OmniTour

Virtual Exercise Experience

User Manual

MNL-0037

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Safety Considerations

MD OmniTour™

Important Safety Considerations:

Warning:
About 3-4% of elderly users may experience some dizziness or a feeling described as motion sickness when using the OmniTour.™

If a client reports such effects, do not use the OmniTour for this client so as to prevent any risk of falling.
When using the OmniTour with a new client for the first time, attend closely and monitor if any side effects occur.

If a client reports such effects, do not use any movies with this client that show the warning exclamation symbol in the movie selection screen. These movies contain more unexpected movements.

Warning:
The OmniTour is a tool for therapists to provide exercises in geriatric rehabilitation. It is intended for patients who are often frail and vulnerable. A skilled therapist should judge whether a particular patient is able to do the exercise required and monitor the safety of the patient during the exercise.

The system cannot monitor or guarantee patient safety. Although some patients can train by themselves, judging whether this is possible or not is the sole responsibility of the therapist.

Particularly vulnerable patients may require continuous assistance.

Please note that the use of a treadmill requires constant supervision of a trained therapist.

In no event will SilverFit BV or ACP be liable for any direct, indirect, incidental, special, consequential or other damages, including personal injury, arising out of the negligent use of the OmniTour by any person.

Read the device user manual carefully before using the OmniTour.

Warning:
The OmniTour makes endurance training more enjoyable. Because of this, it is recommended that therapists observe and monitor patient during exercise for signs and symptoms of overexertion or over-training.

Who Can Use the OmniTour?

The OmniTour can be used for:
The OmniTour can be used for patients who will benefit from virtual cycling on an ergometer.

Attention: do not use the hardware provided by ACP for other purposes than described in this manual.

The OmniTour cannot be used for:
- Patients who suffer from severe motion sickness (kinetosis).
- Patients with severe equilibrium problems.
- Patients for whom duration-based exercise on the hardware used is contra-indicated.

Interactive cycling provides the following benefits:
- Patients are more engaged and motivated:
  On average, this leads to longer individual sessions.
  On average, this leads to higher participation rates.
  On average, this leads to higher therapy adherence.
  Patients focus less on fear and pain, so that people may start an exercise they would otherwise avoid.
- For pathologies and patients for which there is a dosage effect (more training = better) this is expected to lead to better outcomes. Research has shown that interactive cycling lead to a decrease in frailty for elderly people with dementia.
- There are indications that training with a video has additional positive effects on cognition.

OmniTour™ Virtual Exercise Experience

Convenient Features for Easy Setup and Implementation

Virtual cycling software including a collection of more than 100 route movies, recorded in various cities across the world, urban environments, natural environments and at special locations

55-inch high-definition monitor

Air mouse and TV remote for convenient software and monitor navigation

Metal stand on wheels for portability

Textured anti-trip mat provides cord management and extra traction underfoot to help prevent injuries

Software detects cycling speed to match scenery in real-time

Laptop computer preloaded with the OmniTour™ software package

Mounting arm for ergonomic laptop use by clinicians

Bluetooth connectivity enables individual, concurrent, or group virtual cycling with OmniCycle® Connect (up to 4 cycles)

6 port power cord to support OmniCycle Connect (up to 4 cycles)

Note: Parts may vary in appearance in photography.

Specifications:

Model Number:
• SKU# 300800T

Screen size:
• 55" 4K UHD (2,160 pixels)
• 48" x 27.5" (without laptop mounting arm)
• 65" x 27.5" (with laptop mounting arm)
• 30.5lbs

Stand:
• 30" x 35" x 65" (LxWxH)
• 4" locking casters
• 48lbs

Laptop mounting arm:
• 13lbs

OmniTour Total Weight:
• 91.5lbs

Footprint for OmniTour:
• 30" x 65" x 65" (LxWxH)

Footprint for OmniCycle Connect:
• 35.4" x 25.1" x 47" - 50.8" (LxWxH)

Total Footprint for OmniTour + 4 OmniCycles:
• approx. 10' x10' (LxWxH)

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Quick Start Guide

Introduction

OmniTour™ is a virtual cycling device that communicates with the Bluetooth-enabled OmniCycle® Connect to engage individuals in exercise and provide them with an immersive cycling experience.

The OmniTour can be paired up with the OmniCycle 7" screen. A screen presents a virtual environment in front of the cycle. The software consists of numerous pre-recorded global travel routes. Individuals select a country, city, or location of interest on the OmniTour and then pedal through the route using the OmniCycle.

Research supports the use of augmented virtual reality (VR) in conjunction with traditional exercise. VR has a motivational effect on individuals, increasing participation during treatment.[1] When people are engaged and receive positive biofeedback (e.g., the cycle moving along a path or through a city, additional puzzle pieces appearing), they exercise longer and at higher intensities.

Group activity can be performed by adding cycles to the OmniTour system, thereby improving wellbeing and performance through socialization and competition. Virtual reality can make treatment more effective in limited times.[1]

OmniTour delivers this evidence-based approach to cycling for practical use in the clinic.

Starting the OmniTour
1. Turn on laptop computer by pressing the power button.
2. Enter password **ACPL1234** on laptop computer.
3. Turn on monitor by pressing the power button on the monitor remote.
4. Select "**Inputs**" using the monitor remote.
5. Select "**HDMI1**" using the monitor remote.
6. Follow monitor screen instructions to get to the OmniTour Home Screen.
7. OmniTour is ready to be used.

Note: If using a non-ACP monitor, contact ACP Customer Service.

Shutting down the OmniTour
1. Click on menu icon in upper right corner of monitor.
2. Select "**Shut down**."
3. Select "**Yes**" to confirm (the monitor screen will shut down).
4. Power down the monitor itself by pressing the power button on monitor remote.
5. Shutting down the laptop computer.
6. Turn off the laptop computer by pressing the power button.

Note: Do Not UNPLUG SYSTEM Before the OmniTour has SHUT DOWN!

OmniTour Quick Start

As soon as the OmniTour software has fully started, the Home Screen, as shown below, will appear. A more extensive explanation of the OmniCycle Connect can be found in the Exercise Device section (pages 22-23) and the OmniCycle user manual delivered with the device.

With OmniCycle Connect
1. Position patient by adjusting cycle height, securing chair, then placing hands on the grips or feet in the footplate.
2. The route will start to play automatically without a connected sensor.
3. After an OmniCycle is connected, use the mouse to click the gray bike icon and it will turn green.
4. The OmniCycle will now interact with the OmniTour; tour speed adjusts to the fastest connected OmniCycle.


View more set up instructions in the Exercise Device section (page 22).

Choose New Route

The Home Screen will show "Favorite" routes (**Tour Movies** or **Memory Lane** slideshow) every few seconds. Start to cycle on any OmniCycle, and the route will start automatically. To see additional possibilities with the OmniTour, you can use the mouse or laptop and select "**Choose New Route**." Select from **Tour Movies, Memory Lane, and Photo Albums.**
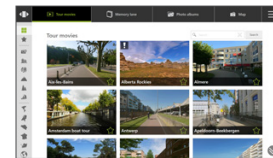
Tour Movies
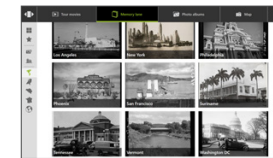
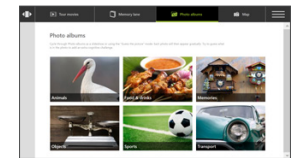
Memory Lane

Photo Albums

Warning: Before beginning the exercise, press the Start button on the bike. Please do not start to cycle before the pedals turn. If you start to cycle directly the motor can be damaged. The bike will show an error.

Usage Tips

Tips for a Group Activity

The movie routes, slideshows, and photos activities can play automatically in constant speed mode, thus can be used for group activities with or without the cycles.

Group and concurrent therapy provide opportunity to deliver education-based teaching/training to several residents at once. Group and concurrent therapy use the dynamics of group and social interaction to facilitate learning and skill acquisition.

Benefits of group therapy include:

- Promoting socialization, especially after lengthy isolation, fostering a learning environment that encourages patient interaction, problem-solving, self-esteem, self-worth, and shared empathy.
- Allows opportunities to experience more complex activity, allowing therapist to assess judgment and problem-solving.
- Allows for the therapist to evaluate a patient's ability to perform functional tasks more independently while still being supervised.

Mark Specific Routes as "Favorite"

Mark a route as "**Favorite**" by clicking the star on the bottom right corner of the movie route. Once marked, the icon will turn solid green.

