

# QUICK USER GUIDE

WIEMSPRO TRAINER SKILLS & COMPETENCES

Making your job easier.



## GETTING THE CLIENT READY

1

Explain the workout to your client.

2

Confirm that the client does not have any contraindications.

3

Make sure that your client has signed a liability waiver.

4

Carry out workout in a safe and controlled way.

5

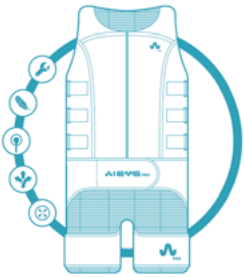
At the end of the workout, give instructions for recovery.

6

Follow up with the client, show concern and interest.



## BEFORE THE WORKOUT



**1.** Put on the undersuit / Put on the professional suit.

\* **PLAY!** Revolution Pro preparation.

**PLAY!** Ultralithe preparation.

**2.** Wet the electrodes and adjust the suit / Explain the workout to your client.



**3.** Turn on and connect the device to the suit and tablet.



**4.** Open Wiemspro app.

**PLAY!** **5.** Create a user profile.

**PLAY!** **6.** Load and calibrate workout program.

**PLAY!** **7.** Start workout.



\*Press Play to watch the tutorial.

## DURING THE WORKOUT

**1**  
Do not leave your client during the workout.

**2**  
Explain each exercise to the client.

**3**  
Adjust the intensity accordingly during the workout.

**4**  
Ensure there is sufficient rest time between each exercise.

**5**  
Be close enough to the client to be able to assist in any event of emergency.

**6**  
Finish the workout with the relax program.



## AFTER THE WORKOUT



**1.** Stop the program on the App.

\*

**PLAY!** Revolution Pro removal.

**PLAY!** Ultralithe removal.

**PLAY!** **2.** Delete the client from the control screen.



**3.** Turn off the device.

**4.** Remove the device from the suit.



**5.** Release all velcro, snaps and zippers.

**6.** Take the suit off of the client and spray with a disinfectant.



\*Press Play to watch the tutorial.

# WARNINGS

1

Make sure the suit is completely opened to facilitate to put it on: vest, leg loops, straps, etc.

2

Make sure the electrodes are correctly placed in the key areas of the core and quadriceps.

3

Make sure the connectors of the suit (white, gray and black connectors) are out to facilitate connectivity with the device main cable.

4

The main cable that connects to the device may have stiffness when connecting it. Do not worry, plug the connector firmly.

5

When the training starts, make sure the intensity bars for each muscle group are correctly leveled to avoid possible injury.

6

Make sure you have the right intensity for each type of client.

7

Workout finished. Pause the exercise and click the ON/OFF button on the device.

8

Remove user from training. Swipe left their profile + click on "Delete". This step is mandatory to create workout reports.

9

Turn off the device and remove the cables.

# NEED MORE INFO IN DETAIL?

Download the complete manual for each item here!



 SUITS



 DEVICES



 APP



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