XRHealth

User Guide:
XRFitness
VR App for Full-Body Workout

What is XRFitness?

This VR workout targets full-body and upper extremity (sitting) exercises. Choose a playlist or song, set the intensity, and move to the music by punching, slicing, or dodging objects that appear in sync with the beats.

⚠ Disclaimer

XRH Fitness involves extensive physical activity, including full arm movements in all directions.

For your safety, it is advised to use XRH Fitness while seated, as standing or moving requires a larger, unobstructed space. Ensure that your play area is safe and free from any objects.

Improper use of Virtual Reality experiences involving movement may lead to accidents.

Creating a Safe Environment

- Before starting the XRH-Fitness experience, clear a safe indoor area (3x3 mts / 10x10 ft).
- To use XR Fitness whilst seated, adjust the Game play settings as explained on page 3.
- Use a swivel chair to ease mobility when using the experience in a seated position.
- Make sure the training space is free from obstacles.
- If the patient experiences dizziness, pain or discomfort, stop the training session immediately.

⌂XRHealth
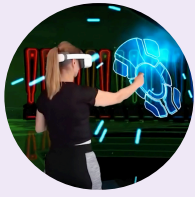
User Guide:
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Configuration - Step by Step

1 Choose the type of training:

- XRH = low intensity training
- Tutorial = an interactive tutorial
- Playlist = workout playlists consisting of several songs (details on p. 4)
- Warm-up = light exercises to warm up
- Workout = training at a medium level of difficulty
- Intense = training at a high level of difficulty

2 Choose a song or playlist.

- The list updates based on your training choice in step 1.

3 Click Play (game instructions on p. 3).

Game design: colors and background

Advanced settings (see p. 3)

Selected session data

Session statistics

To pause or exit the game:

∗ Click the APP/BACK button on the controller.

- In the settings screen, click QUIT to exit the game.

XRHealth

User Guide:
XRFitness
VR App for Full-Body Workout

Gameplay Settings

SKULLS   OFF
Targets with a skull icon are to be avoided

SMALL ROOM   OFF
ON: targets/obstacles come from the front

OFF: targets also come from the side

SWITCH HANDS   OFF
Change the color of your hands

INV. TRIGGER   OFF
Inverts trigger button – hold the trigger for punching; release to activate the shield

ELEVATOR   OFF
The room will move upwards after a while

VERT. OBSTACLES   OFF
Obstacles at varying heights will increase squatting and stretching

HORIZ. OBSTACLES   OFF
Obstacles will come from the sides, increasing sideways movements

SFX/FX Settings

HIT SFX VOLUME
Choose the volume of sound effects when hitting targets

Mode: 1 - 5

PUNCH SFX
Choose the punching sound effect

Options: Random / Default / SFX 1-4

SLASH SFX
Choose the slashing sound effect

Options: Random / Default / SFX 1-4

DIR. ARROWS   OFF
Adds arrows to indicate the direction from which to hit targets

VIBRATIONS   OFF
Controllers will vibrate when hitting targets

TIP:
To play sitting down
Both the Vert. Obstacles and Horiz. Obstacles options should be switched OFF

XRHealth

User Guide:
XRFitness
VR App for Full-Body Workout
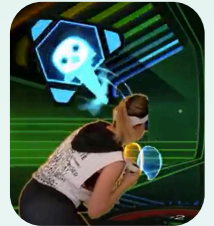
Game Play

Match Colors

Punch the markers with the matching colors

Avoid Skull Icons

Move your body to avoid the skulls
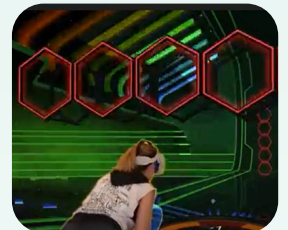

Slice Markers

Slice markers with discs of the same color

Avoid Obstacles

Bend and dodge the red obstacles to avoid them

Hit Markers

Punch as hard as you can in the direction indicated to achieve the highest score

Shield

Hold the trigger button to use the shield and protect yourself

Block

Keep both hands together in front

XRH Workout Playlists
These two playlists have been created specifically for our users.

XRH-Rock - 7 songs
E (Energy): 1013 kcal | **L** (length): 19.5 minutes | **B** (BPM): 85 - 174 BPM
H (Hits): 385 | **S** (Slices/Cuts): 264 | **O** (Obstacles): 109 | **D** (Drones) 21

XRH-Workout - 8 songs
E (Energy): 671 kcal | **L** (length): 14 minutes | **B** (BPM): 81 - 155 BPM
H (Hits): 286 | **S** (Slices/Cuts): 134 | **O** (Obstacles): 64 | **D** (Drones) 34