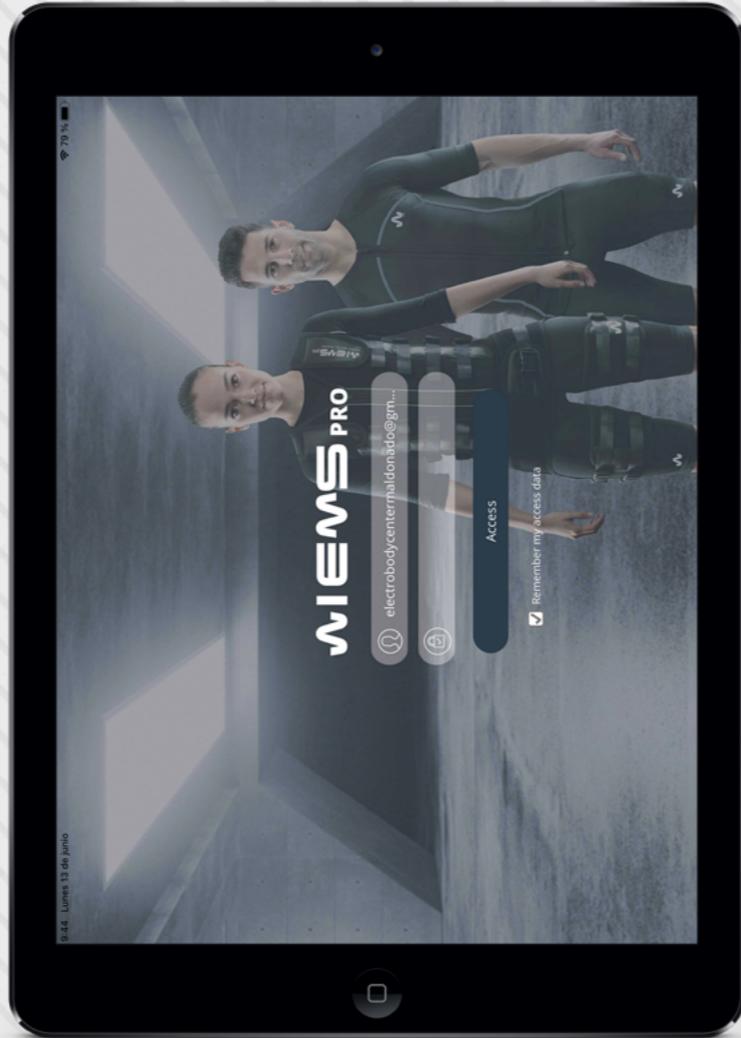




**WIEMS** PRO  
APP USER GUIDE



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## INTRODUCTION

In this user manual you will see basic aspects of using the Wiemspro App:

- Run demo sessions.
- Register and assess clients.
- Choose training programs.
- Create or modify training sessions.
- Control a training session.

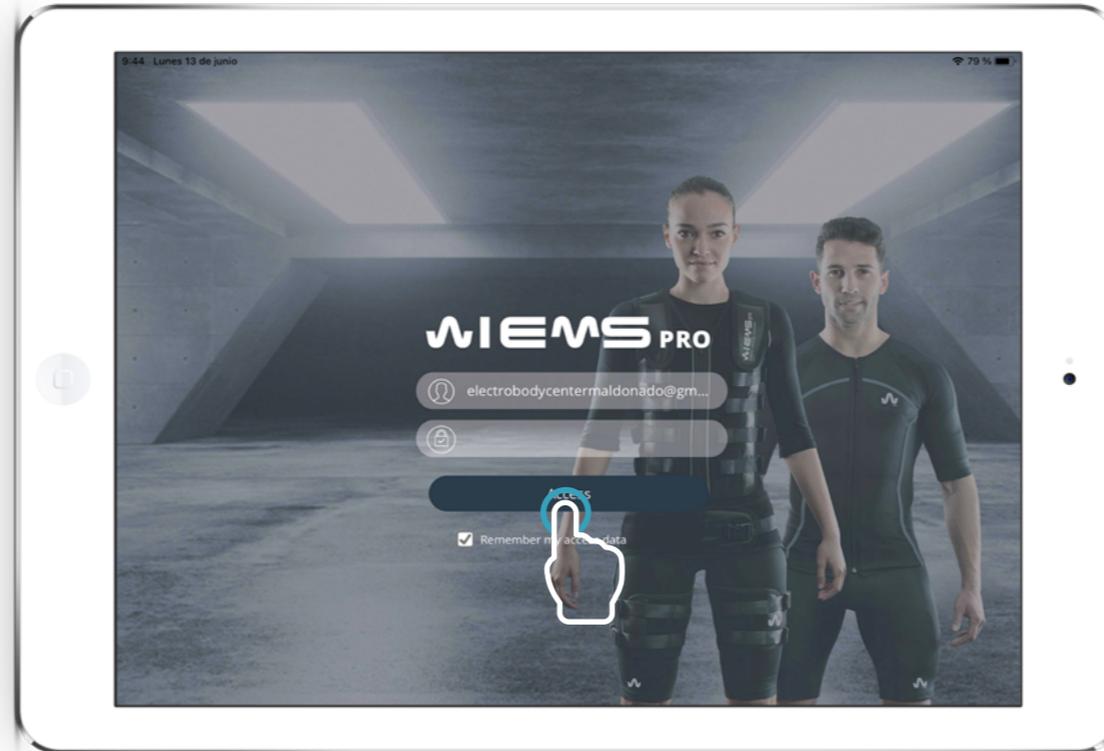


**WIEMSPRO APP  
SET UP**

**01**

## USO OF THE APP

1. Download the App from the Apple Store and install it.
2. Go to settings and set up the App for its correct use.
3. Enter your username and password and press the access button.

