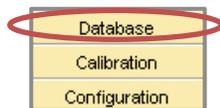


How to use.....The Cortex Metalyzer 3B

Create a new subject

- To add a subject click on the database tab



- Click test subject icon  then new page icon 
- Enter any fields marked with an * in standard info (except teams)
- Click save then close

Preparing the test subject

- Correctly fit a polar heart rate monitor – moisten electrodes and ensure good skin contact
- Select a mask which is most likely to suit your test subject (Small, Medium or Large)
- Press the mask gently onto the test subject's face and seal the opening with the palm of your hand
- Ask the test subject to breath in and out against the mask. If air escapes to the side of the mask, select a different size
- Take the mask from the subject and attach the four clips
- Attach the upper to two clips to the head piece
- Attach the volume sensor (keeping the sample line detached)
- Secure the mask on the subject

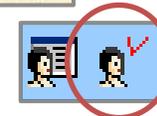
CAUTION: To prevent kinks, the connection for the gas sample line on the volume sensor should point upwards or at 90° to the side. Never have the gas sample line pointing downwards!

To run a test

- Click on medical diagnostic tab, then CPX testing



- To select test subject click on the 2nd icon on the tool bar. Scroll down to find subject or type in the name. Double click on their name



- Ensure that the sample line is disconnected and not directly being breathed on. Press pre-set button, the computer will then automatically sample the ambient air.



- Click on the data tab and ensure that the data is as expected.



Trouble shooting: If Heart Rate is not showing after 10 seconds

- Move the sensor closer to the participant (within 60-80cm)
- Adjust the strap and ensure that there is a tight connection

- When you are ready to start your test and record data click the start button



- You can place markers  or markers with comments  throughout your test

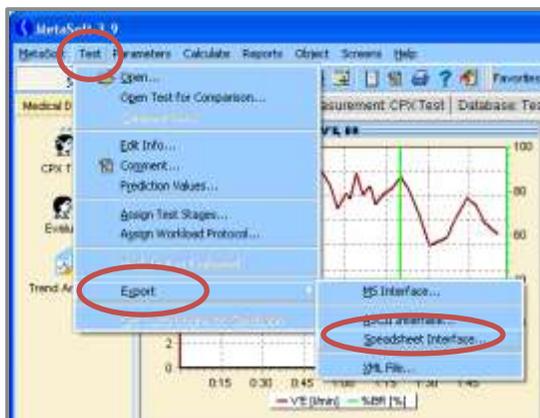
How to use.....The Cortex Metalyzer 3B

To end a test

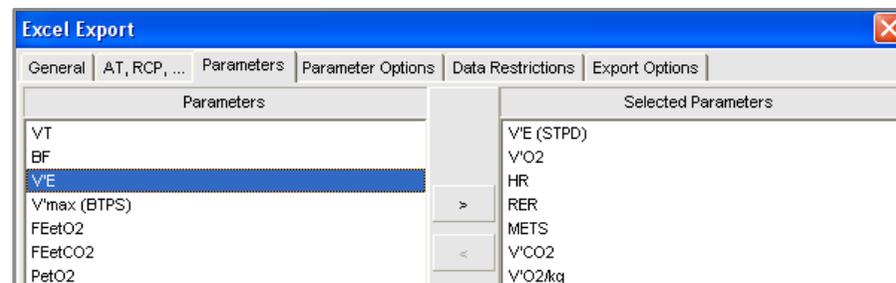
- When you have completed your test press the marker button and add comment – end of test. Then  press stop this may take a few seconds to register.
- Are you sure you want to stop – Yes. Test finished – OK
- Close the box that says edit test comments.
- Anaerobic threshold values will appear, close and save data if required.
- You can now scroll through display pages to see your results

To export data

- Click test, export, then spread sheet interface



- Click parameters and then highlight data in the left column you wish to view and move into the right hand column by clicking the arrow.



- Click on data restrictions
- Full discourse will give you breath by breath results
- Time interval Averaging allows you to average the data which can be adjusted by the arrows.
- Press export

To retrieve a previous test

- Click database and then tests
- Find the subject and highlight
- Click test on the top tool bar
- Click analyse
- View which data you require by selecting screen 1, 2, or 3