The routes that you have marked as "Favorite" will be shown in the carousel on the Home Screen. A different favorite route will be presented each time the user navigates to the Home Screen. The OmniTour™ will maintain a minimum of 10 favorite routes and automatically selects a random route(s) if the list falls below 10. Filter the list of movies in the selection screen to "Favorites" to help select routes faster.

☆ Unmarked Route

★ Marked as Favorite
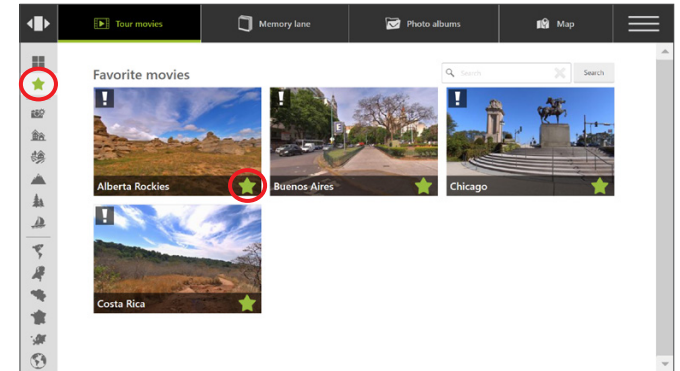
Moving the OmniTour

If you have an OmniTour on a mobile stand, move the system around the facility as needed. First shut down the system as described on page 5, then unplug the system. If you unplug the system before the system has shut down, this can lead to permanent damage. Before moving the OmniCycle,® read the cycle's user manual.

Controlling the Air Mouse

Navigation using the mouse

Air mouse models may vary. Basic operation is similar for the air mouse types. Move the mouse cursor by rotating wrist slightly; moving the arm is not necessary.

Mode button
Enables/disables control using wrist movements; disabling will freeze the cursor in place.*

Left mouse button
Click to choose items on screen.

Power button
Turns the mouse on or off.

**Right mouse button**
Click to go back to previous screen.

Volume button
Increases/decreases volume of the laptop, not the OmniTour™ monitor. (OmniTour volume is already set on high).

Batteries
The mouse operates on two AAA batteries.

*Note: The mouse can be turned off for convenience when not needed; this will stop the mouse cursor from moving around the screen in a distracting way.

Home Screen
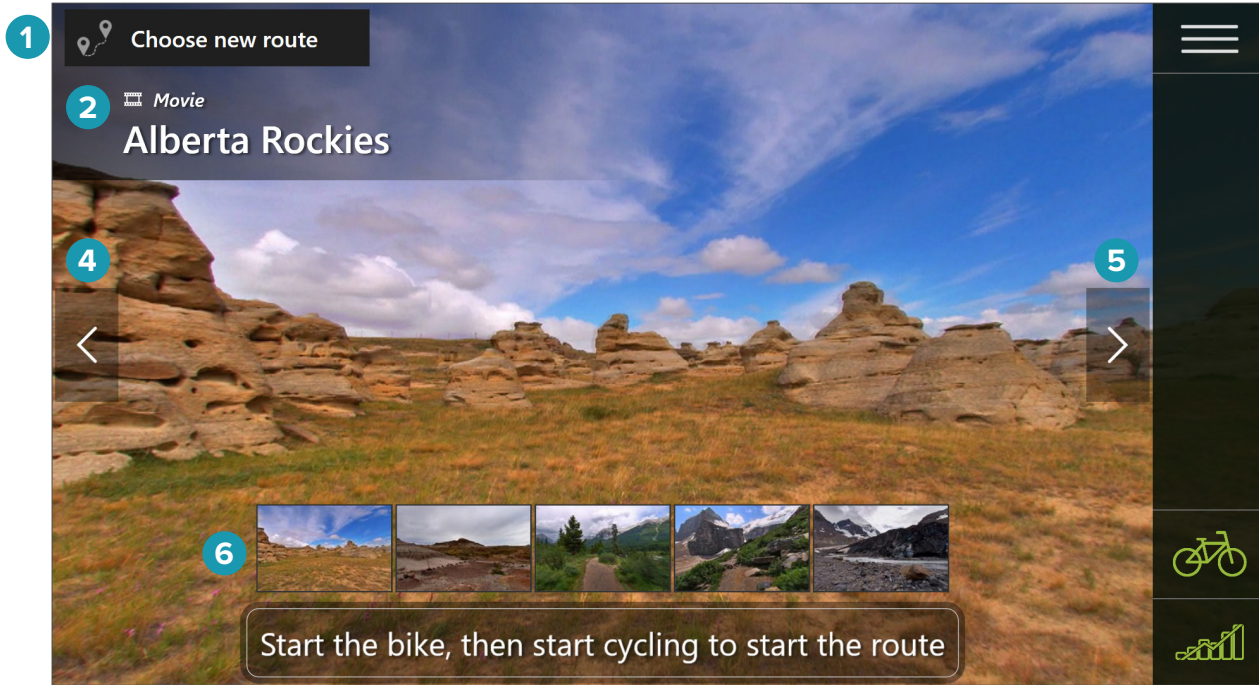
1. **CHOOSE NEW ROUTE TYPE** – Lists all available routes (e.g., Tour Movies, Memory Lane, Photo Albums).

2. **CURRENT ROUTE** – Displays name of a current route from the list of 10 "Favorite" routes (e.g., film, slideshow route).

3. **MENU** – Reveals software version, user manual, software maintenance functions, and power button.

4. **PREVIOUS ROUTE**

5. **NEXT ROUTE**

6. **SCENES FROM THE SELECTED ROUTE**
   - Click a scene to start.
   - Once the scene is finished, it will continue automatically to the next scene.

7. **ROUTE SPEED MODE** – (option in software for variable speed with input from cycle or for a constant speed).

   Green bike icon: OmniCycle® Connect is Bluetooth-connected to the software and allows route speed to be controlled by the user's cycling (variable speed).

   Gray bike icon: Bluetooth connection has been paused and the route will play at its own speed, not controlled by the user's cycling (constant speed).

   Note: If multiple cycles with sensors are connected to the OmniTour,™ the tour speed on screen will be adjusted to the fastest cycle.

8. **EXERCISE RESULTS** – (icon is not present if no results are available, e.g., constant speed mode, no exercise session performed).

Change the Routes on the Home Screen
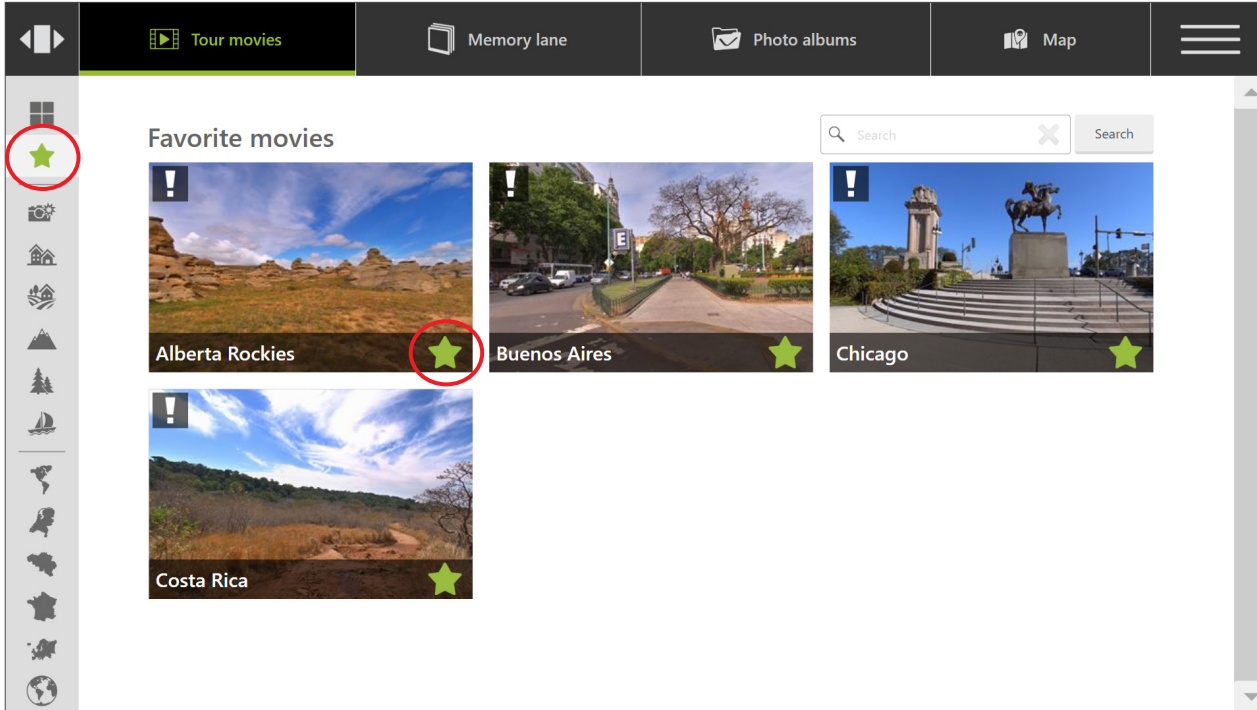
Routes that are marked as "**Favorite**" will be shown on the Home Screen. A different favorite route will be presented each time the user navigates to the Home Screen. Routes can be marked as "Favorite" by clicking on the white star in the Tour Movies or Memory Lane selection screens (more information on page 11 for Tour Movies, page 14 for Memory Lane routes.)

