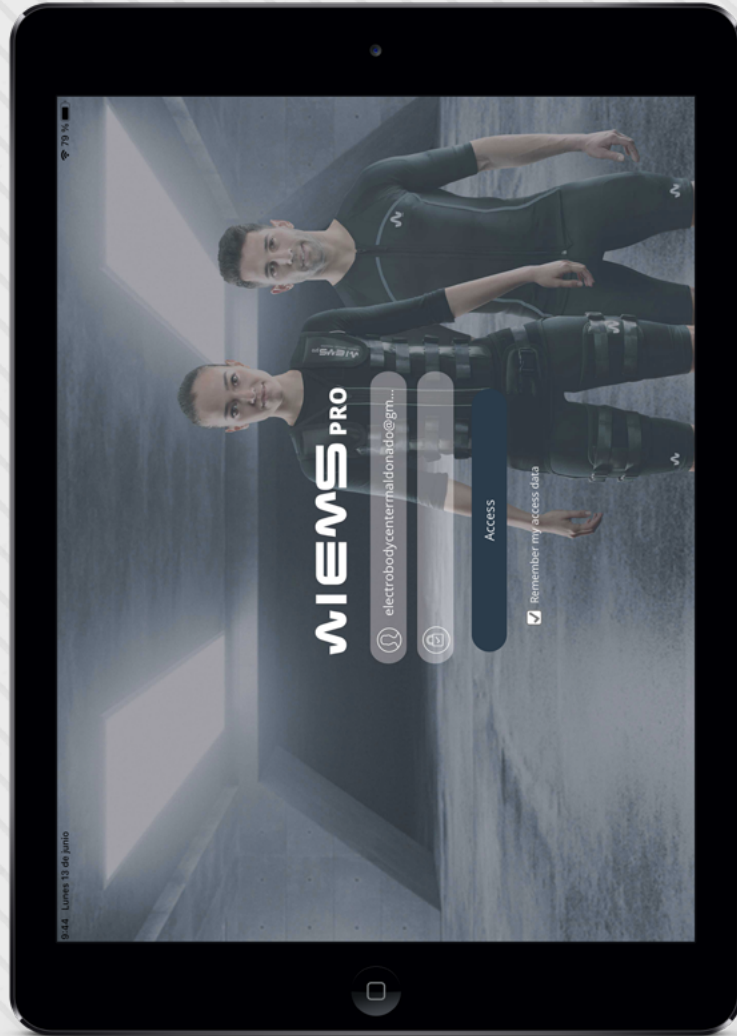




WIEMS PRO
APP USER GUIDE



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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.

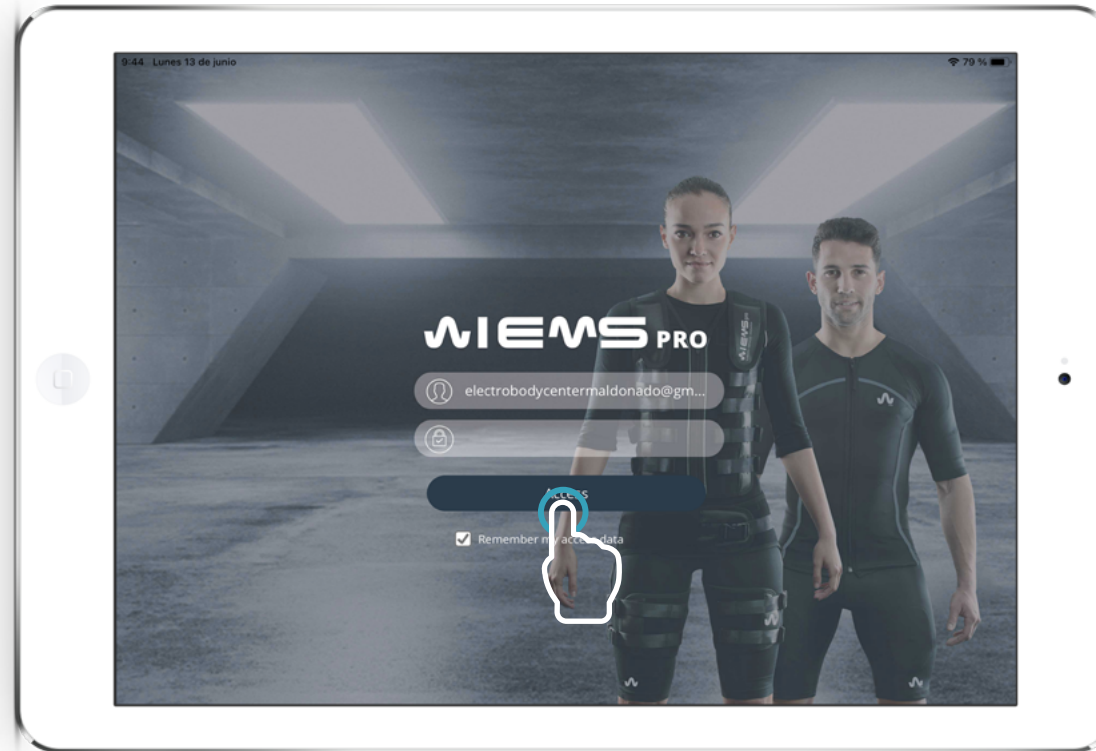


WIEMSPRO APP SET UP

01

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.

