

MOTOmed


MOTOmed® gracile12 – Short Instructions Leg trainer (valid as of software version 5.03 – status 12/2011)

1) **Set up:** Place the MOTOmed gracile12 with the big device stand (front tube) facing a wall **a**.

1.1) **Height adjustment of the pedal axis (fig. 2):** Support the pedal axis **c** and loosen the set screw **d**. Pull the snap button **e** and bring the pedal axis into the desired position **f**. Tighten the set screw **d**.






1.2) **Horizontal adjustment of the handlebar (fig. 3):** Hold onto the handlebar **g** and loosen the set screw of the horizontal adjustment **h**. Adjust the distance between the handlebar/operating panel **h** and the user and tighten the set screw **i**.



Sit in a wheelchair or in a stable chair in front of the MOTOmed gracile12 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 secured so that it will not tilt or slip away.

2) **Supported inserting and fixing of the feet (if required):** In stand-by mode press button **7** » foot insertion aid « ( **7**) (fig. 4). Then you can move the foot shells **b** (fig. 1) with the buttons **6** » pedals forward « and **5** » pedals backward « (not shown) to help you insert one foot after the other in the lower pedal position. Now secure your feet to the foot shells (fig. 1) with the help of the Velcro straps or using the self-operating foot holders (accessory).

3) **a) Start the training (standard program):** Press the red » start/stop « button **8**. The start screen appears (fig. 4). Push button **6** » leg trainer « to start your training. The foot pedals will automatically start moving slowly. Let the MOTOmed move your legs for a » passive « warm-up phase for a few minutes.

b) Selection and start of a preinstalled Therapy Program: Press the red » start/stop « button **8** to activate the start screen (fig. 4). Press button **1** » programs «, mark a therapy program with the buttons **3** or **4** and confirm with button **2** » load «. You will automatically return to the start screen (fig. 4), that now shows the name of the selected therapy program. Press button **6** » leg trainer « to start your therapy session. The foot pedals will automatically start moving slowly.

4) **Passive movement / change of rotation direction:** With buttons **5** » slow « () and **6** » fast « () (fig. 7) you can increase or decrease the passive speed from 1 – 60 revolutions per minute. **Slower:** by pressing the button **5** » slow « () the speed is reduced. **Faster:** by pressing the button **6** » fast « () it is increased. By pressing the button **4** » direction « () (fig. 7) you can change the direction of rotation - from forward to backward and vice versa. Note: The buttons **5** and **6** have various functions depending upon the training mode you are in.

5) **Cycle with your own strength or motor-assisted (ServoCycling):** You can start pedaling on your own at any time. In order to visualize the transfer to the active training, you can press button **3** » ServoCycling « (fig. 6). On the display a bicycle appears as well as the message » you are cycling yourself «. With the buttons **5** » light « () and **6** » heavy « () you can adjust the resistance according to your muscle strength - from 0 to 20, adapted to your individual muscle strength.

