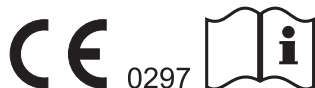




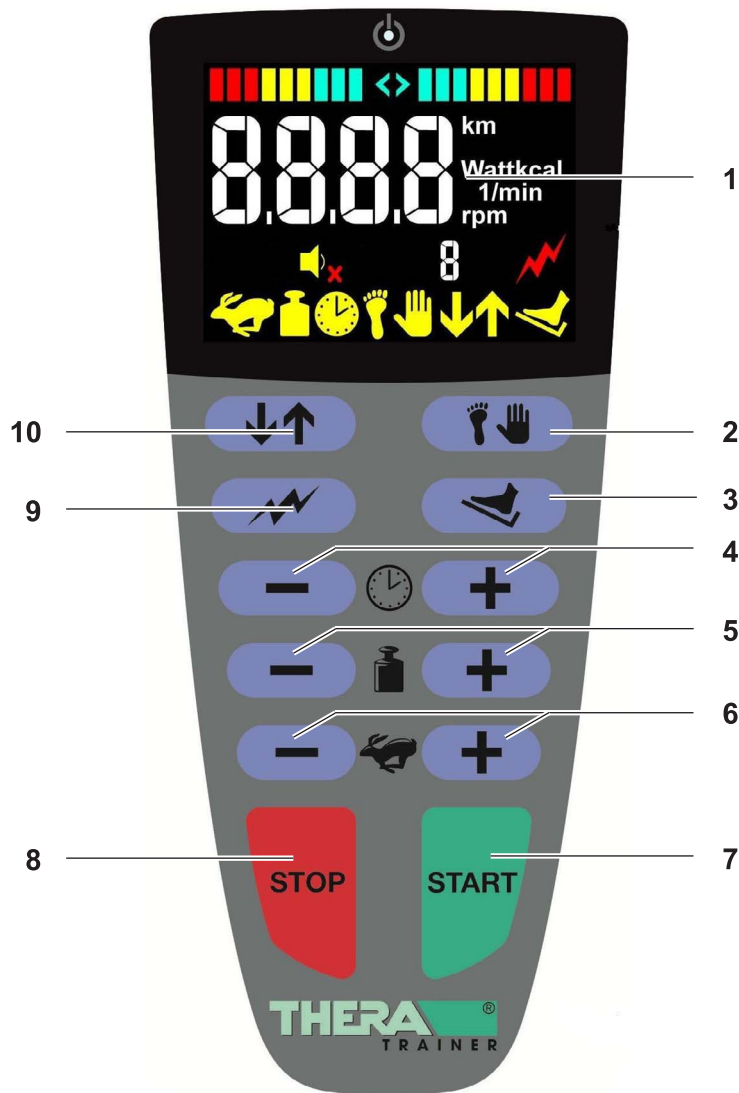
THERA-TRAINER TIGO (\triangle THERA-VITAL / THERA-LIVE)

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for control and display unit with 2.7" colour screen



11.4 Control and display unit with 2.7" colour screen



- (1) Display Training parameters
- (2) Switch button Leg/upper body exerciser
- (3) Button Easy entry
- (4) Button Training time
- (5) Button Exercising resistance
- (6) Button Number of revolutions
- (7) START button
- (8) STOP button
- (9) Button Anti-spasm-control
- (10) Button Direction of rotation

Functions of control and display unit

- START button**
- ▶ Press button: THERA-Trainer tigo starts training session with basic settings.
 - THERA-Trainer tigo starts at 10 rpm.
 - ▶ Press button after interruption (break): Training session is resumed.
 - ▶ Press button during training session: Display change.
- STOP button**
- ▶ Press button: THERA-Trainer tigo stops current training session.
 - ▶ Press button again: THERA-Trainer tigo indicates covered distance in km.
 - ▶ Press button once again: THERA-Trainer tigo indicates energy consumption in kcal.
 - ☐ Display of training data is possible until
 - START button is pressed again.
 - energy supply is interrupted.
 - THERA-Trainer tigo goes into stand-by mode
- Display Training parameters**
- ☐ Indicates training parameters alternatingly.
- Button Number of revolutions**
- ▶ Press button + briefly: Symbol Rabbit flashes. THERA-Trainer tigo increases number of revolutions step by step.
 - ▶ Press button - briefly: Symbol Rabbit flashes. THERA-Trainer tigo reduces number of revolutions step by step.
 - ▶ Press and hold button: Increase or reduce number of revolutions continuously until maximum or minimum is reached.
 - ☐ THERA-Trainer tigo starts at 10 rpm.
 - ☐ Maximum number of revolutions: 60 rpm.
- Button Exercising resistance**
- ▶ Press button + briefly: Symbol Weight flashes. THERA-Trainer tigo increases exercising resistance step by step.
 - ▶ Press button - briefly: Symbol Weight flashes. THERA-Trainer tigo reduces exercising resistance step by step.
 - ▶ Press and hold button: Increase or reduce training resistance continuously until maximum or minimum is reached.
 - ☐ Current exercising resistance is indicated in 15 steps.
 - ☐ Maximum exercising resistance: 22 Nm.
 - ☐ Exercising resistance setting will remain constant within the entire rpm range.
 - ☐ Higher pedalling frequency = higher performance
- Button Training time**
- ▶ Press button + briefly: Symbol Clock flashes. THERA-Trainer tigo increases training time by minutes.
 - ▶ Press button - briefly: Symbol Clock flashes. THERA-Trainer tigo reduces training time by minutes.
 - ▶ Press and hold button: Increase or reduce training time continuously until maximum or minimum is reached.
- Button Direction of rotation**
- ▶ Press button: Symbol Direction arrow flashes. THERA-Trainer tigo reverses direction of rotation. THERA-Trainer tigo slows down to 0 and resumes movement in opposite direction with pre-set number of rotations.
 - ☐ Yellow arrow indicates direction of rotation.

