

# OmniTrainer<sup>®</sup>

*Owner's Manual V.1*



**HealthCare International, Inc.**  
PO Box 1509, Langley, WA 98260  
[www.HCIFitness.com](http://www.HCIFitness.com) – [sales@hcfitness.com](mailto:sales@hcfitness.com)  
P: (360) 321-7090 or (800) 398-912

# Table of Contents

- Safety Precautions ..... 2
- Warranty Information..... 3
- Installation ..... 4
- Transportation ..... 4
- AC Adapter Plug ..... 4
- Product Components..... 5
- Display Console ..... 6
- Workout Tips ..... 7
- Passive Mode Workout ..... 8
- Active Mode Workout ..... 9
- Workout Report ..... 10
- Settings ..... 11
- Accessories..... 12
- General Maintenance ..... 12
- Trouble Shooting Guide ..... 13
- Service Notes..... 13
- Workout Report Card ..... 14

## **Safety Precautions**

This exercise equipment was designed and built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before assembly and operation of this machine. Also, please note the following **safety precautions**:

1. Read all instructions carefully before using the machine.
2. Consult your physician or other health care professional before beginning this or any type of exercise program.
3. Always wear proper exercise apparel when using the machine.
4. If at any time you feel faint, light-headed or dizzy while operating the machine, stop exercise immediately. You should also stop exercising if you are experiencing pain or pressure.
5. Keep children and pets away from the machine while in use.
6. Only one person can use the machine at a time.
7. Make sure your machine is correctly assembled before you use it. Be sure all screws, nuts, and bolts are tightened prior to use and retighten periodically.
8. Do not operate this or any exercise equipment if it is damaged.
9. Keep hands and feet away from any moving parts. Do not insert any objects into any openings.
10. Keep clothes, jewelry and loose items away from moving parts.



### **NOTE:**

**If using a wheelchair, engage the wheelchair's brake and ensure stability before exercising.**

### **WARNING:**

**BEFORE BEGINNING ANY EXERCISE PROGRAM CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PEOPLE WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING THIS FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.**

**Dear Valued Customer,**

Thank you for your recent purchase of the **OmniTrainer** from HCI Fitness. We believe that you have purchased one of the highest quality and affordable Active and Passive Trainers on the market today. Prior to using your new **OmniTrainer** please review the owner's manual and product tips to maximize your workout experience.

Wishing you the best of luck in reaching your health and fitness goals!

*HealthCare International is a leading supplier and distributor of innovative products for Health, Wellness, Fitness & Active Aging. Visit our website – [www.HCIFitness.com](http://www.HCIFitness.com) for information on all of our products.*

**Warranty Information**

*(Your Serial Number is found on a white sticker at the rear base of the unit, the front of the user manual, and on the box)*

**Serial #:**\_\_\_\_\_ **Purchase Date:**\_\_\_\_\_

**Purchased From:**\_\_\_\_\_

**1 Year Electrical Parts**

## **Installation**

The OmniTrainer Active and Passive Trainer is fully assembled. Take care to minimize impact when moving the unit. Place the OmniTrainer so that there is at least 1 foot of clearance on each side of the unit. The OmniTrainer needs to be plugged in and has an on/off switch.

## **Transportation**

When moving the OmniTrainer it is recommended to swivel the upper body section so that you can hold the stationary handles to engage the transport wheels. Be sure to unplug the cord from the unit when moving the OmniTrainer.

## **AC Adapter Plug**

The AC Adapter Plug aligns to the OmniTrainer. Do not force the plug as it may cause damage. Be sure that the wall plug is properly grounded. A power surge protector is recommended to help protect your unit against electrical damage.

## Product Components

**1** **Touch Screen Display**  
*with biofeedback & voice commands*

**3** **Height Adjustment**  
*Fits Users from 4'9" to 6'4"*

**2** **Stationary Handles**  
*for transport and lower body training*

**4** **Calf Supports**  
*Stabilizes Users Legs*



**5** **Workout Report**  
*download workout report*

**7** **ADA Compliant**  
*Compatible with WheelChairs*

**6** **Transport Wheels**  
*portable design SNF and LTC*

**8** **Ortho Pedals**  
*Oversized with HealCups*

**9** **Ergo Handles**  
*U-Shaped Sure-Grip*

# Display Console



## **Workout Tips**

*If using a wheelchair with the OmniTrainer be sure that the wheelchair is locked and secured before starting training.*

### **Adjustable Pedal Cranks**

The Adjustable Pedal Cranks.