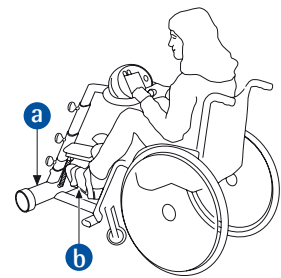


fig. 1

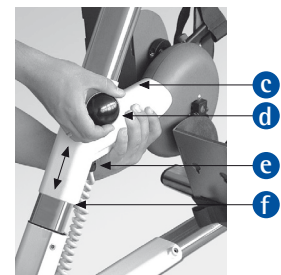


fig. 2

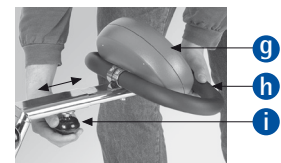


fig. 3

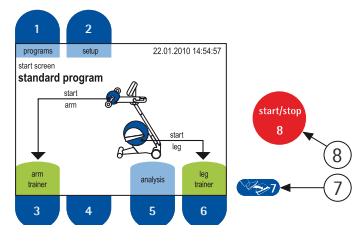


fig. 4

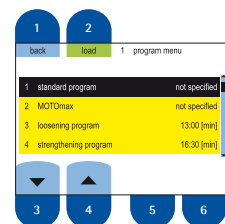


fig. 5

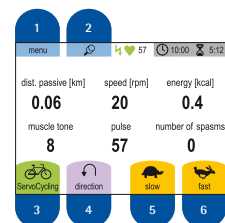


fig. 6

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- 6) **Take a break:** As soon as you feel you are getting tired you can simply stop cycling. The MOTOmed will recognize this and take over automatically, moving your legs passively again (fig. 7). After a while you can try cycling yourself again – the MOTOmed will recognize your impulse. A bicycle and the note » you are cycling yourself « (fig. 6) appears on the display.
- 7) **SymmetryTraining:** The function »SymmetryTraining« appears only in the active mode and ServoCycling mode respectively. The purpose of SymmetryTraining is to improve the coordination. If both bars display approx. 50%, it means that both legs are doing equal work. Try to concentrate on training both sides equally. You can freeze the display with button ② (⌂) (fig. 8). Pushing again button ② (↶) (fig. 9) activates the automatic display change.
- 8) **MotivationProgram MOTOmax:** You can control the MOTOmax figure with the activity of your legs (or arms). MOTOmax moves always to the side of the pedal you are pushing more. Try to keep the MOTOmax figure in the center (fig. 9) to collect as many jumps for joy as possible.
- 9) **Finish your training / analysis:** Before you finish the training 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. 4). After 10 seconds the training analysis appears automatically. There you can see how long you have cycled with motor (passive) and how long you have cycled with your own muscle strength (active) (in total up to 24 values).
- 10) **Removing the feet:** To remove the feet, please use the foot insertion aid (see step 2). Finally press the red » start/stop « button ⑧ (fig. 4) again to switch off the MOTOmed.

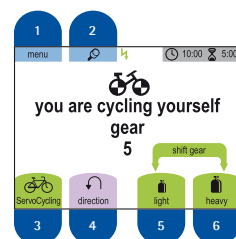


fig. 7

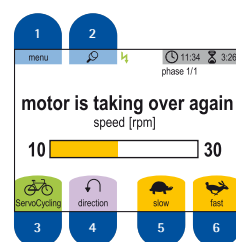


fig. 8

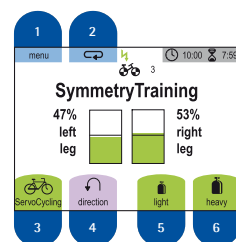


fig. 9

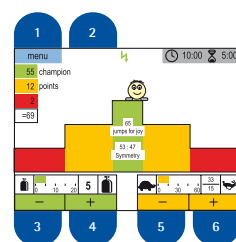
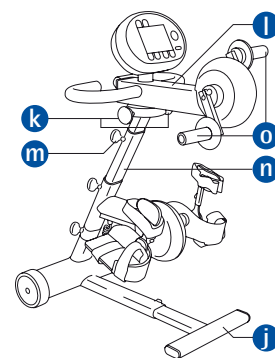


fig. 10

Arm/upper body trainer passive / active

- 11) **Set up:** When using an arm / upper body trainer ① (fig. 11), you have to pull out the small front leg ① approximately 15 cm / 6 in. (please keep a minimum insertion depth of 10 cm / 4 in.). This provides the MOTOmed gracile12 with more stability.
- 12) Open the two screw knobs ④ located underneath the arm/upper body trainer and swivel the arm/upper body trainer ① clockwise by 180 degrees. After that tighten the screw knobs ④ again.
- 13) Open the screw knob ⑤ for the height adjustment located on the supporting module ⑥ and adjust it to the desired position (approximately shoulder height). Tighten the screw ⑤ firmly.
- 14) **Start training:** Press the red » start/stop « button ⑧. The start screen appears. Start the training by pushing button ③ » arm trainer « (fig. 4). Automatically, the handles ⑦ (fig. 11) begin to move slowly. Please let the motor move your arms » passively « in a short warm-up phase. If the hands and forearms are fixed to the arm trainer (e.g. in the forearm shells, accessory) permanent supervision is needed. The arm training operates in a very similar way to leg training (see point 3 - 9).



Please read the chapter » safety precautions « of the detailed instruction manual before using the MOTOmed gracile12.

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