Newly added movies to the system will alternate for 30 days on the Home Screen. After these 30 days, new movies will disappear automatically from the Home Screen, unless they have been marked as a "Favorite."

The OmniTour™ will maintain a minimum of 10 favorite routes and automatically select a random route(s) if the list falls below 10.

Select a Route
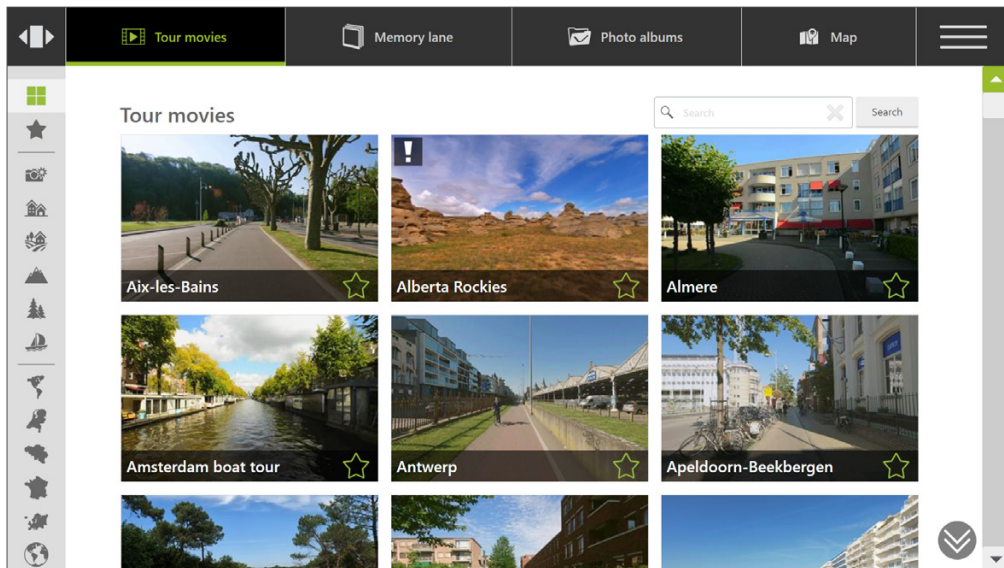
Choose new route

To manually select a route, use the mouse to click on the button: **Choose new route**. A menu opens to select different types of routes from the tabs at the top.

Tour Movies (pg 11)

The OmniTour™ Tour Movies are filmed all over the world and include diverse cycling with a film route to increase patient(s) engagement. This will increase therapy participation, helping patients increase intensity and duration during training sessions.

Memory Lane (pg 13)

Most cities look completely different compared to several decades ago. Many patients would like to return to the "good old days" at times. In cooperation with several local archives, it is now possible to cycle through the past with the OmniTour. There are routes with archive pictures available for several different cities. During the exercise, these will be displayed as a slideshow on the screen. It is possible to cycle through pictures from several decades, starting from the 1930s to the 1990s. It is fun to watch the pictures together with a patient and share memories of the past. Memory Lane often really is a trip down memory lane!
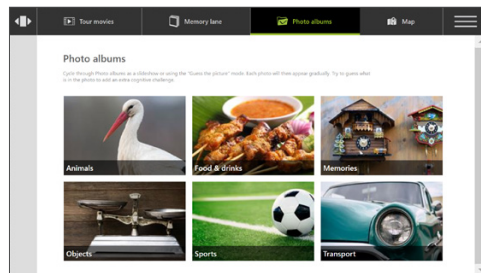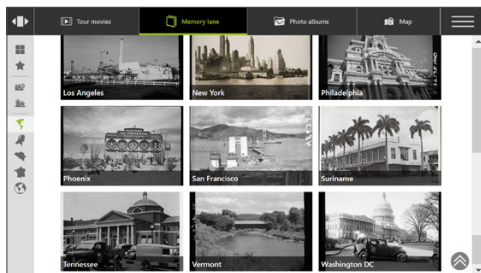
Photo Albums (pg 16)

Different thematic albums with pictures are added to the OmniTour. Cycle through the photo albums as a Slideshow or using the Guess the Picture mode. During the Slideshow, pictures are shown as a slideshow on the screen while cycling. During Guess the Picture, each photo is revealed gradually over several seconds, so clients can guess what is in the photo while cycling. Try to guess what is in the photo to add an extra cognitive challenge.

Tour Movies (1 of 2)
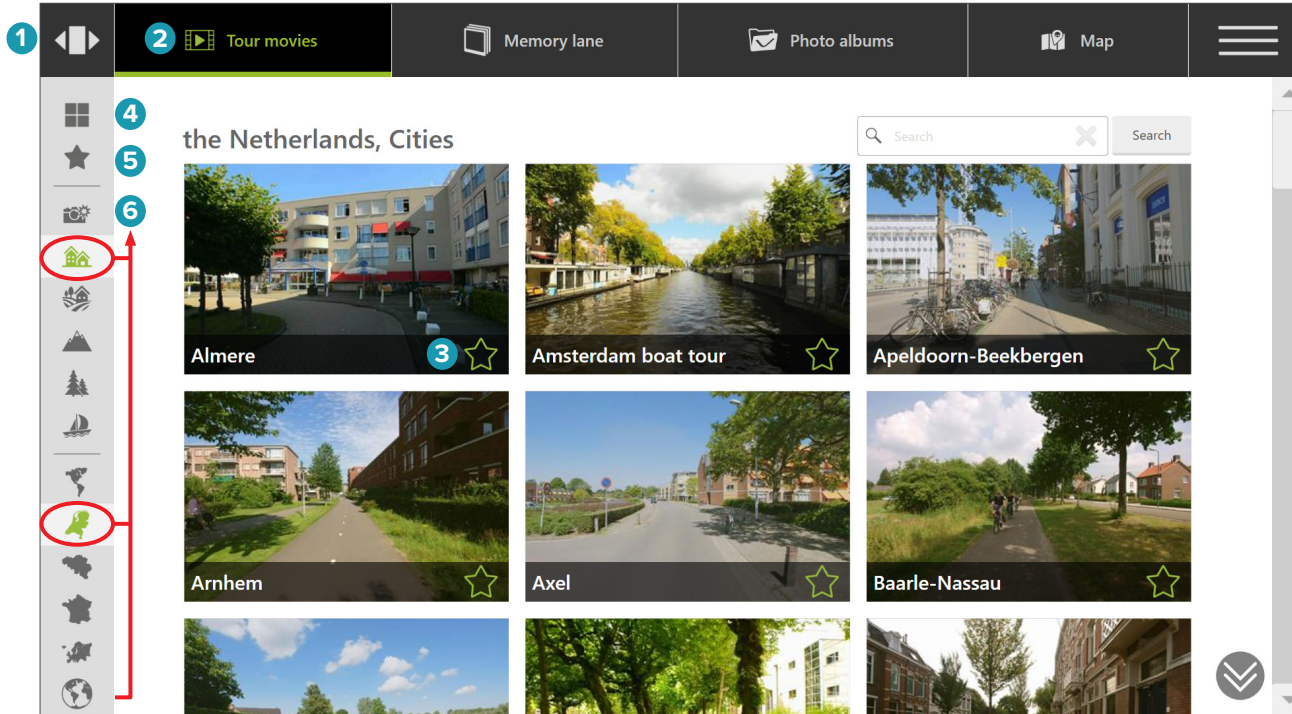
Select a Tour Movie

From this list, click to select which movie to play. If the list is very long, scroll up or down by moving the mouse cursor to the top or bottom, or by using the scroll wheel of the mouse.

1. Return to the Home Screen.
2. Select the **Tour Movies** tab option.
3. To mark a route as a "**Favorite**," click the star on the bottom right corner of the route picture and it will turn green.

Filter options:

4. Lists all available routes.
5. Shows all routes selected as "**Favorite**."
6. Shows all routes in selected filtered categories. It is possible to select two categories at the same time. In this example, "**City**" routes in "**The Netherlands**" is selected.

