User Guide

MOTOmed viva2 light

RECK MOTOmed® - valid as of software version 5.04.01 – status June 2012

GB Please use the MOTOmed only after you have read the instruction manual. If you should not understand the language of the present version, please request the instruction manual in your native language.

DE Please read user manual first before using the MOTOmed. Sollten Sie die vorliegende Sprachversion nicht verstehen, fordern Sie bitte eine Anleitung in Ihrer Landessprache an.

FR Avant de commencer votre entraînement MOTOmed, veuillez lire le mode d'emploi. Si vous ne parlez pas la langue utilisée dans ce mode d'emploi, n'hésitez pas à nous demander une traduction dans la langue de votre pays.

ES Utilice el MOTOmed sólo después de haber leído las instrucciones de uso. Si no entiende el idioma de la presente versión, por favor exija un manual en su lengua nacional.

PT Use o MOTOmed somente, depois de ter lido as instruções de operação. Em caso que você não compreenda a língua desta instrução, peça por favor uma orientação em sua língua nacional.

IT Per un ottimo funzionamento del MOTOmed leggere le istruzioni per l'uso. Se riscontrate qualche difficoltà riguardo la vostra lingua madre consultate il vostro servizio assistenza.

NL Neem uw MOTOmed pas in gebruik nadat u de gebruiksaanwijzing hebt gelezen. Indien de gebruiksaanwijzing niet overeenstemt met uw moedertaal, aarzel dan niet ons te contacteren en een andere taalversie aan te vragen.

SV Använd MOTOmeden endast, efter du har läst fungerande anvisningen. Om dig bör inte förstå den tillgängliga språkversionen, förfrågan var god a vägledning i ditt nationella språk.

DK MOTOmed må først anvendes, når brugsanvisningen er gennemlæst. Forstår du ikke vedlagte brugsanvisning, rekvirer en dansk vejledning hos ProTerapi.

PL Przed skorzystaniem z urządzenia MOTOmed prosimy zapoznać się z instrukcją obsługi. Jeśli instrukcja obsługi jest napisana w języku obcym żądajcie Państwo instrukcji w języku przez Państwa znanym.

RU Используйте MOTOмед только после того, как прочитаете инструкцию по эксплуатации. Если Вам не понятен язык, на котором написана иструкция, запросите, пожалуйста, одну на родном языке.

