



CYCLONE

Interval Training Examples



Intervals

- Conditioning to increased activity
 - Early onset fatigue
 - Increasing endurance
- General strength and conditioning
 - Increase quality of activity
 - Add variety decrease boredom
- Accommodation to stimulation
 - Decrease likelihood of spasticity, AD

Conditioning to Increased Activity



Stimulator | Profile | Therapy | Interval Training | Pulse-Oximeter

	Duration	Control Speed (rpm)	Resistance (Nm)	Maximum Stim (%)	Motor Support		
					Duration	Offset (rpm)	
1	10:00	35	0.635	100	10:00	-5	delete
2	05:00	35	0.5	Off	05:00	0	delete
3	10:00	35	0.5	100	10:00	-5	delete
4	05:00	35	0.5	Off	05:00	0	delete
5	10:00	35	0.635	100	10:00	-5	delete
6	05:00	35	0.5	Off	05:00	0	delete
7	15:00	35	0.5	100	10:00	-5	delete



[add](#)

Perform time. Duration: 1:00:00

Do Interval Training

General Strength and Conditioning

	Stimulator	Profile	Therapy	Interval Training	Pulse-Oximeter
	Duration	Control Speed (rpm)	Resistance (Nm)	Maximum Stim (%)	Motor Support ?
					Duration Offset (rpm)
1	10:00	45	1.985	100	10:00 -5 delete
2	10:00	35	3.065	100	10:00 -5 delete
3	10:00	40	2.255	100	10:00 -5 delete
4	10:00	45	1.58	100	05:00 -5 delete
5	10:00	35	3.065	100	05:00 -5 delete
6	10:00	40	2.12	100	05:00 -5 delete
	add				
	Perform	1	time.	Duration: 1:00:00	
				<input checked="" type="checkbox"/> Do Interval Training	

Control Increase of Stimulation

Stimulator | Profile | Therapy | Interval Training | Pulse-Oximeter

	Duration	Control Speed (rpm)	Resistance (Nm)	Maximum Stim (%)	Motor Support		
	Duration				Duration	Offset (rpm)	
1	10:00	35	0.5	50	10:00	-5	delete
2	10:00	35	0.77	60	10:00	-5	delete
3	10:00	35	1.04	70	10:00	-5	delete
4	10:00	35	1.445	80	10:00	-5	delete
5	10:00	35	1.985	90	10:00	-5	delete
6	10:00	35	2.525	100	05:00	-5	delete

[add](#)

Perform time. Duration: 1:00:00

Do Interval Training

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