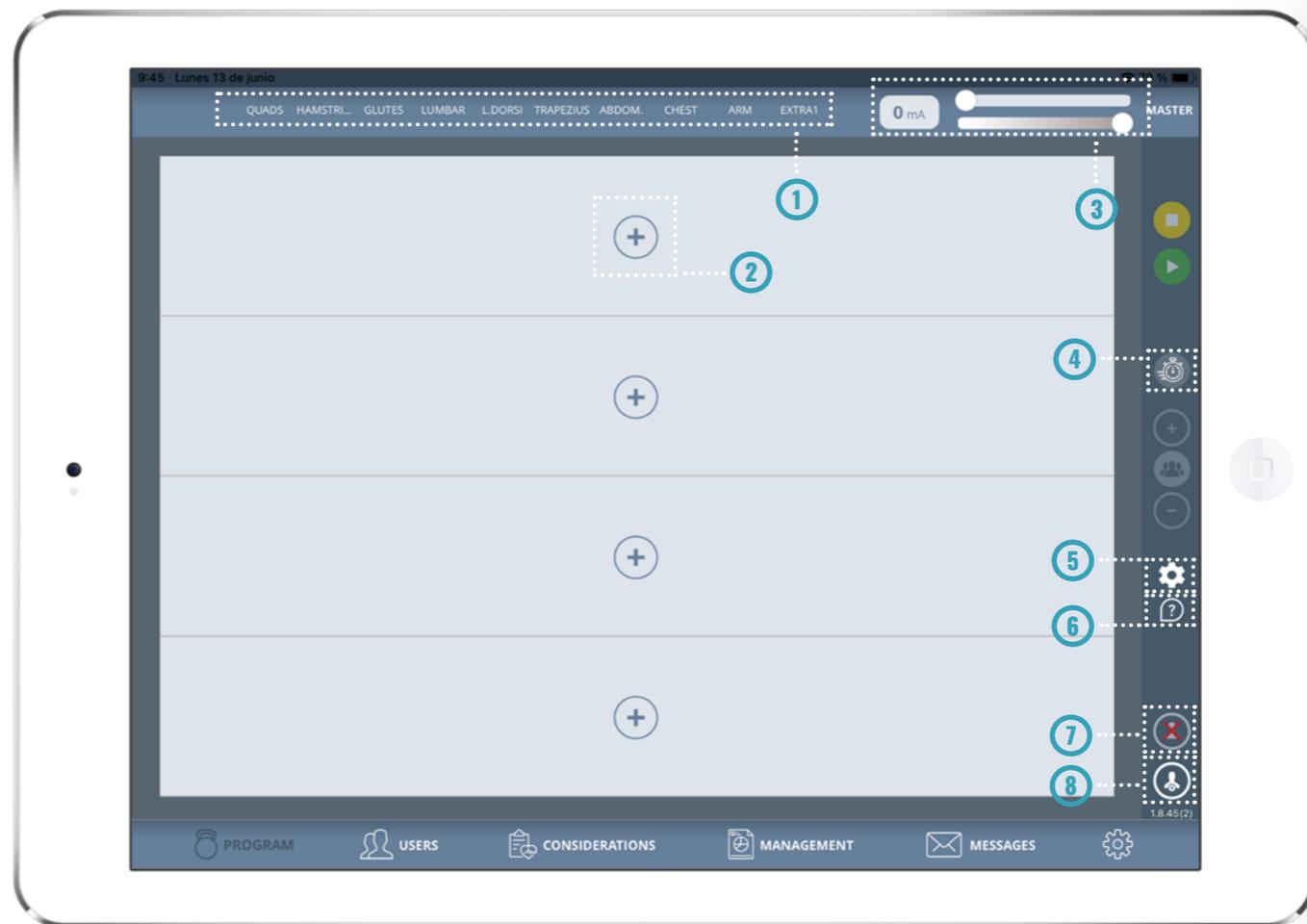


**! IMPORTANT:** to save all the session data and ensure a good functioning of the app, it is necessary to have an **internet connection**.

## MAIN TRAINING SCREEN

Once you are in the application you will see the following controls: ▶

- ▶ **1.** Muscle groups or channels.
- ▶ **2.** "+" button for adding new users to training.
- ▶ **3.** Master control.
- ▶ **4.** Timer button.
- ▶ **5.** Settings button.
- ▶ **6.** Help button.
- ▶ **7.** Delete clients button.
- ▶ **8.** Add clients button (max 6).

