



AARHUS UNIVERSITET

INTELLIGENT MOTION

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DEAR PARTICIPANT,

Here is information about Intelligent Motion and instructions on how to create your own personalized Intelligent training program.

How to get started

1. Download the Intelligent Motion app by scanning the QR code at the bottom of the page.
2. Open the app and tap on "Create User."
3. Enter your unique activation code provided by the study team.
4. Enter your 10-digit cell phone number.
5. You will get a notification with a 6-digit verification code and enter it into the app.
6. Complete the short questionnaire and perform a balance test as described in the app. This will take 2–3 minutes.
7. Your personalized training program will now be displayed, divided into the following categories: warm-up, cardio-respiratory training, strength training, and functional training.

How Much, When, and How

The training is based on 50 minutes of effective exercise per week, with 20 minutes focused on maintaining good work ability and 30 minutes aimed at improving your physical capacity and overall health.

You can complete the training in one session per week or split it into multiple sessions, but each session should last at least 10 minutes. It is important to start each training session with a light warm-up for about 5 minutes (as described in the app).

Training can be effectively performed during work hours but is just as beneficial if done in your free time. All strength exercises are designed with simple techniques and can be performed using the resistance bands included in this package.

To achieve the positive effects, it is important to follow the prescribed intensity and use resistance during the strength exercises.

Most participants experience mild, acute soreness immediately after training, and muscle soreness may last up to 72 hours after a session. This occurs because the muscles are being "challenged," leading to increased strength and endurance.

If you feel discomfort during a specific exercise, it can be replaced with an alternative.

Background

Intelligent Motion is an evidence-based training concept developed at the University of Southern Denmark, at the Research Unit for Physical Activity and Health in Working Life.

Intelligent Motion designs individualized training programs based on knowledge about your work profile, physical capacity, and overall health, including muscle and joint pain.

Questions?

If you have any questions regarding the app, please contact:

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If you have any general questions regarding the study:

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Download the app here:

[www.intelligentmotion.org/
index.php/download/](http://www.intelligentmotion.org/index.php/download/)