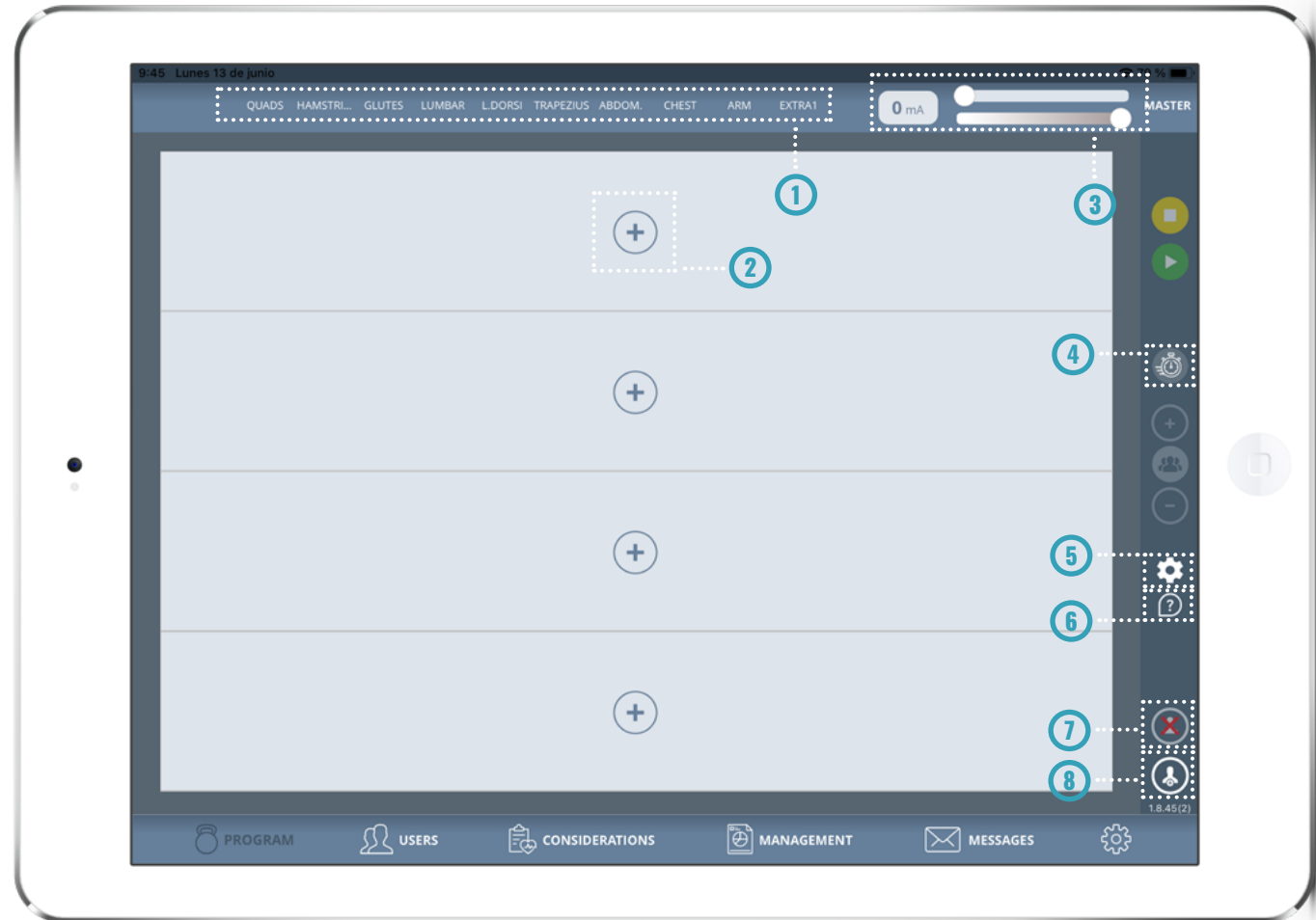


! IMPORTANT: to save all the session data and ensure a good functioning of the app, it is necessary to have an **internet connection**.

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).