### **Rotate Pedals**

By pressing the Pedal button on the display, the pedals will automatically rotate to help place the user's feet in the pedals.

### **Wheelchair Stabilization Hooks**

The OmniTrainer comes with safety hooks to secure wheelchairs.

### **Voice Guided Training**

The OmniTrainer provides audio cues to the patient during training. The volume is controlled from the display using the up and down arrows.

### **Spasm Detection**

The sensitivity of spasm detection can be adjusted from Light, Normal, Heavy in the Settings (Pg 11). After a spasm is detected the RPM is reduced by 3 RPM. If more than 3 spasm are detected in a training system, the OmniTrainer will lock and need to be restarted before starting a new training session.

### **Spasm Control**

When a spasm is detected the OmniTrainer can be set to change direction. Forward, Reverse or Change of Direction can be selected in the Settings (Pg 11).

### **Motor Power**

The strength of the motor can be adjusted from Light, Normal or Heavy in the Settings (Pg 11).

### **Bi-Directional**

Both Active and Passive Modes offer bi-directional training.

### **Passive Training Quick Entry**

In Passive Mode press Speed, Power, or Duration and hold the numerical value of the selected section for 3 seconds. A keypad will appear to enter a new value or change the preset value for the selected section.



## Passive Mode Workout

*In Passive Mode, OmniSense will automatically change the workout mode from passive to active if the user exceeds the set RPM speed level.*

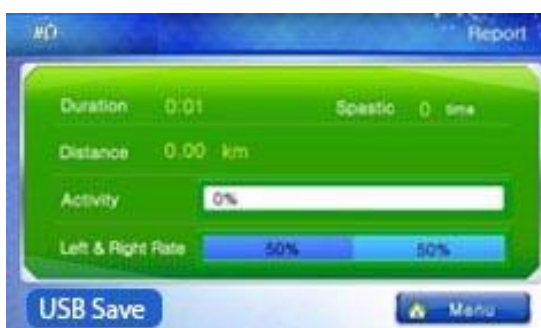
1. Press Passive Mode on the touch screen.



2. Press Arm or Leg Training on the touch screen.



3. Press Speed to set the RPM level using the [+]/[-] buttons (1-60 RPM)
4. Press Duration to set the workout time using the [+]/[-] buttons (1-60 RPM)
5. Press Power to set the resistance level when the set RPM is exceeded during passive training.
6. Press Forward/Backward to set the direction the pedals will move.
7. Press the green Start Button on the display to begin training.
8. Press the orange Stop Button on the display to end training. When the workout is ended, the workout summary is generated for the training session.
9. Press the Menu Button the display or touch screen to return to the main screen.



### **Pro Tip:**

Export your workout to USB to track user progress and quickly capture information.

## Active Mode Workout

*In Active Mode, the OmniTrainer provides 15 levels of resistance and graphs left vs right strength.*

1. Press Active Mode on the touch screen. *Active Mode defaults to lower body training. Enter Passive Mode to change to upper body training, then press menu to return to the home screen and then press Active Mode.*



2. Press Power set the Resistance level using the [+] / [-] buttons (1-15)



### **Left vs Right Graph:**

Shows the percentage of left vs right strength for the current training session.

3. Press the green Start Button on the display to begin training.
4. Press the orange Stop Button on the display to end training. When the workout is ended, the workout summary is generated for the training session.
5. Press the Menu Button the display or touch screen to return to the main screen.

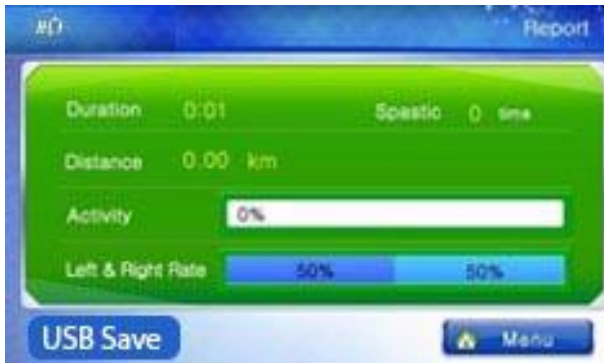


### **Pro Tip:**

Export your workout to USB to track user progress and quickly capture information.

