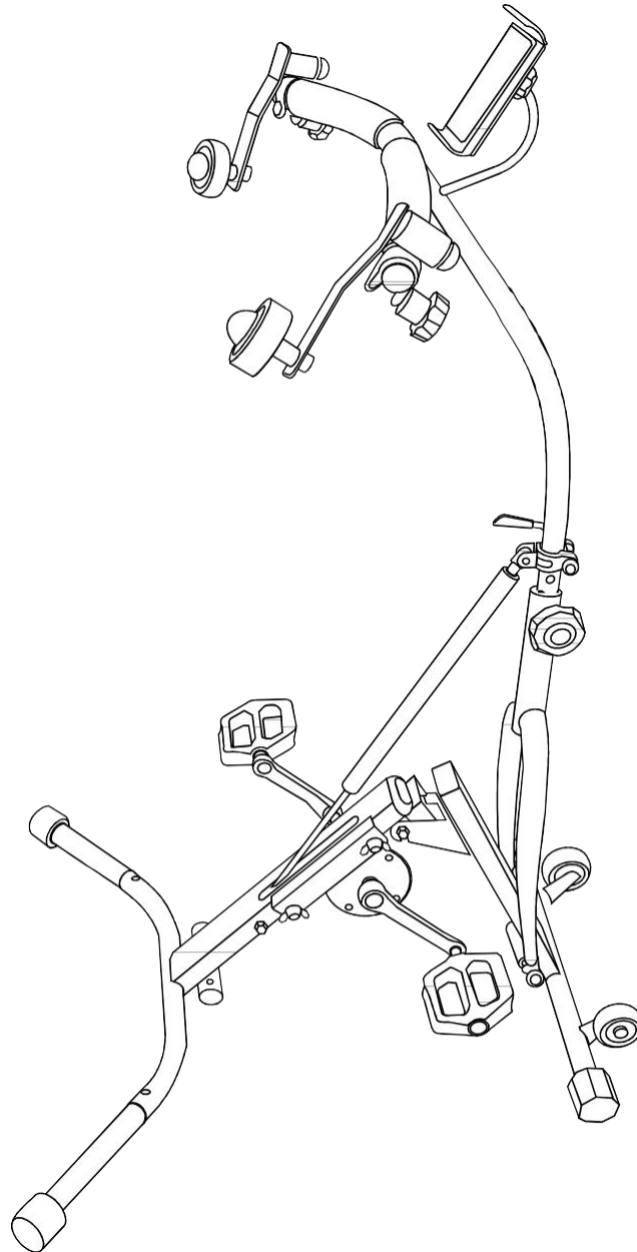


OTO

PHYSIOMATE

PM-1000

USER MANUAL



ENHANCES HEALTH, STRENGTH, FITNESS
DESIGNED FOR ALL AGES

An OTO Singapore Product

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FEATURES

PHYSIOMATE PM-1000 is an exerciser that offers cycling, rowing and arm orbits that targets your legs, upper back, shoulders, arms and hands.

The **PHYSIOMATE** can be used sitting on a home chair or in a wheelchair. There is no need to climb onto a bike seat to exercise. This benefits seniors, people with reduced mobility and those in rehabilitation.

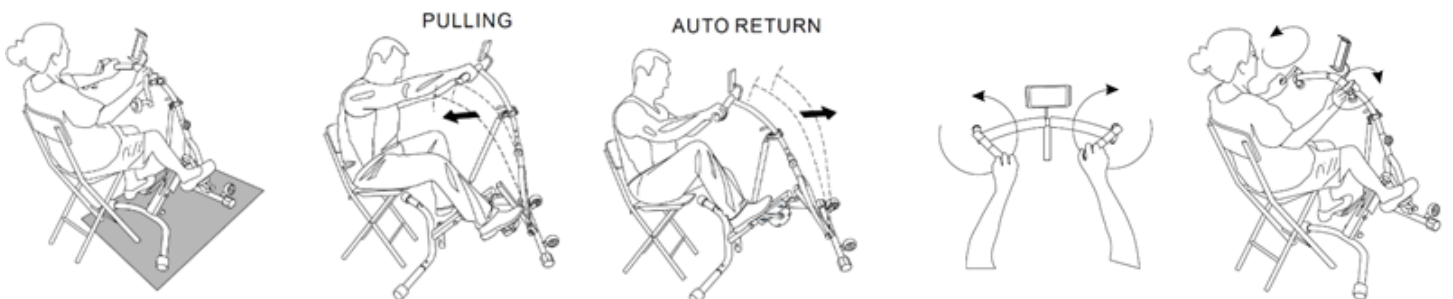
It can also be used in a standing position using the rowing and Tai Chi orbit motion wheels.

