

Adept stick

Created by club ICT

What does it do?

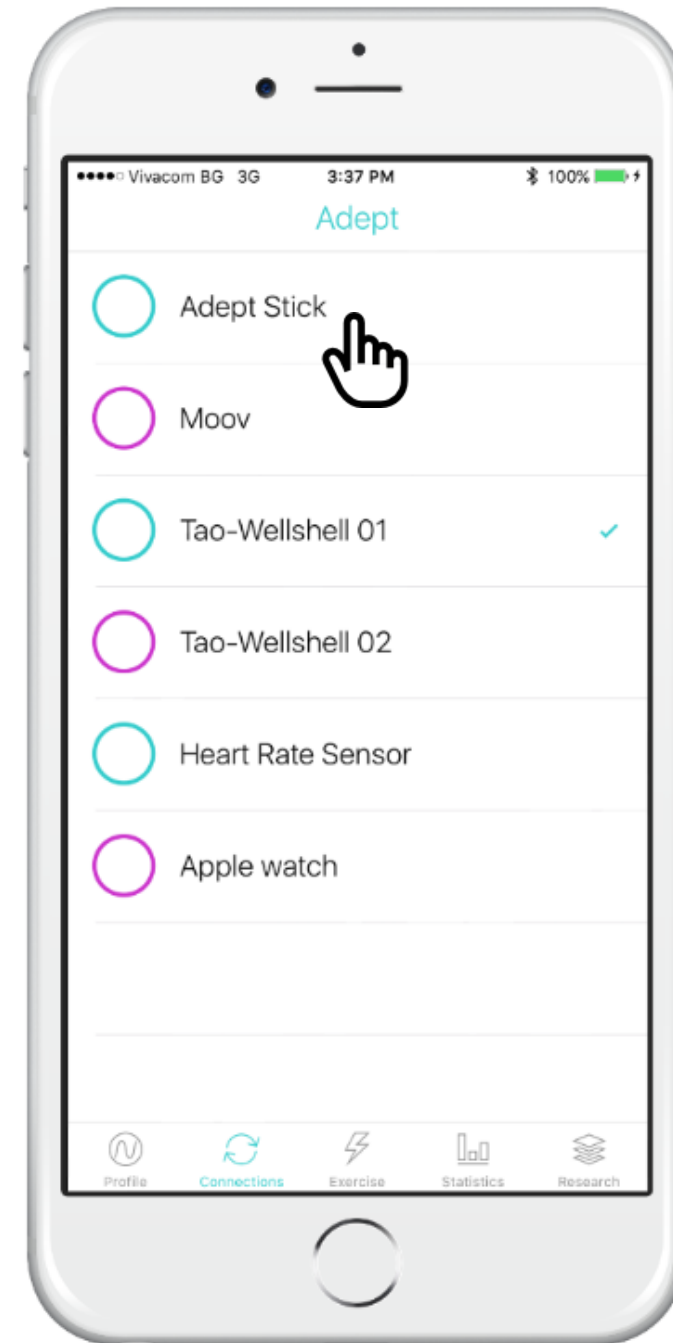
Adept stick is an isometric exercise device. It tracks how much force is applied to it and sends collected data to our mobile application.

Turning it ON

- Click one of the red buttons on the handles. You will see the diodes light up green.