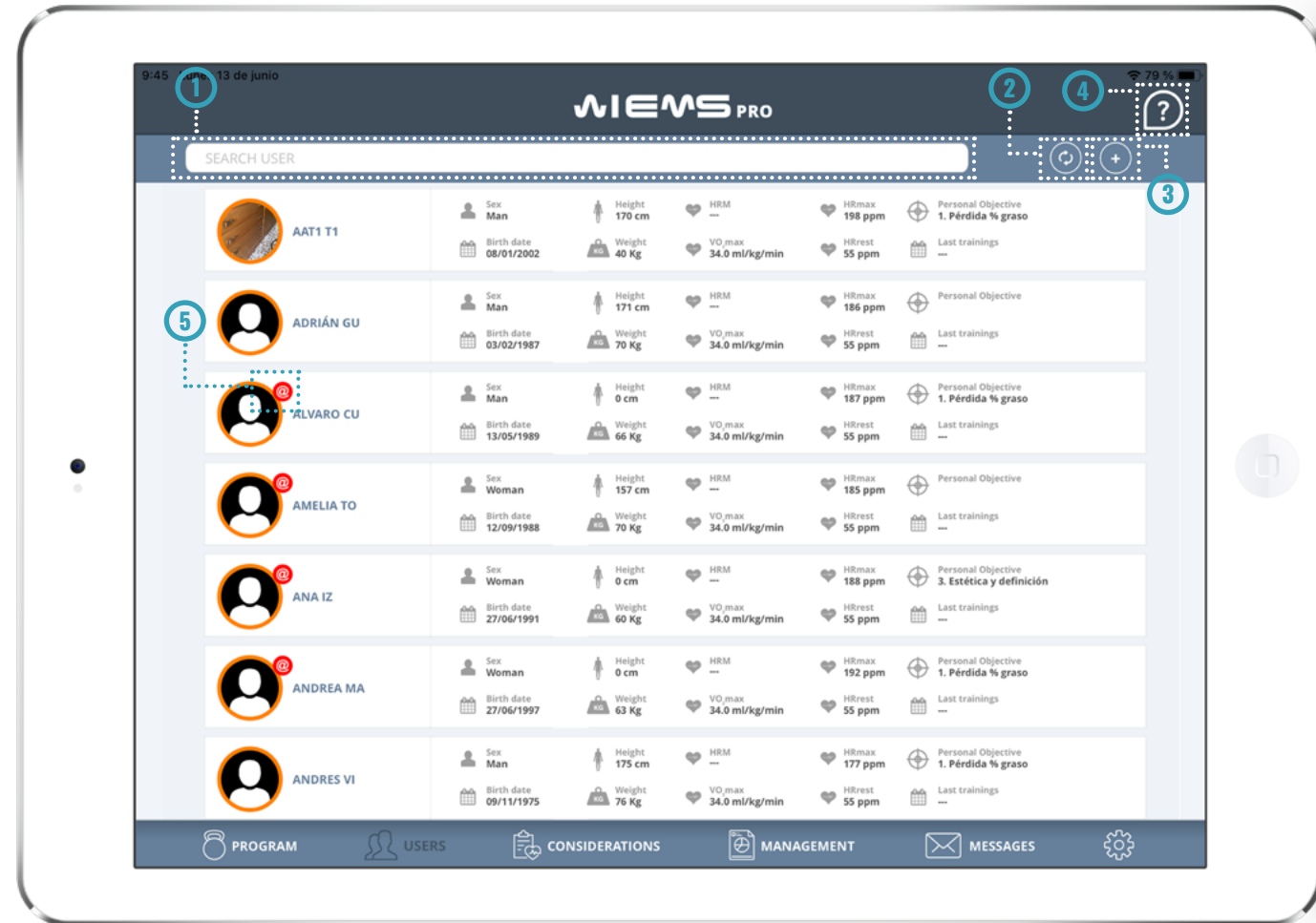


**USER
SCREEN**


02

USER SCREEN

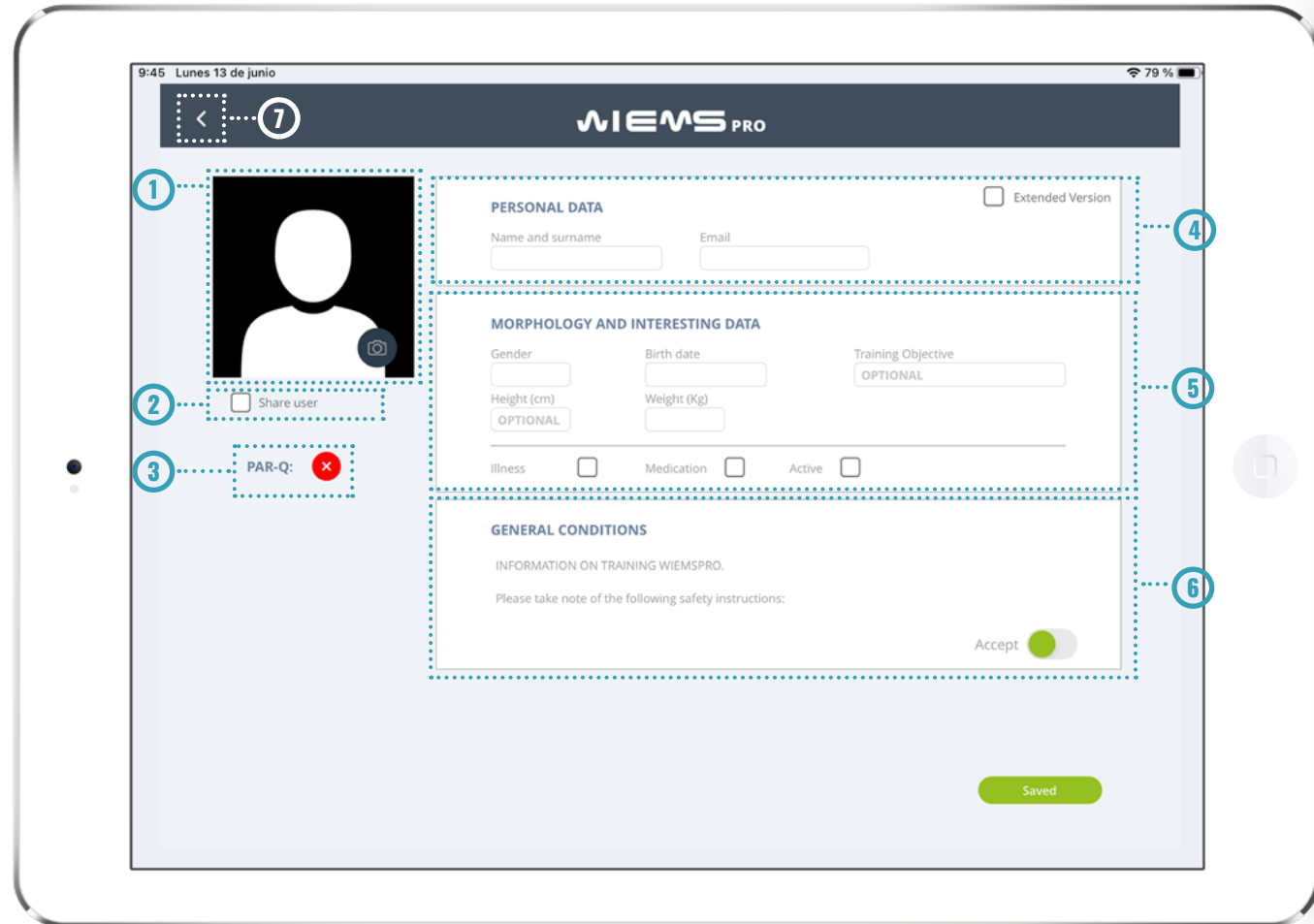
1. Client search bar.
2. Client update button. (internet connection needed).
3. New client button. (+)
4. Help button.
5. Client verification (@).