Features:

1. Cycling for the lower body.
2. Adjustable pedal resistance.
3. Rowing workout for the upper body.
4. Consistent resistance force with every pull-down rowing motion.
5. Handlebar always return automatically to the starting position after each pull-down row.
6. Orbit motion exercise for the arms.
7. Foldable for storage.
8. Transportation wheels for moving within the home.
9. Mobile phone holder.

The **PHYSIOMATE** features an air cylinder (gas strut) attached to the handlebar stem for the rowing workout. The air cylinder operates like a spring to produce a consistent resistance force of around 5 kg for every pull-down rowing motion. The internal air spring then automatically returns the handlebar to the starting position when the pull-down force is reduced.

Designed in collaboration with an exercise physiologist.



IMPORTANT SAFETY PRECAUTIONS

WARNING: In order to reduce the risk of injury, please read the following important precautions before using this equipment.

1. It is the responsibility of the owner to ensure that all users of the equipment are adequately informed of all warnings and precautions.
2. Read all instructions provided in this manual before using the **PHYSIOMATE**. Use the equipment only as described.
3. Place the equipment on a level surface. Ensure the floor under the equipment is covered for protection.
4. Inspect and tighten all parts regularly. Replace any worn parts immediately.
5. Keep children and pets away from the equipment at all times.
6. Be careful when using moving parts of the **PHYSIOMATE**.
7. Do not wear loose clothing that could get caught on the equipment during use.
8. Always wear shoes for foot protection. Rubber soled or sport shoes are recommended.
9. If you feel dizzy, light headed, short of breath, unwell or get pain, stop exercising immediately and consult your health care professional.

Warning

Before beginning this or any exercise program, please consult your medical practitioner. This is particularly important if you have been inactive for a long period of time, are overweight or suffer from medical conditions.

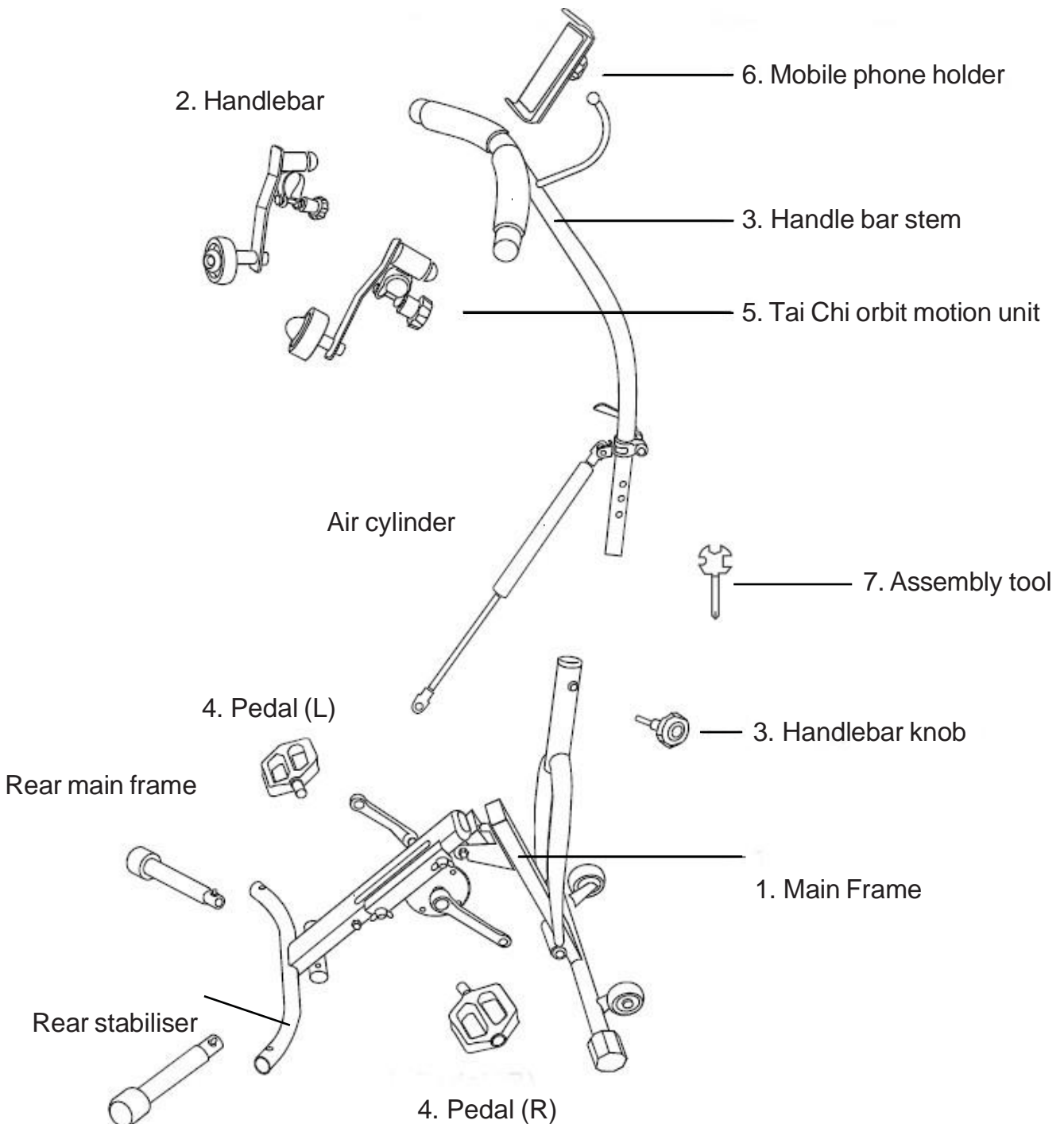
We assume no responsibility for any personal injury or property damage sustained through the use of this product.

