

WIEMSPRO APP SET UP

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INTRODUCTION

In this user manual you will see basic aspects of using the Wiemspro App:

- Run demo sessions.
- Register and assess clients.
- Choose training programs.
- Create or modify training sessions.
- Control a training session.



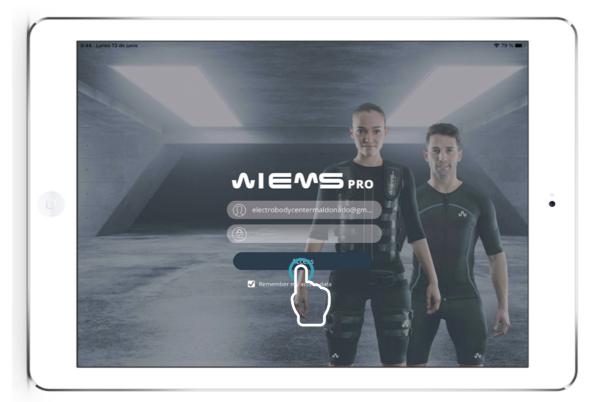
01 WIEMSPRO APP SET UP

WIEMSPRO APP SET UP



USO OF THE APP

- **1.** Download the App from the Apple Store and install it.
- **2.** Go to settings and set up the App for its correct use.
 - **3.** Enter your username and password and press the access button.

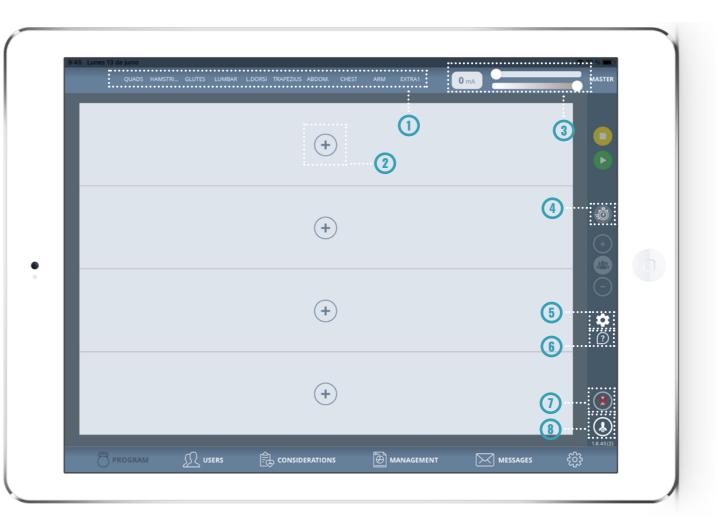


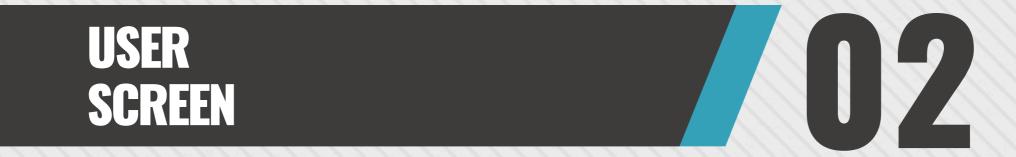
▲ **IMPORTANT:** to save all the session data and ensure a good functioning of the app, it is necessary to have an **internet connection**.

MAIN TRAINING SCREEN

Once you are in the application you will see the following controls: **>**

- 1. Muscle groups or channels.
- **2.** "+" button for adding new users to training.
- **3.** Master control.
- **4.** Timer button.
- **5.** Settings button.
- **6.** Help button.
- **7.** Delete clients button.
 - 8. Add clients button (max 6).





