



Exercise Expert Getting Started Guide

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Installation

1. Log in as an Administrator or a user with Administrator privileges.
2. Place the Exercise Expert installation CD in the CD-ROM drive.
3. Follow the instructions on the screen.

Overview

Exercise Expert allows you to:

- Search for exercises.
- Create client exercise programs.
- Access previous client histories.
- Make protocols.

In addition to these and many more features, you also can purchase additional add-on modules to extend the functionality of Exercise Expert.




Refer to the *Exercise Expert Help* and *Exercise Expert User Guide* for more information about the features in Exercise Expert.

Tutorial

The following tutorial walks you through the steps of creating a basic client exercise program.

Customize Your Work Environment

On the **Search Options** toolbar, click the following buttons:

	Display Print Layout moves the search criteria tabs to the left side of the screen and the selected exercise pictures on the right side of the screen.
	Display Exercise Pictures with Names returns exercise results in picture and text format. Click Next and Back to scroll through the exercises.
	Display Common Names lists exercises using common names.

Searching for and Selecting Exercises

1. Click the **Body Area** tab.
2. Select the following search criteria as shown in Figure 1.
 - Under **Body Area**, place a checkmark in the **Shoulder** checkbox.
 - Under **Exercise Type**, place a checkmark in the **Resisted** checkbox.

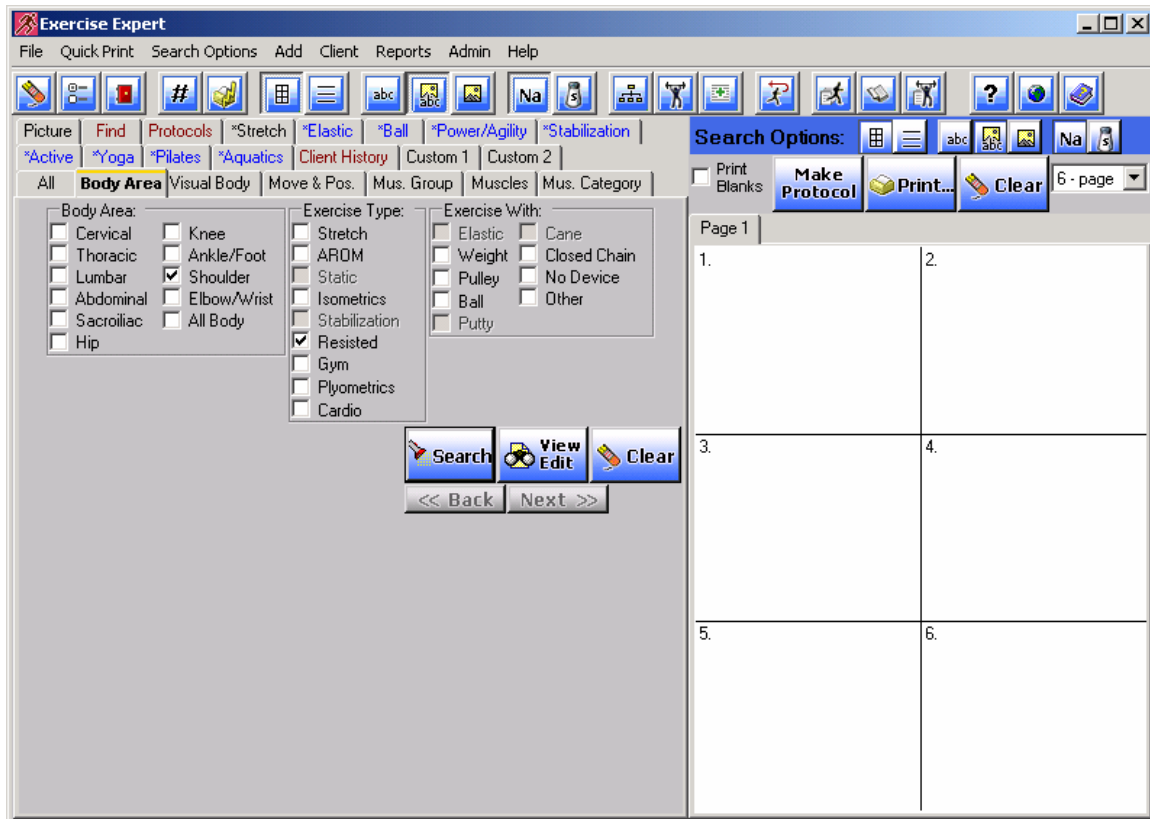


Figure 1 - Selecting the Search Criteria

3. Click **Search**.
4. Click **Next** to scroll through the exercises and double-click the following exercises as shown in Figure 2.
 - DB lateral raise
 - DB arm circles
 - DB shoulder rollbacks
 - DB alternating front arm rais

