Lode Arm Crank Ergometer Set up Instructions

On the Lode control box do the following:

* Turn on the Arm Crank Ergometer and Cortex
* Select ‘System Parameter’ by using the up and down arrows and press the right ‘enter’ button to select
* Scroll to find ‘Settings’, press enter
* Select ‘RS232 Protocol’, press enter
* Make sure it reads ‘Lode Protocol’, press enter, then the left hand arrow to select ‘Yes’ to save the settings
* Press and hold the ‘enter’ button to go back to the first menu, you need to press and hold this twice
* Then scroll to find ‘Terminal’, press enter

On the Metasoft 3 software do the following:

* Select ‘CPX testing’ if you have already created a protocol, otherwise you will need to create one by selecting ‘Database’, then ‘workload protocols’ then select the icon that looks like a white page to create a new protocol. You need to ensure you have at least one warm up phase, exercise phase and a rest phase for the software to be happy.
* Select the blue tab which is called ‘2 WL Ctrl’ to get on to the workload protocol screen
* Select a subject
* Select ‘Prepare’, then ‘Define test settings’, then ensure ‘Use workload protocol’ is selected and select the protocol you wish to run. Click ‘OK’
* Press the green play button at the top of the screen to start the test. If you are running gas analysis then allow the ambient air calibration to run through or to ignore it press ‘Stop’, ‘Close’, ‘Ignore’.
* The protocol will now begin.