WHEELY-X

TRAINING HANDOUT

LEARNING OBJECTIVES

1. Points to Assess Patient Performance and Growth
2. How to Guide Patients to Board the Exerciser
3. Key Sections of the App
4. How to Setup Workouts in the App and View Performance Data
5. Answer Questions (Meeting)

[Link to Full User Manual](#)

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POINTS OF PATIENT ASSESSMENT

Observable	App Based	Quality of Life
Propulsion Path	Calories Burned	Activity per Day
Duration until Fatigue	Distance Pushed	Confidence
Posture	Propulsion Power in Left and Right Arms	Weight Loss
Shoulder Position	Workout Time	Bowel Consistency
Hand Placement	Time to Complete Set Distance	Ease of Transferring
Pushing Rhythm	Workout Average Speed	
	Workout Top Speed	
	Weekly, Monthly Comparisons	

HOW TO USE: EXERCISER

Recommended Preparation	
1. Please stretch for at least 5 minutes before training on WHEELY-X.	
2. Ensure that the tire pressure of both wheels is at least 80 psi.	
3. Put on gloves and a safety belt.	

HOW TO USE: EXERCISER

Boarding the Exerciser	
4. Position both wheels of the wheelchair at the end of the ramp on the orange grip tape. Pull both wheels back slowly and evenly, while slightly leaning forward to roll up the ramp.	
5. Attach safety locks to the bars attaching to the castors or a bar the hook fits onto that is attached to the main frame. Pull the string so the line is taut.	
6. Once on the roller, release both brakes by pulling both levers forward until both locking claws are away from the spindles.	
7. Exercise	
8. Once your workout is complete, engage the brake one at a time by pushing the lever and rolling the spindle as needed until each claw fits snuggly over each spindle.	
9. Release the safety claw by pressing the latch up towards the hook.	
10. Push both wheels forward until the wheels are on top of the front roller and then slowly roll down the ramp.	

RECOMMENDATIONS

Ensure breaks are sufficient. Monitor for signs of repetitive strain or fatigue during the treadmill session. Prolonged or intense pushing without adequate rest can result in overtraining or accidents.

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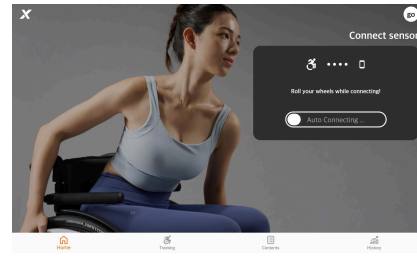
APP OVERVIEW
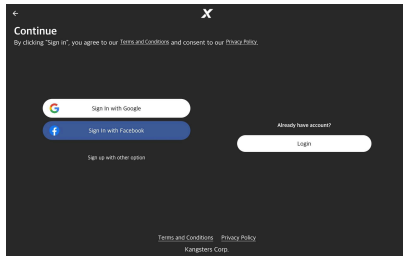
1. Registration 	**2. Sensor Pairing**
3. Creating a Client Profile 	**4. Workouts**
5. Content (Guided Video Workouts) 	**6. History**
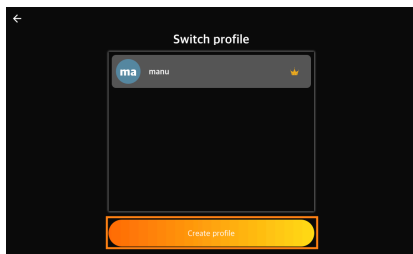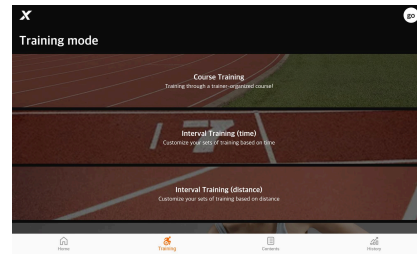
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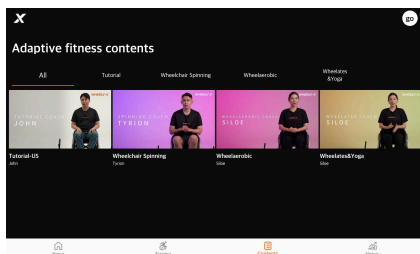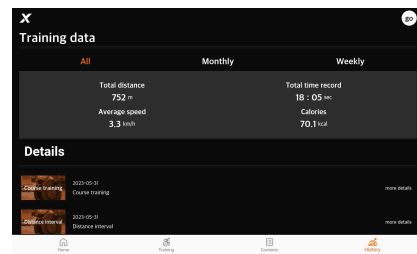
WORKOUTS

Workouts	In-Workout Data	Post Workout Data
Course Training Interval Training (Time) Interval Training (Distance) Free Training Endurance Training Sprint Training Course Training: Routines of guided movements produced by a professional coach. Interval Training: Programmable intervals of propulsion time or distance, rest time, and the number of sets. Free Training: Scored pushing based on the number of revolutions, time or distance. Endurance Training: Measure the maximum distance you can push. Sprint Training: Measure the time it takes for you to push 20 meters.	Propulsion Balance Speed Time Calories	Distance Time Record Calories Average Speed Max Speed Performance Per Arm Average Speed Max Speed Percentage Balance

1. Course Training	2. Interval Training, based on Time
Routines of guided movements produced by a professional coach. Tutorial Beginners Course Intermediate Course Advanced Course	Programmable intervals of propulsion time, rest time, and the number of sets. Set Intervals - Push Time, Rest Time, Number of Sets
3. Interval Training, based on Distance Programmable intervals of distance to push, rest times, and the number of sets. Set Intervals - Distance, Rest Time, Number of Sets	**4. Scored Free Training** Scored pushing based on the number of revolutions, time or distance.
5. Endurance Training Measures the maximum distance user can push.	**6. Sprint Training** Measures time users require to push 20 meters.

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*Automatically ends if do not push for 5 seconds	

HISTORY

- All: Accumulates and displays all exercise records of the profile with no time limit.
- Monthly: Records within 30 days of the day are accumulated and displayed.
- Weekly: Records within 7 days of the day are accumulated and displayed.