In some cases a symbol is shown next to the movie. These symbols give information about the movie:

Movie was recorded at cycling speed and might play faster than expected for treadmill walking.

Movie was recorded at walking speed and might play slower than expected for cycling.

Movie contains unexpected movements (e.g. quick turns). Use caution for those with motion sensitivity (e.g. vestibular issues, motion sickness).

Tour Movies (2 of 2)
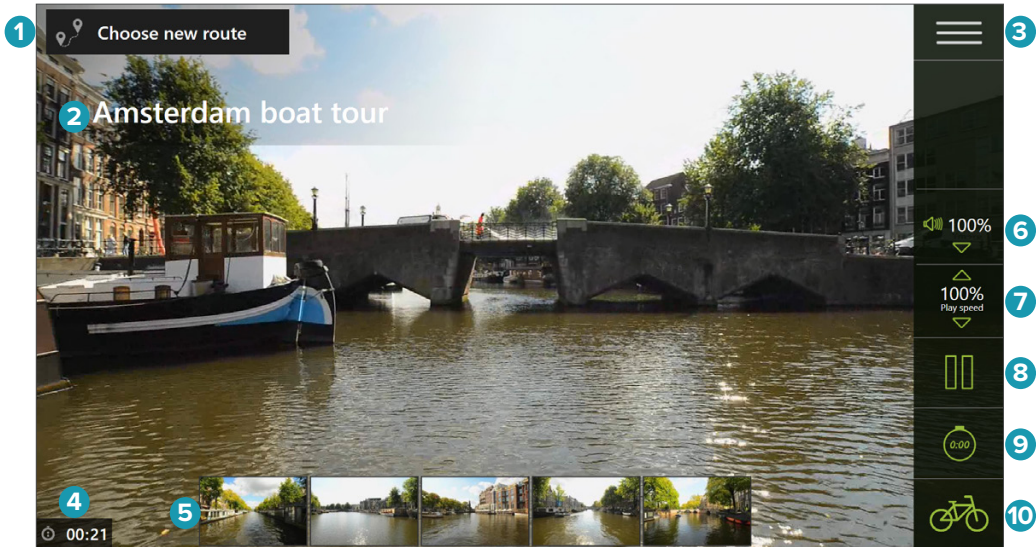
During Tour Movies Exercise

1. **CHOOSE NEW ROUTE TYPE** – Lists all available routes (e.g., Tour Movies, Memory Lane, Photo Albums).

2. **CURRENT ROUTE** – By swiping the laptop glide pad (built in touch pad) from left to right, the location of Tour Movie route will be displayed in the upper left side of the OmniTour™ monitor screen.

3. **MENU** – Reveals software version, user manual, software maintenance functions, and power button.

4. **ELAPSED TIME**
   • Time passed during current training session.
   • This time will reset when there are extended periods of no activity or when user switches between route speed modes.

5. **CHOOSE A DIFFERENT SCENE** – Once the scene is finished, it will continue automatically to the next scene. At the end of the route, the system will automatically continue with the first scene. Place mouse down on stand shelf and the slide show choices across the bottom will disappear.

6. **VOLUME CONTROL**
   • Arrows increase or decrease volume.
   • Press sound icon to mute or unmute sound.

7. **SPEED CONTROL** – Arrows increase or decrease the set speed for the route (constant speed option only).

8. **PAUSE**
   • When using a bike without a sensor, press icon to pause the route.
   • When using a bike with a sensor, stop cycling to pause the route.

   When the route is paused, this timer icon will pop-up on the screen to indicate the amount of time before system returns to the Home Screen.

   The timer can be stopped by left-clicking once with the mouse, in order to make any adjustments to the user or cycle (user can continue cycling afterwards). This prevents the system from going back to the Home Screen.

9. **TIME DISPLAY CONTROL** – Controls the display of the elapsed time shown on bottom left of screen (button is green when displaying time, gray when hiding time).

10. **TOUR SPEED MODE** – (option in software for variable speed with input from cycle or for a constant speed)
    • If switch is made, current exercise session is ended.

Memory Lane (1 of 3)
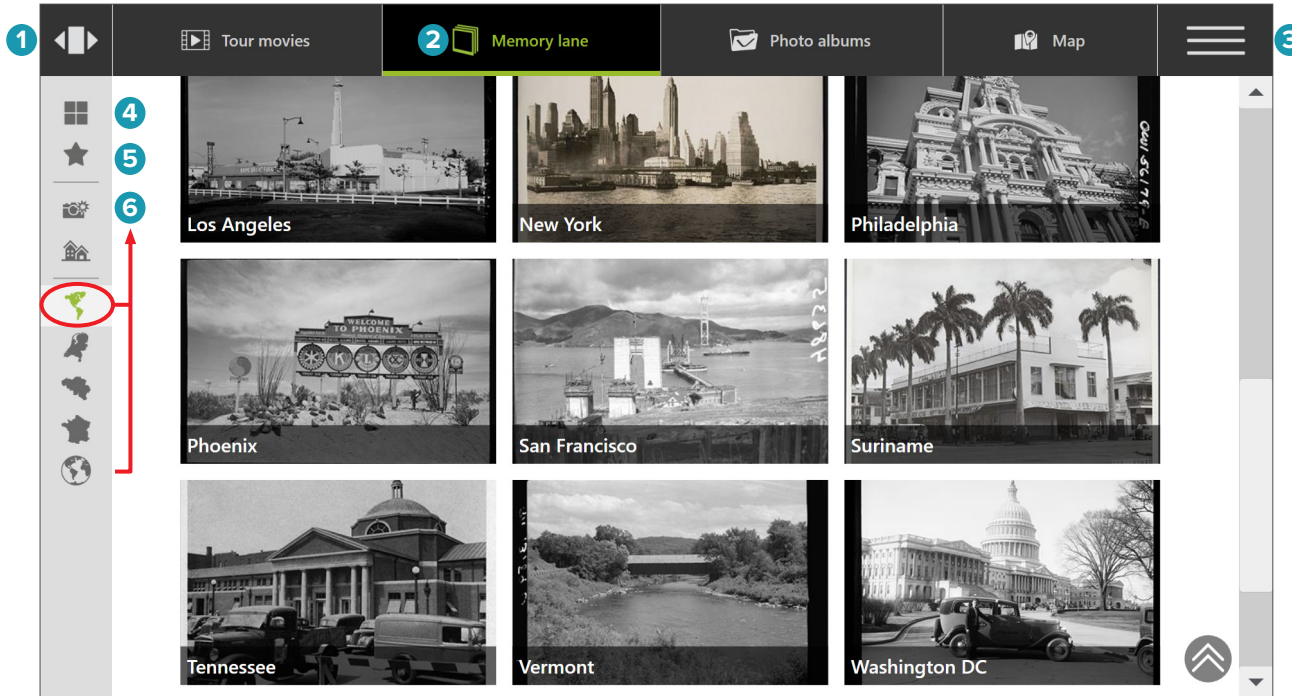
Select a City

The look of many cities have drastically changed when compared to several decades ago. A lot of users have nostalgic feelings about the past, and would love to go back to the "good old days." Cooperation with multiple local archives makes it possible to virtually time travel with the OmniTour.™

Several city routes with archive pictures are available. These routes are shown as a slideshow during the exercise. It is possible to cycle with pictures from multiple decades starting in the early 1930s until the 1990s.

While the patient is performing the exercise, encourage discussion with the patient. When they share stories of the past, they are not only having an enjoyable trip down memory lane but an excellent motor-cognitive dual task activity, which has been shown to improve neuroplasticity. This may lead to improvements in memory, attention, and executive function.

1. Return to the Home Screen.
2. Select the **Memory Lane** tab option.
3. Menu for software version, user manual, software maintenance functions, and power button.
4. Shows all available Memory Lane cities.
5. Shows all Memory Lanes marked as "**Favorite**."
6. Shows all filtered categories. It is possible to select two categories at the same time. In this example, only "**North America**" routes are selected.

