



# User Manual



Revision 1.2

A2D Fitness Systems Inc.





Version 1.2 April 2020

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The AccuGuide System is proudly made in the USA.





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## About AccuGuide

Congratulations on purchasing the state-of-the-art Range-Of-Motion and Exercise Guide System, AccuGuide, the most advanced system designed to work with most workout equipment that you already own in either a clinical or home care environment. Designed for ease of use and accuracy, this device will facilitate your daily Physical Therapy and Physical Rehabilitation management regimen while adding a new dimension of information never before available.

To get the most from your AccuGuide System, we recommend that you read through this manual carefully.

Thank you again for purchasing the AccuGuide System.



## What's in the box

The package includes several parts; please verify that you have received everything.



### *Parts included:*

- 1) 1 x AccuGuide Device with attached USB cable
- 2) 1 x 15 Foot USB Extension Cable
- 3) 1 x Carabiner used to attach the AccuGuide Cord
- 4) 1 x Attachment Loop
- 5) AccuGuide comes with a One Year Warranty



## Quick Start Guide

Follow the steps below to get your new AccuGuide System up and running as quickly as possible:

### AccuGuide Device Drivers

The AccuGuide device and software was designed for Windows based computers and laptops. When AccuGuide is plugged into a USB port on your computer for the first time, Windows will automatically identify the device as new and setup the correct device drivers as needed.

- 1) Make sure your computer is ON and is connected to the internet, this is important as Windows requires an internet connection so the device driver files can be downloaded
- 2) Attach the AccuGuide device using its USB cable into any available USB port on your computer; do not use the extension cable at this time
- 3) Do NOT unplug AccuGuide from the computer until Windows has installed the device driver's successfully

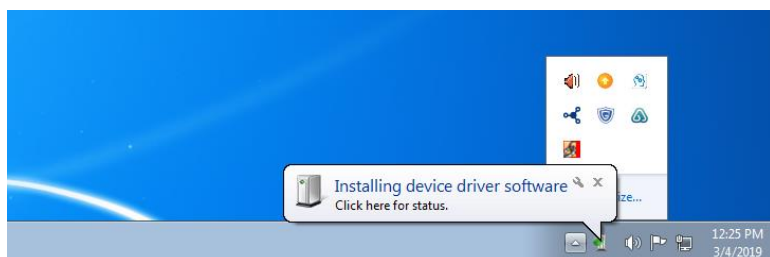


Figure 1 - After Connecting the AccuGuide Device



4) Clicking on the **“Click here for status.”** will show the details of the driver installation process

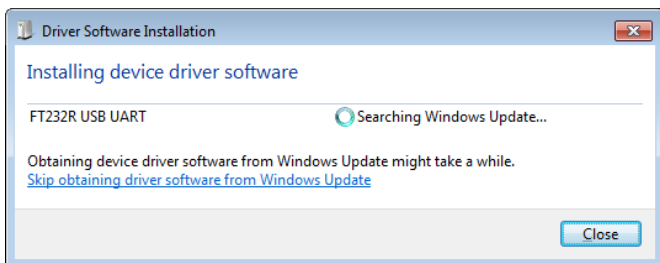


Figure 2 - Windows searching for the drivers

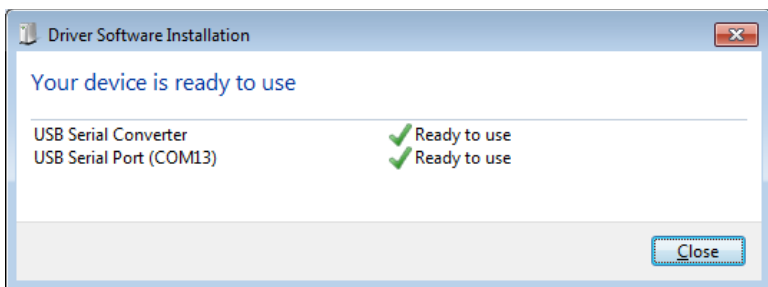


Figure 3 - After Windows installed the drivers

6) You are now ready to install the latest version of the AccuGuide Software, please leave the AccuGuide plugged into your computer while doing the software installation

7) Using your browser, go to [www.a2dfitness.com](http://www.a2dfitness.com)

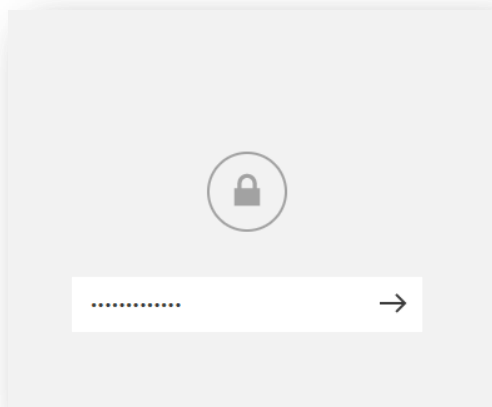
8) Go to the **“DOWNLOADS”** page





9) Click on the AccuGuide Software Installation section

10) You will be prompted for the access password



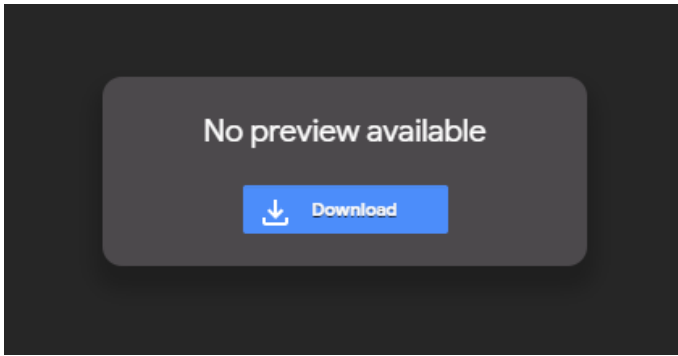
NOTE: Please contact your sales person or A2D Fitness directly to receive access to the latest AccuGuide software

11) Enter the provided password then click the arrow to continue



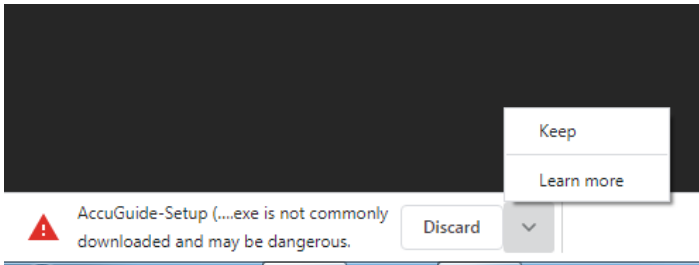


12) Click on the download link to continue



13) Then click on the blue '**Download**' button to begin the download of the AccuGuide Setup Software

14) You may see a warning after the setup file has been downloaded



15) Click '**Keep**' to allow the file to be saved

16) The '**AccuGuide-Setup.exe**' file can now be found in the '**Downloads**' folder



- 17) Now double click on the “**AccuGuide-Setup.exe**” file found in the ‘**Downloads**’ folder. This will start the AccuGuide Software Installation Wizard, carefully read and follow all instructions
  
- 18) After the installation process has completed you are now ready to use your AccuGuide system, Congratulations!
  