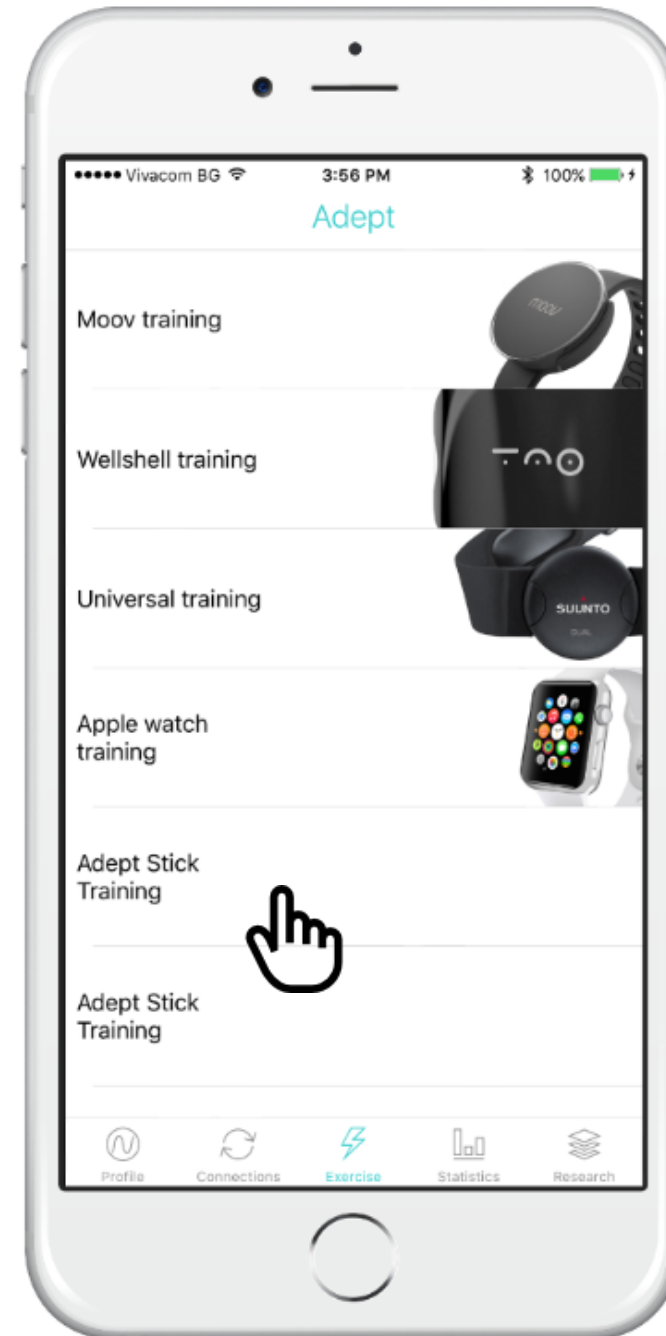
Connect to the app

After the Adept stick lights up green, start the app. Go to the Connections tab and tap on the Adept Stick to connect it.



Select exercise device

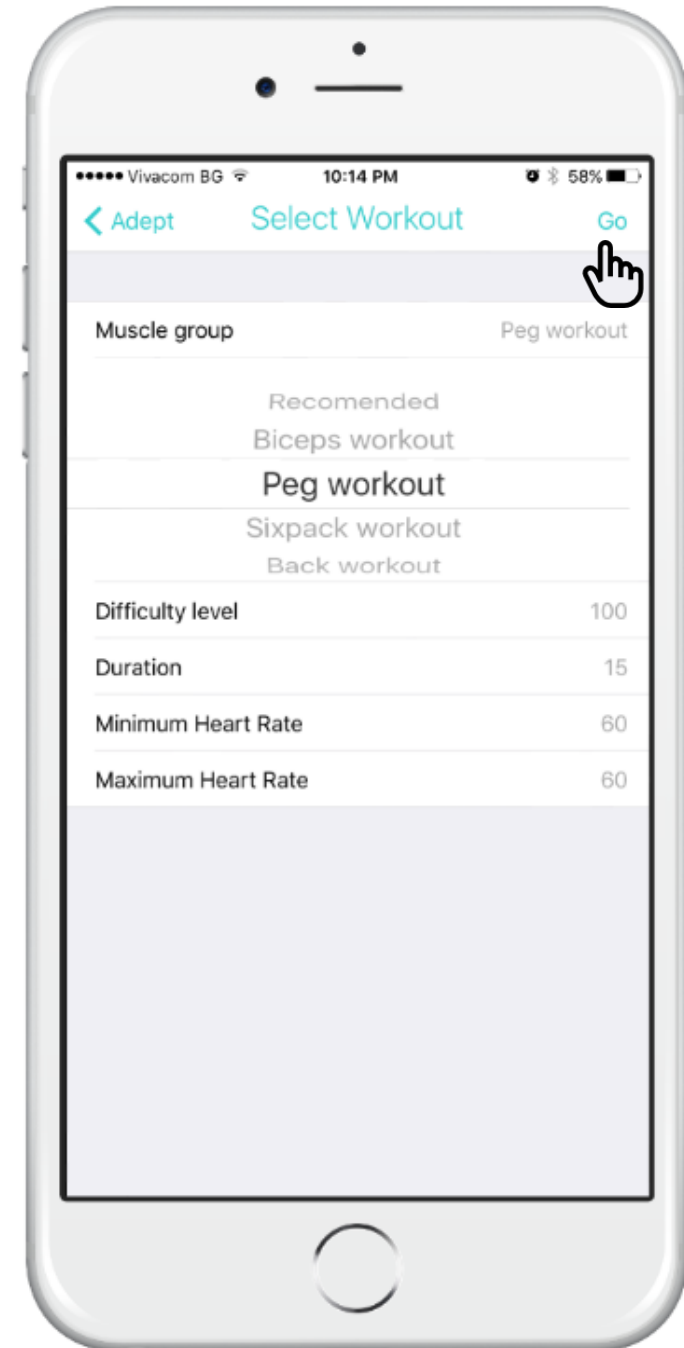
Once the Adept stick is connected, go to the Exercise tab and select Adept stick training.