Memory Lane (2 of 3)
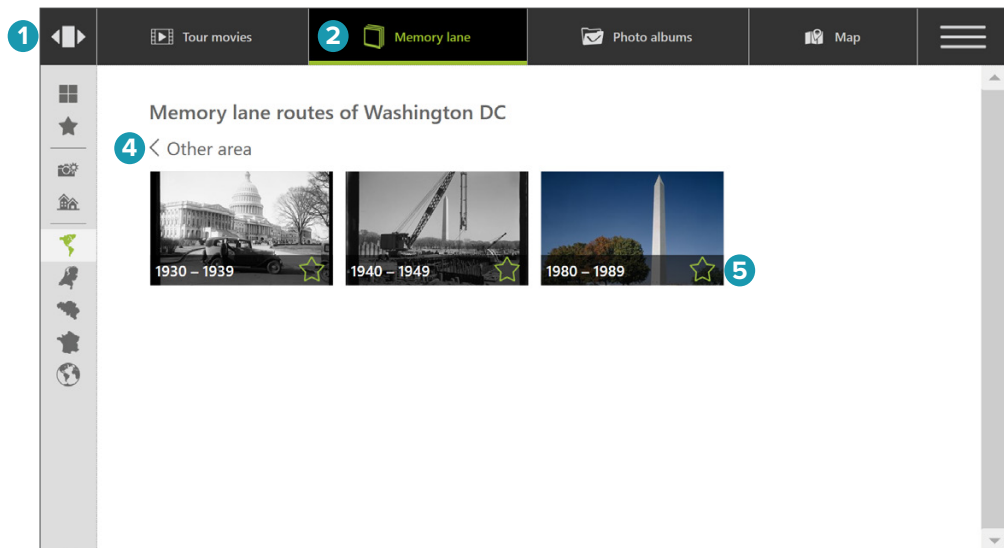
Select a Time Period

Choose a time period to show during the exercise.

1. Return to the Home Screen.
2. Select the **Memory Lane** tab option.
3. Menu for software version, user manual, software maintenance functions, and power button.
4. Return to the city selection page.
5. Mark a route as "**Favorite**" by clicking star on bottom right corner of a Memory Lane location, which will make the star green. Routes that are marked as "Favorite" will be shown on the Home Screen. A different favorite route will be presented each time the user navigates to the Home Screen.

Start Screen of Memory Lane

1. Return to the Home Screen details of the selected slideshow.
2. Details of the selected slideshow.
3. Set the time a picture is shown (short = 4 sec, average = 8 sec, long = 12). The default setting is average.
4. It can be indicated here if the routes should automatically continue to the next time period of the selected city.
5. Start the route. By default after finishing one time period of the slideshow, the next time period will start automatically. This can be changed in the route settings.
6. Menu for software version, user manual, software maintenance functions, and power button.

Memory Lane (3 of 3)

During Memory Lane Exercise

1. **CHOOSE NEW ROUTE TYPE** – Lists all available routes (e.g., Tour Movies, Memory Lane, Photo Albums).

2. **CURRENT ROUTE** – Displays name of selected route.

3. **MENU** – Reveals software version, user manual, software maintenance functions, and power button.

4. **ELAPSED TIME**
   • Time passed during current training session.
   • This time will reset when there are extended periods of no activity or when user switches between route speed modes.

5. **TOUR SPEED MODE** – (option in software for variable speed with input from cycle or for a constant speed)
   • If switch is made, current exercise session is ended.

6. **TIME DISPLAY CONTROL** – Controls the display of the elapsed time shown on bottom left of screen (button is green when displaying time, gray when hiding time).

7. **STREET NAME DISPLAY CONTROL** – Controls the display street name on top left of exercise screen (button is green when displaying street name, gray when hiding street name).

8. **INFO** – Provides detailed information regarding photos within selected slideshow: location, city, date, and photo credit.

9. **PAUSE**
   • When using a bike without a sensor, press icon to pause the route.
   • When using a bike with a sensor, stop cycling to pause the route.

   When the route is paused, this timer icon will pop-up on the screen to indicate the amount of time before system returns to the Home Screen.

   The timer can be stopped by left-clicking once with the mouse, in order to make any adjustments to the user or cycle (user can continue cycling afterwards). This prevents the system from going back to the Home Screen.
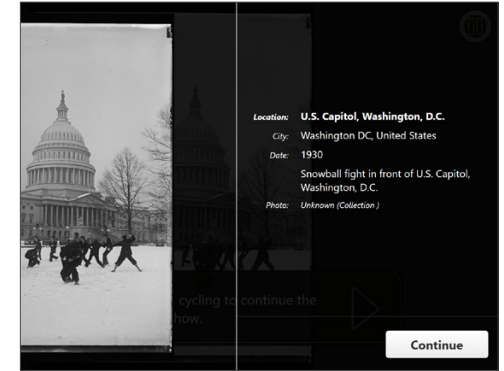
Extra Information

View additional information on each photo by clicking the Info button.

This information contains:

• The location the picture was taken.
• The city the picture was taken.
• The date of the picture.
• Information about the author/source of the picture.

The slideshow is paused when the extra information is shown. The button "**Continue**" will close the information screen and the slideshow continues.

Photo Albums (1 of 4)
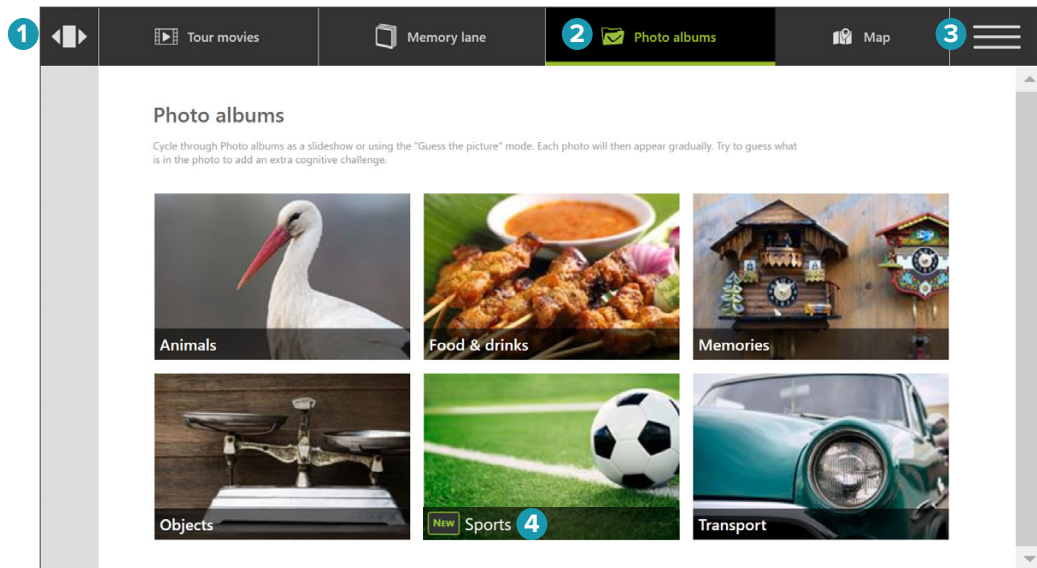
Select a Photo Album

The OmniTour™ Photo Album section provides a comfortable environment that helps increase patient socialization and motivation during the exercise. The tab **Photo Albums** provides access to a selection of themed photo albums.

1. Return to the Home Screen.
2. Select the **Photo Albums** tab option.
3. Menu for software version, user manual, software maintenance functions, and power button.
4. Albums that are recently downloaded are marked with a "**New**" label. This label disappears automatically after 30 days.
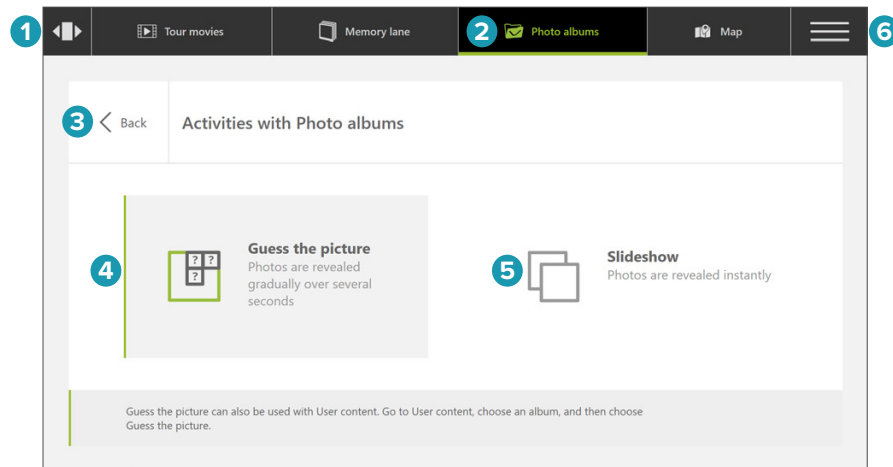
Activities with Photo Albums

After an album is selected, choose between two patient activities:

"**Guess the Picture**" or "**Slideshow**."

When Guess the Picture is selected, each photo is revealed gradually over several seconds in random puzzle pieces so clients can guess what is in the photo while cycling. This feature in the photo album adds an extra cognitive challenge.

When Slideshow is selected, pictures are shown as a slideshow on the screen while cycling.

