		R3	0	50	1.4	100	2.8	150	4.3	200	5.6
		R4	0	100	2.8	200	5.6	300	8.5	400	11.2
	Speed	RPM	20	15		10		5		0	
2	Force	R1	0	32	0.90	63	0.55	95	2.7	125	3.5
		R2	0	43	1.20	84	2.4	125	3.6	170	4.7
		R3	0	65	1.80	125	3.5	190	5.4	250	7.0
		R4	0	130	3.60	250	7.0	380	10.7	500	14
	Speed	RPM	30	23		15		8		0	
3	Force	R1	0	38	1.1	75	2.1	110	3.0	150	4.2
		R2	0	51	1.4	100	2.8	145	4.1	200	5.0
		R3	0	75	2.1	150	4.2	215	6.1	300	8.4
		R4	0	150	4.3	300	8.4	430	12.2	600	16.9
	Speed	RPM	40	30		20		10		0	
4	Force	R1	0	44	1.2	88	2.5	130	3.7	175	5.0
		R2	0	59	1.7	115	3.3	175	5.0	253	6.6
		R3	0	88	2.5	175	5.0	265	7.4	350	9.8
		R4	0	175	5.0	350	10	530	15	700	19.7
	Speed	RPM	50	38		25		13		0	
5	Force	R1	0	50	1.4	100	2.8	150	4.2	200	5.6
		R2	0	67	1.9	133	3.7	200	5.6	267	7.5
		R3	0	100	2.8	200	5.6	300	8.4	400	11.3
		R4	0	200	5.6	400	11.3	600	16.9	800	22.5
	Speed	RPM	60	45		30		15		0	

NOTE: Force Levels are indicated for Mounting Hole locations R1, R2, R3 & R4 on crank-arms (Figure 9 / Figure 13).

For safety and for warranty assurance reasons, any modifications and repair of the ***APT-1*** or its components must be performed exclusively by authorized personnel and exclusively with original spare parts.

The ***APT-1*** Active Passive Trainer and its accessories have been designed and manufactured in accordance with the specification of the following:

DIRECTIVE: Medical devices 93/42 EEC (Annex V)

CE 0123

Manufactured by:

TZORA Active Systems Ltd.

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