

Steps on How to Perform a Wingate Test

- Turn on LODE WLP. Press power button on the back
- Press Enter
- Press Arrow key and scroll down to Terminal
- Press Enter
- Turn on Computer
- Click Wingate icon on the Desktop
- Close Getting started pop-up
- Click Select Patient button
- Highlight Aphys, Human under patient name
- Click Change button. Enter subject's mass/weight. Click OK
- Click Select button
- Click Select a Protocol button
- Highlight wingate 30 second. Click Select button
- Click Perform a Measurement
- Click Start Measurement button (top - Diamond shaped symbol)
- Close any annoying Windows pop-ups concerning display size etc...
- 3 minute warm up begins. 70 Watts is the default load. Try and maintain 70 RPM
- You can let the 3 minute warm up elapse and then the 30 second test will start or click the Right Arrow (top – Go to Next Protocol Stage) to manually begin 30 second test if subject has already warmed up
- Test runs
- If 70 Watt cooldown is too light/heavy adjust workload using UP/DOWN arrows
- Click Stop Measurement (top - Diamond shaped symbol)
- Save results
- Click Exit Program (top – Door button)
- Click Select and Show Measurement (top – Filing cabinet door)
- Scroll down to bottom of the list to view latest test result
- To perform another 30 second test, repeat what you just did