- 19) When the AccuGuide Software is started, you will see a message on the bottom of the display “**Found AccuGUIDE Using COM X**” Where X is the COM PORT Number assigned by Windows. The important thing is that if you see this message then all drivers were installed correctly and the AccuGuide software is ready for use

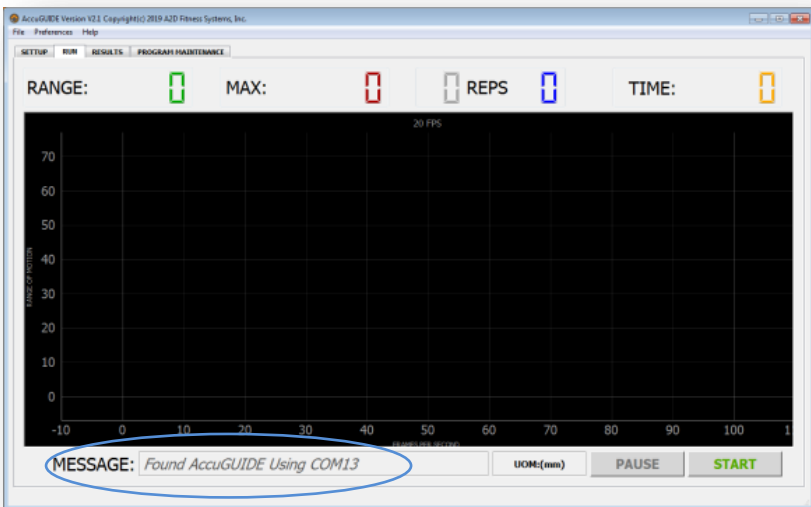


Figure 4 - AccuGuide Software Running



20) You may also want to download the latest user manual found under the installation section; you can always get the latest version of software and documentation from our website at any time

## Setting up AccuGuide

The AccuGuide application software was designed to work with a minimum screen resolution of 1280 x 720. You can maximize the size of the AccuGuide display window by dragging the corners of the window or simply clicking the Maximize box in the top right corner of the window.

Using the magnets located on the bottom and the back of the AccuGuide Device, mount AccuGuide close to any moving part of the metal exercise equipment, now extend the retractable cord and secure to the part of the machine that moves during the exercise. You may need to use the Carabiner and Attachment Loop to secure the retractable cord end.

Be sure that any moving parts of the exercise machine will not collide with the AccuGuide Device or its USB cable. If needed use the 15 foot USB Extension Cable to connect AccuGuide with your computer and manage the USB cable around the machine as needed to mitigate any trip hazards.



**WARNING:** *The retractable cord must **not** be over extended as this can cause damage to the AccuGuide Device. The maximum extension of the cable should not exceed 44 Inches or 112 Centimeters. Damage to AccuGuide caused by over extending the retractable cord is not covered under warranty!*



Figure 5 - AccuGuide Attached to Equipment

## Running AccuGuide Software

You can start the AccuGuide software by either double clicking on the desktop shortcut (if you created one during the installation process), or by clicking on the AccuGuide icon from the start menu.



**NOTE:** Please make sure that the AccuGuide Device is plugged into an available USB port on your computer or laptop with the AccuGuide Device LED flashing red BEFORE starting the AccuGuide Software, also, NEVER un-plug the AccuGuide Device while the AccuGuide Software is running, you should always EXIT the software first before disconnecting AccuGuide.

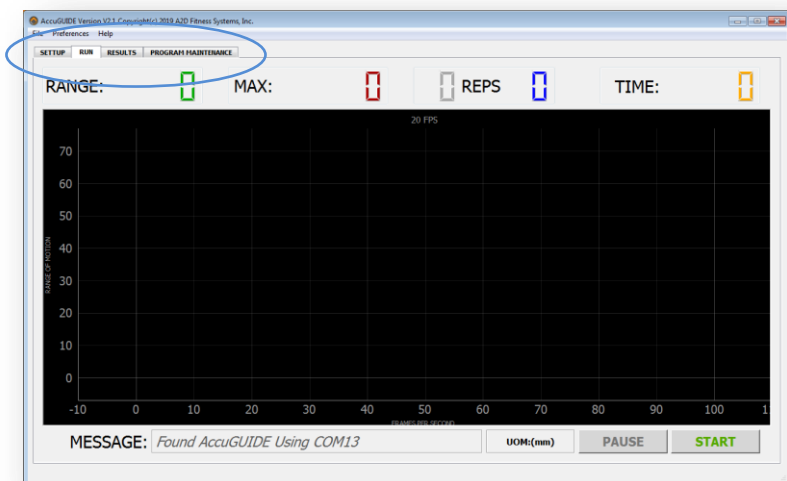


Figure 6 - Using AccuGuide Software

The AccuGuide software has four main tabs located at the top left corner of the display; these tabs are used to access the various features of the AccuGuide software.

Let's look at each tab in detail to see what and how the tabs features are used.



## SETUP TAB

Below is the SETUP tab with all of its controls

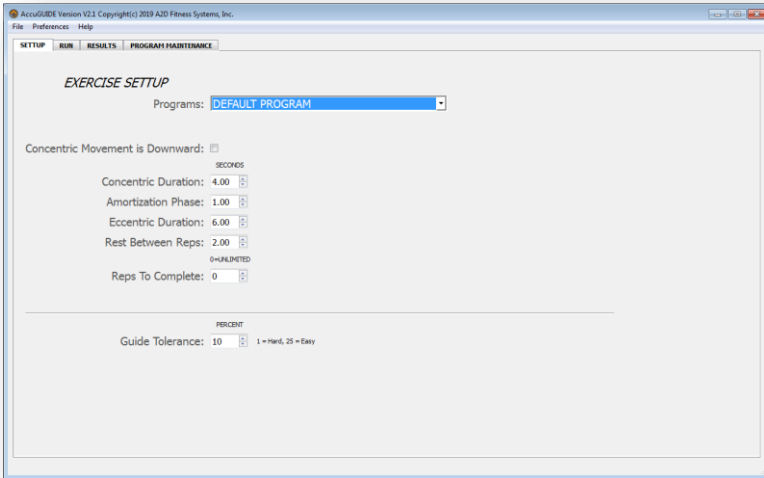


Figure 7 - SETUP Tab

The Exercise Setup tab is used to do just that, you can use a previously setup and saved exercise program or customize any part of the currently selected program. As you can see from the display in Fig 7, you can specify the durations for every part of an exercise movement, Concentric, Amortization and Eccentric phase durations and also the Rest period duration. Also notice at the top of the settings page is the “**Concentric Movement is Downward**” checkbox, this is checked when an exercise like a Lat-Pulldown will be performed, this insures that the real time display is appropriate for the downward concentric movement, more on this later. Next you can specify the target number of repetitions and also the Difficulty Level. We will look at the Difficulty Level and how it’s used later in the RUN Tab section.



## RUN TAB

The RUN tab is the main tab used to display the real time information when the user is performing an exercise or movement.

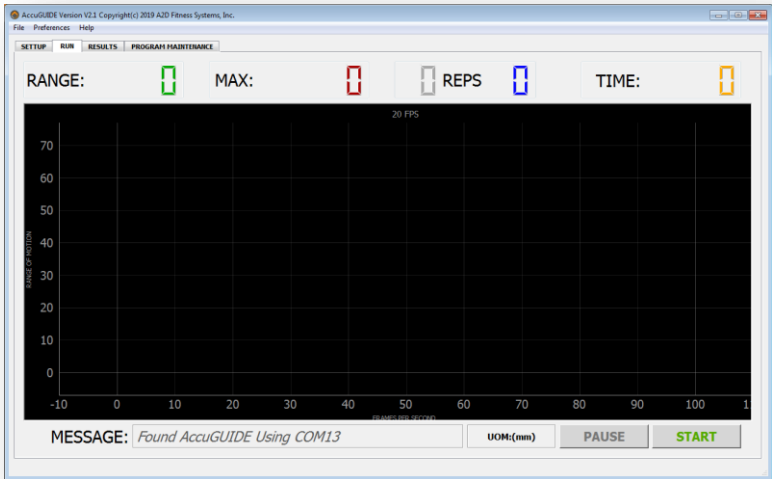
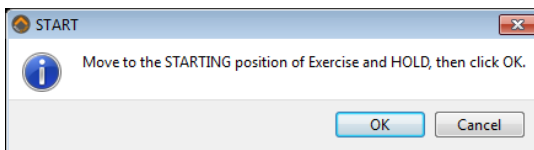


Figure 8 - RUN Tab

Assuming that all of the specifications for the exercise and user have been specified in the SETUP tab then we are now ready to begin an exercise or movement.