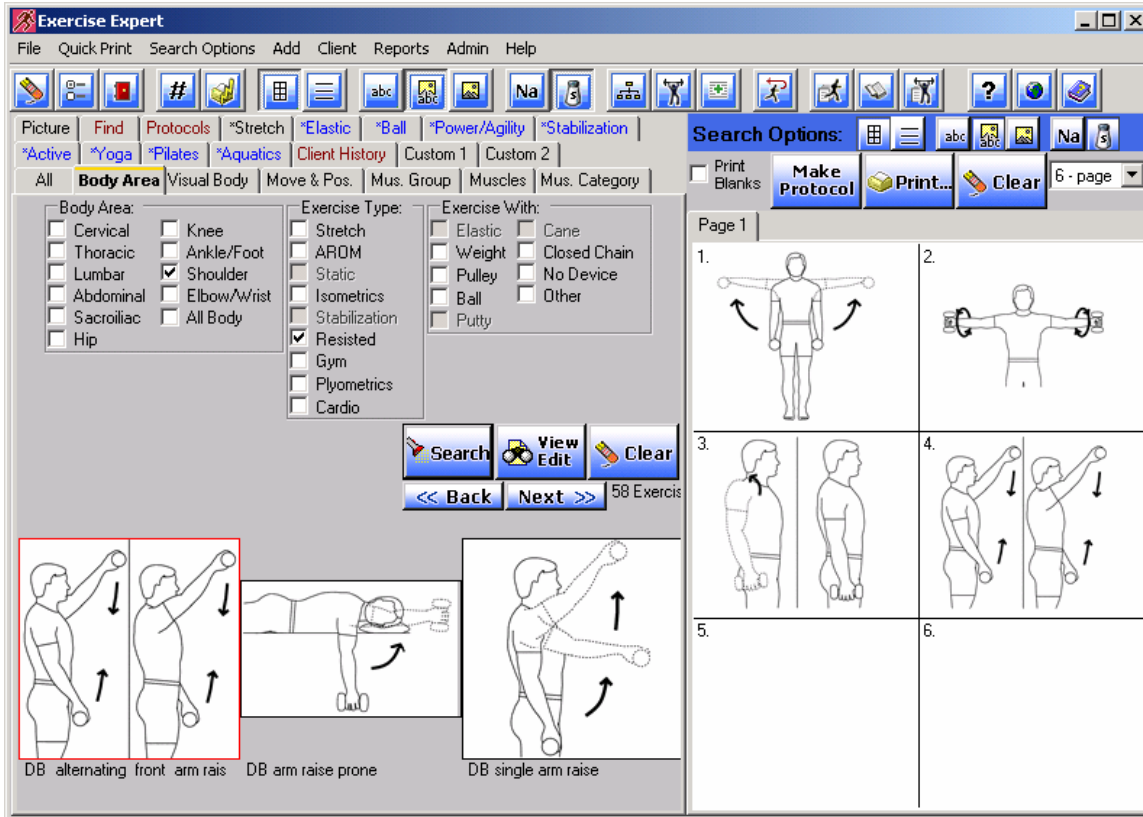


Figure 2 - Selecting the Exercises

Printing the Exercise Program

1. Click **Print**.
2. One or more exercises in the exercise program uses weight so the **Enter Use Information for the Exercise** dialog box displays.
3. Enter **5** from the drop-down list box as shown in Figure 3. This is weight you want the client to use for the first exercise that uses weight.

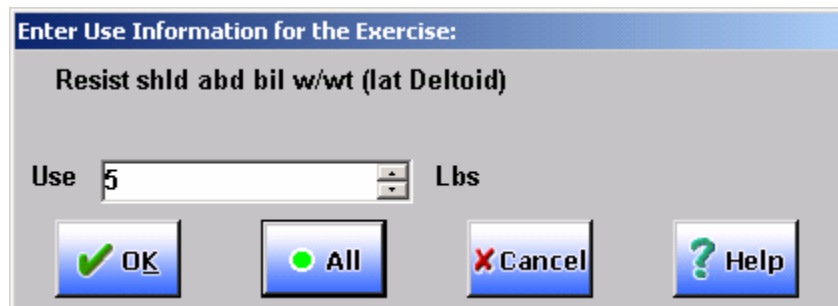


Figure 3 - Selecting the Elastic Band to Use

4. Click **All** to use a 5 lb. weight for each exercise in the exercise program that uses weight.

5. Enter the client's name in the **Client Name** text box.
6. Enter the health professional's name in the **Issued By** text box.
7. Enter any comments for the client in the **Client Comment** text box.
8. Enter any notes in the **Daily Notes** text box.
9. Select the following reports as shown in Figure 4:
 - 3 per page w/ instructions
 - Chart Copy w/ Pics
10. Click **Print** to print the reports or **Print Preview** to view the reports on your computer screen.

Printing Information

Client Name: * Language:

Client Comment:

Issued By: *

Daily Notes:

Exercise Program Reports:

1 per page w/ instructions
 6 per page w/ instructions
 Aerobics w/o text
 2 per page w/ instructions
 9 per page w/o instructions
 None
 3 per page w/ instructions
 12 per page w/o instructions
 4 per page w/ instructions
 24 per page w/o instructions

Other Reports:

Date Grid
 Workout Grid
 Chart Copy w/ Pics
 Workout Grid - Blank
 Chart Copy w/o Pics
 Cover Page
 Site Copy

Report Options:

Grid Start Date:
 Pictures: Left Right
 Print Anatomical Titles
 Print Exercise #
 Do Not Print Dates
 Grid Days:
 Print Common Name
 Print Blanks
 Logo:
 Print Alternate/Color Images when Available

Warm Up | **Workout** | **Cool Down**

Exercise	Sets	Reps	Rep Units	Frequency	Weight	Weight Units	Rest	Rest Units	Hold	Hold Units	Rep	Freq	Rate Units
▶ Resist shld 3	10	10	Repetitions	once every other day 5	5	Lbs	1	Minute	0		1	4	Seconds
Resist shld 3	10	10	Repetitions	once every other day 5	5	Lbs	1	Minute	0		1	4	Seconds
Resist shld 3	10	10	Repetitions	once every other day 5	5	Lbs	1	Minute	0		1	4	Seconds
Resist shld 3	10	10	Repetitions	once every other day 5	5	Lbs	1	Minute	0		1	4	Seconds

Exercise Options: * = Required

Figure 4 - Selecting the Reports