MOTOmed viva2 light

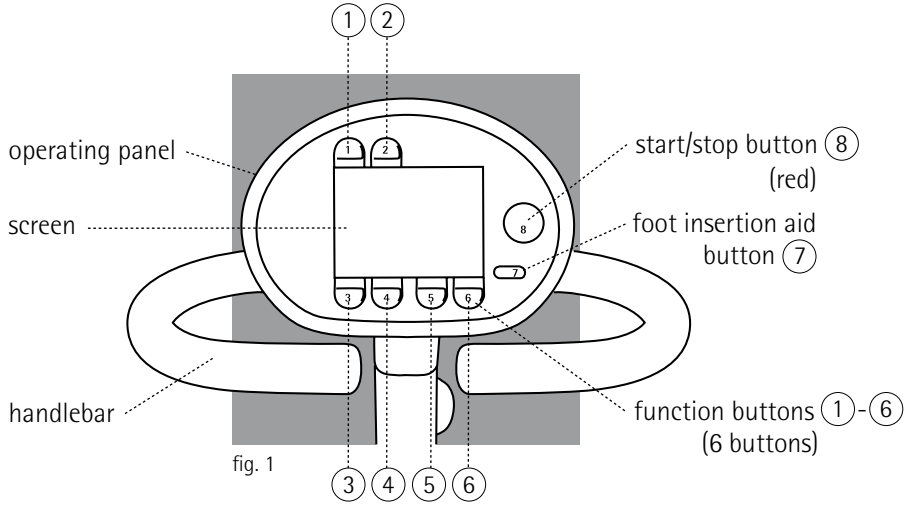


fig. 1

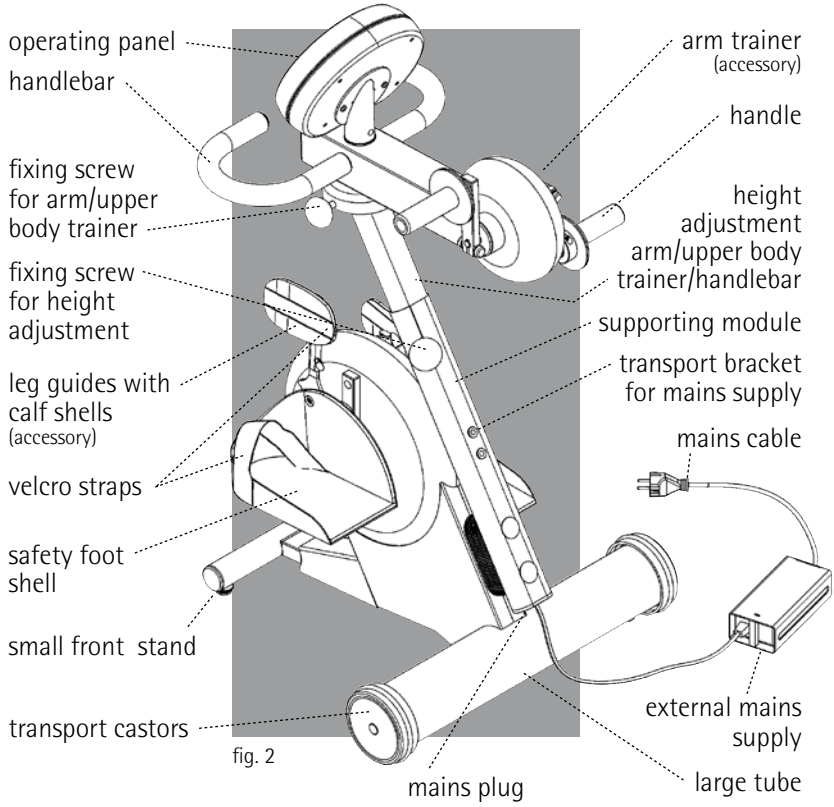


fig. 2

1 Leg trainer only

Foot insertion aid

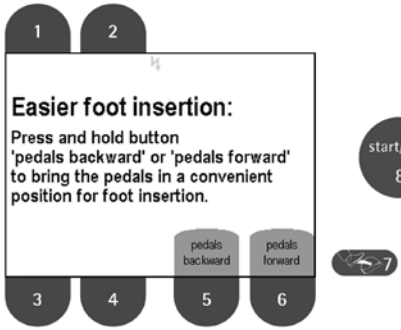


fig. 3

Press the long button (7) »foot insertion aid« ( ) when the MOTOmed is in stand-by mode (black screen and constant green LED light). By »pressing and holding« the buttons (6) »pedals forward« or (5) »pedals backward« you can move the foot shells (fig. 2) to the lower position for convenient leg insertion, one after the other. As soon as you release the button, the foot shell will stop in the current position. Now fasten your feet and legs with the Velcro straps or the self-operating foot holders (item no. 506).

Start of training

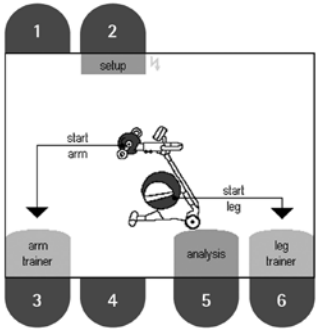


fig. 4

Push the red »start/stop« button (8) in the stand-by mode (black display, constant green LED start light). The start screen appears (fig. 4).
Start the training by pressing button (6) »leg trainer«. The foot shells automatically start moving slowly.

Passive speed/rotation direction

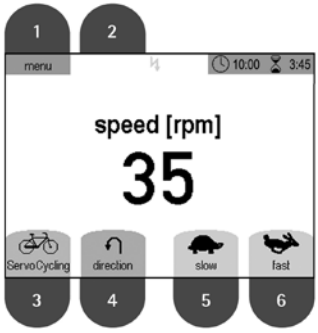


fig. 5

By pushing button (5) »slow« ( ) and (6) »fast« ( ) (fig. 5) you can change the passive speed from 1-60 rpm. The button ( ) »direction« (4) (fig. 5) allows you to change the rotation direction from forward to backward and vice versa.

Active cycling or motor-assisted cycling (ServoCycling)

fig. 6

You can start to cycle actively with your own strength at any time. In case of weak residual muscle strength push button (3) »ServoCycling« ( ) in order to receive the highest motor assistance in gear 0 (fig. 6). With button (5) »light« ( ) and (6) »heavy« ( ) you adjust the resistance level from gear 0-20.