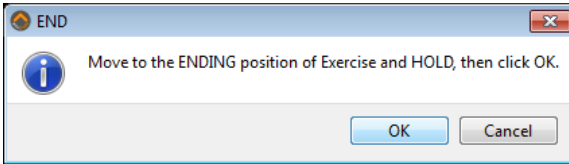
- 1) When the exerciser is in position and ready to begin the exercise, click on the “**START**” button to proceed
- 2) A message dialog will be displayed prompting the user to move to the “**STARTING position**” of the exercise and hold at that position



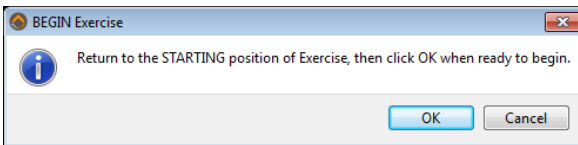




- 3) You as the Trainer or Clinician will click on the **“OK”** button once the user is in the start position
- 4) Next a message dialog will be displayed prompting the user to move to the **“ENDING position”** of the exercise and hold at that position



- 5) You as the Trainer or Clinician again clicks on the **“OK”** button
- 6) Lastly a message dialog will be displayed prompting the user to **“Return to STARTING position”** of the exercise and hold



- 7) The Trainer or Clinician clicks on the **“OK”** button to complete the exerciser’s calibration process

Using the specifications from the SETUP tab and the users’ range of motion calibration information, the pathway trainer is displayed in the graph area; see Fig 9 on the next page showing the grey pathway trainer.

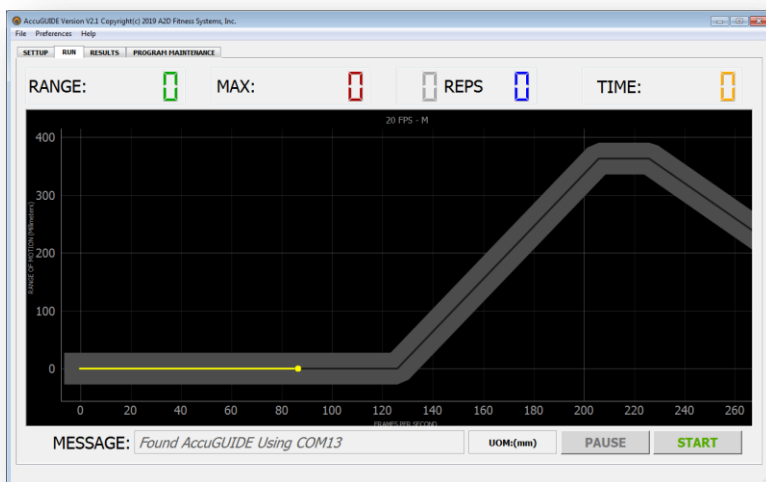


Figure 9 - The AccuGuide Pathway Trainer

The yellow dot moves to reflect the exerciser's real-time movement, while the grey pathway represents the target movement profile that scrolls from right to left along its time axis.

The width of the pathway is set by the “**Difficulty Level**” percentage found on the “**SETUP**” tab. The smaller the value for the Difficulty Level, the thinner the pathway will be and consequently more difficult for the exerciser.

The exerciser watches the yellow cursor while performing the exercise and works to keep the cursor inside of the grey pathway. All information regarding the exerciser's performance with respect to the target exercise profile is recorded and can be viewed and or printed as needed.



Figure 10 - Real-time Data Capture

- 8) The “**RANGE**” value is displayed in Inches, Centimeters or Millimeters and can be changed by selecting the required unit of measure from the “**Preferences**” menu from the top left of the AccuGuide window. AccuGuide is incredibly accurate with a resolution of less than one Millimeter
- 9) The “**MAX**” value is the highest range of motion achieved during the concentric movement
- 10) The grey “**REPS**” value is the number of repetition cycles completed by the grey pathway



11) The blue “REPS” value is the number of repetitions that the exerciser has completed. If a target number of reps has been set in the SETUP tab then a message will be displayed when the target has been reached, however more reps can be performed if desired

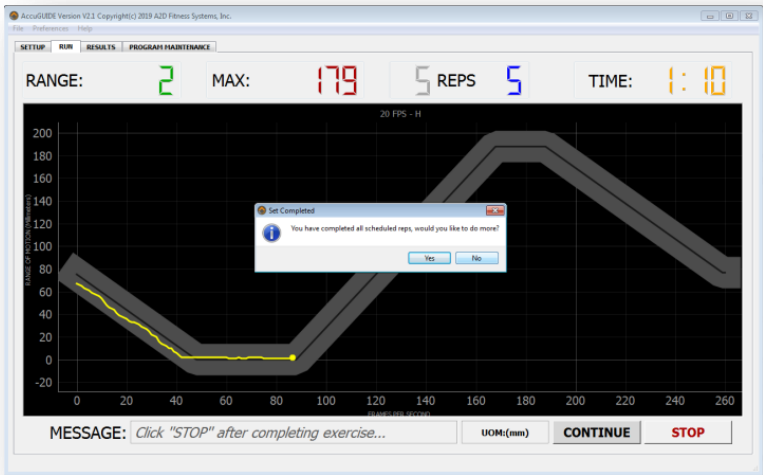


Figure 11 - Repetitions Completed

12) “TIME” is the total session time that has transpired so far

13) The “PAUSE” button does exactly that, it pauses the process, meaning that pathway stops scrolling to the left and the session time counter also stops. The yellow cursor is still active however, this allows the exerciser to move to the correct location of the movement before the trainer or clinician clicks on the “CONTINUE” button. After clicking on the “CONTINUE”



button, the pathway resumes scrolling and the session timer continues to increment, it does not reset

## RESULTS TAB

The RESULTS Tab is used to view and or print the comprehensive data that was captured during all phases or each repetition for the entire set.

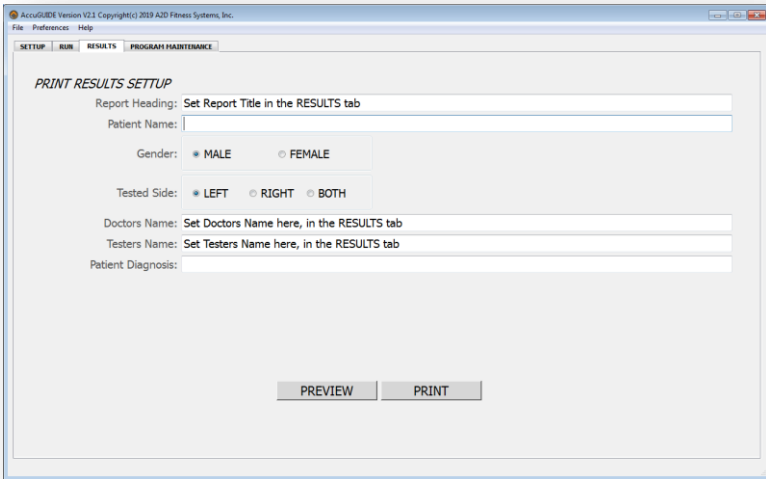


Figure 12 - RESULTS Tab

*Before viewing or printing, edit the fields as needed:*

- 1) **“Report Heading”** this information is shown at the top of the report, it can be set once and forgotten as it is saved and recalled each time you run AccuGuide so there is no need to keep re-typing it
- 2) **“Patient Name”**, this field however is not retained when AccuGuide is exited but is retained during the session until changed



- 3) **“Gender”**, click on the radio button for the patients Gender. This setting is not retained
- 4) **“Tested Side”**, click on the radio button to indicate the side of the patient being tested. Additionally this setting is not retained
- 5) **“Doctors Name”**, this setting is retained across sessions
- 6) **“Testers Name”**, this setting is also retained across sessions
- 7) **“Patient Diagnosis”**, this setting is not retained

## Report Review

Clicking on the **“PREVIEW”** button will generate the results report that can be viewed, printed or saved to file. Fig 13 shows the results report.