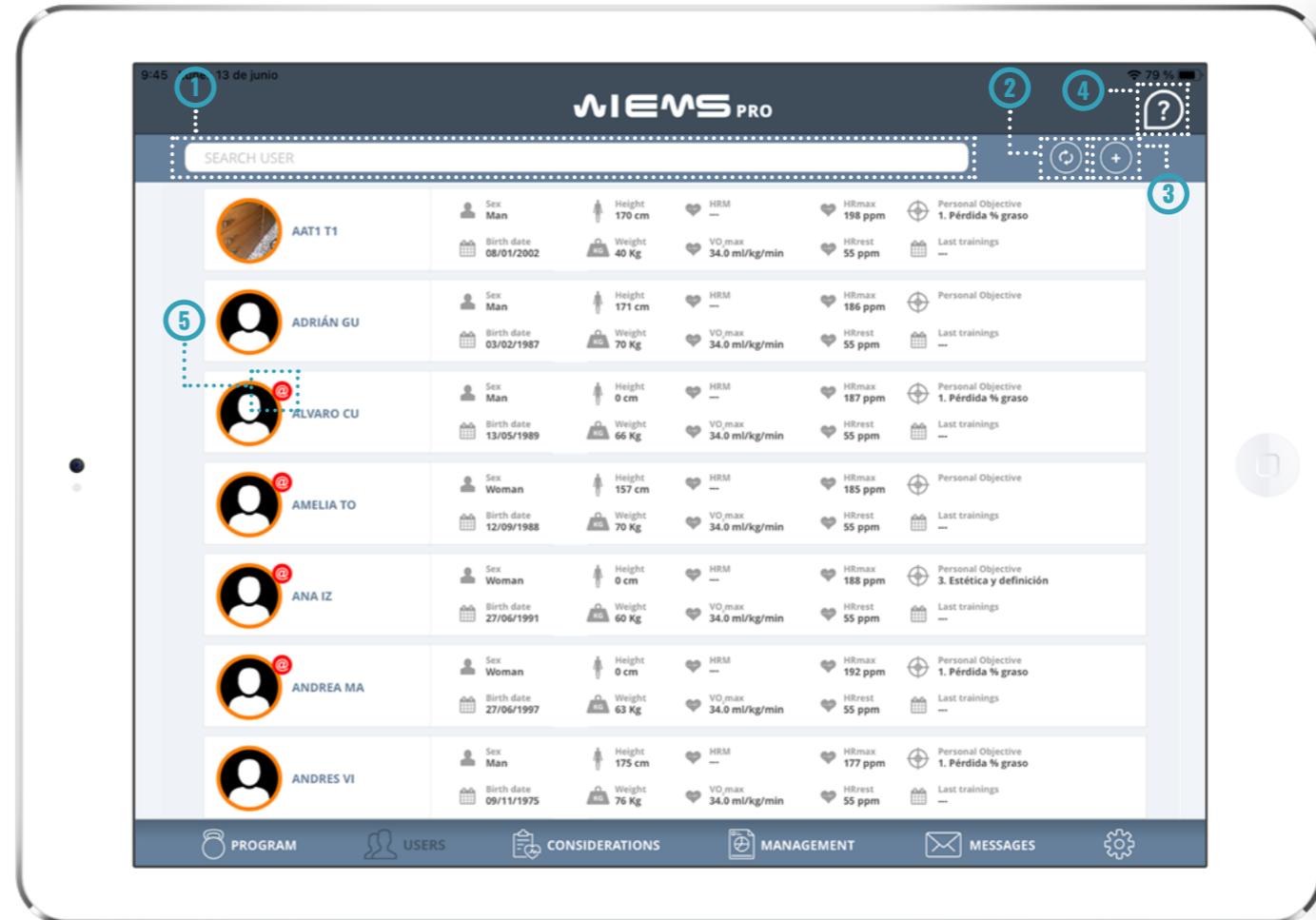


**USER  
SCREEN**

**02**

## USER SCREEN

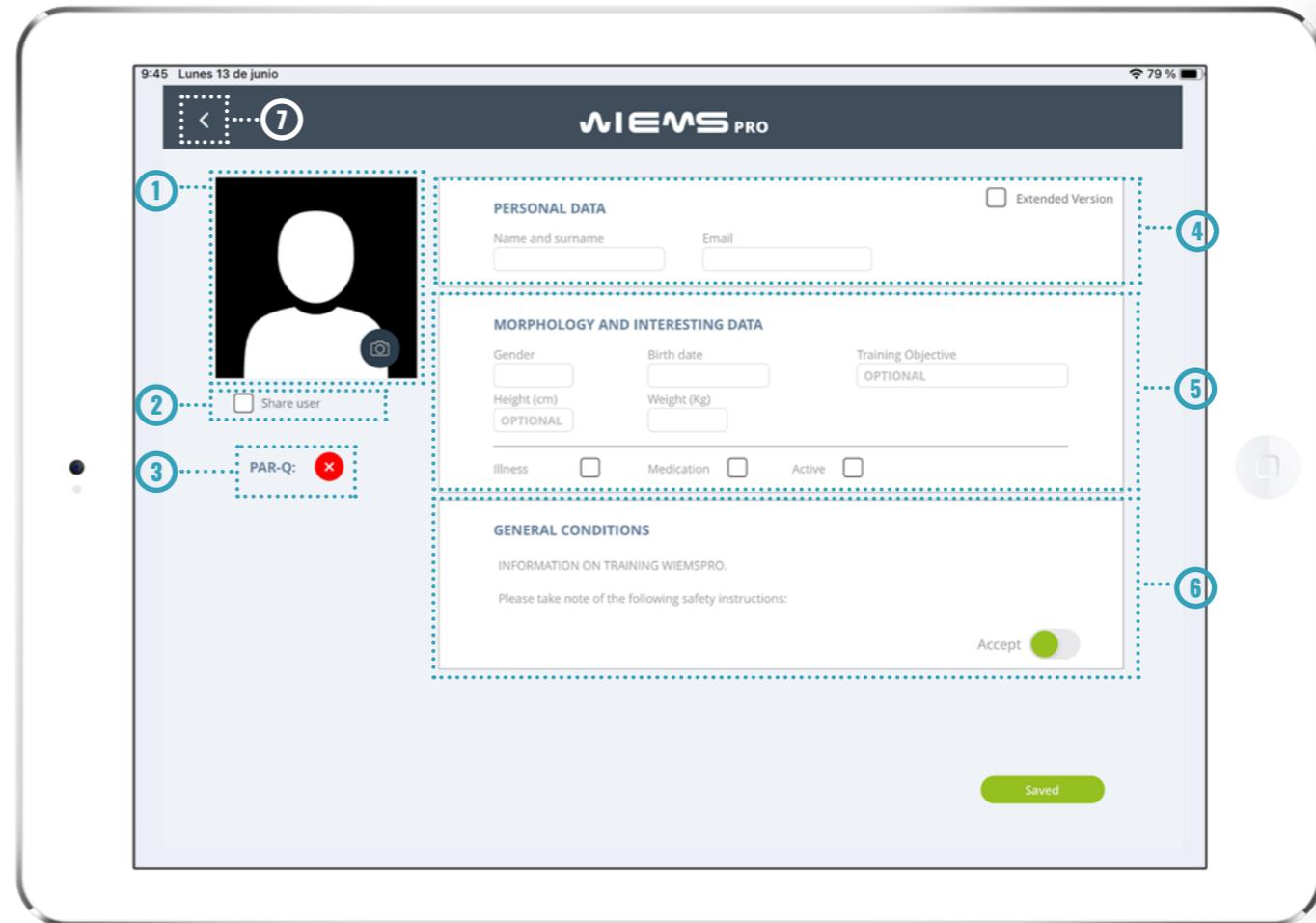
1. Client search bar.
2. Client update button. (internet connection needed).
3. New client button. (+)
4. Help button.
5. Client verification (@).



## NEW CLIENT REGISTRATION (STANDARD)

On the User screen, press the “add” button 

1. Client’s photo.
2. Share clients with other trainers.
3. PAR-Q questionnaire.
4. Personal data.
5. Morphology and interesting data.
6. General conditions.
7. Return button.



## NEW CLIENT REGISTRATION (COMPLETE)

In the customer registration screen we will click on the “Full version” box. We will get more personal data of the client in case we need them.

16:11 Martes 22 de noviembre 31%

WIEMS PRO

Extended Version

PERSONAL DATA

Name and surname  Email  ID number  OPTIONAL

Phone  OPTIONAL Address  OPTIONAL

Postal Code  OPTIONAL City  OPTIONAL

Share user

PAR-Q:

MORPHOLOGY AND INTERESTING DATA

Gender  Birth date  Training Objective  OPTIONAL

Altura (cm)  OPTIONAL Peso (Kg)  Favorite Sports / Activities  OPTIONAL

Illness  Medication  Active  Motivation  OPTIONAL

GENERAL CONDITIONS

INFORMATION ON TRAINING WIEMSPRO.