USER SCREEN

1. Client search bar.

2. Client update button. (internet connection needed).

3. New client button. +

4. Help button.

5. Client verification (@).

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SEARCH USER): ・・・・(ゆ):(+)	
AAT1 T1	Sex Man Birth date 08/01/2002	Height 170 cm \clubsuit HRM 		Personal Objective 1. Pérdida % graso Last trainings 	3
	Sex Man	Height 171 cm Wight 70 Kg VO,max 34.0 ml/kg/min	100 pp	Personal Objective	
		Height $@$ HRM 0 cm $-$ Weight $@$ V0,max 66 Kg $@$ 34.0 ml/kg/min	Imax HRmax 187 ppm HRrest 55 ppm	Personal Objective 1. Pérdida % graso Last trainings	
	Sex Woman Birth date 12/09/1988	Height 157 cm HRM Weight 70 Kg VO_max 34.0 ml/kg/min	ico ppin	Personal Objective	
O [®] ANA IZ	Sex Woman F Birth date 27/06/1991	Height 0 cm HRM Weight VO_max 60 Kg VO_max 34.0 ml/kg/min	HRmax 188 ppm HRrest SS ppm	Personal Objective 3. Estética y definición Last trainings	
	Sex Woman Birth date 27/06/1997	Height 0 cm Weight 63 Kg WO,max 34.0 ml/kg/min	Imax Imax <td>Personal Objective 1. Pérdida % graso Last trainings </td> <td></td>	Personal Objective 1. Pérdida % graso Last trainings 	
	Sex Man † Birth date 09/11/1975	Height 175 cm V ^O HRM Weight 76 Kg V ^O Max 34.0 ml/kg/min	Image: HRmax 177 ppm Image: HRrest 55 ppm	Personal Objective 1. Pérdida % graso Last trainings	
			GEMENT	Messages ငို္ပ္ပိ	þ

NEW CLIENT REGISTRATION (STANDARD)

On the User screen, press the "add" button (+)

- 1. Client's photo.
- **2.** Share clients with other trainers.
- 3. PAR-Q questionnaire.
- 4. Personal data.
- **5.** Morphology and interesting data.
- 6. General conditions.
- 7. Return button.

	PERSONAL DATA Extended Version
2 Share user	MORPHOLOGY AND INTERESTING DATA Gender Birth date Training Objective OPTIONAL Height (cm) Weight (Kg) OPTIONAL
3 PAR-Q: 🗴	Illness Medication Active
	GENERAL CONDITIONS
	INFORMATION ON TRAINING WIEMSPRO.
	Please take note of the following safety instructions:
	Accept
	·
	Saved
	Saved

NEW CLIENT REGISTRATION (COMPLETE)

In the customer registration screen we will click on the "Full version" box. We will get more personal data of the client in case we need them.

<	~IE^			
	PERSONAL DATA		Extended Version	
	Name and surname	Email	ID number	
			OPTIONAL	
	Phone	Address		
	OPTIONAL Postal Code	OPTIONAL		
	OPTIONAL	City		
	ornoral	OFTIOTAL		
D Share user	Altura (cm) Peso OPTIONAL	date	Training Objective OPTIONAL Favorite Sports / Activities OPTIONAL Motivation OPTIONAL	¢
			Accept Saved	
			Saved	

16:12 Martes 22 de noviembre → 31 % 🔳 ? < (5) () ... Historic demo 5 MORPHOLOGY AND INTERESTING DATA Altura (cm) Personal Objective 3. Estética y definición Man **Birth Date** Peso (Kg) 08/06/2021 40 1 PERSONAL DATA EVALUATIONS AND NOTES ۲ gthikbdj@gmail.con 6 ۲ 2 20210608071018 WORKOUT REPORTS kcal Postal Code #: 1 21/11/2022 12:58 92 7 • teal) #: 2 21/11/2022 12:53 Address 3 _____ PAIR HEART RATE MONITOR HRM: Not paired 134 149 165 Share Costume Resting HR 55 📝 VO2Max **45.0** 🧪 Theoretical maximum... 213

CLIENT FILE

By clicking on a client's file, we will access his data.

1. Personal data.

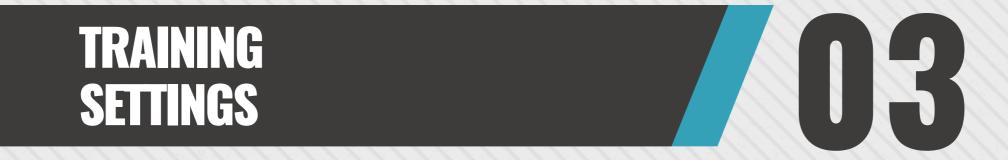
- **2.** "Send confirmation email" button.
 - **3.** "Share clients" button.
 - **4.** Client history button (it is necessary to confirm the email).
 - 5. "Edit user data" button.
 - **6.** Notes and evaluations.
 - 7. Training reports.
 - 8. Heart rate parameters.

?