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.



9:45 Lunes 13 de junio 79 %

WIEMS PRO

1. Client's photo.

2. Share user ☐

3. PAR-Q: ☐

4. Personal data

PERSONAL DATA

Name and surname Email

☐ Extended Version

5. Morphology and interesting data

MORPHOLOGY AND INTERESTING DATA

Gender Birth date Training Objective

Height (cm) Weight (Kg)

OPTIONAL

Illness ☐ Medication ☐ Active ☐

6. General conditions

GENERAL CONDITIONS

INFORMATION ON TRAINING WIEMSPRO.

Please take note of the following safety instructions:

Accept ☐

7. Return button

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.

16:11 Martes 22 de noviembre 31%

WIEMS PRO

☐ Share user

PAR-Q: ✗

PERSONAL DATA ☒ Extended Version

Name and surname Email ID number OPTIONAL

Phone Address OPTIONAL

Postal Code City OPTIONAL

MORPHOLOGY AND INTERESTING DATA

Gender Birth date Training Objective OPTIONAL

Altura (cm) Peso (Kg) Favorite Sports / Activities OPTIONAL

Illness ☐ Medication ☐ Active ☐ Motivation OPTIONAL

GENERAL CONDITIONS

INFORMATION ON TRAINING WIEMSPRO.

Please take note of the following safety instructions:

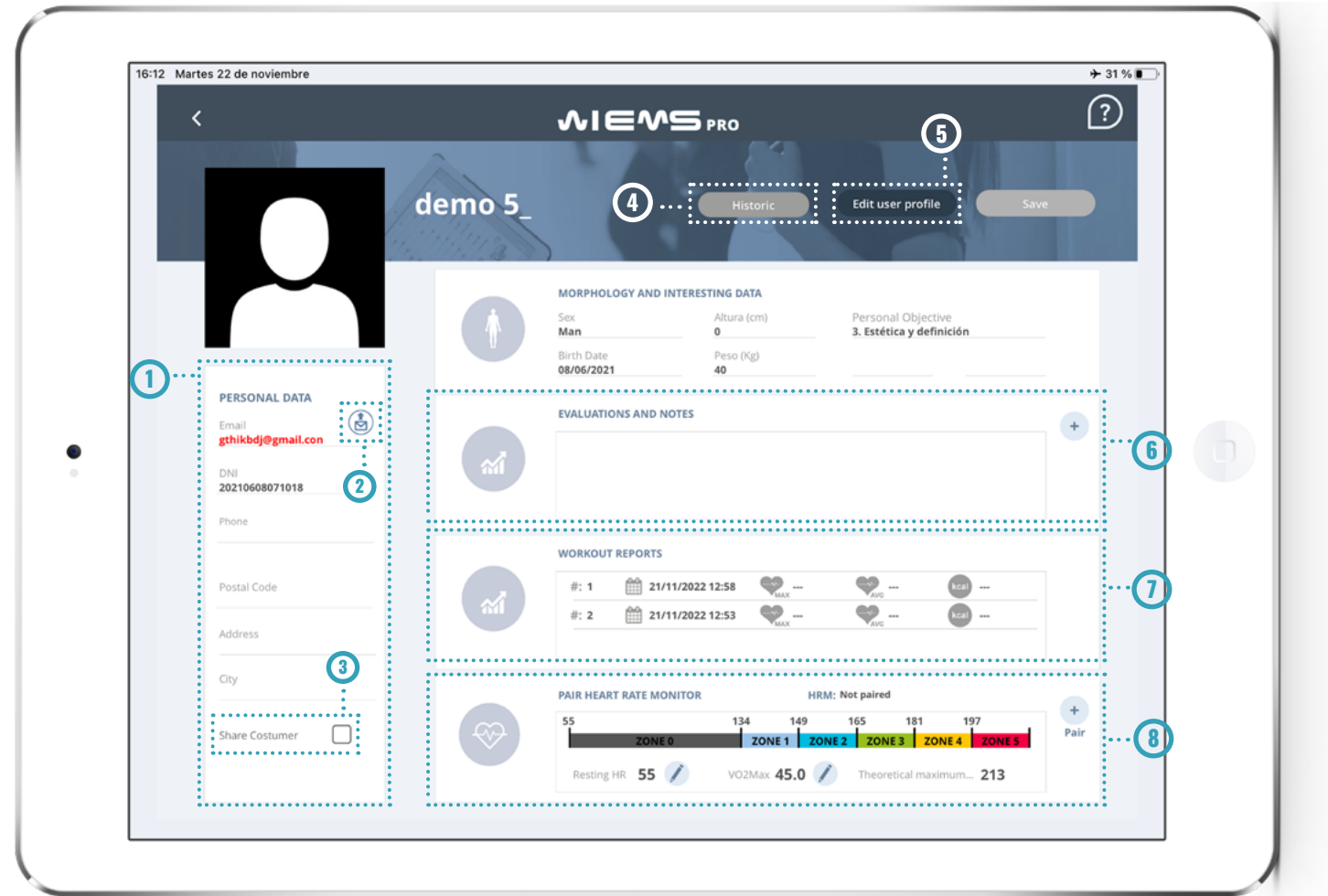
Accept ☒

Saved

CLIENT FILE

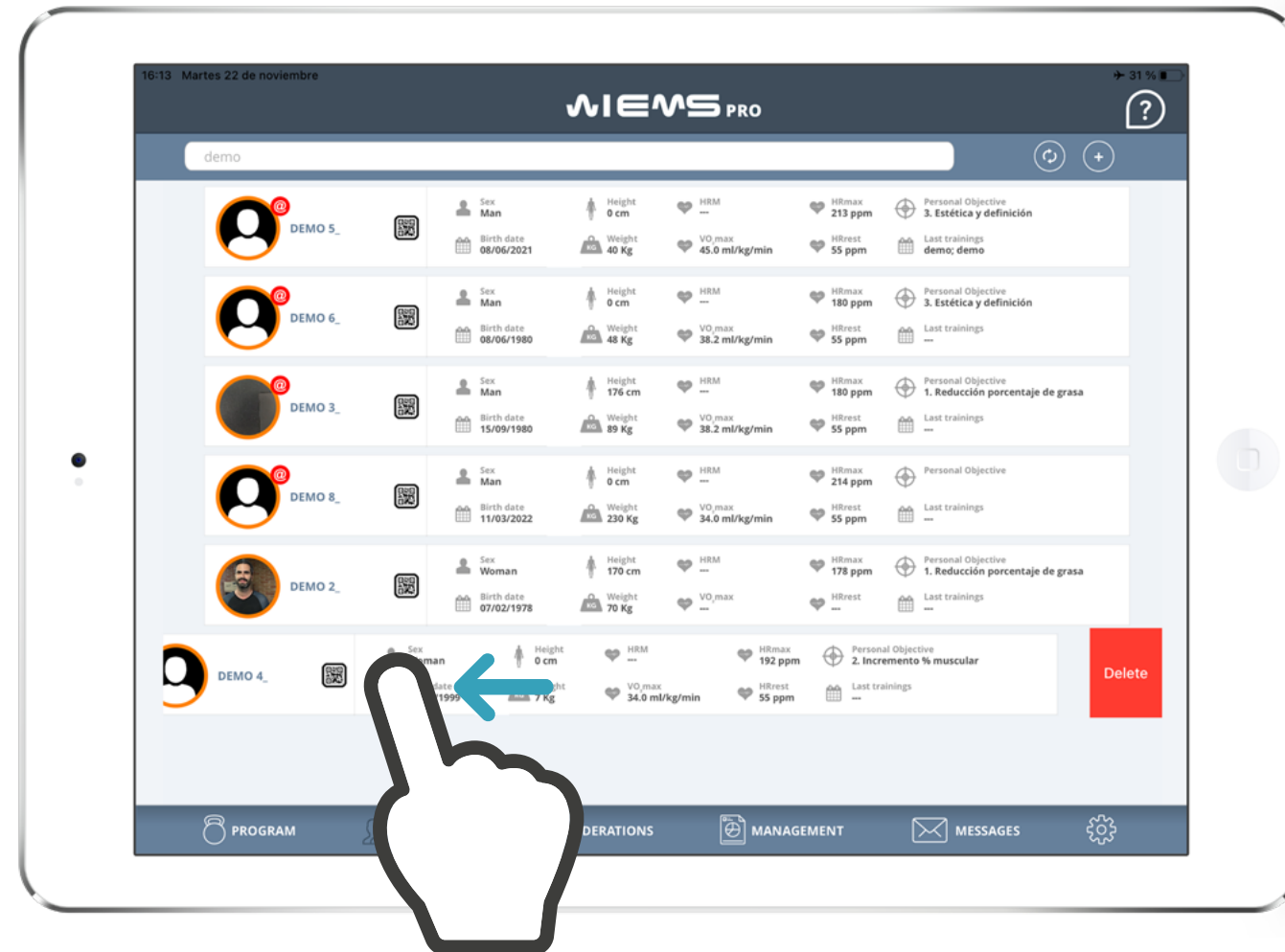
By clicking on a client's file, we will access his data.

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.