EXPLODED ILLUSTRATIONS

Remove the parts and PHYSIOMATE from the carton and identify them using the expanded illustration.

All parts are included inside the packing carton

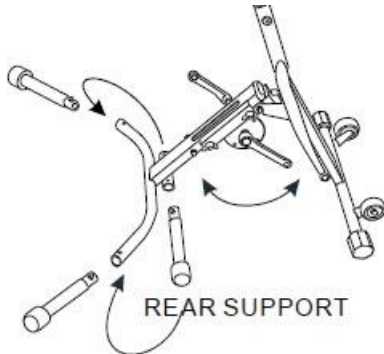
- | | | |
|----------------------------|------------------------------------|------------------------|
| 1. Main frame | 2. Handlebar unit and air cylinder | 3. Handlebar knob |
| 4. Pedals (right and left) | 5. Tai Chi orbit motion unit x 2 | 6. Mobile phone holder |
| 7. Assembly tool | | |



ASSEMBLY INSTRUCTIONS

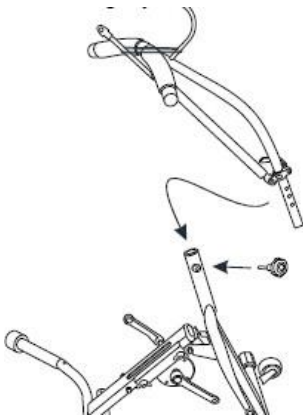
1. Main frame and rear supports

Open the main frame to its maximum angle, take the two rear supports out of the main frame and put them into the rear stabilizer.



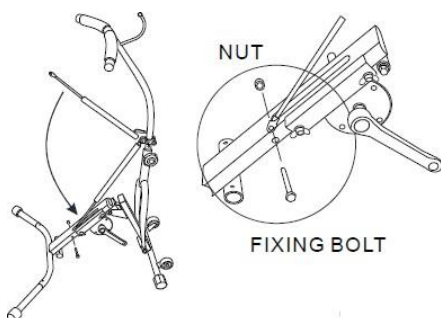
2. Mount the handlebar

Slide the stem of the handlebar into the head of the front fork. Use the markers on the handlebar stem to align the holes. Position the handlebar knob over the hole through the side opening and secure tightly.



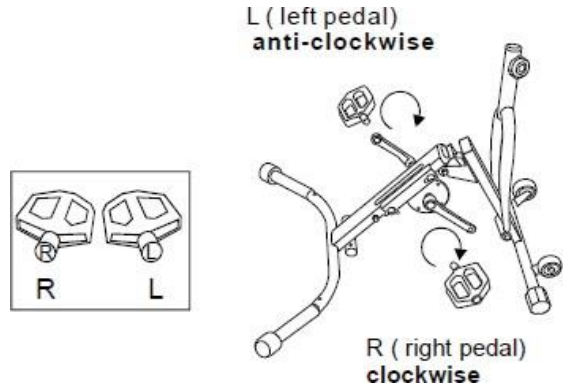
3. Attach the air cylinder onto main frame

There is a rectangular opening on the rear main frame, loosen the nut and take the cylinder fixing bolt out of the rear frame. Put the end of the cylinder into the opening and replace the fixing bolt, going through the rear frame and the end of the cylinder, secure with the nut.