Please take note of the following safety instructions:

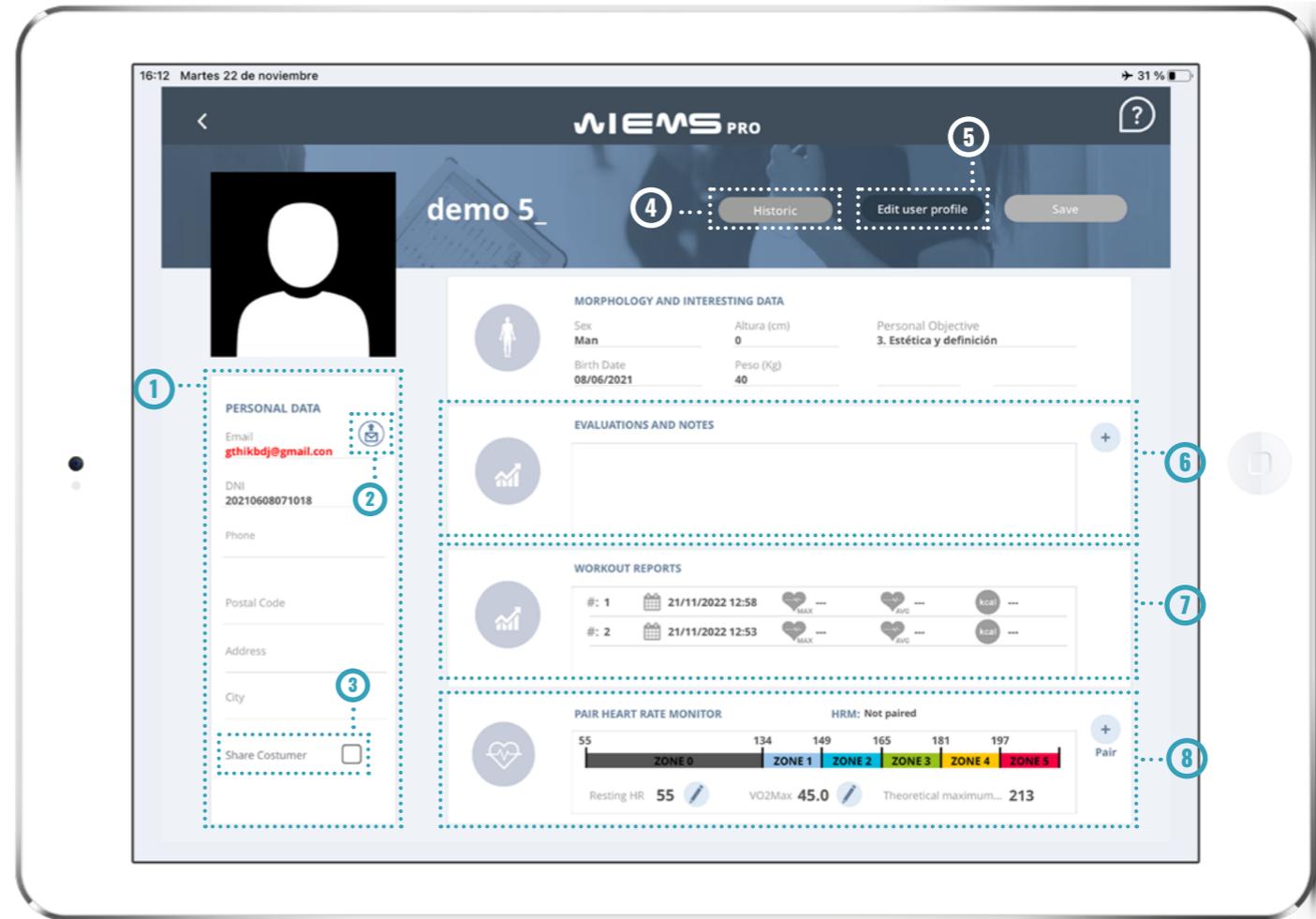
Accept

Saved

## CLIENT FILE

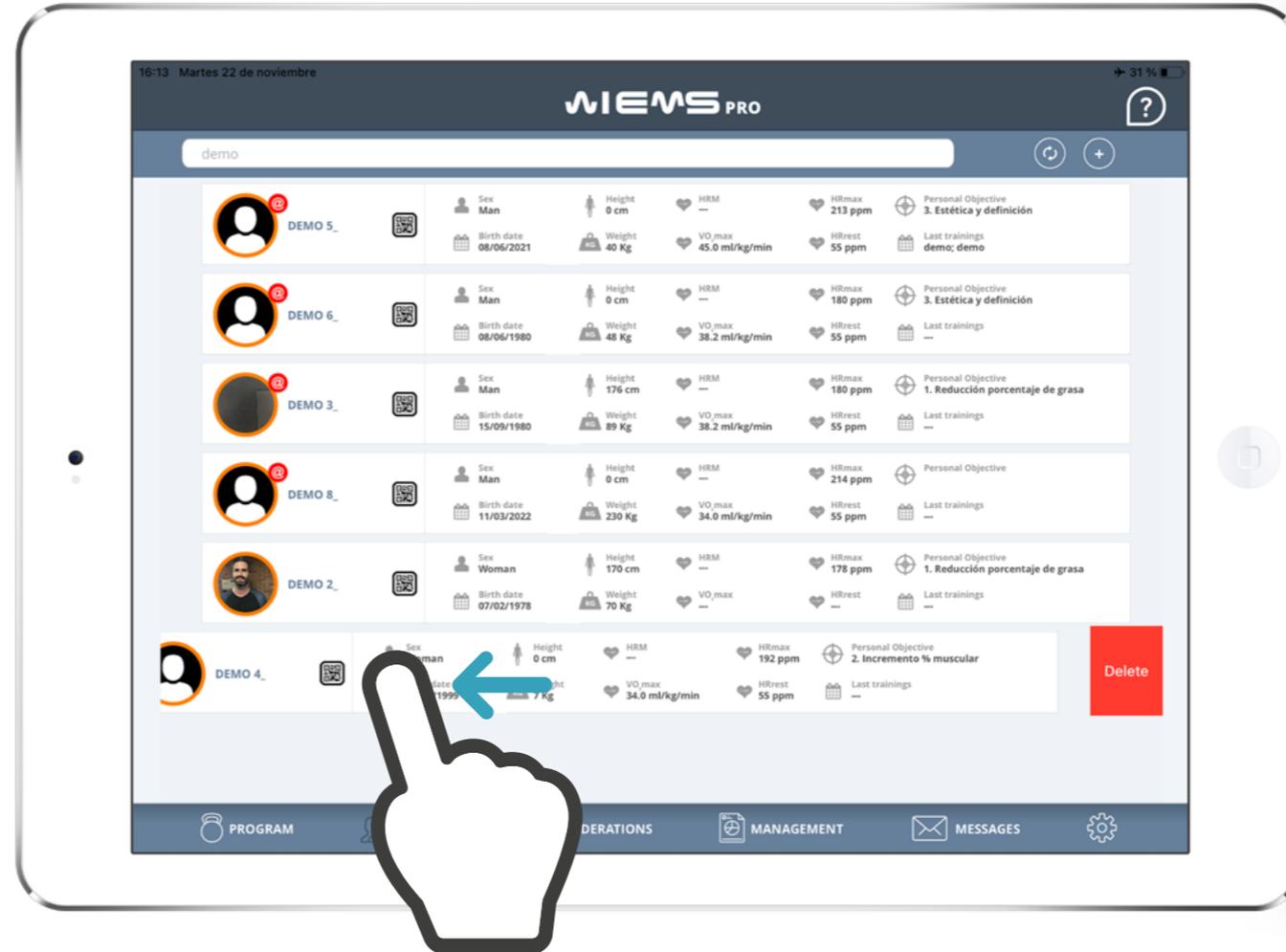
By clicking on a client's file, we will access his data.

