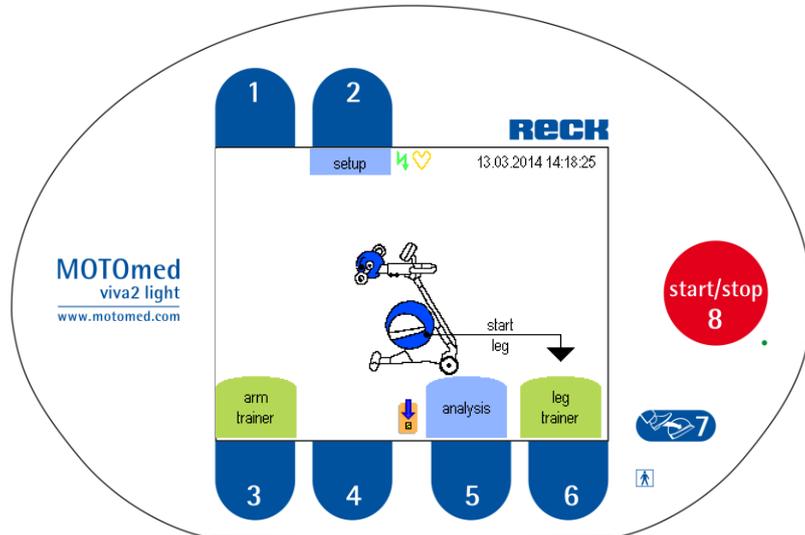


# The basic functions of MOTomed viva2 light operating panel (as of Software 5.02)

## 1 Start of training

start screen:



### Button 2

Different device **settings** can be adjusted before starting the training.

### Button 3 and 6

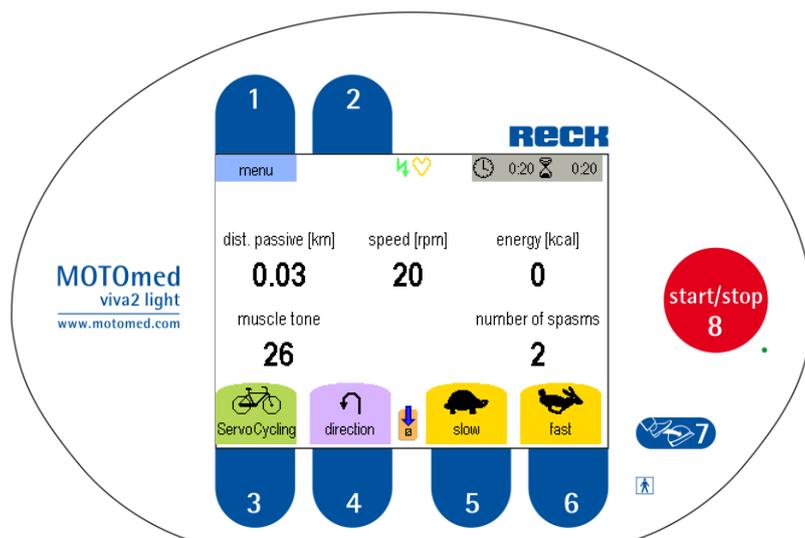
Select either leg or arm trainer to start the training.

### Button 5

**Access to analysis**, shows training results from previous training.

## 2 Passive training

(The motor is moving the legs or arms. You do not have to apply any muscle strength)



### Button 1

Access to the **“training menu”** to adjust several parameters during the training. Pushing this button stops the pedals automatically. After your adjustments are set use button 1 to return to your training. The pedals will start moving again.

### Button 3

Set the resistance to gear 0 and now try to pedal by yourself (see active training)

### Button 4

**Change rotation direction:**  
To restore direction after a spasm or just to train in backward direction.

### Button 8

**To turn on** the MOTomed at the beginning of the training.

**To turn off** the MOTomed at the end of the training.

### Button 7

**Foot insertion aid:**

Helps to insert the feet: You can stop the pedals at the most convenient position to insert the feet.

### Button 5

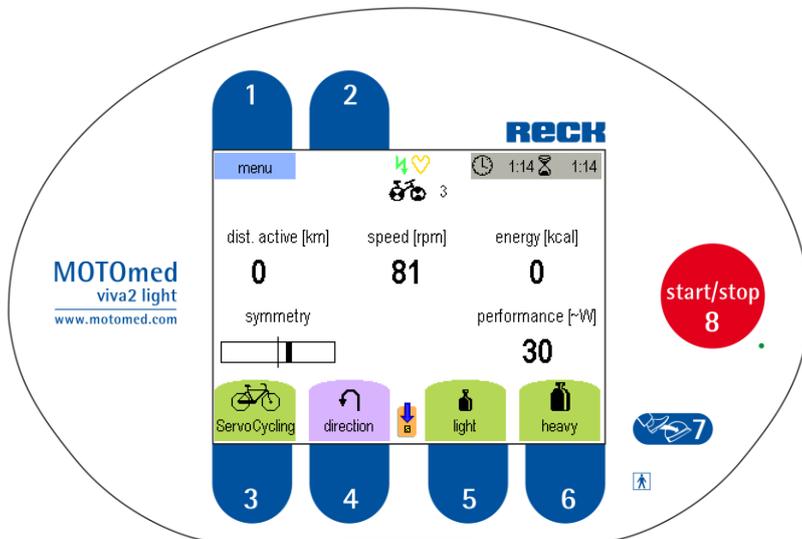
Decrease passive **speed**

### Button 6

Increase passive **speed**

## ③ Active Training

(by pushing the button „ServoCycling“ or simply by starting to push the pedals)



### Button ③

After pushing the button „ServoCycling“, the resistance level (gear) will automatically be set to 0

→ Now try to cycle by yourself

### Button ⑤

**Decrease resistance:**

If you wish to pedal more easily.

### Button ⑥

**Increase resistance:**

If you want to increase the level of difficulty.

### Symmetry

Simply start pedaling actively until the message “Symmetry” appears on the screen.

**You can stop pedaling whenever you like:**

The motor will take over again and you can continue in passive mode.