4. Attach pedals

The right pedal is marked "R". The left pedal is marked "L". Select the right pedal and screw into the right pedal arm, tighten clockwise. Attach the left pedal in the same manner, but tighten anti-clockwise.

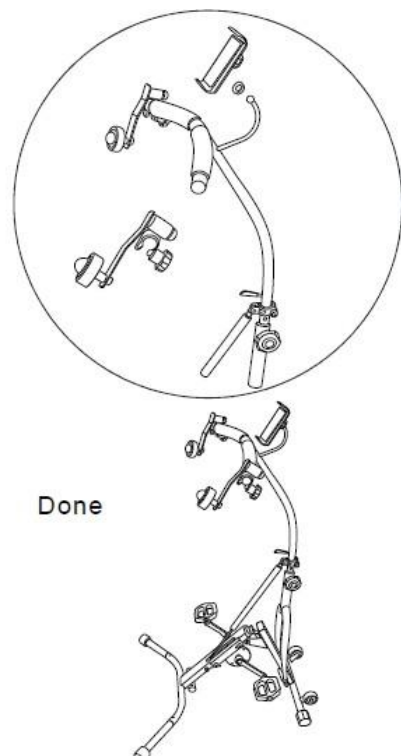


5. Attach Tai Chi orbit motion units

Put a Tai Chi orbit motion unit on each end of the handlebar. Position the handle at about 45° angle and secure with the nut.

6. Attach mobile phone holder

Remove the nut on the mobile phone holder and put the phone holder over the phone holder stem. Press the phone holder onto the end of the stem and secure with the nut.



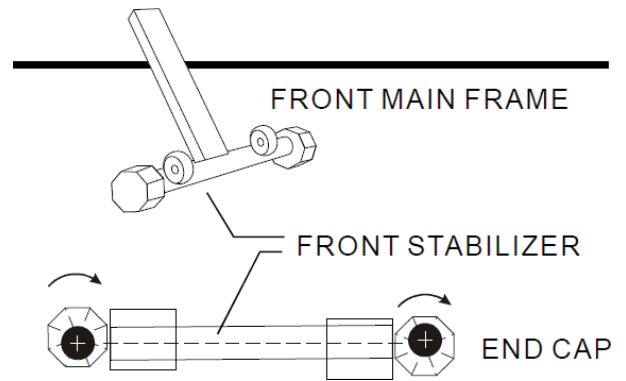
OPERATION

1. Leveling the PHYSIOMATE

Place the **PHYSIOMATE** in the location where it will be used. The floor should be hard and flat and the **PHYSIOMATE** should sit firmly on the floor.

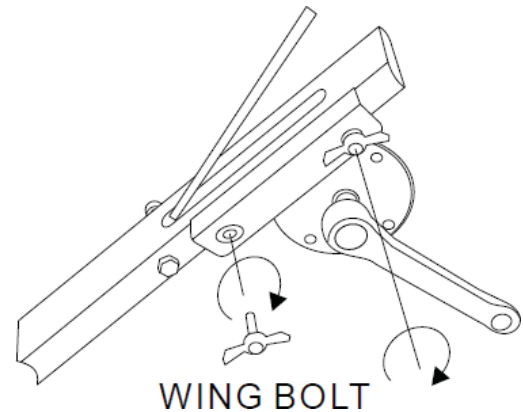
If the **PHYSIOMATE** is not stable, turn the end caps on the front stabilisers until the **PHYSIOMATE** is stable.

Turn one end cap at a time - it may be necessary to only adjust one side



2. Adjust the cycling resistance

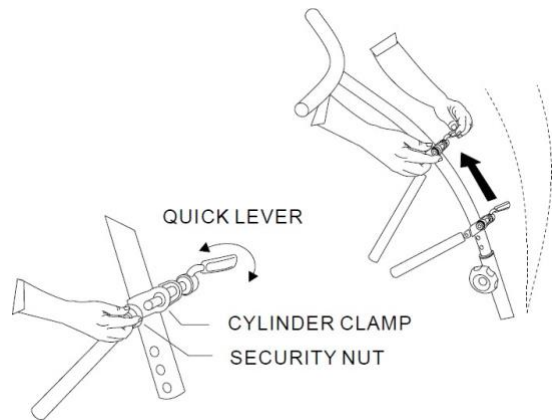
The **PHYSIOMATE** has two wing bolts on the side of the rear main frame that can be turned to increase or decrease the resistance when cycling. Adjust the resistance by turning the wing bolts clockwise to increase and anti-clockwise to decrease.