1. Personal data.
- ▶ 2. "Send confirmation email" button.
3. "Share clients" button.
4. Client history button (it is necessary to confirm the email).
5. "Edit user data" button.
6. Notes and evaluations.
7. Training reports.
8. Heart rate parameters.



## DELETING A CLIENT

In order to delete a client, we will slide the user to the left and hit "delete".

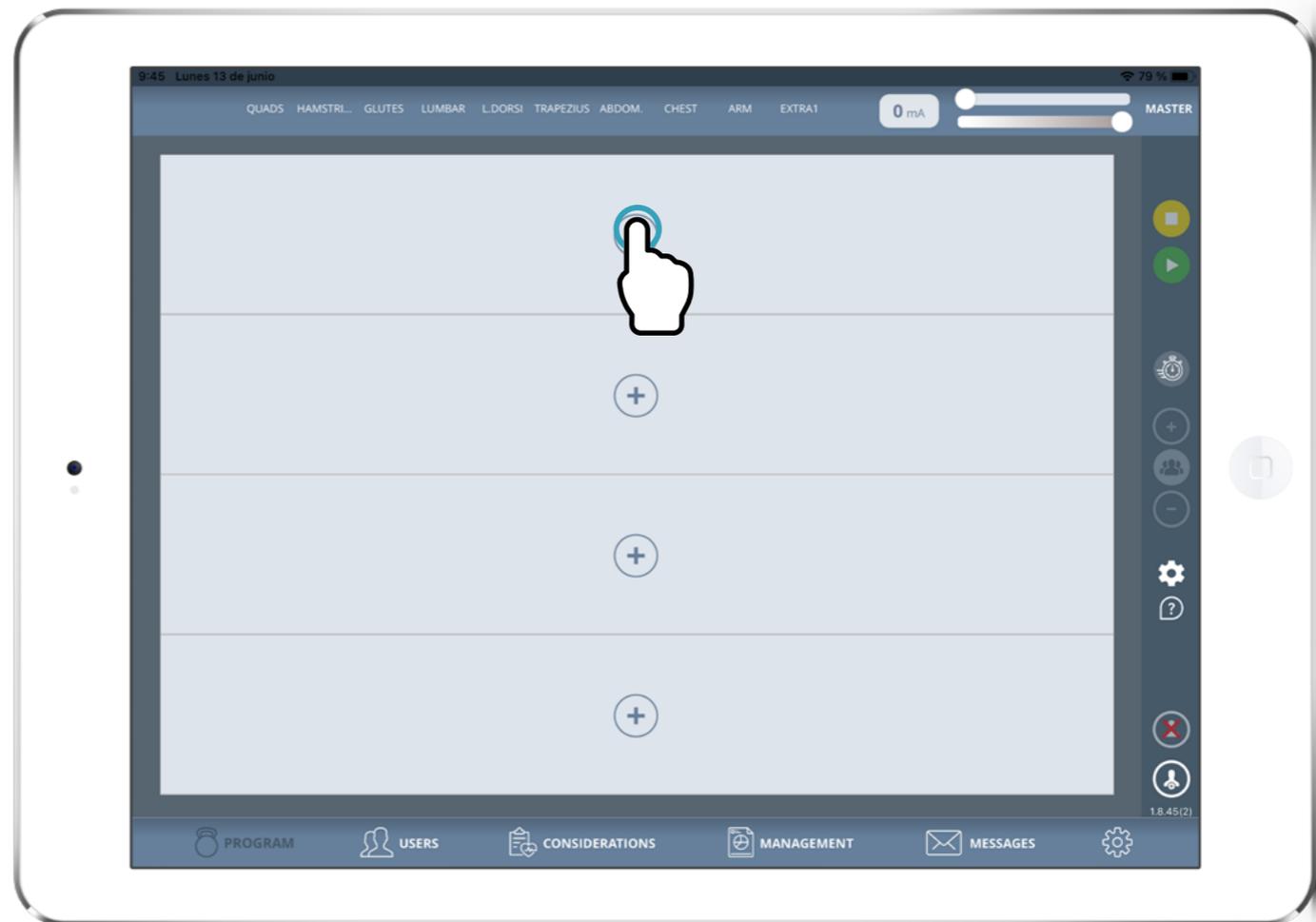


**TRAINING  
SETTINGS**

**03**

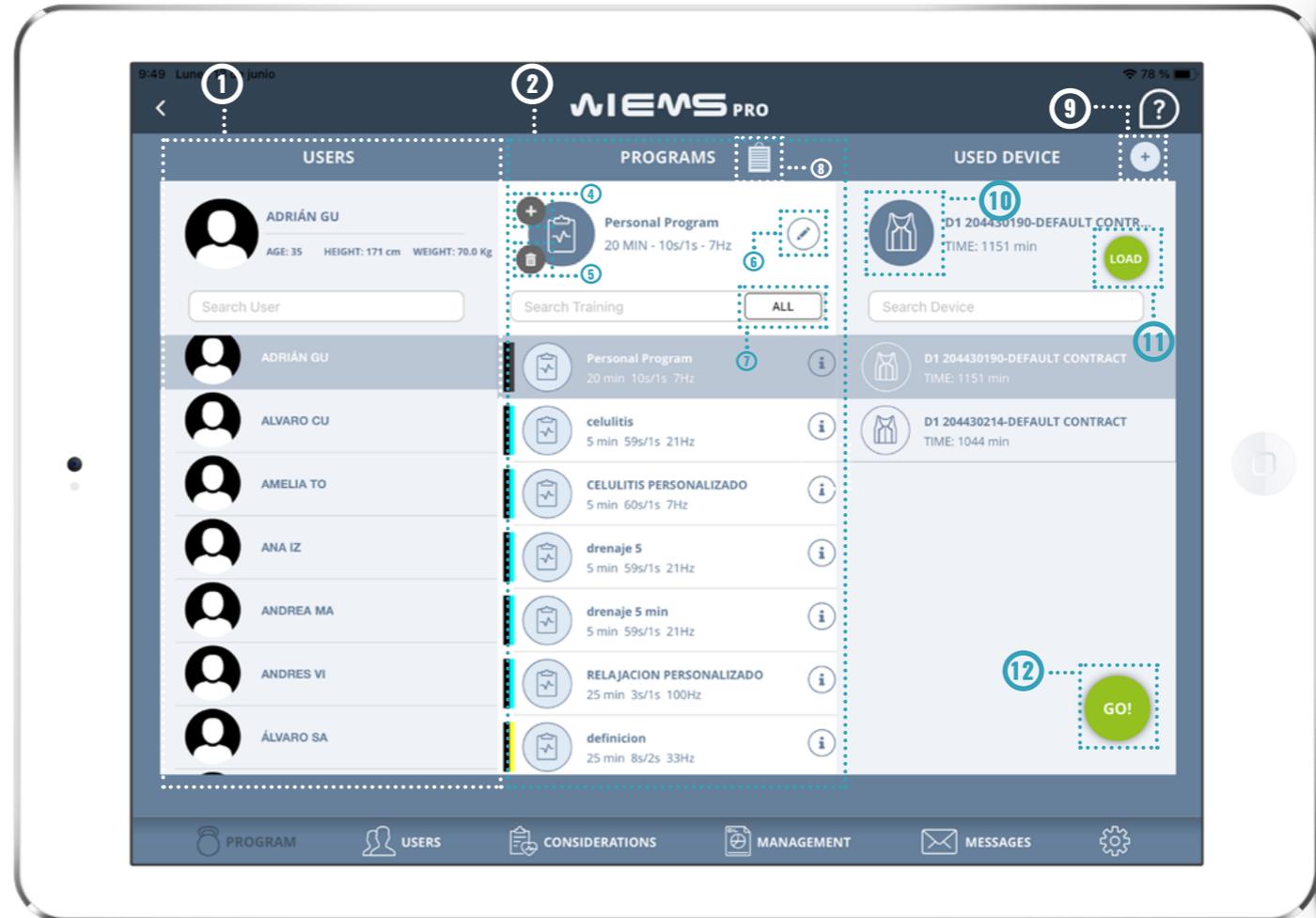
## BEGIN A TRAINING PROGRAM

On the Programs screen, click the "add" button  



## LOADING A NEW TRAINING PROGRAM

1. Registered user list.
2. Program list.
3. "Program info" button.
