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## MOTomed viva1

### 9 Training analysis (performance feedback)

The greatest therapeutic success will be achieved with a movement therapy trainer if it is used regularly – if possible every day.

Motivations to do this:

- immediate and noticeable results e.g. reduced muscle tone, less pain, more mobility, feeling of well-being...
- feedback on training performance and individual progress

Regular training with the MOTomed not only enables the best possible results to be achieved. It also "pays itself off" in the shortest time possible regarding the benefits that you receive.

Opposite you can see some examples of the training feedback that the MOTomed viva1 provides. The feedback is shown in a rolling-update format during the training and as summary after the training:

#### - Feedback during the training:

Distance covered (km), time (min), velocity (rpm), muscle tone (approx. Nm) or performance (approx. watt) depending on the training mode. By pressing a button, the rolling-update can be stopped to view a particular item longer.

#### - Training analysis after the training:

Training time, distance covered, changes in muscle tone, symmetry analysis, work output (kcal or kJ) and performance are displayed as a summary after the training session.

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