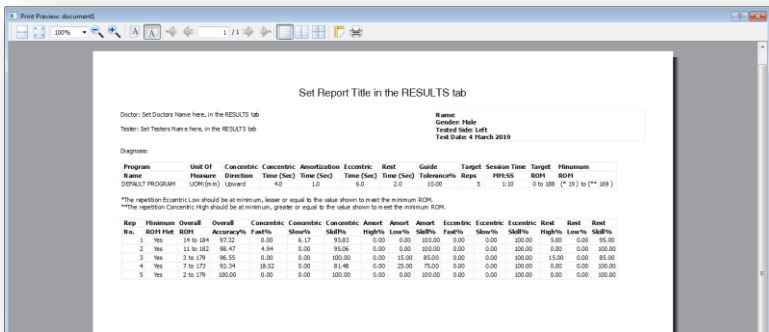


Figure 13 - Report Preview Window



## Saving Reports to an File

You may want to save reports to file so you can store and recall them at any time for review. The easiest way to do this is to use “CutePDF Writer”, it’s a virtual printer, once installed all you do is select “CutePDF Writer” from the printer selection dialog in AccuGuide, and then you will be asked to provide the name and destination folder for the file. CutePDF will then save the AccuGuide report to the chosen folder as a PDF formatted file. A few simple steps to install this free utility are all it takes. Please follow the steps below to install “CutePDF Writer”.

1) Using your browser, go to [www.cutepdf.com](http://www.cutepdf.com)

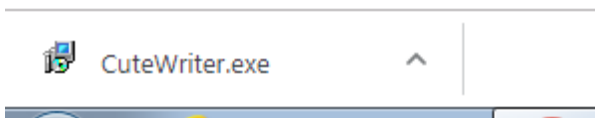
The screenshot shows the CutePDF website with a navigation bar (Home, Products, Support, Buy Now, Company) and a main content area with four product cards. The 'CutePDF Writer' card is highlighted, with its 'Free Download (1.56 MB)' button circled in red. The card lists features such as being a free PDF converter, professional quality output, and no watermarks. Other cards include 'CutePDF Professional', 'Custom PDF Converter', and 'CutePDF Editor - FREE!'.

Figure 14 - Installing CutePDF Writer

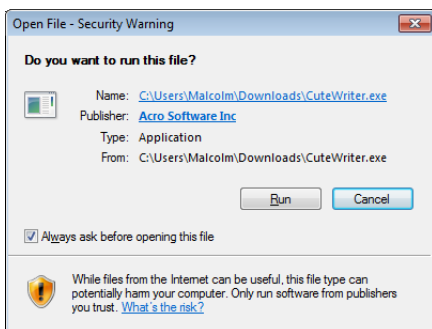
2) Click on the “**Free Download**” button in the “CutePDF Writer” section to start the download



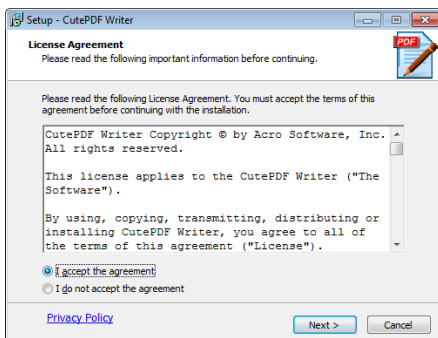
- 3) After the download has completed, click on the **“CuteWriter.exe”** file icon in the system tray



- 4) The install wizard will now start



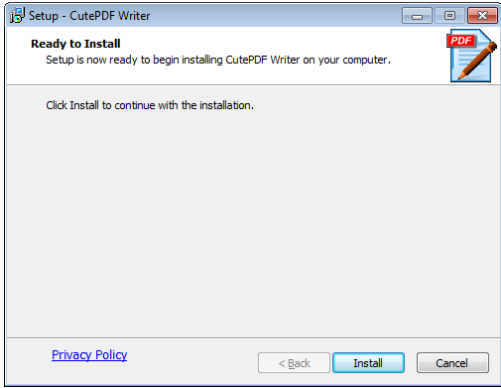
- 5) Click the **“Run”** button to begin the installation process





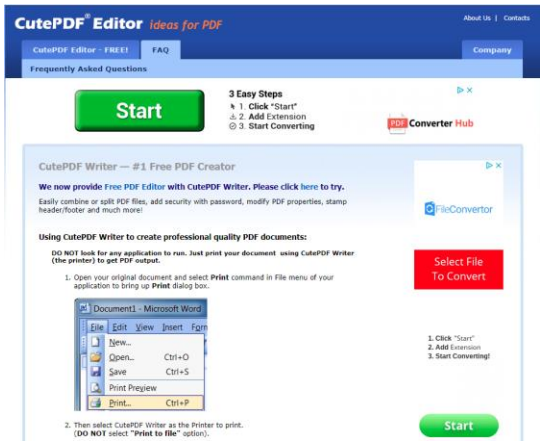


6) Click the **“I accept the agreement”** then click the **“Next”** button



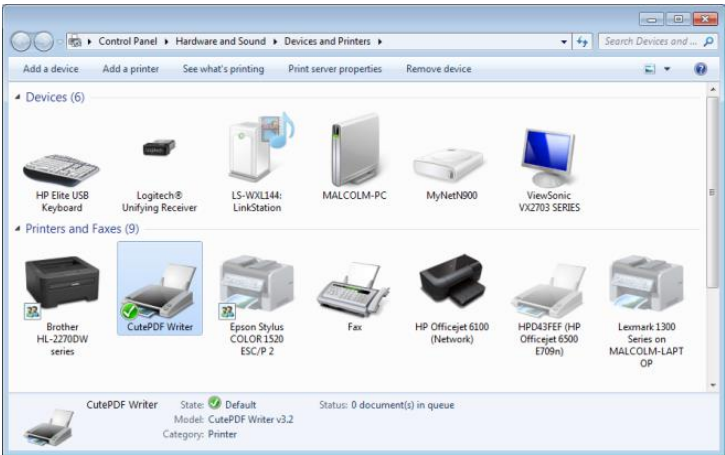
7) Click on the **“Install”** button to start the installation process

8) The installation only takes a few moments to complete, once finished you will be taken back to the website. At this point you have completed the installation

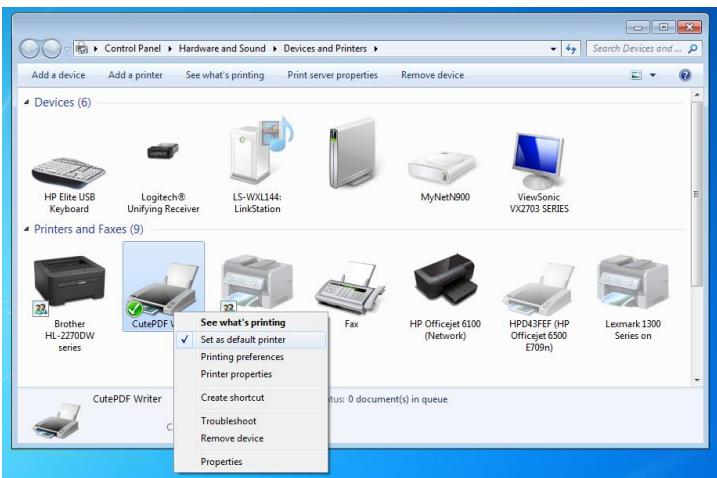




- 9) To confirm that everything was installed okay, go to the Windows Start Menu, click on **“Devices & Printers”**, you should now see the CutePDF Writer in the available printers dialog