Relaxation phases

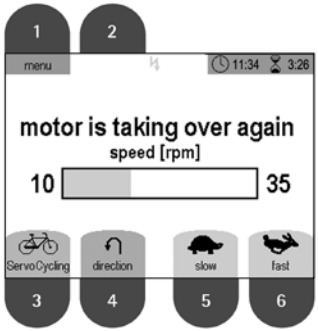


fig. 7

Once the muscles fatigue the user should stop training actively.
The MOTOmed viva2 light will recognize this and the motor will take over again (fig. 7). Once you feel recovered, you can try to train actively again.

End of training

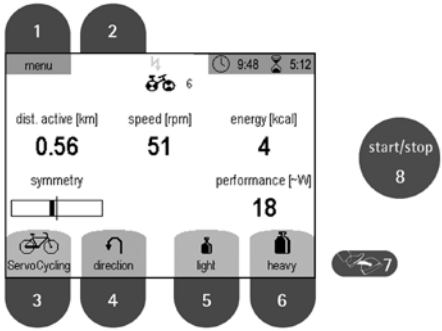


fig. 8

The training can be finished by pressing the red »start/stop« button (8) (fig. 8) twice.

Removing feet from foot shells

For removing the feet, use the foot insertion aid (see page 4). To switch off the MOTOmed push the red »start/stop« button (8) (fig. 8).

Start of training

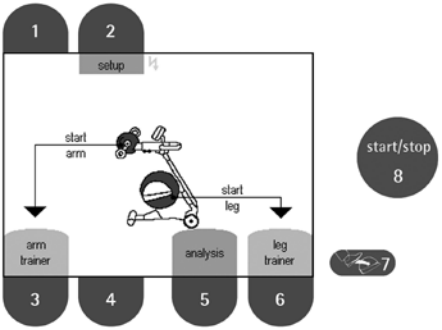


fig. 9

Press the red »start/stop« button (8) (fig. 9). The start screen appears. Start the training by pressing button (3) »arm trainer«. The handles (fig. 2) automatically start moving slowly.
The operation of the arm/upper body training is similar to the leg training (see page 4-6).

If both hands are fixed at the arm/upper body trainer (e.g. with forearm shells, item no. 556), the presence of a supervisor is generally required.

Select a menu

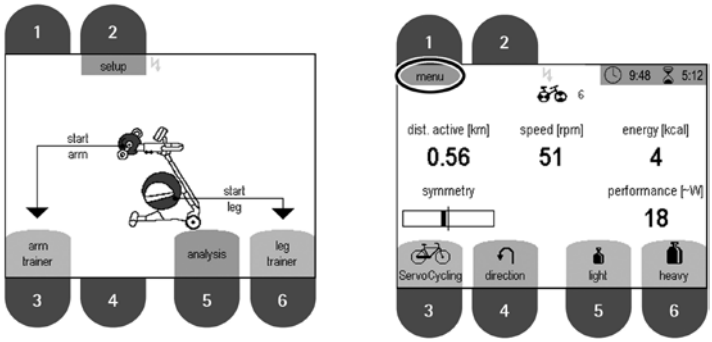


fig. 10/11

To select a menu (setup menu, analysis or training menu) push button (2) »setup« (fig. 10), (5) »analysis« or during the training button (1) »menu« (fig. 11).

Menu operation

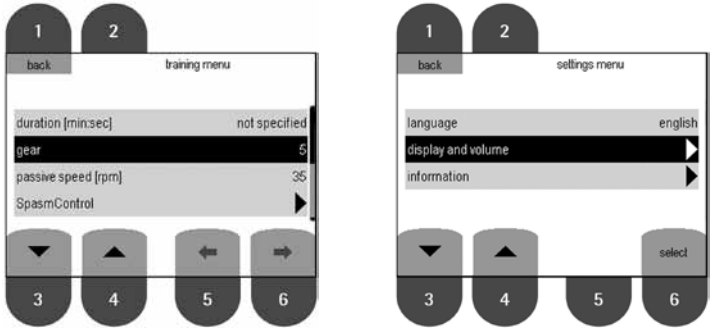


fig. 12/13

Within the menu you can scroll up and down by button (3)/(4) (▼/▲) (fig. 12). With button (5)/(6) (⬅/➡) you can change the value accordingly. Changed values will be saved automatically when you exit the menu.
An arrow on the right side of the screen (▶) indicates there is a submenu available (fig. 13). Push button (6) »next« open the submenu .

By pushing button (1) »back« you return to the previous menu or exit the menu. Push button (2) »OK« (fig. 23) to confirm your selection.