DELETING A CLIENT



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

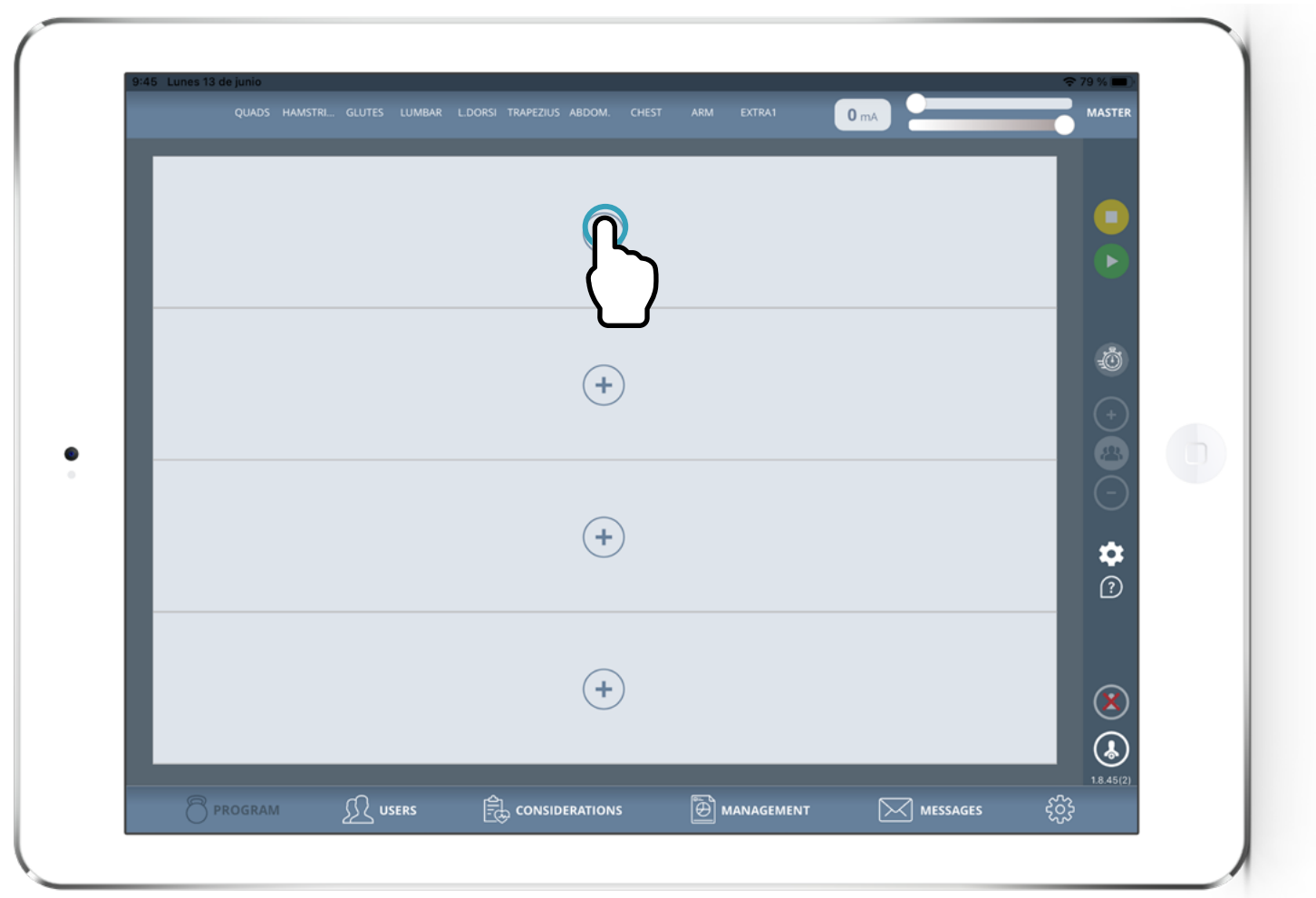


**TRAINING
SETTINGS**

03

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 frequency (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.