3. Adjust the height/angle of the handlebar

Push the quick lever toward the handlebar stem to loosen the air cylinder clamp, then loosen the security nut using the assembly tool.

Move the air cylinder clamp up or down on the handlebar stem to adjust the height/angle of the handlebar to suit the height and position for exercising. Secure in place with the nut then pull the quick lever back, away from the stem, to lock in place.

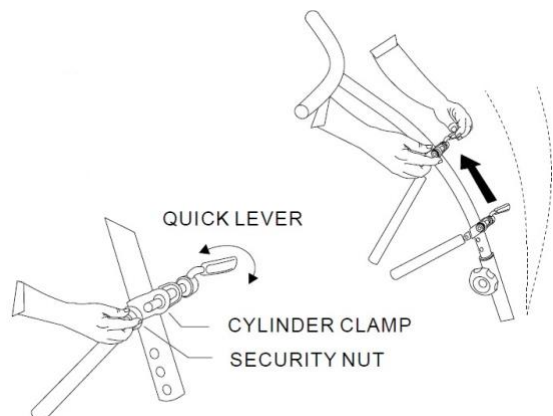


4. Move and store the PHYSIOMATE

Take the two rear supports out of the rear stabilizer and put them into the rear frame.

Stand at the front of the **PHYSIOMATE**, unlock the air cylinder clamp, pull the main frame onto the wheels, when the frame folds re-lock the clamp.

Use the two transportation wheels to move the **PHYSIOMATE** and guide with the handlebar.



HOW TO USE THE PHYSIOMATE

Before you start exercising, read the Exercise Guidance notes.

Modes

The **PHYSIOMATE** is designed to allow users to perform a variety of exercises. It is suggested that you experiment with each mode. You can use each mode on its own or in combination.

You can combine:

- Cycling and rowing pull-downs
- Cycling and Tia Chi orbit motion wheels

Before you start check your posture as described below. When you are exercising take notice of the muscles/part of the body you are using. Changing your body position on the chair or the position of your hands on the handlebar will work different muscles.

While using the **PHYSIOMATE**, make your movements as smooth and controlled as possible. Be aware if there is any pain or unwanted movement with effort, for example your shoulders hiking while rowing. If there is, stop the exercise and adjust your position, posture, or the amount of effort you are using or rest. If pain persists, discontinue that exercise and discuss with your health care professional.

Do not rush – build up slowly!

HOW TO USE THE PHYSIOMATE

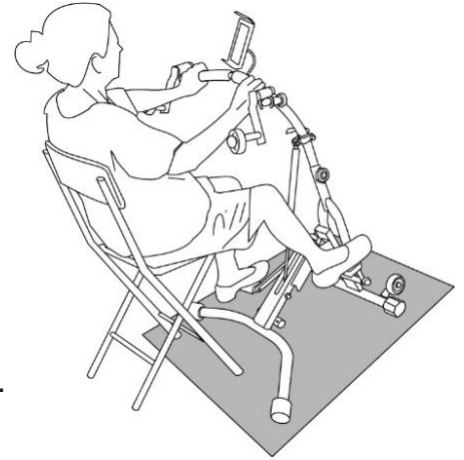
Sitting Workout

Set Up with Home Chair

1. It is recommended that you place a non-slip mat under the **PHYSIOMATE**.
2. Select a stable, firm, upright chair that won't be tipped easily, such as a dining chair.

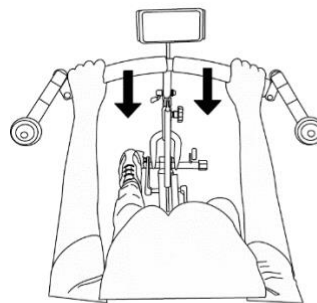
Posture:

Use the **PHYSIOMATE** sitting as upright and as straight as possible. (chest open, shoulders back, chin slightly tucked in). Keep your shoulders relaxed (not hiked up toward you ears).



Lower Body Workout

1. Position the chair so that when your foot is on the bottom of the pedal stroke your knee is slightly bent (about 80° off full extension / straight leg).
2. Set the cycle tension to the low setting when you begin using the **PHYSIOMATE**.
3. Sit on the chair, put your feet on the pedals and grasp the handle bar with your hands. Start pedalling.