Settings menu

Here you will find the language or contrast setting and specific device information of your MOTOmed viva2 light (fig. 14):

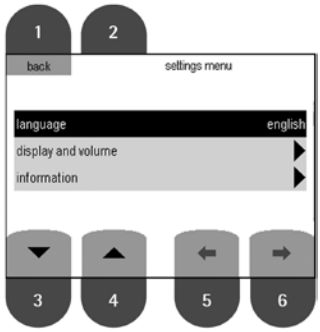


fig. 14

Menu content:

1 language
2 display and volume
- volume
- contrast

3 information
- device type
- version
- release date
- status code

Training menu

This menu allows you to change the duration, resistance level or passive speed, to switch off and on the SpasmControl, to change the maximum motor power and to determine individual starting parameters (fig. 15).

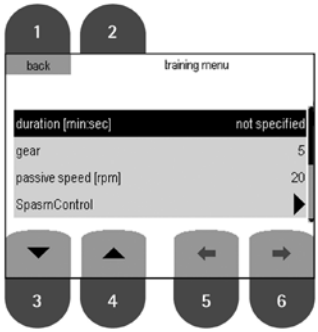


fig. 15

Menu content:

1 duration
2 gear
3 passive speed
4 SpasmControl
- SpasmControl on/off
- motor power leg trainer
- motor power arm trainer

5 save starting parameters

Analysis

Here you will find training results from your previous training session (fig. 16).

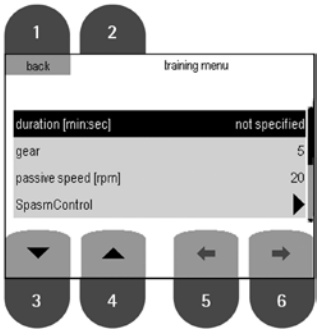


fig. 16

Menu content:

1 total distance [km]
2 total duration [min:sec]
3 average active performance [~W]
4 total energy [kJ]
5 muscle tone at beginning
6 average muscle tone
7 muscle tone at the end
8 symmetry left/right [%]

SymmetryTraining

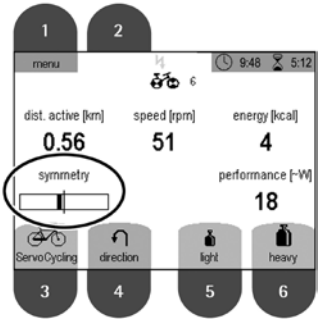
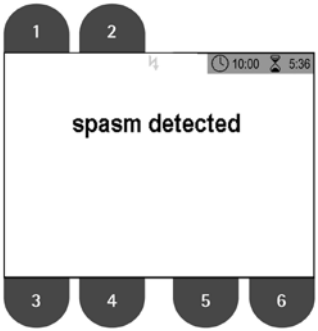


fig. 1

During active training, this MOTOmed viva2 light function automatically indicates the force you apply with your right and left leg/ arm, respectively (fig. 17). It always measures the pushing movement of your leg/arm. Try to pedal as equal as possible in order to keep the black symmetry bar centered.

Spasm detection and SpasmControl



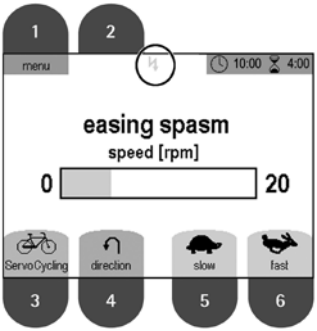


fig. 18/19

The MOTOmed viva2 light automatically recognizes if the pedals are blocked (e.g. by a sudden spasm) (fig.18). The software stops the motor immediately and the pedals slowly move in the opposite rotation direction in order to ease the spasm (fig.19).
If you need to activate or deactivate this function, follow these steps:

1. Start the leg or arm training, push button (1) »menu« (fig. 11) and use button (3)/(4) (▼/▲) to select »SpasmControl« (fig. 20).
2. Push button (6) »OK«.
3. Button (5)/(6) (⬅/➡) now allow you to activate or deactivate this function (fig. 21).
4. Push button (1) »back« twice, to continue your training.