Height 0 cm 🍄 💾 Personal Objective 213 ppm 3. Estética y definición Man Sex 飂 DEMO 5_ Birth date 08/06/2021 Weight 40 Kg ♥ HRrest Last trainings demo; demo VO,max 45.0 ml/kg/min Height 0 cm 🍄 🚊 Man PRmax 180 ppm Personal Objective 3. Estética y definición 驟 DEMO 6_ Birth date 08/06/1980 Last trainings Weight 48 Kg SS ppm VO,max 38.2 ml/kg/min Man Sex Height 176 cm 🍄 💾 PRMax 180 ppm Personal Objective 1. Reducción porcentaje de grasa 驪 DEMO 3_ Birth date 15/09/1980 Weight 89 Kg V0,max 38.2 ml/kg/min S5 ppm Last trainings ۲ Man Height 0 cm PRmax 214 ppm Personal Objective 🎔 🕂 譅 DEMO 8_ Birth date 11/03/2022 Weight 230 Kg ♥ ^{V0,max} 34.0 ml/kg/min S5 ppm Last trainings Sex Woman Height 170 cm 🌩 📙 PRmax 178 ppm Personal Objective 1. Reducción porcentaje de grasa 嬲 DEMO 2_ Birth date 07/02/1978 Weight 70 Kg Last trainings ♥ _ V0,max W ____ 🗢 🕂 Personal Objective 2. Incremento % muscular Height PRmax 192 ppm 翜 Last trainings VO,max 34.0 ml/kg/min S5 ppm DERATIONS

DELETING A CLIENT

In order to delete a client, we will slide the user to the left and hit "delete".





BEGIN A TRAINING PROGRAM

On the Programs screen, click the "add" button +

LOADING A NEW TRAINING PROGRAM

- **1.** Registered user list.
- 2. Program list.
- **3.** "Program info" button.
- **4.** "Create program" button.
- 5. "Delete existing program" button.
- 6. "Modify existing program" button.
- 7. Button to filter programs by type.
- **8.** Enable and disable programs button.
- **9.** "Add Demo device" button.
- **10.** "Add or change device name" button.
 - **11.** "Load" button for loading more than one devices at a time.
 - **12.** "Go!" button to start or return to the main screen with the programs and users loaded.



PROGRAM TYPES

Green: Low frquency (1-33 Hz); more oriented towards the initial part of the session.

Yellow: Low frequency programs, more oriented towards the initial part of the session.

Orange: Medium frequency programs (34 Hz-66 Hz).

Red: High frequency programs (67-100 Hz).

Blue: Different frequency programs, oriented towards the final part of the session.

Black: Custom programs, or programs created by the trainer.

¿WHAT IS Functional WB-EMS?

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CONSIDERATIONS AND INCOMPATIBILITIES IN THE USE OF WB-EMS



CONSIDERATIONS AND INCOMPATIBILITIES IN THE USE OF WB-EMS







- **1.** "Access reports" button.
- **2.** Filter reports information.
- **3.** Academy access button.







HANDLING THE MESSAGES TAB

- 1. "Filter workouts" button.
- **2.** "Filter tutorials" button.
- **3.** "Refresh messages" button.

MIMPORTANT: in order to refresh the messages, you must have an internet connection.

16:15 Martes 22 de noviemb		~IE^			* 31 %	
		MESSA			\odot	
Read 🗢 Date 🔶	Message 🔶	WORKOUT WP	TUTORIAL	CH MESSAGE		
09/08/2021		т	UTORIAL PROGRAMAS			
09/08/2021		т	UTORIAL GESTIÓN Y MENSAJES			
29/10/2021		P	an Renove Revolution Pro			
22/11/2021		В	LACK FRIDAY			
26/11/2021		Ú	LTIMOS DÍAS BLACK FRIDAY			
02/12/2021		رِTe perdiste que pasó en Wiemspro en Noviembre?				
24/12/2021		U	na Navidad más, gracias.			
23/02/2022		įS	e acaba esta Oferta de Wiemspro!			
25/02/2022		A	viso Importante - Actualización Apj	o Marzo 2022		
	∬ USERS				ŝ	



SETTINGS TAB

1. Trainer's preferences: Left-handed configuration and enable editing in resting time.

- **2.** Advanced settings.
 - **3.** Compatible vests.
- 4. Support.

5. General settings: Change of weight units (kg/Lb) and units of measure (cm/in) (see photo click on tab).

6. Language selection.

WWW.WIEMSPRO.COM