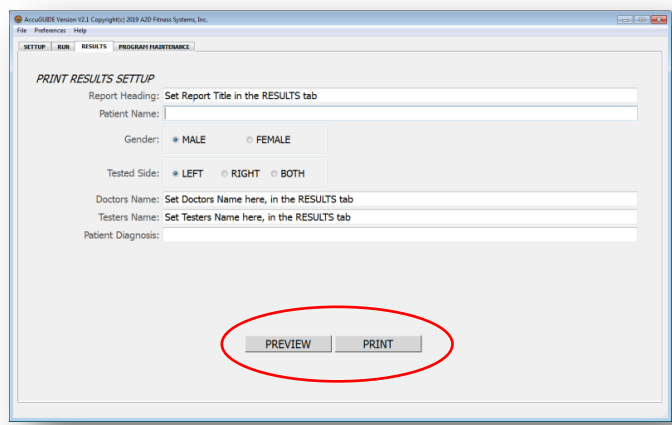


- 10) To make the CutePDF Writer the default printer, simply right click on the CutePDF Writer printer icon and select the **“Set as default printer”** option

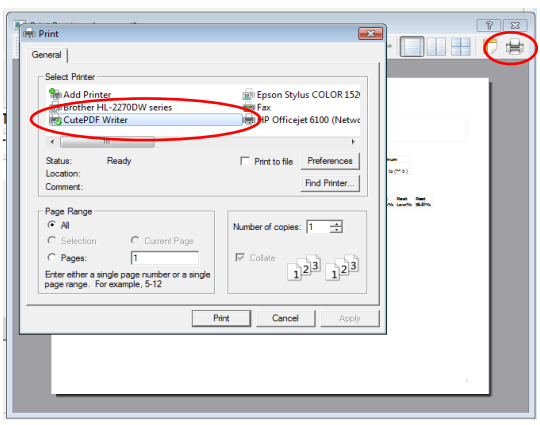




11) To send reports from AccuGuide to CutePDF Writer, simply select it from the printer selection dialog after clicking the **“PREVIEW”** or **“PRINT”** button on the **“RESULTS”** Tab

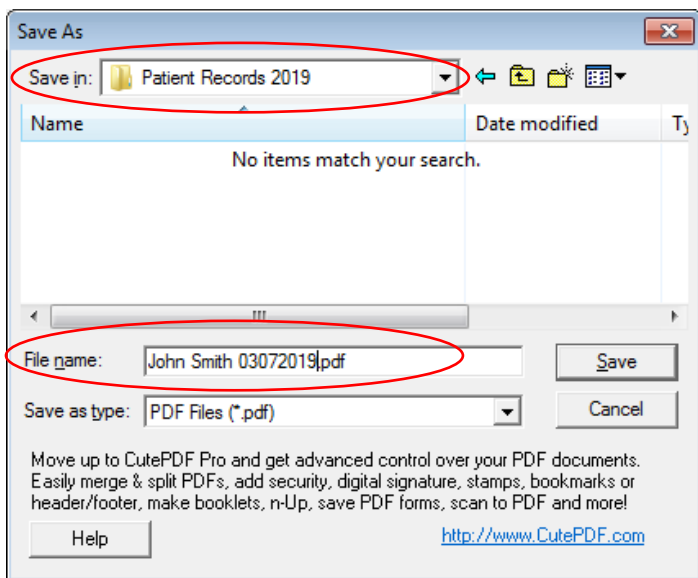


12) Click on the printer icon in the top right corner to show the Print options dialog





- 13) Select "**CutePDF Writer**" from the Select Printer Dialog
- 14) Now Click on the "**Print**" button to start the PDF file save process
- 15) Select the "**Save in**" folder and enter the name for the report in the "**File name**" field



- 16) Click on the "**Save**" button to complete the process and save the report as a viewable or printable PDF file recallable at any time



## Report Format

Set Report Title in the RESULTS tab

Doctor: Set Doctors Name here, in the RESULTS tab  
 Tester: Set Testers Name here, in the RESULTS tab

Name:  
 Gender: Male  
 Tested Side: Left  
 Test Date: 4 March 2019

Diagnosis:

| Program Name    | Unit Of Measure | Concentric Direction | Concentric Time (Sec) | Amortization Time (Sec) | Eccentric Time (Sec) | Rest Time (Sec) | Guide Tolerance% | Target Reps | Session Time MM:SS | Target ROM | Minimum ROM          |
|-----------------|-----------------|----------------------|-----------------------|-------------------------|----------------------|-----------------|------------------|-------------|--------------------|------------|----------------------|
| DEFAULT PROGRAM | UOM (mm)        | Upward               | 4.0                   | 1.0                     | 6.0                  | 2.0             | 10.00            | 5           | 1:10               | 0 to 188   | (* 19 ) to (** 169 ) |

\*The repetition Eccentric Low should be at minimum, lesser or equal to the value shown to meet the minimum ROM.  
 \*\*The repetition Concentric High should be at minimum, greater or equal to the value shown to meet the minimum ROM.

| Rep No. | ROM Met | Overall ROM | Overall Accuracy% | Concentric Fast% | Concentric Slow% | Concentric Skill% | Amort High% | Amort Low% | Amort Skill% | Eccentric Fast% | Eccentric Slow% | Eccentric Skill% | Rest High% | Rest Low% | Rest Skill% |
|---------|---------|-------------|-------------------|------------------|------------------|-------------------|-------------|------------|--------------|-----------------|-----------------|------------------|------------|-----------|-------------|
| 1       | Yes     | 14 to 184   | 97.32             | 0.00             | 6.17             | 93.83             | 0.00        | 0.00       | 100.00       | 0.00            | 0.00            | 100.00           | 5.00       | 0.00      | 95.00       |
| 2       | Yes     | 11 to 182   | 98.47             | 4.94             | 0.00             | 95.06             | 0.00        | 0.00       | 100.00       | 0.00            | 0.00            | 100.00           | 0.00       | 0.00      | 100.00      |
| 3       | Yes     | 3 to 179    | 96.55             | 0.00             | 0.00             | 100.00            | 0.00        | 15.00      | 85.00        | 0.00            | 0.00            | 100.00           | 15.00      | 0.00      | 85.00       |
| 4       | Yes     | 7 to 173    | 92.34             | 18.52            | 0.00             | 81.48             | 0.00        | 25.00      | 75.00        | 0.00            | 0.00            | 100.00           | 0.00       | 0.00      | 100.00      |
| 5       | Yes     | 2 to 179    | 100.00            | 0.00             | 0.00             | 100.00            | 0.00        | 0.00       | 100.00       | 0.00            | 0.00            | 100.00           | 0.00       | 0.00      | 100.00      |

Figure 15 - Report Detail

Let's take a look at the comprehensive report information:

- 1) Report title at the top, and as mentioned previously this can be customized to your requirements
- 2) The Doctors and Testers name are on the left side with the patient information and report date are on the right side of the page header
- 3) Patient Diagnosis is under the patient information and to the left of the page
- 4) The next section details the exercise program parameters, first is the Program Name, this is the name given when the exercise program was setup or modified from the **"PROGRAM MAINTENANCE"** Tab