Setup your workout

On the next screen you'll see selectors for modifying exercise parameters, such as: Muscle group, duration, difficulty level and desired heart rate range.

To start the exercise, simply tap the GO button on the top right.



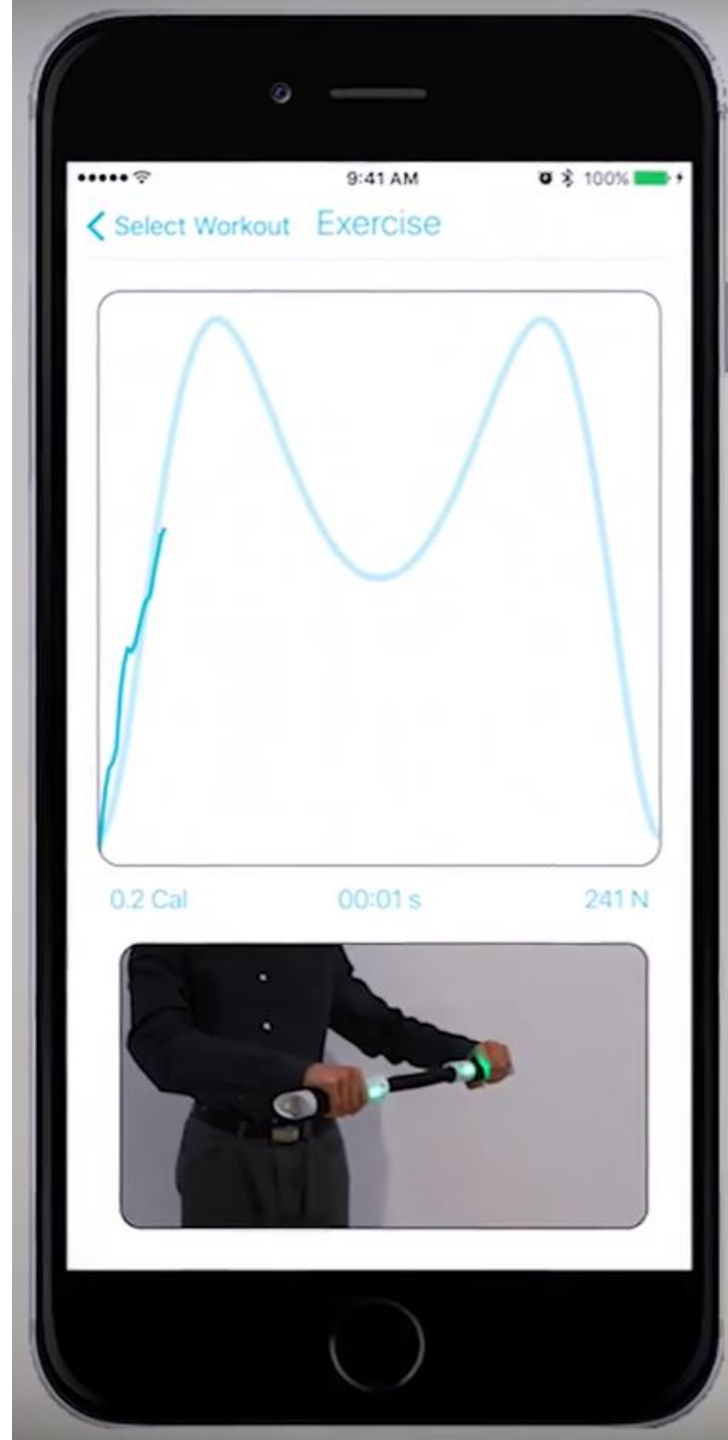
Exercise itself

Hold the Adept Stick handles in a comfortable way to exercise the selected muscle group, then pull them in opposite directions.



Isometric Power Curve

Force, measured by the adept stick, is sent to the connected app and visualized in a power curve.



Accessories for a diverse workout

Using simple accessories the Adept Stick can be adapted to any muscle group. Legs can be trained as easily as arms!

It's all open to the user's imagination and ingenuity.