Variations:

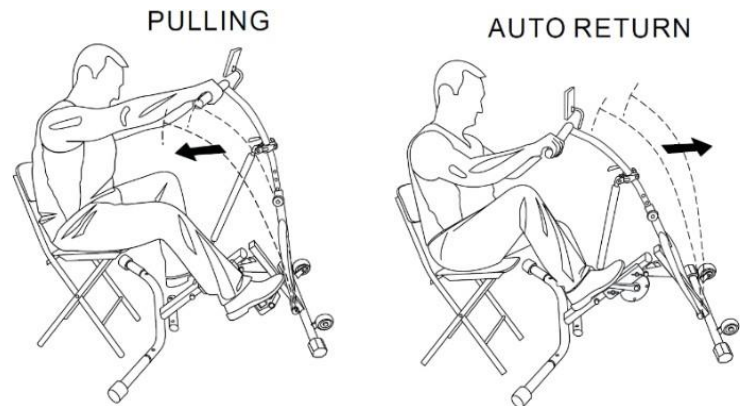
- Start with the cycling resistance low and gradually increase as your fitness and strength improves.
- Combine with rowing or Tai Chi orbit motion wheels.

HOW TO USE THE PHYSIOMATE

Upper Body Workout

Rowing

1. Adjust the height of the handlebar so your shoulders are at a comfortable height without pain and arms out in front of you.
2. Sit with your body upright and straight (chest open, chin tucked in).
3. Place your feet on the rear frame of the **PHYSIOMATE** or on the pedals to keep the frame stable on the floor.
4. Grip the handlebar and pull toward you and down.
5. Feel your shoulder blades coming together.
6. Continue to hold the handlebar and allow it to return to the starting position automatically. (Pushing the handlebar up can lift the base of the **PHYSIOMATE** off the floor).



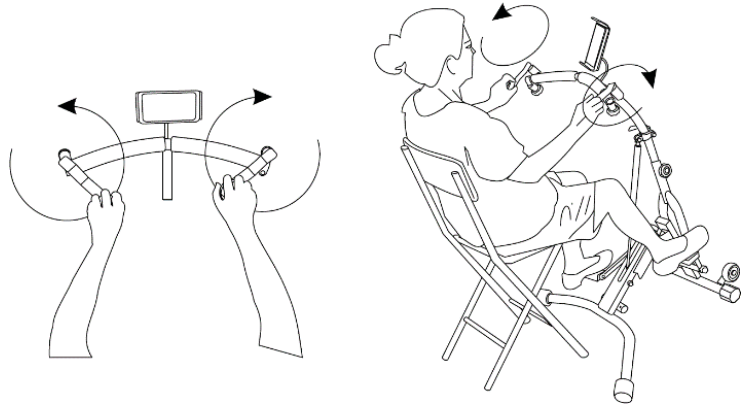
Variations:

- Change how close you sit to the **PHYSIOMATE** handlebar to change the effort required and the muscles used for the pull-down. Sit back on the seat or sit at the front of the chair.
- Change where you position your hands on the **PHYSIOMATE** handlebar to change the effort required and the muscles used. Position your hands toward the outside of the handlebar or closer to the middle (near the handlebar stem).
- Combine rowing with cycling.

HOW TO USE THE PHYSIOMATE

Tai Chi Orbit Motion

1. Position the **PHYSIOMATE** so that your arms are straight when the turn of the wheel is furthest from your body.
2. Sit with your body upright and straight (chest open, chin tucked in).
3. Hold the round handle of the orbit motion wheel.
4. Turn the orbit motion wheel in either a clockwise or anti-clockwise direction.



Variations:

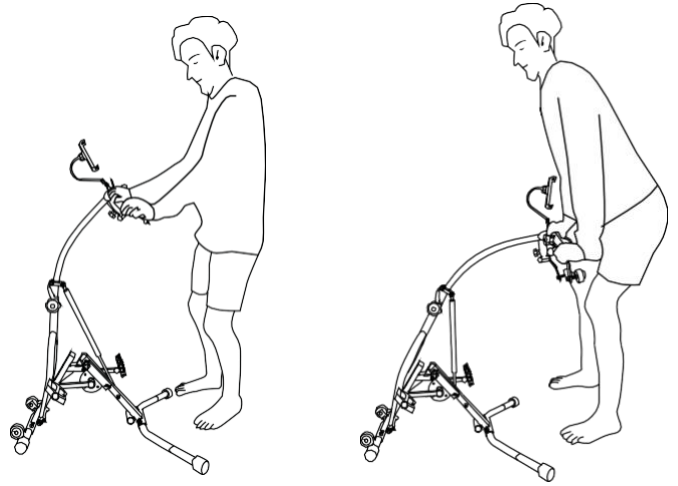
- You can turn one orbit motion wheel at a time; both wheels at the same time in the same direction; or both wheels at the same time but in opposite directions. Start one way and change.
- Change how close you sit to the **PHYSIOMATE** handlebar to change the effort required and the muscles used to turn the orbit motion wheel. Sit back on the seat or sit at the front of the chair.
- Change the angle of the orbit motion wheels to horizontal or vertical.
- Change the speed you turn the wheel.
- Combine with cycling.