- 5) **“Unit Of Measure”** will be Inches, Centimeters or Millimeters depending on the setting selected from the Preferences Menu
- 6) **“Concentric Direction”**, this reflects the checkbox setting as discussed in the **“SETUP”** Tab section
- 7) **“Concentric Time”**, this is the setting from the **“SETUP”** Tab
- 8) **“Amortization Time”**, this is the setting from the **“SETUP”** Tab
- 9) **“Eccentric Time”**, this is the setting from the **“SETUP”** Tab
- 10) **“Rest Time”**, again, this is a setting from the **“SETUP”** Tab
- 11) **“Difficulty Level”**, this is also a setting from the **“SETUP”** Tab
- 12) **“Target Reps”**, this is the set value from the **“SETUP”** Tab or if set to **“0”** Zero, this indicates unlimited repetitions with a maximum of 99
- 13) **“Session Time”**, is the total duration of time from the start of the set until the **“STOP”** button was pressed



- 14) “**Target ROM**”, this is the range of motion measured during the calibration process when the exerciser was prompted to move from the start to end position of the exercise
  
- 15) “**Minimum ROM**”, this is the minimum range-of-motion that must be achieved by the exerciser in order for AccuGuide to count the repetition. If the exerciser does not meet the minimum ROM requirement, then the grey rep counter will increment but the blue rep counter will not. This does not mean that the repetition information was discarded, in fact every detail of the rep will be recorded including the users ROM that did not satisfy the minimum ROM requirement

The value as set in the “**Difficulty Level**” is used to calculate the “**Minimum ROM**”. For example, if the calibrated ROM was 188mm and the Difficulty Level was set to 10% then the Minimum ROM range would be 19 to 169 (rounded up), meaning that the lowest eccentric range must be equal or lesser to 19, and the concentric range must be equal or greater than 169. If either of the two requirements are not met, then AccuGuide will not increment the blue “**REP**” counter and the “**Minimum ROM Met**” column on the report will indicate “**No**” for that same repetition.



The next section of the report reflects the exercisers actual performance in relationship to the program settings, guide tolerance and the exercisers calibrated range-of-motion.

- 16) The 1st column, "**Rep No.**", the repetition number
- 17) 2nd column, "**Minimum ROM Met**", "**Yes**" or "**No**".  
This facilitates a quick confirmation of ROM targets
- 18) 3rd column, "**Overall ROM**", this indicates the minimum eccentric and the maximum concentric range
- 19) 4th column, "**Overall Accuracy%**", this column quickly indicates the accuracy of the exerciser for all of the individual phases of the repetition, concentric, amortization, eccentric and rest phase combined
- 20) 5th column, "**Concentric Fast%**", indicates the percentage of time that the exerciser was moving faster than the pathway guide during the concentric movement phase
- 21) 6th column, "**Concentric Slow%**", indicates the percentage of time that the exerciser was moving slower than the pathway guide during the concentric movement phase
- 22) 7th column, "**Concentric Skill%**", this column indicates the overall accuracy of the concentric phase





- 23) 8<sup>th</sup> column, "***Amort High%***", indicates the percentage of time that the exerciser was above the pathway guide during the amortization phase
- 24) 9<sup>th</sup> column, "***Amort Low%***", indicates the percentage of time that the exerciser was below the pathway guide during the amortization phase
- 25) 10<sup>th</sup> column, "***Amort Skill%***", this column indicates the overall accuracy of the amortization phase
- 26) 11<sup>th</sup> column, "***Eccentric Fast%***", indicates the percentage of time that the exerciser was moving faster than the pathway guide during the eccentric movement phase
- 27) 12<sup>th</sup> column, "***Eccentric Slow%***", indicates the percentage of time that the exerciser was moving slower than the pathway guide during the eccentric movement phase
- 28) 13<sup>th</sup> column, "***Eccentric Skill%***", this column indicates the overall accuracy of the eccentric phase
- 29) 14<sup>th</sup> column, "***Rest High%***", indicates the percentage of time that the exerciser was above the pathway guide during the rest phase



30) 15<sup>th</sup> column, “**Rest Low%**”, indicates the percentage of time that the exerciser was below the pathway guide during the rest phase

31) 16<sup>th</sup> and last column, “**Rest Skill%**”, this column indicates the overall accuracy of the rest phase

Information for all 16 columns is repeated for each repetition performed with a maximum of 99 repetitions per set.



## PROGRAM MAINTENANCE TAB

The last tab on the right is the “**PROGRAM MAINTENANCE**” tab and is used to add, modify or delete custom exercise programs.

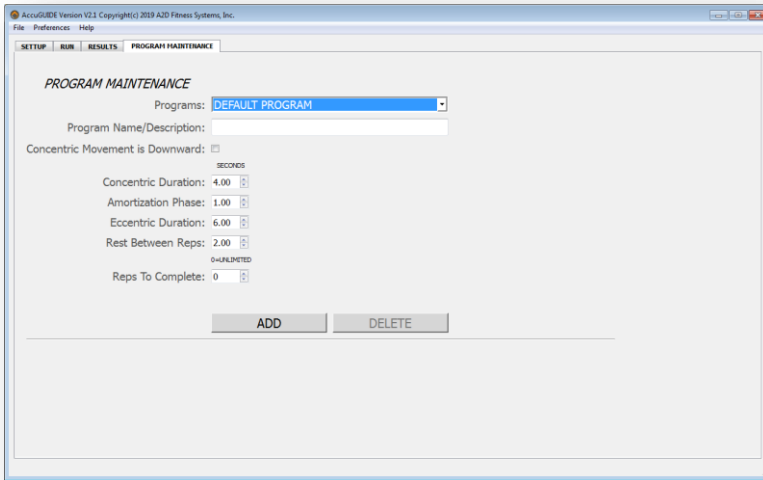


Figure 16 – PROGRAM MAINTENANCE Tab

- 1) To add a new user specific program, the first entry in the dropdown list box “**DEFAULT PROGRAM**”, must be selected as seen in Fig 15. This will enable the “**ADD**” button. To add your new exercise program enter the name of the program in the “**Program Name/Description**” field, next check the “**Concentric Movement is Downward**” if applicable, if checked this will invert the Y axis of the pathway making it more intuitive for exercises that move in a downward direction for the concentric phase



- 2) Now select the desired time durations for each repetition movement phase, Concentric, Amortization, Eccentric and the Rest time between reps
- 3) You can set a specific number of repetitions to be performed or set the “**Reps To Complete**” to “**0**” zero which indicates that an Unlimited number of reps can be performed
- 4) After setting all of the parameters as needed, click on the “**SAVE**” button