The Photo Albums can also be used if clients are not cycling for individual or group cognitive exercise and socialization.

1. Return to the Home Screen.
2. The **Photo Albums** tab option.
3. Return to the previous screen to select another album.
4. Cycle through the album using the **Guess the Picture** mode.
5. Cycle through the album as a **Slideshow**.
6. Menu for software version, user manual, software maintenance functions, and power button.

Photo Albums (2 of 4)

Animals

83 photos

Start Guess the picture ▶

Duration per picture: Short **Average** Long
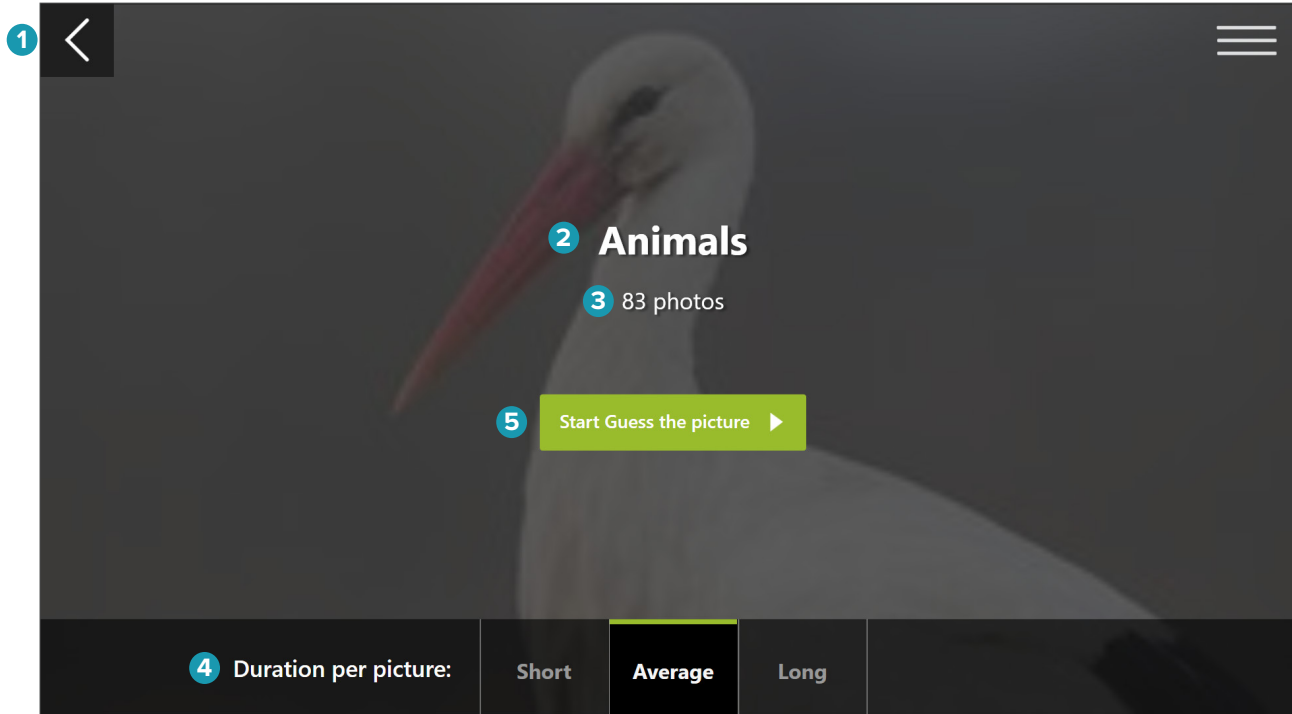
Start Screen of Photo Albums

1. Return to the previous screen.
2. The name of the album.
3. The number of pictures in the album you selected.
4. Set the time a picture is shown (short = 4 sec, average = 8 sec, long = 12). The default setting is average.
5. Start the exercise, either "**Guess the Picture**" or "**Slideshow**."
6. Menu for software version, user manual, software maintenance functions, and power button.

Photo Albums (3 of 4)

During Guess the Picture Exercise

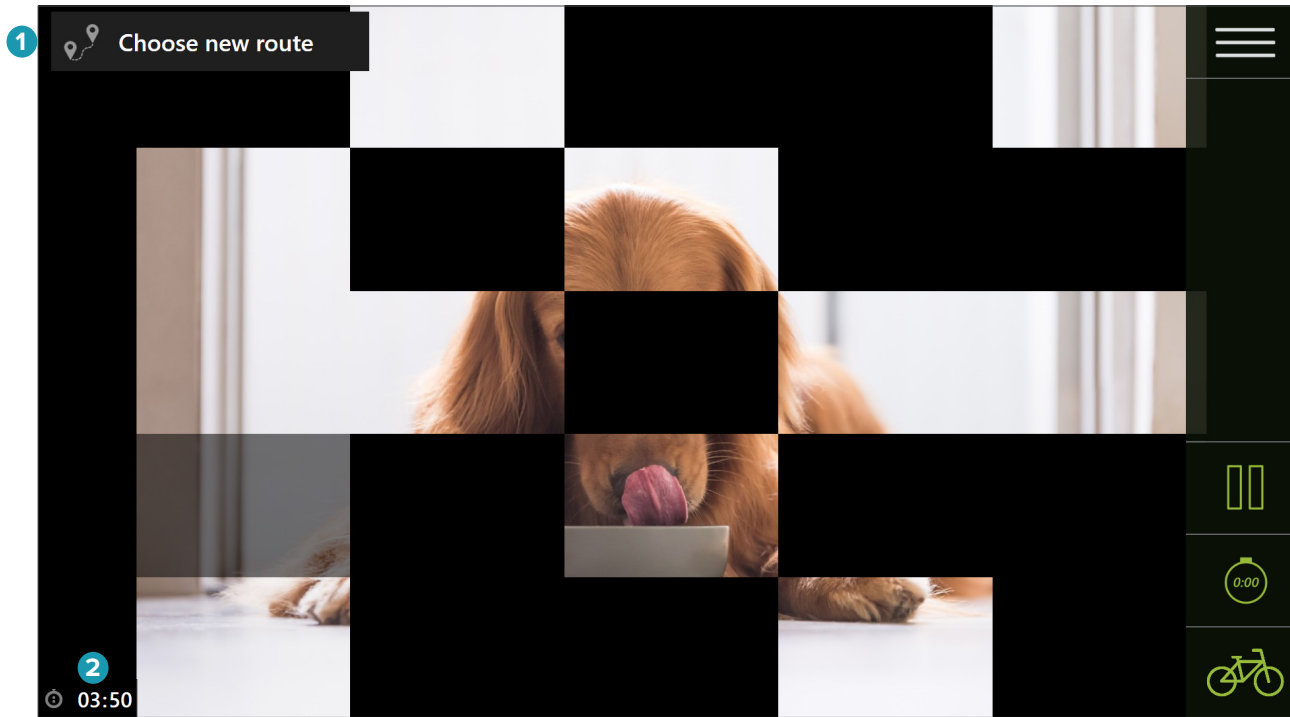During Guess the Picture, each photo is revealed gradually over several seconds, so clients can guess what is in the photo while cycling.

1. **CHOOSE NEW ROUTE TYPE** – Lists all available routes (e.g., Tour Movies, Memory Lane, Photo Albums).

2. **ELAPSED TIME**
   - Time passed during current training session.
   - This time will reset when there are extended periods of no activity or when user switches between route speed modes.

3. **MENU** – Reveals software version, user manual, software maintenance functions, and power button.

4. **PAUSE**
   - When using a bike without a sensor, press icon to pause the route.
   - When using a bike with a sensor, stop cycling to pause the route.

   When the route is paused, this timer icon will pop-up on the screen to indicate the amount of time before system returns to the Home Screen.

   The timer can be stopped by left-clicking once with the mouse, in order to make any adjustments to the user or cycle (user can continue cycling afterwards). This prevents the system from going back to the Home Screen.

5. **TIME DISPLAY CONTROL** – Controls the display of the elapsed time shown on bottom left of screen (button is green when displaying time, gray when hiding time).

6. **TOUR SPEED MODE** – (option in software for variable speed with input from cycle or for a constant speed).
   - If switch is made, current exercise session is ended.

Photo Albums (4 of 4)

During Slideshow Exercise

During the Slideshow, pictures are shown as a slideshow on the screen while cycling.

1. **CHOOSE NEW ROUTE TYPE** – Lists all available routes (e.g., Tour Movies, Memory Lane, Photo Albums).

2. **ELAPSED TIME**
   • Time passed during current training session.
   • This time will reset when there are extended periods of no activity or when user switches between route speed modes.

3. **MENU** – Reveals software version, user manual, software maintenance functions, and power button.