4. "Create program" button.
5. "Delete existing program" button.
6. "Modify existing program" button.
7. Button to filter programs by type.
8. Enable and disable programs button.
9. "Add Demo device" button.
10. "Add or change device name" button.
11. "Load" button for loading more than one devices at a time.
12. "Go!" button to start or return to the main screen with the programs and users loaded.



## PROGRAM TYPES

**Green:** Low frequency (1-33 Hz); more oriented towards the initial part of the session.

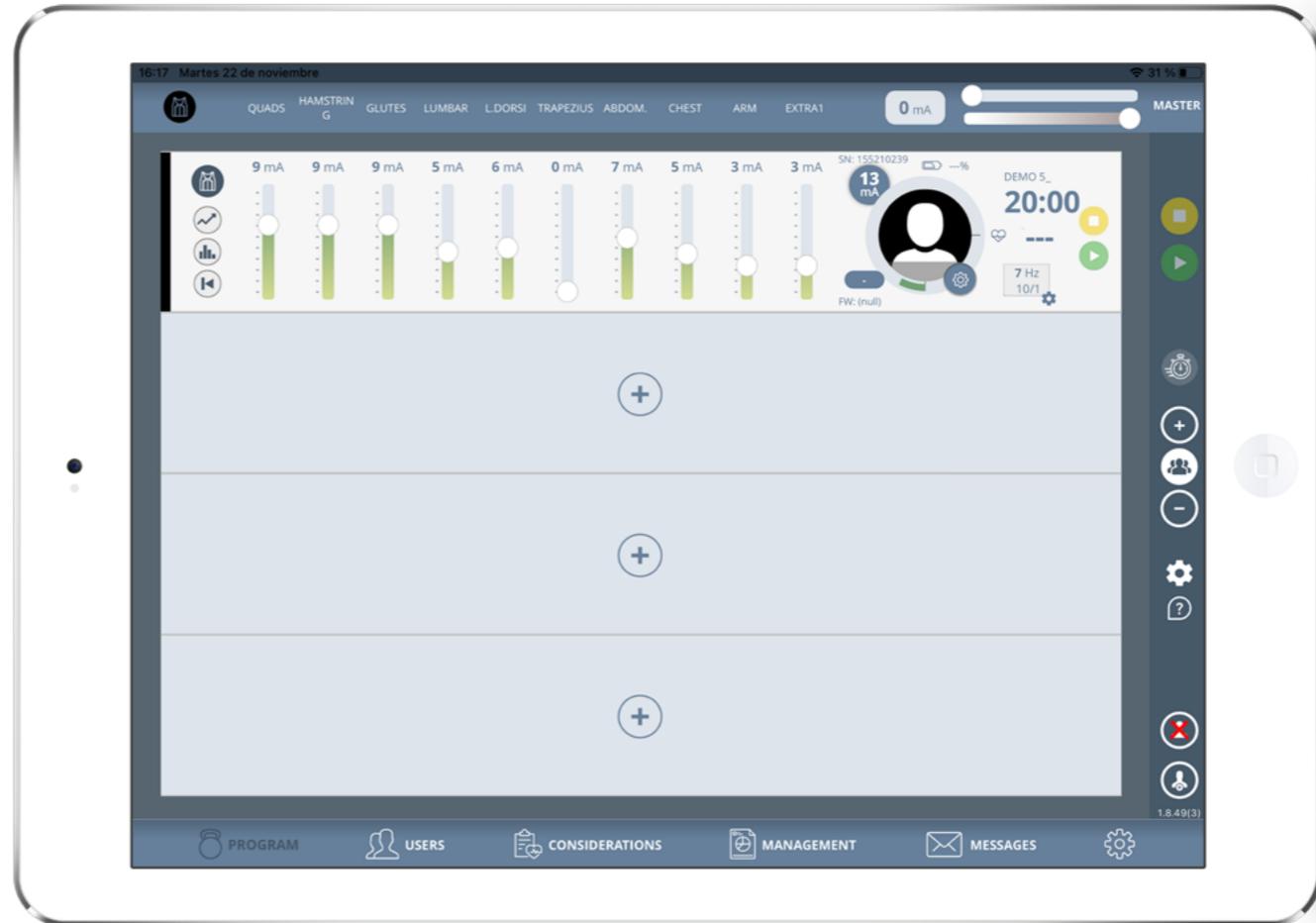
**Yellow:** Low frequency programs, more oriented towards the initial part of the session.