HOW TO USE THE PHYSIOMATE

Standing Workout

Rowing

1. Adjust the height of the handlebar so that your elbows and knees are slightly bent.
2. Push down on the handlebar. If you need to bend to reach the end of the push down range then bend at the hips (not with your back).

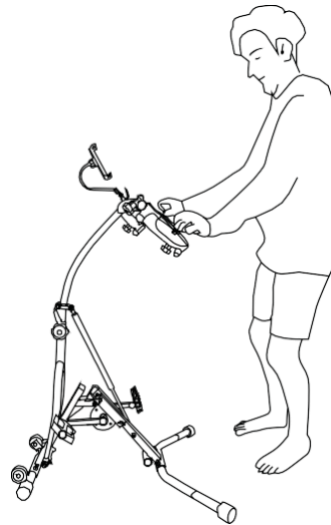


Variations:

- Vary how far you push the handlebar down. Push it partially or fully. Bend from the hips (not your back).
- Change where you position your hands on the PHYSIOMATE handlebar to change the effort required and the muscles used. Position your hands toward the outside of the handlebar or closer to the middle (near the handlebar stem).

Tai Chi Orbit Motion

1. Adjust the height of the handlebar so that your elbows are bent when the turn of the wheel is in the middle of the orbit. Feet shoulder width apart, knees slightly bent and back straight.
2. Hold the round handle on the orbit motion wheel.
3. Turn the orbit motion wheel in either a clockwise or anti-clockwise direction.



Variations:

- You can turn one orbit motion wheel at a time; both wheels at the same time in the same direction; or both wheels at the same time but in opposite directions. Start one way and change.
- Stand close to the handlebar or slightly further away (without any strain on your body) to change the effort required. Keep your body upright and straight.
- Change the angle of the Tai Chi wheels to horizontal or vertical.
- If you are steady on your feet, you can try standing on one leg and turn the orbit motion wheel on the opposite side. Start on one side and then change over.

EXERCISE GUIDANCE

Exercise can improve cardiovascular fitness. Movement against resistance can improve muscle strength.

How you use the **PHYSIOMATE** depends on your physical condition and fitness goals. When you exercise regularly your cardiovascular fitness and strength can improve.

It is important not to start too hard or for too long. Increase intensity and time exercising gradually.

If, at any point, you experience dizziness, faintness or pain, stop and consult your health care professional for further advice.

Improving your fitness and strength

Using the **PHYSIOMATE** regularly and adjusting your exercise program as you progress can help to improve your cardiovascular fitness and strength.

Two ways to extend your exercise program are to gradually increase the time spent doing physical activity or the intensity of the activity. Don't increase both at the same time.

Depending on your initial level / progress, you may choose to start with fewer sessions per week or use shorter times.

Please use your own judgement / common sense or advice from your health care professional to manage your workload as needed.

EXERCISE GUIDANCE

Before you start

If you have been inactive for a long period of time, are overweight or suffer from medical conditions, it is strongly suggested you consult with your health care professional prior to beginning any exercise program and to always start slowly.

Monitoring while you exercise

It is important to check how exercise is affected your body. Two ways to measure how hard you are exercising is to check your heart rate and how you are feeling while exercising.

1. Heart rate - for moderate intensity exercise a person's target heart rate should be 50% - 70% of their maximum heart rate ($220 - \text{age} = \text{max heart rate}$). The target range is an estimate and may need to be adjusted if you have any medical conditions. Use in consultation with your health care professional.
2. How you feel while exercising (rate of perceived exertion) - you can judge the intensity of your exercise session by noticing how you feel while exercising. This includes heart rate, breathing rate, sweat and muscle fatigue. It is recommended not to exceed a perceived exertion rating of 'hard' without first consulting your health care professional.

Using target heart rate to guide exercise

By maintaining your target heart rate at a constant level, you can increase the time spent exercising over a number of sessions. You can then return to the initial time spent exercising, increase your target heart rate and continue increasing the time spent exercising over a number of sessions.

Using rate of perceived exertion

Knowing how hard you are working at any one time allows you to adjust the time spent exercising. By maintaining your rate of perceived exertion at a constant level, you can increase the time spent exercising over several weeks.