4. **PAUSE**
   • When using a bike without a sensor, press icon to pause the route.
   • When using a bike with a sensor, stop cycling to pause the route.

   When the route is paused, this timer icon will pop-up on the screen to indicate the amount of time before system returns to the Home Screen.

   The timer can be stopped by left-clicking once with the mouse, in order to make any adjustments to the user or cycle (user can continue cycling afterwards). This prevents the system from going back to the Home Screen.

5. **TIME DISPLAY CONTROL** – Controls the display of the elapsed time shown on bottom left of screen (button is green when displaying time, gray when hiding time).

6. **TOUR SPEED MODE** – (option in software for variable speed with input from cycle or for a constant speed).
   • If switch is made, current exercise session is ended.

Map

All Tour Movies and Memory Lane Routes Mapped

All Tour Movies are marked by a green pin. The Memory Lane routes are marked with a blue pin.

Routes can be selected by clicking a pin with the mouse. The selected route will be marked with a pink pin and appears on top of the list at the right side of the screen. Below the selected route appears all available **Nearby Routes** in the neighborhood. Mark any Nearby Routes as "**Favorite**" by clicking the star next to the route.

Starting a Route from the Map

Select a Tour Movie or Memory Lane route by clicking one of the green or blue pins on the map. The selected route will appear on the right side of the screen. Use the mouse to scroll down to see all Nearby Routes.

Start a Tour Movie by clicking the picture of the movie and the route will start. Start a Memory Lane route by clicking the picture of the route and then selecting a decade for that city (see page 13 for more information about Memory Lane routes).

1. Return to the Home Screen.
2. Select the **Map** tab option.
3. Select an area.
   - North America (default)
   - Benelux (region including Belgium, the Netherlands, and Luxembourg)
   - France
   - Europe
   - World
4. Select a pin on the map.
5. Shows the selected route. This route is marked pink on the map.
6. Shows all routes nearby the selected route.
7. Click the picture of a route on the right to start the route.
8. Mark a route as "**Favorite**."

Starting a Route from the World Icon

If the world icon is selected on the left side menu, green pins may have a "**+**" sign in the different regions. Clicking a green positive pin with the mouse will show all the routes for that region. Click a green pin to select a route. Click the picture of the route to start the route.

Results Screen
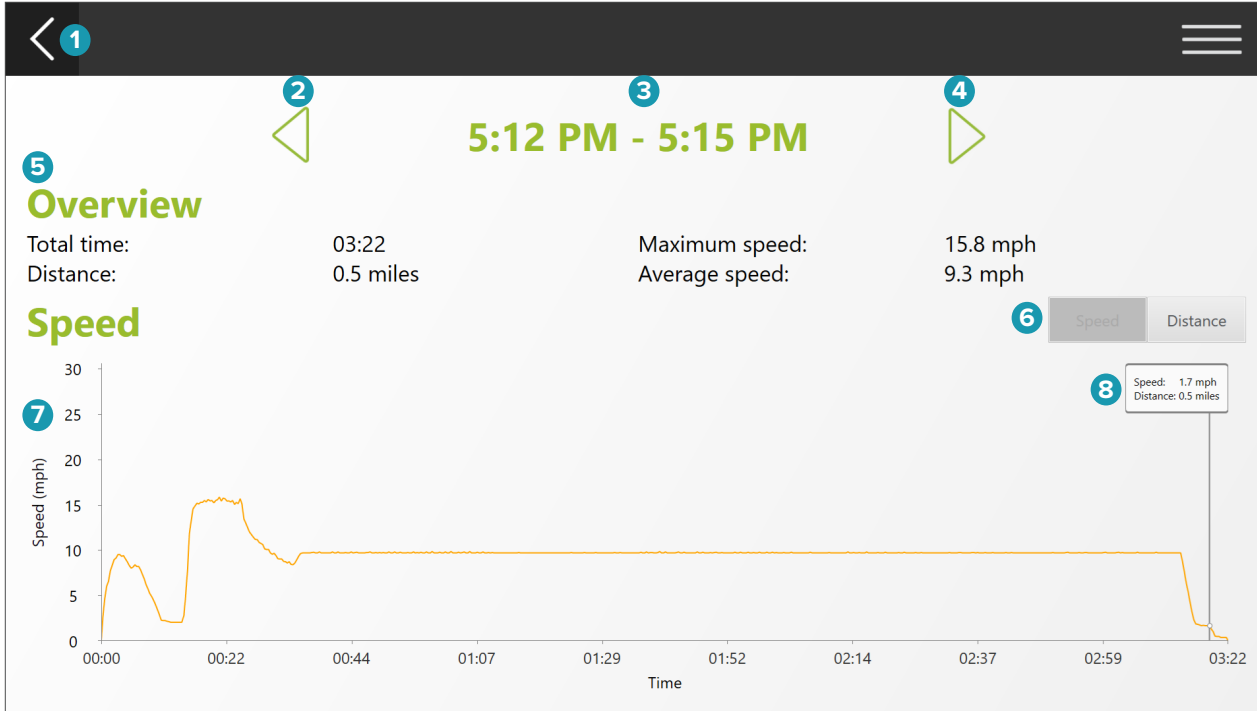
This button will open the results of all training sessions that have been completed after the OmniTour™ was turned on. This button is only visible when there are training sessions to show since the computer was turned on. Training sessions that have been performed at a constant speed will not be shown.

Results

1. Return to the previous screen.
2. Show the results of the previous training session.
3. The time frame of the training session.
4. Show the results of the following training session.
5. The overview of the training session:

   - Total duration of the training session, the traveled distance, the maximum speed and the average speed during the exercise.
   - If you train with an OmniCycle,® the speeds and distances are approximates.
   - Distances less than 0.1 will appear as 0.0 in the Overview section of this screen.

6. Switch the graph view to "**Distance**" or "**Speed**."
7. Graph showing the outcomes of the training session in distance and time.
8. Speed and distance at a certain moment in time, shown when hovering over the graph with the mouse.

Exercise Devices - OmniCycle® Connect

Warning

Please read the manual of the OmniCycle® Connect carefully before the first use!

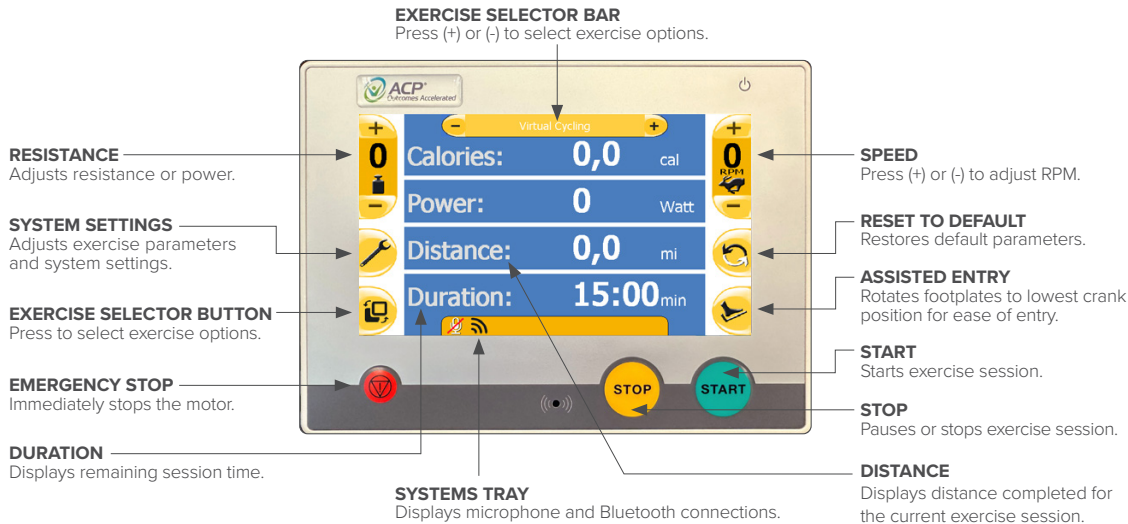Training with an OmniCycle Connect should be performed in a safe and stable wheelchair or a safe and stable chair (without wheels) with a high back rest placed in front of the exercise device. Ensure that the user is seated and that the chair cannot tilt backwards. The OmniCycle Connect should be placed on a stable and non-slip surface. Please read the user manual of the OmniCycle Connect for extensive instructions.

OmniCycle Connect Screen Functions

EXERCISE SELECTOR BAR
Press (+) or (-) to select exercise options.

RESISTANCE
Adjusts resistance or power.

SYSTEM SETTINGS
Adjusts exercise parameters and system settings.

EXERCISE SELECTOR BUTTON
Press to select exercise options.