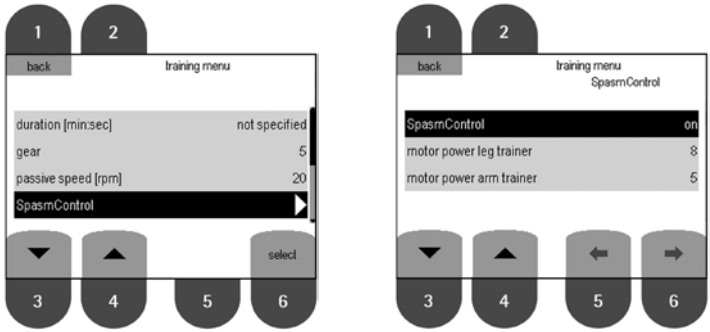


fig. 20/21

A green flash icon at the top of the screen indicates the SpasmControl is »on« (fig. 19).

Automatic MovementProtector/motor power

The MOTOmed viva2 light MovementProtector automatically adjusts the motor power in accordance to the individual muscle tension (tone). If you need to adjust the maximum motor power, you can follow these steps:

1. Start the leg or arm training, push button (1) »menu« (fig. 11) and use button (3)/(4) (▼/▲) to select »SpasmControl« (fig. 20).
2. Push button (6) »OK«.
3. Use button (3)/(4) (▼/▲) to select »motor power leg trainer« or »motor power arm trainer« (fig. 22) and adjust the value with button (5)/(6) (⬅/➡) (1= very low motor power, 10= maximum motor power).
4. Push button (1) »back« twice to continue with your training.

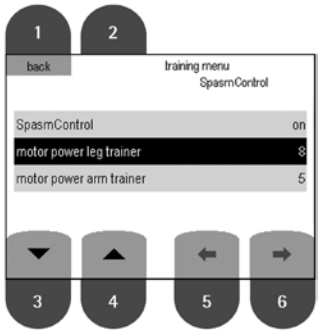


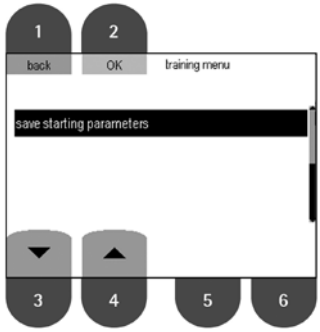
fig. 22

If you lower the motor power, it increases the sensibility of the SpasmControl (less resistance is needed to block the pedals).

Save starting parameters

You can determine your personal starting parameters in order to start each MOTOmed viva2 light training session at your individual settings. Follow these steps to set your starting parameters:

1. Start the leg or arm training and push button (1) »menu« (fig. 11).
2. Adjust your individual settings (fig. 15).
3. Use button (3)/(4) (▼/▲) to select »save starting parameters« and push button (2) »OK« (fig. 23)
4. Confirm with button (3) »yes« (fig. 24). Button (5) »default settings« resets the starting parameters back to default setting.
   Push button (6) »no« to cancel your selection.



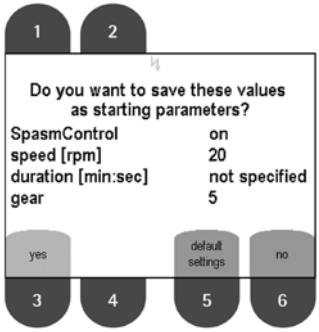


fig. 23/24

Screens

There are different screens for passive and active training that automatically change depending whether you train passively with the motor or actively with your own strength.

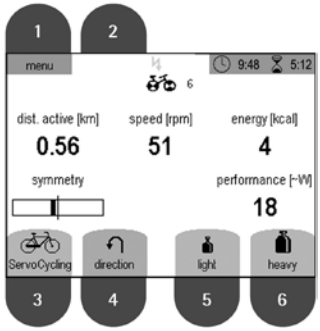


fig. 25

Active mode:
Distance (km or miles), speed (rpm), energy (kcal), symmetry, performance (~W) (fig. 25).

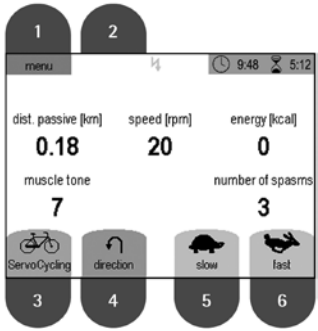


fig. 26

Passive mode:
Distance (km or miles), speed (rpm), energy (kcal), muscle tone, performance (~W), number of spasms (fig. 26).

GB 713.3/W517a (entspricht dt. Version "a") 07.12 binSt
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MOTOmed®
move differently

CE 0124

QUALITY MANAGEMENT We are authorized

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