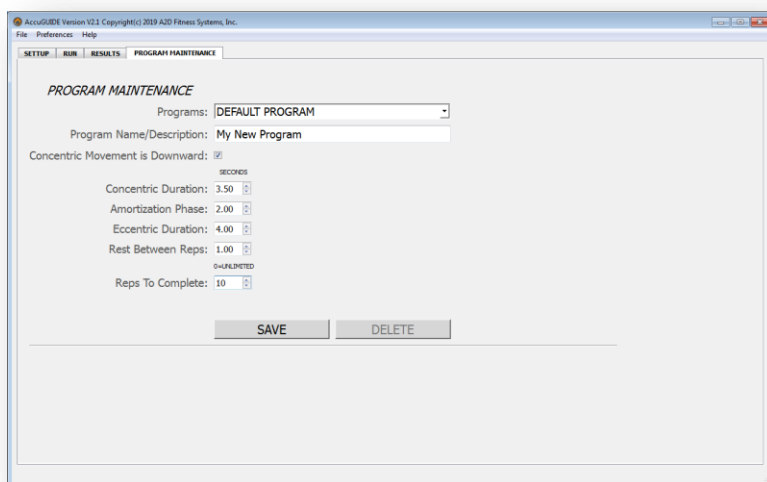


Figure 17 - Add New Exercise Program

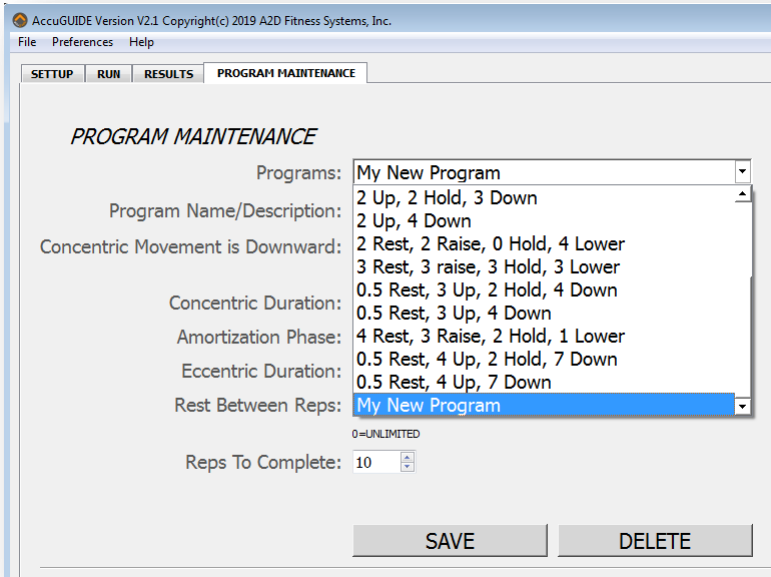


Figure 18 - New Exercise Program Added

- 5) The “My New Program” has been added to the end of the available programs list, now you can select it at any time from the “**SETUP**” tab to set the exercise parameters as specified
- 6) To modify a program, simply select the program from the available programs list, make the required changes and then click the “**SAVE**” button

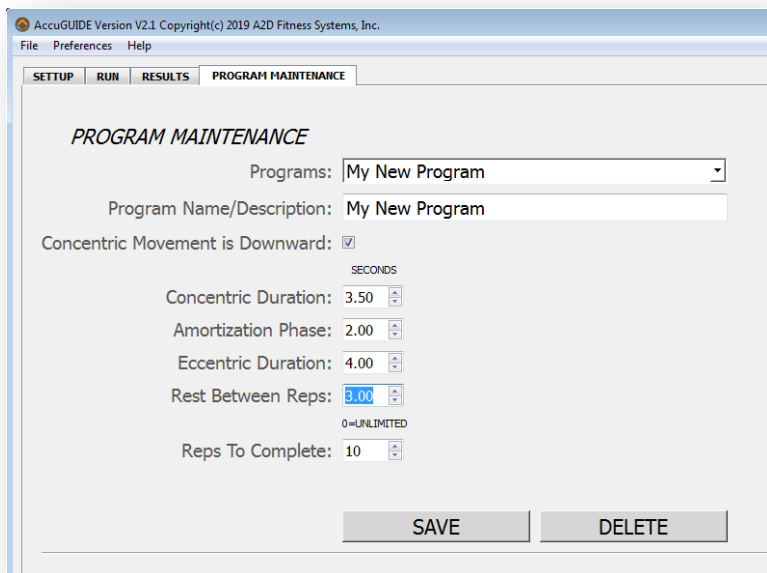


Figure 19 - Modify Existing Program

- 7) To delete a program, select the program from the available programs list and then click the ***“DELETE”*** button

**NOTE:** The ***“DEFAULT PROGRAM”*** cannot be deleted, but its program settings can be modified and saved if desired.



## Calibration

AccuGuide must be calibrated to ensure accurate range measurements for all of the units' of measure, Millimeters, Centimeters and Inches. It is not required to calibrate the units of measure that will not be used, for example if you intend to only use the Millimeters unit of measure then calibrating Centimeters and Inches is not required, however it is recommended to calibrate all of the measurement units as it only takes a few minutes and it only needs to be done once.

To begin the calibration process, place the AccuGuide device next to some books with a ruler as shown below, make sure AccuGuide is connected to your computer or laptop, start the AccuGuide software and follow the steps below:





- 1) From the **“Preferences”** menu, select the unit of measure that you would like to calibrate

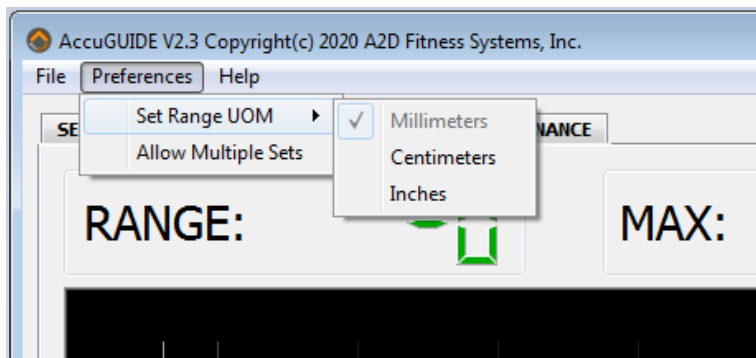


Figure 20 - Preferences Menu

- 2) Next, from the **“File”** menu, select the **“UOM Calibration Adjust”** option

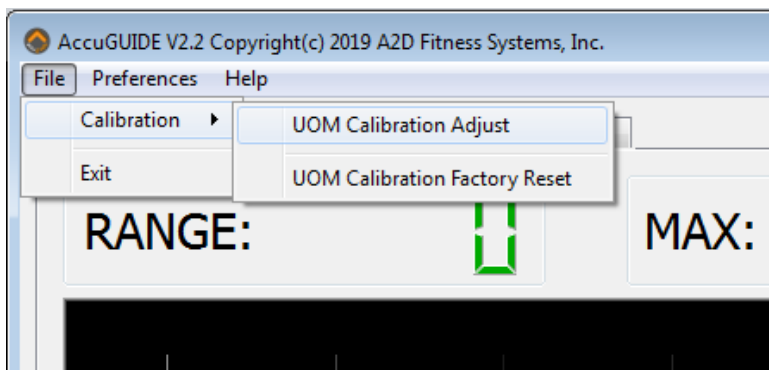


Figure 21 - File Menu





- 3) Now the current calibration value will be displayed with UP and DOWN adjustment arrows next to it

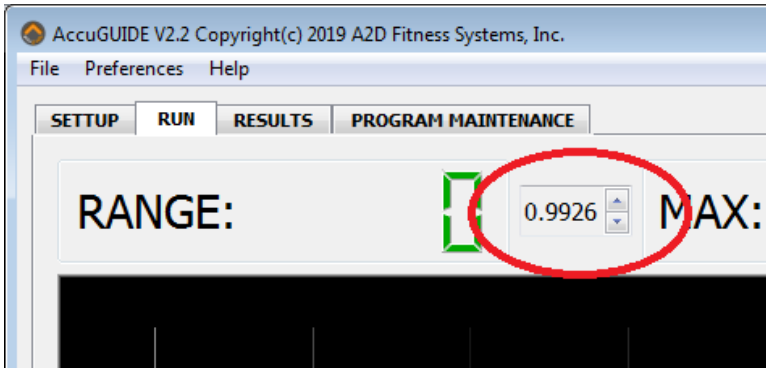


Figure 22 - Calibration Adjustment

- 4) Click the **"START"** button to begin, make sure that the tether is at a comfortable stop against AccuGuide, click **"OK"** when prompted to move to the Start of the exercise
- 5) Next move the tether out to about 320mm if calibrating Millimeters, 32cm if calibrating Centimeters or 13 Inches if calibrating Inches and click **"OK"** when prompted to move to the Ending position. This measurement does not need to be precise
- 6) Now return the tether to its starting position and click **"OK"** to begin receiving data from AccuGuide



- 7) Now move the tether to a precise position (we used 280mm) using the bottom of the rubber bumper rings as the marker and secure it into position, have someone hold it or you can use a piece of tape