**Orange:** Medium frequency programs (34 Hz-66 Hz).

**Red:** High frequency programs (67-100 Hz).

**Blue:** Different frequency programs, oriented towards the final part of the session.

**Black:** Custom programs, or programs created by the trainer.

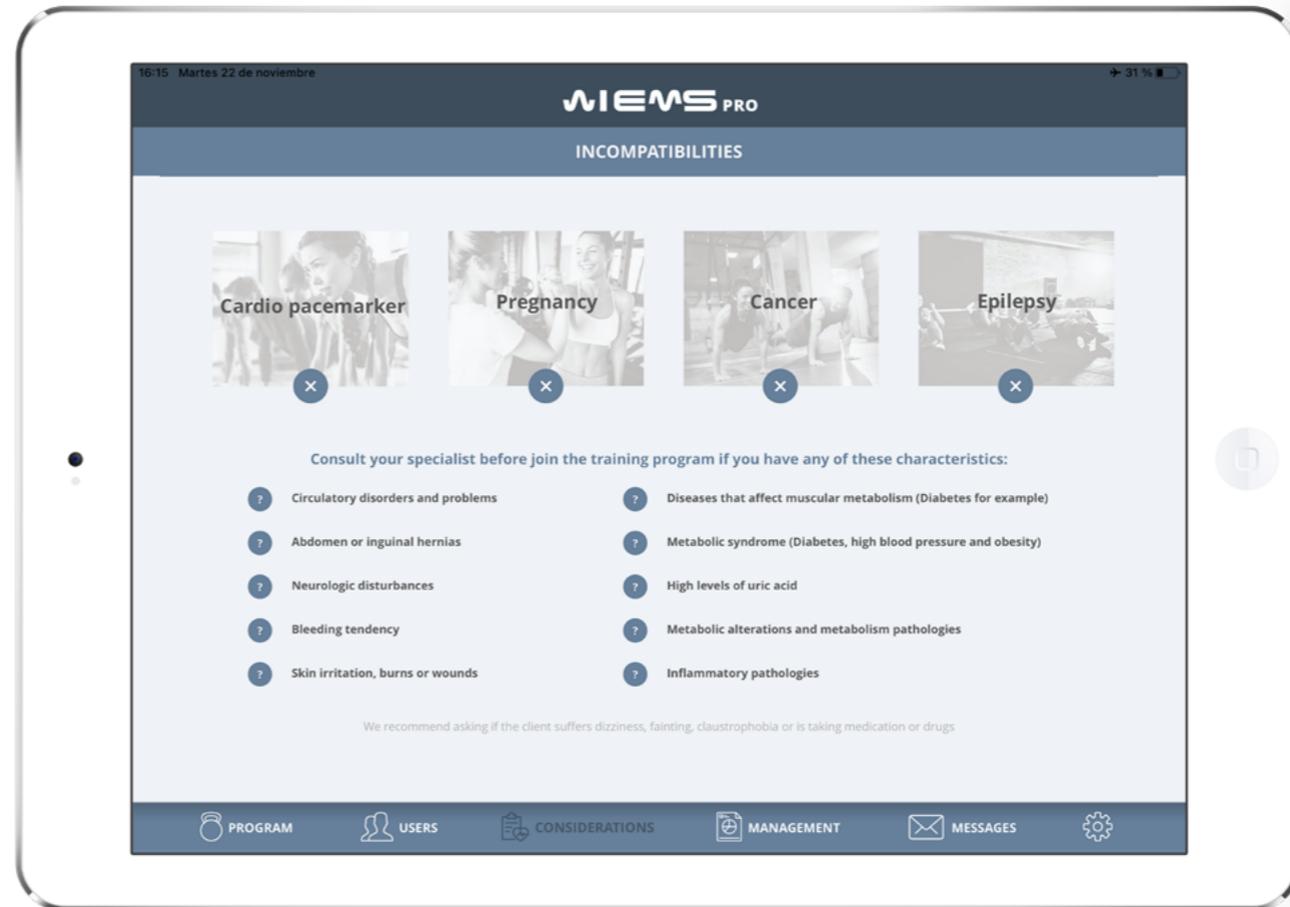


¿WHAT IS  
FUNCTIONAL WB-EMS?

**CONSIDERATIONS AND  
INCOMPATIBILITIES  
IN THE USE OF WB-EMS**

**04**

# CONSIDERATIONS AND INCOMPATIBILITIES IN THE USE OF WB-EMS



**HANDLING THE  
MANAGEMENT TAB**

**05**

## MANAGEMENT TAB

- ▶ 1. "Access reports" button.
- ▶ 2. Filter reports information.
- ▶ 3. Academy access button.