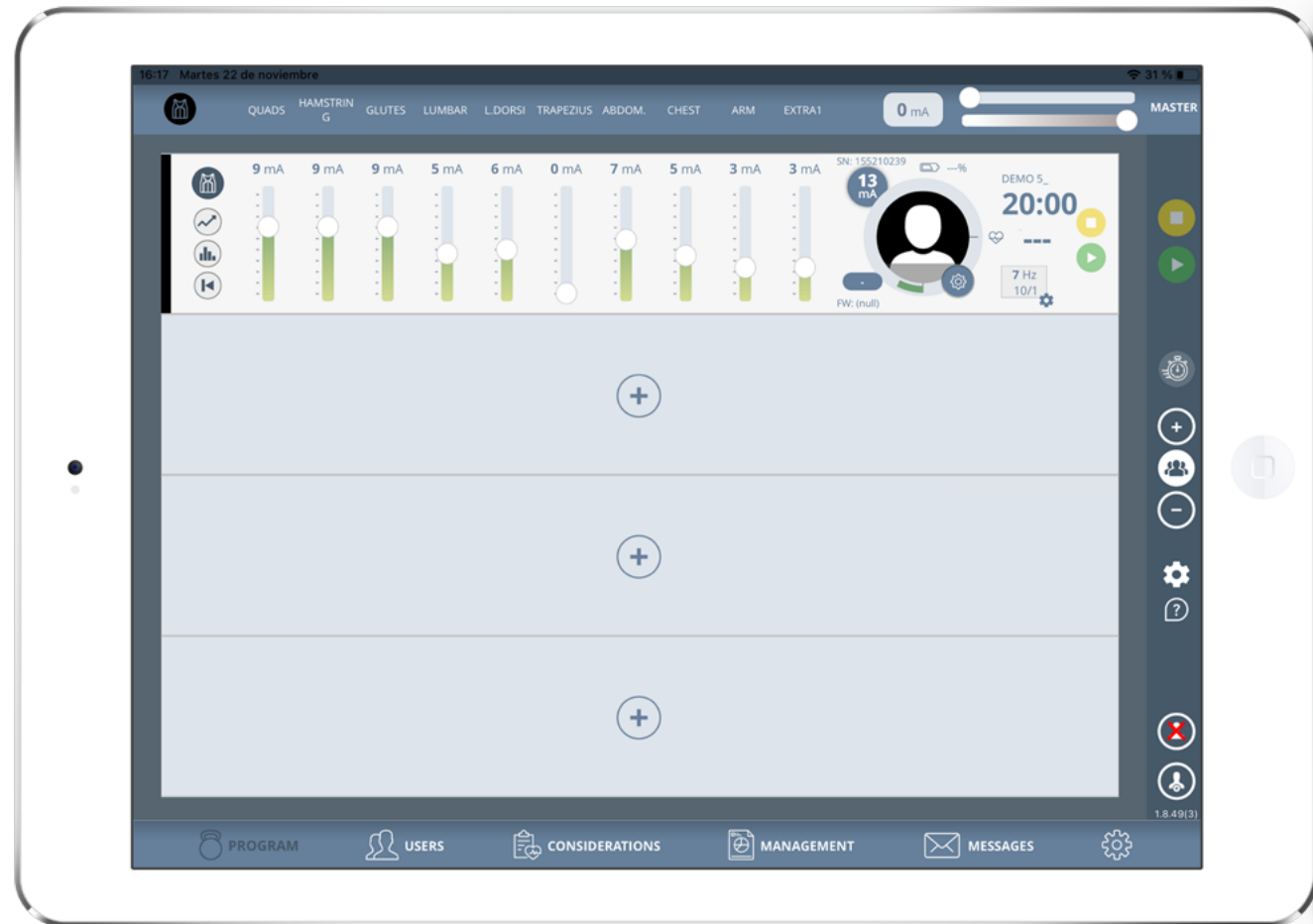
Orange: Medium frequency programs (34 Hz-66 Hz).

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?