EMERGENCY STOP
Immediately stops the motor.

DURATION
Displays remaining session time.

SYSTEMS TRAY
Displays microphone and Bluetooth connections.

SPEED
Press (+) or (-) to adjust RPM.

RESET TO DEFAULT
Restores default parameters.

ASSISTED ENTRY
Rotates footplates to lowest crank position for ease of entry.

START
Starts exercise session.

STOP
Pauses or stops exercise session.

DISTANCE
Displays distance completed for the current exercise session.

Start the OmniCycle Connect

- Plug in the power supply of the OmniCycle.
- Press the **Green Start** button.
- The OmniCycle will start up quickly, after which the device is ready to be connected.
- At the top of the Home Screen, use "**+**" or "**-**" to select the "**Virtual Cycling**" exercise mode from the Exercise Selector Bar.
- Select Hand for "**Upper extremity**" or Foot for "**Lower extremity**"
- Push the **Green Start** button on the OmniCycle to activate the connection to the OmniTour.™
- Once the wireless connection is activated, the red slash over the Wi-Fi icon will disappear in the System Tray.

Adjust parameters as warranted:

- Set the exercise duration using the Exercise Duration Adjustor icon (will appear after exercise begins).
- Select the weight icon and scroll up or down to change levels to set **RESISTANCE**.
- Select the rabbit icon and adjust the **SPEED**. Press "**-**" to decrease RPMS or "**+**" to increase RPMS.
- Select the **RESET TO DEFAULT** icon to restore default parameters.
- Press the green button to **START** or **RESUME** the training.
- Press the yellow button to **PAUSE** and again to **STOP** the training.

The display shows a red flash light, indicating the spasm detection is on. Always leave this on for safety regarding possible muscle contractions of the patient.

Exercise Devices - OmniCycle® Connect

Adjust Motor Unit Height

- Undo locking screw knob on support tube by turning counterclockwise.
- Hold onto the upper body exerciser unit and pull the knob outward to release the pin from the channel.
- Adjust height, release knob and turn clockwise to re-tighten knob.
- Make sure it is fully tightened.

Upper Extremity Preparation and Positioning

- Select appropriate handle. **Note:** insert hand attachment into j hook handle as needed (e.g. flaccid hand, RA hand).
- To adjust the reach (horizontal length), position the patient and the UE exerciser unit so the patient can exercise without over-extending. Please read the user manual of the OmniCycle® Connect for extensive instructions.
- Passively take user through crank range.
- Secure wheelchair or chair with the retractable safety straps.

Lower Extremity Preparation and Positioning

Make sure the client is comfortable and that the OmniCycle Connect is optimally placed for free movement of both legs of the patient.

- Place the feet in the footplates and use the straps to secure the calf alignment and feet.
- Take patient through a passive crank range. **Note:** make sure that the knees are not rotated!
- Adjust the pedals, if necessary, with the T-Grip key, to make a smaller or larger turning radius.
- Secure wheelchair or chair with the retractable safety straps.

Warning

Make sure that the patient does not start pedaling before the training is started with the green start button (the footplates then start rotating) or when the training is completed. This can cause damage to the footplates.

To increase training duration, start a new training, or adjust the duration mid treatment, please read the user manual of the OmniCycle Connect for more extensive instructions.

Safe Training Conditions

Warning

Prevent safety risks by ensuring safe training conditions. Please ensure the following is in place when training with an OmniCycle® Connect.

Is the exercise device and accompanying chair placed on a flat surface and not at risk of wobbling, tilting or falling over?

Ensure the device and chair are set up in an appropriate place to prevent wobbling, tilting or falling over during training.

Does the surface provide enough grip to prevent the device and accompanying chair from slipping?

Ensure the device and chair are placed on a sturdy, non-slip surface.

Has the wheelchair placed in front of the exercise device been set up in a way that will prevent tilting, falling over or rolling away?

In the case of severe muscle spasms while training actively, the wheelchair might tilt or roll backwards. To prevent this, it's recommended to use tilt protection for a wheelchair or ensure chair fixation. Use a sturdy and stable chair. A chair with arm rests is recommended. Chairs with wheels but without brakes are not permitted.

Have brakes been applied to the wheelchair that is placed in front of an exercise device?

Ensure that the brakes have been applied to both wheels and that the wheelchair will not roll away.

When using an electric wheelchair, have the brakes been applied and the wheelchair been turned off?

Switch the wheelchair off and apply the brakes. Check that the wheelchair will not roll away before using the training device.

Solving Technical Issues (1 of 2)

Where to begin?

Find the problem that you are confronted with in the table below. If your problem is not mentioned or if you do not succeed in solving it, please contact ACP.

Warning

The OmniTour™ requires updates / service at least once a year. If this does not happen with the required frequency, ACP is unable to guarantee a correct functioning of the OmniTour.

Never make adjustments to the hardware of OmniTour yourself, except if it concerns actions described in this chapter. After this type of changes to the hardware, ACP is no longer able to guarantee the correct functioning of the OmniTour.

Do not switch off the system by pulling the plug from the socket! This can damage the system.

Unable to Turn on the Computer

When you press the on/off button, a white LED will light behind the button. You will also be able to hear a soft rustling noise from the internal fan.

If these things do not happen, check the following:
- Is the plug properly attached to the power outlet?
- Is the power strip on?
- Has the power cable of the computer been connected correctly?

No Display on the Screen

Check to see if the screen is in standby mode. Press the on/off button of the laptop.

If no LED lights on the screen, check the following:
- Is the plug properly connected to the power outlet?
- Is the power strip on?
- Has the power cable of the computer been connected correctly?

Sound is Not Working

Check the sound volume of the screen by pressing the volume buttons. If the volume is between halfway and full, but there is still no sound to be heard, try pressing the sound button on the mouse. Sometimes this button is pressed by accident and the sound is switched off.

The OmniTour Does Not Respond to the Ergometer

- Check if the system is in the right modus. A bike icon is visible on the right side of the Home Screen and during the exercise. If this is green, the system is connected to the sensor. If this is gray, the system is not connected and routes are played automatically.
- Check if the sensor is connected properly. The cable of the sensor must be placed in a USB port in the computer behind the monitor.
- Remove the USB cable of the sensor from the computer and plug it back in.
- If the above do not help, please contact ACP.

The Battery of the Polar Sensor (Wireless) is Running Low

The system shows the message that the battery of the Polar sensor is running low. Please contact ACP.

Solving Technical Issues (2 of 2)

The Air Mouse Does Not Work

Air mouse models may vary. Basic technical issues are similar for different air mouse types.

Mouse is not activated: If the mouse is not being used for some time, it automatically deactivates. Activate the mouse by (shortly) pressing the power button.

Control using wrist movements is disabled: The mode button may be activated, which disables wrist movements. Press the mode button (above the left mouse button, see page 7) to re-enable it.

Batteries need to be replaced: Remove the battery door on the back of the mouse and replace the batteries.

Windows Updates

When the OmniTour™ is connected to the internet, Windows will sometimes perform updates. This is necessary to keep the system up-to-date. It is possible that you will receive a notification about this. When Windows is installing updates, the system may be temporarily slower. Also, the system startup or shutdown may take more time than usual. During the update, do not shut down the system and leave it plugged in. If you encounter any problems, please contact our support team.

Remote Support with TeamViewer

When the system is connected to the internet, ACP can provide support more easily. With the program TeamViewer we can remotely access the system. In many cases we can solve the problem remotely, which means that the system can be put into operation faster than if a technician comes by. ACP always needs permission to access your system. In order to gain access, you must provide ACP with the ID number and password shown in TeamView. Our team will be happy to help you get TeamViewer up and running.

Routes Cannot Be Downloaded

New routes can only be downloaded when the OmniTour is connected to the internet and your location has a service contract. Movies available for download appear at the top of the list in the tab Tour Movies or Memory Lanes.

If a route cannot be downloaded, this can be due to the following reasons:

No internet connection: If there is no internet connection, routes cannot be downloaded.

Try the following tips:
- When the system is connected to Wi-Fi: Check if the Wi-Fi is still working by opening the Wi-Fi settings. The Wi-Fi password may have changed, the user account expired, or the Wi-Fi connection is temporarily off.
- When the system is connected with an internet cable: Check that the cable is properly inserted into the computer and that the cable is not damaged.
- Ask your IT department for help when needed.

Insufficient disk space: If the system has insufficient disk space, no new routes can be downloaded. Please contact ACP if the problem persist.

Network restrictions: Your IT department may have implemented network restrictions to keep the network secure. This may block new routes from downloading. ACP has no influence on this and cannot make any changes to it. Please contact your IT department to discuss the options.

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MNL-0037