- ▶ Press STOP button: THERA-Trainer tigo stops current training session.
- ▶ Press switch button: THERA-Trainer tigo switches from leg to upper body exerciser or the other way round.
 - Symbol Foot lights up: Leg exerciser active.
 - Symbol Hand lights up: Upper body exerciser active.
- ☐ The switch button is inactive during training sessions or if no upper body exerciser is installed.
- ☐ Leg and arm exercise is not possible at the same time.

- ▶ Press START button briefly until symbol Easy entry appears: Crank moves into first entry position.
 - First foot rest is down.
- ▶ Put first foot into foot rest.
- ▶ Press START button again: Crank moves into second entry position.
 - Second foot rest is down.
- ▶ Put second foot into foot rest.
- ▶ Secure first foot with velcro or foot fixing/leg support.
- ▶ Press START button once again: Crank moves into first entry position.
- ▶ Secure second foot with velcro or foot fixing/leg support.
- ▶ Press START button: Easy entry function is finished.

- ▶ Press button: THERA-Trainer tigo deactivates anti-spasm-control.
 - Symbol Lightning is inactive (hidden).
- ▶ Press button again: THERA-Trainer tigo activates anti-spasm-control.
 - Symbol Lightning is active (red lightning).

**Switch button
Leg/upper body
exerciser**

**Button Easy
entry**

**Button Anti-
spasm-control**

Saving training settings

It is possible to save individual training settings before starting:

- ☐ direction of rotation
- ☐ training time
- ☐ resistance
- ☐ leg/upper body exerciser

Every subsequent training session will start with these settings. An interruption of the energy supply will reset the settings to the factory settings.

11.5 Display units



- (1) Display stand-by mode
- (2) Symmetry display
- (3) Display Training parameters
- (4) Display Spasm detection
- (5) Display Spasticity ON/OFF
- (6) Display Status bar
- (7) Display Key sound ON/OFF

Explanation of display units

Display Stand-by mode

- ☐ If no button of THERA-Trainer tigo has been pressed for more than 10 minutes,
 - screen light of control and display unit switches off.
 - red LED 1 **lights up**.
- Press any button to switch THERA-Trainer tigo to operating mode.

After a self-test, THERA-Trainer tigo is ready for use.

Symmetry display

- ☐ Symmetry display:
 - divided into three colour areas (green, yellow, red)
 - one bar means 5% asymmetry
 - direction triangle indicates the side that must be more active.
- ☐ Symmetry display appears exclusively during leg exercise.

Display Training parameters

- ☐ Display Training parameter alternates during training session:
 - number of revolutions (1/min)
 - performance (Watt)
 - energy consumption (kcal)
 - distance (km)
 - remaining training time

Display Spasm detection

- ☐ Shows currently set step of spasm detection
- Have spasm detection set in sub menu by doctor, therapist or trained dealer.


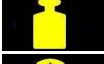






Display Spasticity ON/OFF

- ☐ Spasm detection active: Red spasm symbol lights up.
- ☐ Spasm detection inactive: No symbol is displayed.

Note

Even when the spasm detection function is deactivated, it will detect extreme changes of movement (blocking of cranks, extreme power fluctuations). For safety reasons, a detected extreme change will be treated like a spasm.

Display Status bar

- ☐  Symbol Number of revolutions
- ☐  Symbol Resistance
- ☐  Symbol Training time
- ☐  Symbol Leg exerciser active
- ☐  Symbol Arm exerciser active
- ☐  Symbol Leg and arm exerciser active
- ☐  Symbol Direction of rotation
- ☐  Symbol Easy entry active

Display Key sound ON/OFF

- ☐ Key sound ON: Loudspeaker displayed.
- ☐ Key sound OFF: Crossed-out loudspeaker displayed.