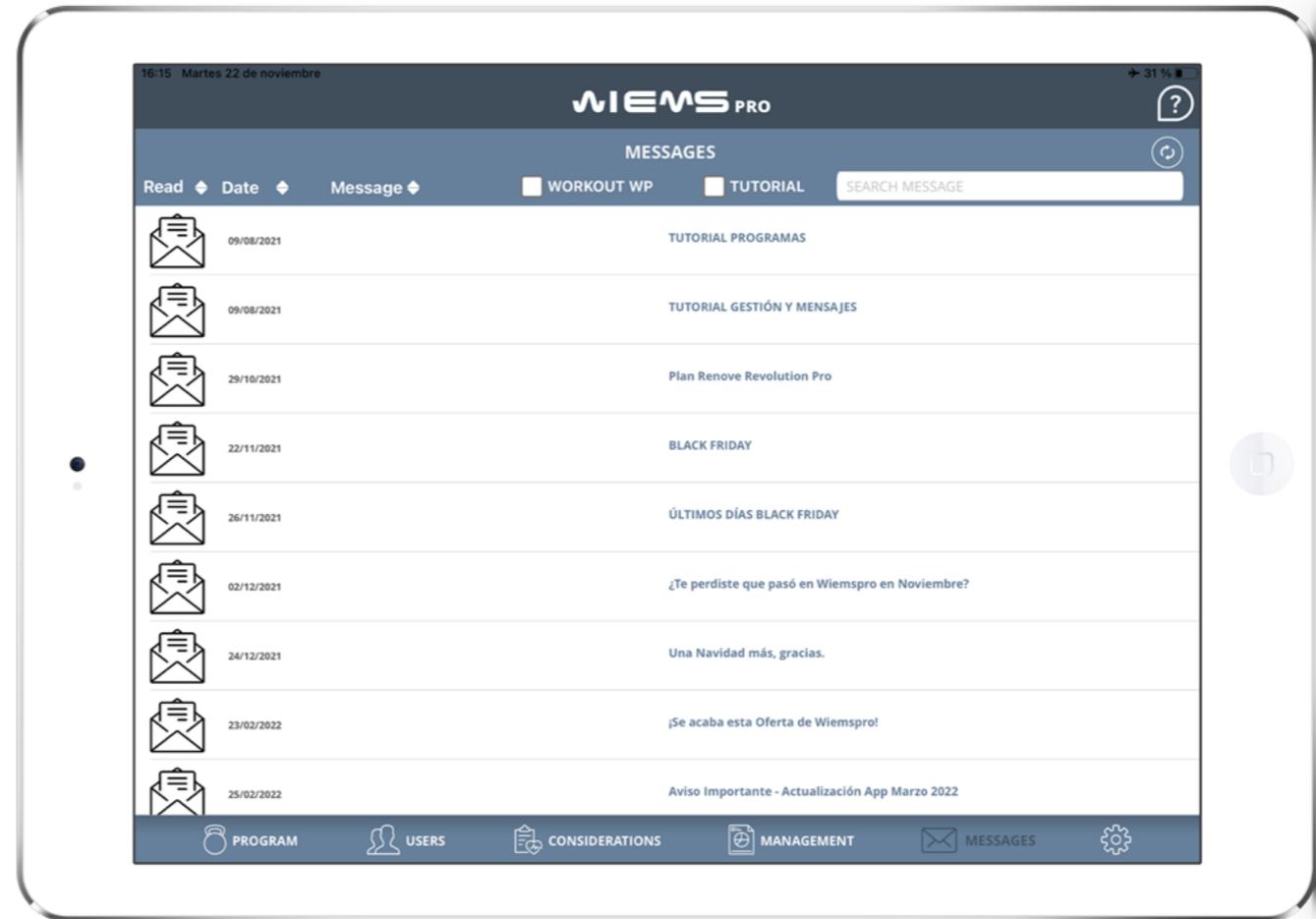
**HANDLING THE  
MESSAGES TAB**

**06**

## HANDLING THE MESSAGES TAB

1. "Filter workouts" button.
2. "Filter tutorials" button.
3. "Refresh messages" button.

**⚠ IMPORTANT:** in order to refresh the messages, you must have an **internet connection**.



## SETTINGS TAB

**1.** Trainer's preferences: Left-handed configuration and enable editing in resting time.

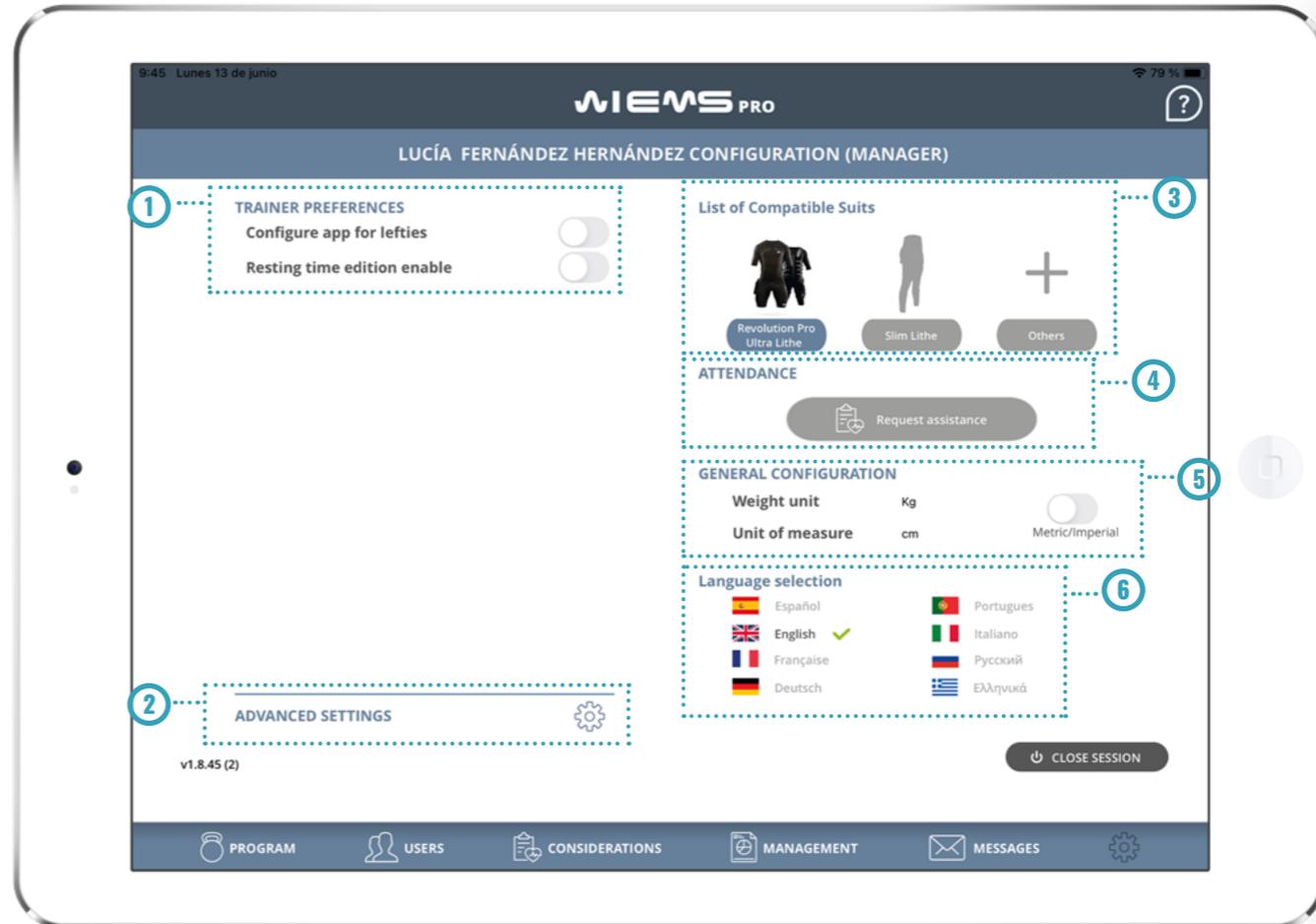
**2.** Advanced settings.

**3.** Compatible vests.

**4.** Support.

**5.** General settings: Change of weight units (kg/Lb) and units of measure (cm/in) (see photo click on tab).

**6.** Language selection.



[WWW.WIEMSPRO.COM](http://WWW.WIEMSPRO.COM)

**WIEMS PRO**