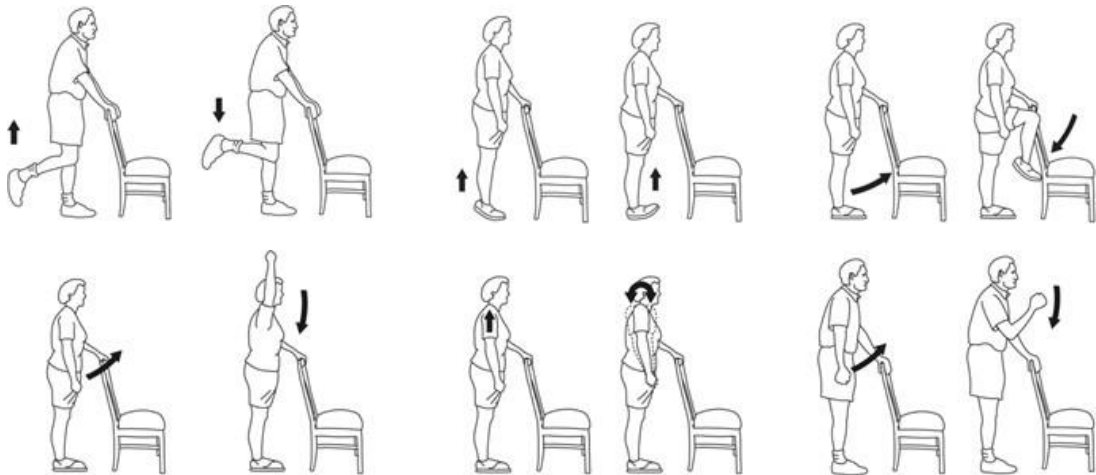
EXERCISE GUIDANCE

Before and After Exercise

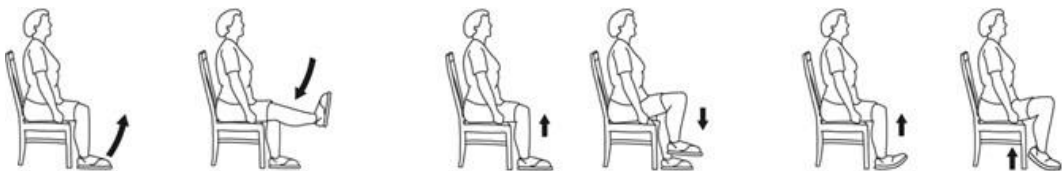
It is recommended you warm up before you exercise and cool down afterwards.

Warm up to prepare your body for exercise. Depending on your physical condition this might be walking around the house followed by moving your joints on each side through their full range. For example, bend your knees fully and then straighten completely several times.

Useful warm up movements for the **PHYSIOMATE** include the following. Remember to move your joints as much as possible. Don't force your body if you have any joint or movement restrictions.

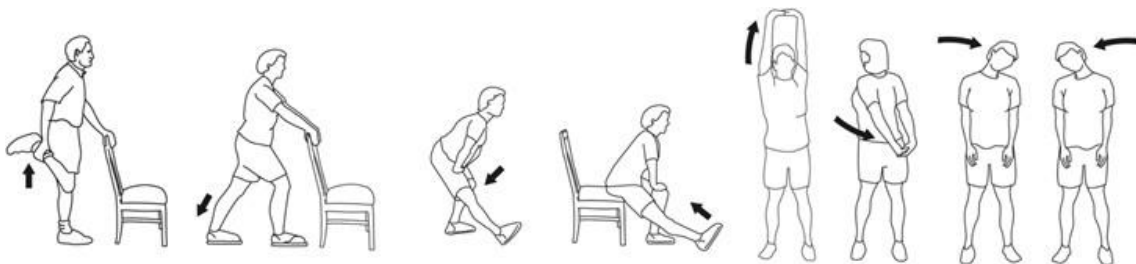


Movements can also be done sitting.



Cool down after exercise by slowing your movements during exercising and then stretching on each side. Remember, if you have any joint restrictions only stretch as far as you are able.

When you stretch you want to feel some tension, but not pain, and hold for 15-20 seconds.



PRODUCT SPECIFICATIONS

| | |
|--------------------------------------|---|
| Name of Product | OTO PHYSIOMATE |
| Model Number | PM-1000 |
| Type of Product | Fitness |
| Product Dimension (Assembled) | Approx. 750 (L) x 750 (W) x 1200 (H) mm |
| Box Dimension | Approx. 530 (L) x 220 (W) x 690 (H) mm |
| Net / Gross Weight | Approx. 10.0 kg / 11.5 kg |

OTO



Conceptualized & Developed in Singapore