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	Effective Date:	06-30-2022
	Document Type:	Standard Operating Procedure
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	Department/Section:	Physical Medicine & Fitness Center
	Document Title:	GYM EQUIPMENT PROTOCOL: (95 CI UPRIGHT EXERCISE BIKE)

PURPOSE:

To describe in detail the steps in the operation of the gym equipment to ensure accuracy and safety while using the machine.

SCOPE:


Applies to all Physical Medicine & Fitness Center Staff of Dr. Pablo O. Torre Memorial Hospital (DPOTMH)

RESPONSIBLE PERSON:


Physical Therapist, Fitness Instructor

PROCEDURE:


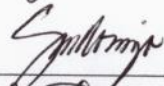
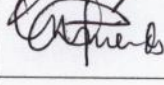
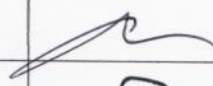

1. Physiatrist clears the client as candidate for a fitness program.
2. PT/FI *assess the client's fitness level and will formulate the exercise program.*
3. FI/PT checks the client's BP and HR if necessary prior to the start of exercise.
4. For seat adjustment, it should be at the optimal height for pedaling. The knee should bend slightly for pedaling when pedal is at the lowest point of its rotation.
5. Keep the shoes secured by the bike pedal strap during a work out.
6. To begin a work out, press the START key or begin pedaling to activate the console for programming a new work out. The activated console lights up and displays SELECT WORKOUT OR PRESS QUICK START. If no key is pressed for 15 seconds, the console shuts down again.
7. Press the ENTER key after entering each value, such as WEIGHT or WORK OUT TIME, when prompted by the console display messages.
8. Use the numeric keypad to enter values such as LENGTH OF WORK OUT, AGE, TARGET HEART RATE, and INTENSITY LEVEL. While a work out is in progress, numeric keys can be used to set new Intensity Level or change the target heart rate. Use the ARROW keys for the similar function.
9. Press QUICK START to begin a manual work out immediately.
10. Press CLEAR key to erase incorrect data. Pressing CLEAR a second time causes the MESSAGE CENTER to prompt the user for a new work out set-up.

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11. Press the following work out set-up as desired: FAT BURN, CARDIO, RANDOM, MANUAL, ZONE TRAINING, PERSONAL TRAINER, and HILL PLUS.
12. Work out program ends automatically in a certain COOL DOWN MODE, which lowers the intensity level. Press the COOL DOWN key at any desired point during a work out to go immediately into COOL DOWN MODE.
13. The MESSAGE CENTER window displays step-by-step instructions for setting up a work out. It displays statistics about the progress of the work out: HR, Distance, RPM and Calories.
14. During a work out, grasp two of the four sensors in the handle bars to heart rate monitoring. Maintain a vertical trunk alignment as much as possible.
15. Begin the pedaling when time starts counting the TIME WINDOW.
16. The exercise ends when COOL DOWN time elapsed.
17. WORK OUT SUMMARY appears at the MESSAGE CENTER at the end of the exercise.
18. If, at any time while exercising, the user experiences faintness, dizziness, pain or shortness of breath, he or she shall be advised to stop immediately.

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	FREDERIC IVAN L. TING, MD OIC-Total Quality Division		
Final approved by:	GENESIS GOLDI D. GOLINGAN President & CEO		




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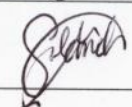
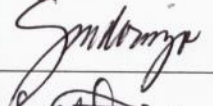
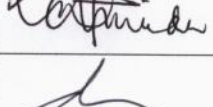


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KEY TASKS	PERSON RESPONSIBLE
1. Clears the client as candidate for a fitness program.	Physiatrist
2. Assesses the client's fitness level and will formulate the exercise program.	Physical Therapist/Fitness Instructor
3. Keeps the shoes secured by the bike pedal strap during a work out.	
4. Begins the work out by pressing the START key or begin pedaling to activate the console for programming a new work out.	
5. Enters values such as LENGTH OF WORK OUT, AGE, TARGET HEART RATE, and INTENSITY LEVEL.	
6. Presses the following work out set-up as desired: FAT BURN, CARDIO, RANDOM, MANUAL, ZONE TRAINING, PERSONAL TRAINER, and HILL PLUS.	Client
7. Presses the COOL DOWN key at any desired point during a work out to go immediately into COOL DOWN MODE.	
8. Advises client to stop immediately if he/she experiences faintness, dizziness, pain or shortness of breath at any time while exercising.	

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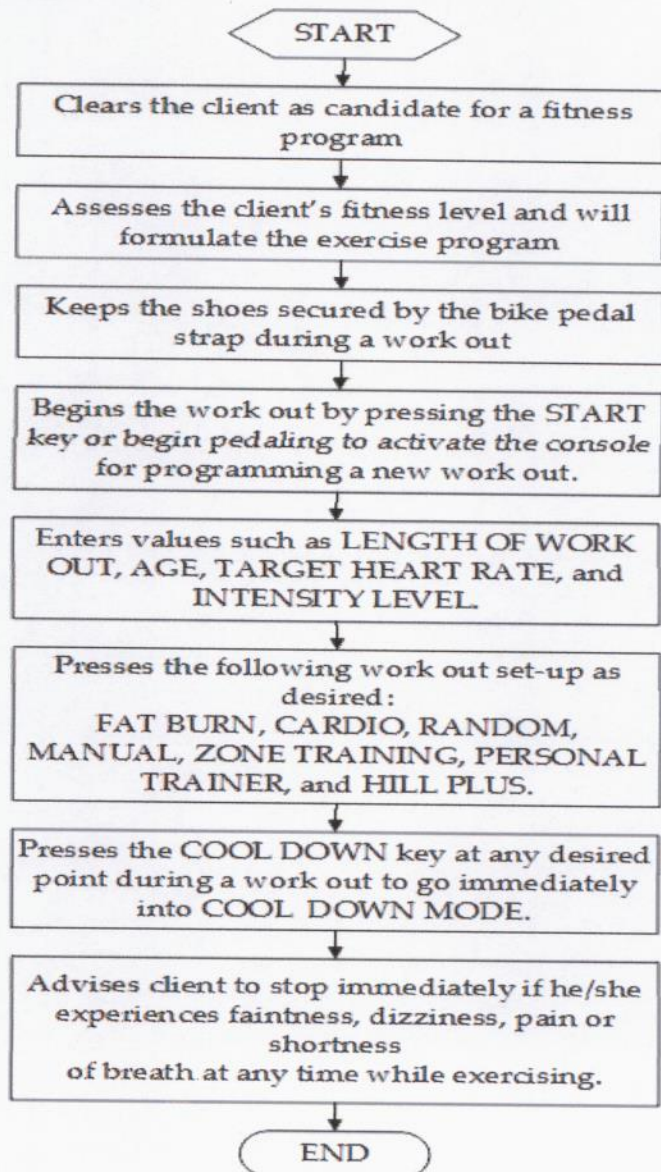



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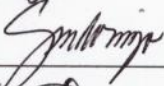
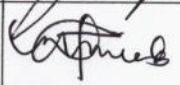
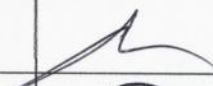

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FLOWCHART



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