**CONSIDERATIONS AND
INCOMPATIBILITIES
IN THE USE OF WB-EMS**

04

CONSIDERATIONS AND
INCOMPATIBILITIES
IN THE USE OF WB-EMS



**HANDLING THE
MANAGEMENT TAB**

05

MANAGEMENT TAB

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



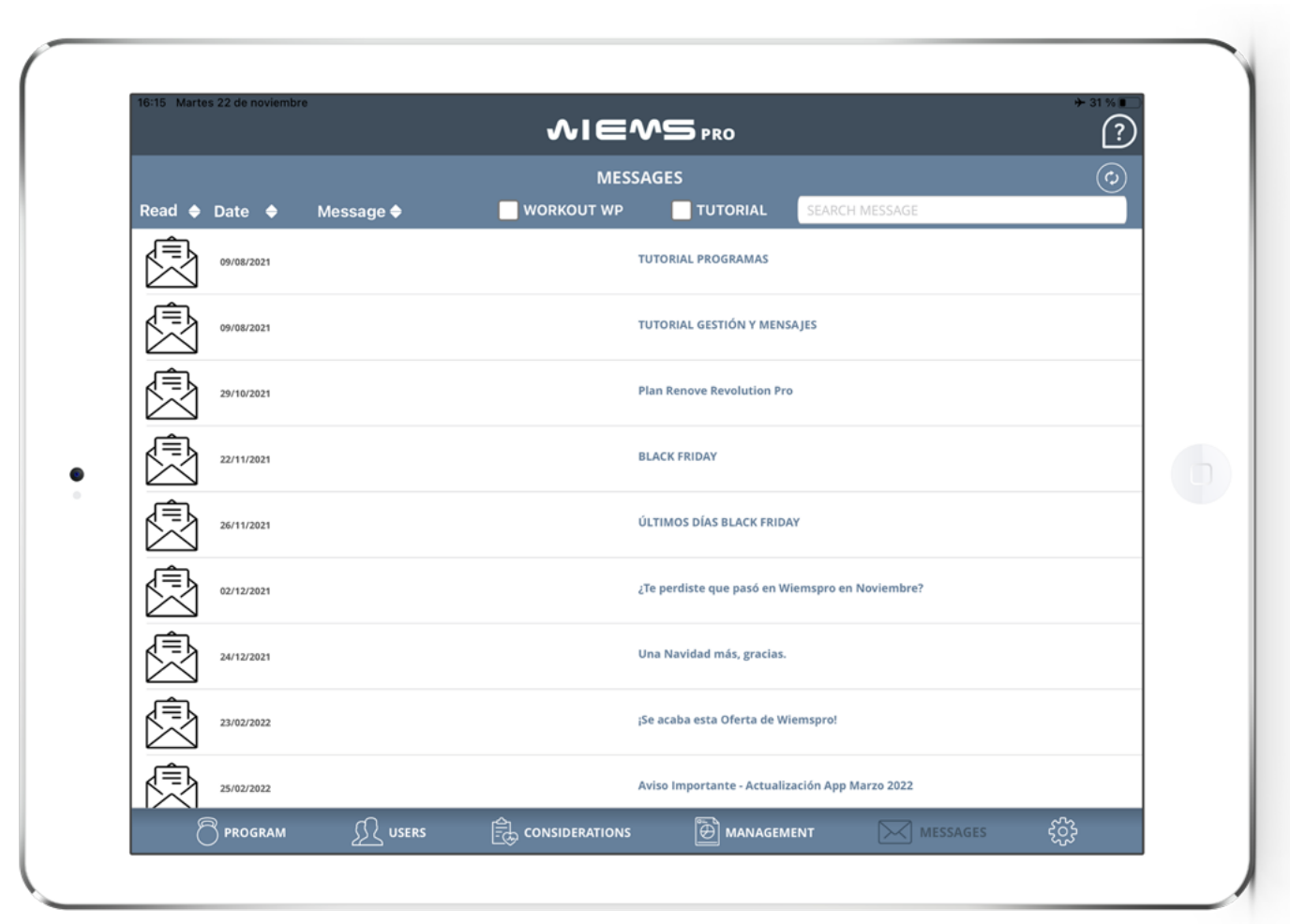
**HANDLING THE
MESSAGES TAB**

06

HANDLING THE MESSAGES TAB

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

⚠ IMPORTANT: in order to refresh the messages, you must have an **internet connection**.



SETTINGS TAB

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

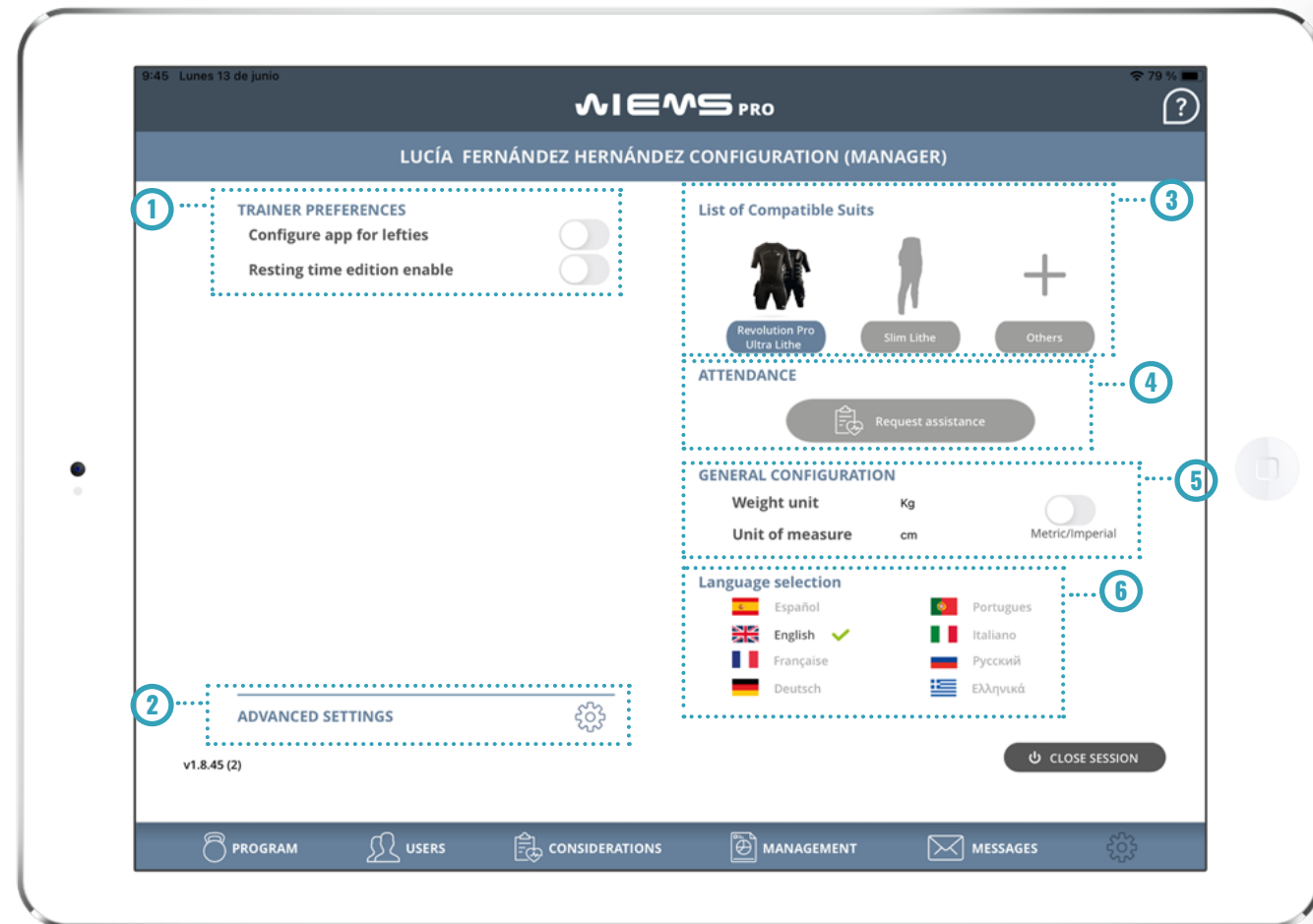
2. Advanced settings.

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.



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