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Getting to Know XP1 2.0

We are happy to release XP1 2.0. This is a software update that will provide users with additional features and better usability. This guide will walk individuals through some of the new features and capabilities of the XP1.

Explore Admin Settings

At the top of the screen locate the network icon. Tap the icon 5 times to open the Admin settings. Users will be required to enter the admin PIN, or scan the QR code and log in with the admin credentials.

Press the restart button. Go to the next section.

Initialization

When the system comes back up, the vertical lights will be pulsing orange. Refer to the User Manual for a complete list of the colors and patterns that the lights represent.

Attach three of the four cables to the barbell. Press the "Start" button on the initialization box.


The system will retract the cables and then begin to move up. It should stop moving, indicating an initialization failure with the reason "Motor Disconnected."

Press the "Start" button again. Within a few seconds, grab the cable that was disconnected and connect it to the barbell. Users can extend it slightly beyond the necessary length to make the connection easier.

Once initialization successfully completes, the lights will change to a steady blue, indicating the IDLE state.

Performing An Exercise

Barbell 4-Cable Exercise

1. Place any of the barbells in the rack and attach the four cables to the bar.
2. Press “Quick Start” to access the exercise selection view and choose a Barbell Back Squat exercise.
3. Pay attention to the following details:
 - a. The lights should now pulse yellow. This means that the system is correctly set up for the selected exercise, and the user can begin.
 - b. Look at the top left corner next to the exercise name to find the exercise modality icon. For this exercise, the icon,  , represents a 4-cable exercise.
4. Take one of the cables, disconnect it from the barbell, and let it retract into the deck. Note that the lights will change to a moving spot pattern. This signals that the system is *awaiting* proper setup for the chosen exercise before the user can start.
5. Reattach the cable to the barbell.
6. Adjust the rack to the proper height for a squat. Be aware that the lights change pattern while the rack is in motion; the user cannot initiate an exercise while the rack is moving.
7. On the bottom left of the screen, the user will see the selected barbell indicated. If that doesn't match, select the icon on the screen to access the barbell selection and choose the one that corresponds to the one currently being used. Always verify the selected barbell matches what is currently being used.
8. Press the “Advanced Settings” button. This will open various advanced setting options. Refer to the User Manual for more detailed information about each setting and potential combinations.
9. Select “Chains” with a chain weight of 20 lbs (or lower if necessary). Click “Apply.”
10. Adjust the total weight from the main screen in order to comfortably lift the base weight along with the 20 lb chain weight.
11. Press “LOAD”. Notice that the lights will display a rising blue pattern, indicating the system is loading.
12. Once loaded, the lights switch to range of motion (ROM) view. The blue spot represents the users current ROM. For this exercise, the user starts out at 100% ROM.
13. Unrack the bar and perform some repetitions. Watch how the ROM changes, and how the actual weight (displayed below the balance meter) adjusts with the users motion.
14. Rack the bar and press “UNLOAD”. The lights will shift to a descending blue pattern, indicating the system is unloading.
15. Press “Complete Set” and proceed to select new exercise in next step.

Dual Cable Exercise

1. Keep the bar in the rack and all four cables connected to the bar.
2. Press “Quick Start” to access the exercise selection view. Select “Bicep Curls,” then choose the Handle accessory, and reselect “Bicep Curls.”
3. Locate the exercise modality icon at the top left corner next to the exercise name. For



this exercise, the icon, , represents a dual cable exercise.

4. The lights should display a moving yellow spot. This is because a single cable exercise requires at least one cable to be in the retracted position.
5. Disconnect the front left cable from the bar, allowing it to retract into the deck. Connect the handle to the cable end. The lights should now pulse yellow.
6. Set a light load, such as 10 lbs.
7. Press “LOAD”. Notice the blue lights ascending, and then only the lights on the left side will illuminate. This is because there is no retracted cable on the right side.
8. Press “UNLOAD”.
9. Disconnect the front right cable from the bar and allow it to retract into the deck. Connect the handle to the cable end.
10. Press “LOAD”. As the blue lights rise, both side lights will illuminate.
11. Perform several repetitions. Notice that the Range of Motion (ROM) indicator (blue light) on each side will move in sync with the corresponding movement.
12. Press “UNLOAD”. Complete the set, then select a new exercise.

Single Cable Unilateral Exercise

1. Press "Quick Start" to access the exercise selection view, and in the search bar, type "Chop." Choose the Rope accessory as the filter. Then, select "Half Kneeling SS High to Low Woodchop."
2. Look at the top left corner next to the exercise name to find the exercise modality icon.



For this exercise, the icon, , represents a dual cable exercise.

3. Move the left rack arm roller into position. Thread the front left motor cable through the rack arm roller, ensuring that the cable goes in front of the barbell. Attach the rope accessory.
4. Set the load to 10 lbs.
5. This exercise is a Unilateral exercise, targeting one side of the users body at a time. When selecting “LOAD”, three options will appear: “Left”, “Alternating”, and “Right.” Refer to the User Manual for more details.
6. Press the “LOAD” button, then select “Left”. This indicates the user will perform the exercise on the left side of their body.
7. Notice that only the lights on the left side are illuminated, and the count of complete reps will be reported on the left side counter.
8. Press “UNLOAD.”

9. Press “RELOAD” and this time select the “Right” side button.
10. Notice that only the lights on the right side are illuminated, and the reps performed will be tracked on the right side counter.

Jump Assessment

1. From the Quick Start Menu select “Assessment” at the top right.
2. Select Jump Assessment.
3. Follow the instructions in the User Manual for the Jump Assessment.