Figure 23 - Precise Calibration Measurement



- 8) Now click the UP/DOWN arrows (see Fig 22) to adjust the calibration value until the **“RANGE”** reading reads exactly 280mm or whatever measurement you used in Step 7
  
- 9) You can verify the reading by returning the tether to its starting position and then moving it to a different position on the ruler and checking the reading, adjust the calibration factor value as needed. As the measurement units are so small, it's okay to have a slight variance of a few units either way
  
- 10) When you are satisfied with the calibration, you should complete the same steps for the remaining un-calibrated Units Of Measure. You will first need to un-check the **“UOM Calibration Adjust”** option from the **“File”** menu so you can select another Unit Of Measure from the **“Preferences”** menu. You can then return to Step 1 and follow all of the steps for calibration
  
- 11) If you need to reset all of the calibration values to the factory settings, simply select **“UOM Calibration Factory Reset”**, from the **“File”** menu, you can then re-calibrate again as needed



## Allow Multiple Sets Option

The **“Allow Multiple Sets”** option can be used to default the Range-Of-Motion for the next exercise to be performed to the Range-Of-Motion that was determined by the previously completed exercise. This eliminates the need to specify the start and end position for the new exercise about to be performed. Program changes to the concentric and eccentric time parameters can be made before the start of the next set if required just as normal.

If multiple sets are required, first check the option in the **“Preferences”** menu. This option by default is un-checked.

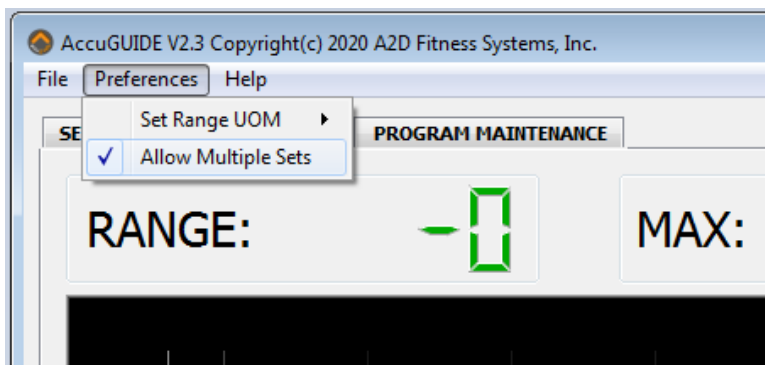


Figure 24 - Allow Multiple Sets Option

After checking the **“Allow Multiple Sets”** option the normal calibration process for the exercise must be first completed, moving to the **“Start Position”**, then the **“Ending Position”** and then back to the **“Start Position”**. Now, when the user completes the exercise and the **“STOP”** button is pressed, a button with **“NEXT SET”** will be shown in the bottom right corner of the display.

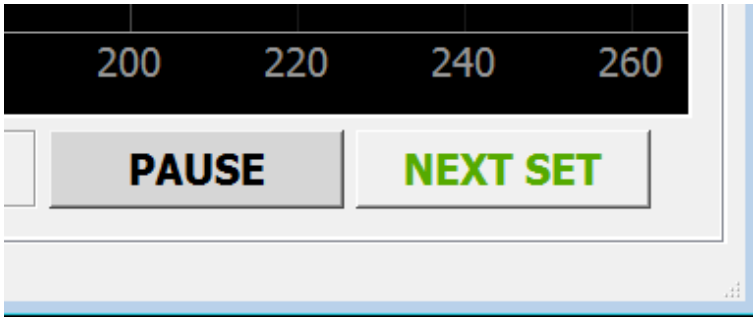
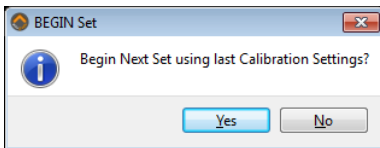
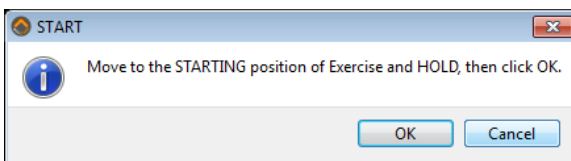


Figure 25 - Next Set Button

After completing the first exercise after the **“Allow Multiple Sets”** option has been set, the normal **“START”** button is replaced with the **“NEXT SET”** button. At this time changes to the exercise parameters can be changed as normal from the **“SETUP”** Tab if required, then to begin the next exercise (set), click the **“NEXT SET”** button and the following prompt will be displayed.



If the **“Yes”** option is selected, this will start the exercise (set). If **“No”** is selected then it is assumed that you do not want to use the previous calibration settings, you will again be asked for the exercise **“Start Position”**, **“END Position”** as normal for a new exercise. If want to stop completely when there are no further sets or new exercises to be performed, click on the **“Cancel”** button in the **“START”** message window.





After each set, reports should be viewed and or printed as reports are reset at the start of each set as they are with exercises.

## Warranty Policy

A2D Fitness Systems, Inc. (Company) warrants only to the purchaser (Customer) of the Product that the product will be free from defects in materials and workmanship under the normal use and service for which the Product was designed for a period of **12 months from the date of purchase** of the Product by the Customer.

Customer's exclusive remedy under this Limited Warranty shall be the repair or replacement, at Company's sole option, of the Product, or any part of the Product, determined by A2D Fitness Systems, Inc. to be defective. In order to exercise its warranty rights, Customer must notify Company in accordance with the instructions described under the heading "Obtaining Warranty Service".

This Limited Warranty does not extend to any Product damaged by reason of alteration, accident, abuse, neglect or misuse or improper or inadequate handling; installation, operation or use of the Product not made in strict accordance with the specifications and written instructions provided; use of the Product for any purpose other than those for which it was designed; ordinary wear and tear; disasters or acts of God; unauthorized attachments, alterations or modifications to the Product;



or any other reason or event not caused by A2D Fitness Systems, Inc.

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This Limited Warranty shall be void if the Customer fails to comply with all of the terms set forth in this Limited Warranty. This Limited Warranty is the sole warranty offered by A2D Fitness Systems, Inc. with respect to the Product. A2D Fitness Systems, Inc. does not assume any other liability in connection with the sale of the Product. No representative of A2D Fitness Systems, Inc. is authorized to extend this Limited Warranty or to change it in any manner whatsoever. No warranty applies to any party other than the original Customer.

A2D Fitness Systems, Inc. and its directors, officers, employees, subsidiaries and affiliates shall not be liable for any damages arising from any loss of equipment, loss or distortion of data, loss of time, loss or destruction of software or other property, loss of production or profits, overhead costs, claims of third parties, labor or materials,



penalties or liquidated damages or punitive damages, whatsoever, whether based upon breach of warranty, breach of contract, negligence, strict liability or any other legal theory, or other losses or expenses incurred by the Customer or any third party.

## Obtaining Warranty Service

- All returns must be made to original place of purchase. For direct purchase from A2D Fitness Systems, Inc., warranty is applicable upon production of a valid A2D Fitness Systems, Inc. invoice or receipt.
- If the Product was purchased directly from A2D Fitness Systems, Inc., please contact Customer Service at [info@a2dfitness.com](mailto:info@a2dfitness.com) If the Product was purchased from any Third party; please contact them to arrange for a return.

For Technical assistance, please contact us at [info@a2dfitness.com](mailto:info@a2dfitness.com)

A2D Fitness Systems Inc. will provide Customer and Technical assistance for as long as you own your AccuGuide System.





The latest User Manual (this document) can be found on our website [www.a2dfitness.com](http://www.a2dfitness.com) from the “Downloads” page.

We recommend reviewing the entire document to ensure that you get the most from your AccuGuide System.

Thank you for using AccuGuide, should you have any questions please contact us at [info@a2dfitness.com](mailto:info@a2dfitness.com)