## Workout Report

The workout report displays Total Time, Total Distance, Number of Spasm Detected, Activity of Active vs Passive Training (Passive Mode), Left vs Right Percentage (Active Mode)



### Save Workout Report

1. Insert your USB to the bottom left control board access point.
2. Press – USB Save on the LCD Touch Screen.

 <b>Active and Passive Trainer with BioFeedback</b>	
<b>Facility Name:</b>	<b>Date:</b>
<b>User ID:</b>	
<b>Workout Type</b>	<input type="checkbox"/> <b>Upper Body Training</b> <input type="checkbox"/> <b>Lower Body Training</b>
<b>Workout Mode</b>	<input type="checkbox"/> <b>Active Mode</b> <input type="checkbox"/> <b>Passive Mode</b>
<b>Total Time</b>	
<b>Total Distance</b>	
<b>Number of Spasms</b>	
<b>Active vs Passive Percentage</b>	<input type="checkbox"/> <b>Active %</b> <input type="checkbox"/> <b>Passive %</b>
<b>Left vs Right Percentage</b>	<input type="checkbox"/> <b>Left %</b> <input type="checkbox"/> <b>Right %</b>
<b>Workout Notes</b>	

## Settings

The following settings can be adjusted from the OmniTrainer Settings menu using the [+] / [-] buttons.



### Default Duration

Change the default workout time for training sessions.

### Spastic Detection

Change the sensitivity of spasm detection from light, normal and heavy.

When a spasm is detected, the OmniTrainer will pause and reduce the RPM by 3 RPM.

***If more than 3 spasms are detected during training, the OmniTrainer will stop training and need to be reset before starting a new training session.***

### Spastic Auto

Set the direction that the changes to after the pause when spasms are detected from Forward, Reverse or Change of Direction.

***If more than 3 spasms are detected during training, the OmniTrainer will stop training and need to be reset before starting a new training session.***

### Motor Power

The strength of the motor assist can be adjusted from Light, Normal and Heavy. Also the difficulty to change between Passive and Active Mode when surpassing the set RPM in Passive Mode.

## **Accessories**

Handgrip – PS-HG – Optional Handgrip to secure hand to OmniGrip Handle.

206-739-5400 or Sales@hcifitness.com

## **General Maintenance**

1. **Cleaning** - antibacterial wipes (GREY) to clean the surface of your unit.
2. **Tightening** - Periodically inspect your unit to ensure that all screws, nuts, and bolts are tightened and retighten if necessary. Do not over tighten.

### ***Recommended Maintenance Inspection Schedule***

Item	6 Months	1 Year	3 Years	5 Years
Frame				X
Electrical			X	
Mechanical			X	
Upholstery, Seats, Grips, Belts		X		
High Wear Items (Pedal Straps, Handles)	X			

## **Trouble Shooting Guide**


Symptoms	Diagnostic	Solution
No power.	Be sure power cord is properly connected.	Insert correctly in outlet and main body connector. Check that the power light is on.
Pedal Position	Press PEDAL button to rotate the pedals.	Turn power off and on again to reset.
No Spasm Detection	Confirm exercise is in Passive Mode.	Choose Heavy spasm control setting in Passive Mode.
Upper limb cranks do not rotate.	Make sure arm exercise is selected in Passive Mode.	Choose arm exercise in Passive Mode.
Lower limb cranks do not rotate.	Make sure leg exercise is selected in Passive Mode.	Choose leg exercise in Passive Mode.

If you are still experiencing problems, please contact HealthCare International for further assistance. 206-739-5400 or [service@hcifitness.com](mailto:service@hcifitness.com)

## **Service Notes**

Date	Service Performed	Company	Phone

## Workout Report Card

 Active and Passive Trainer with BioFeedback		
Facility Name:		Date:
User ID:		
Workout Type	Upper Body Training	
	Lower Body Training	
Workout Mode	Active Mode	
	Passive Mode	
Total Time		
Total Distance		
Number of Spasms		
Active vs Passive Percentage	Active %	Passive %
Left vs Right Percentage	Left %	Right %
Workout Notes		

