



Exercise Expert Getting Started Guide

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Please see <http://www.BioExSystems.com/license.htm> for program license information.

Installation

1. Login 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.

Customizing the 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.
 - Place a checkmark in the **Shoulder** checkbox under **Body Area**.
 - Place a checkmark in the **Resisted** checkbox under **Exercise Type**.

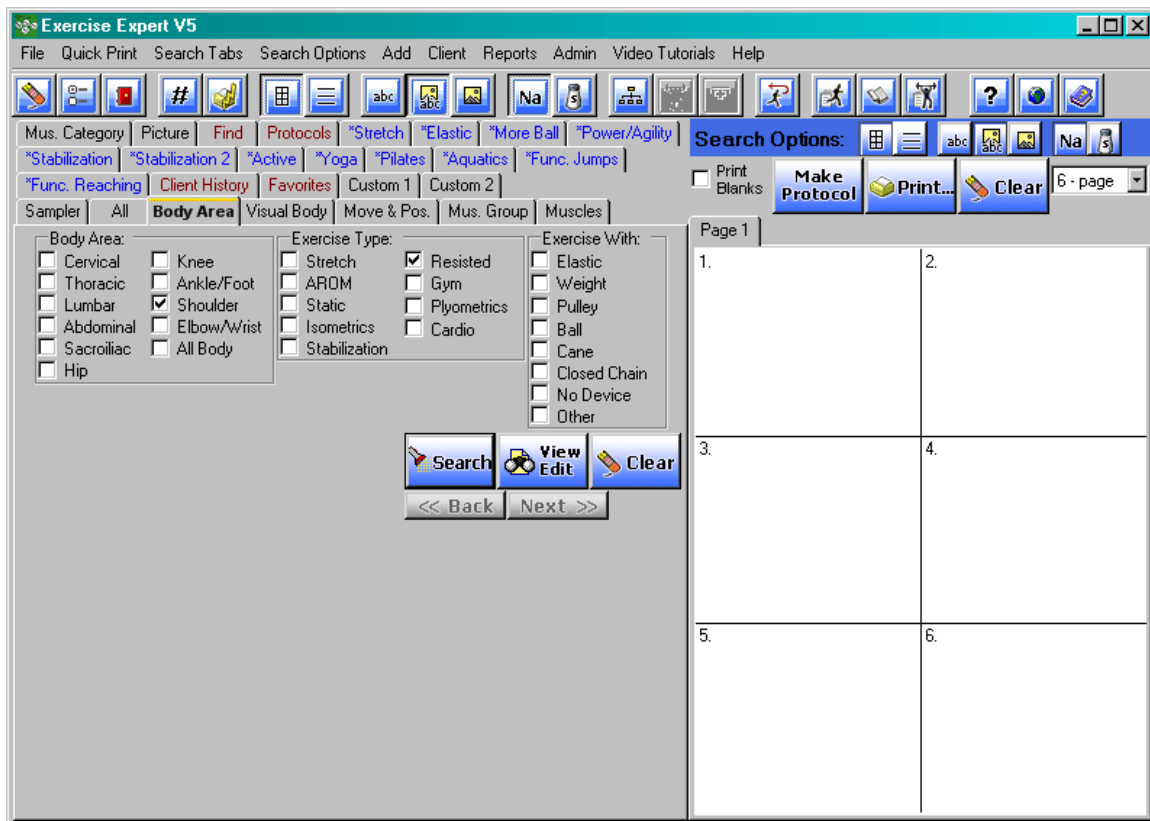


Figure 1 - Selecting the Search Criteria

3. Click **Search**.
4. Click **Next** to scroll through the exercises and double-click the following exercises as shown in Figure 2.
 - Resist shld flx abd bil w/wt (lat Deltoid)
 - Resist shld circles w/wt
 - Resist shld flx alt bil w/wt
 - Resist shld flx uni w/wt

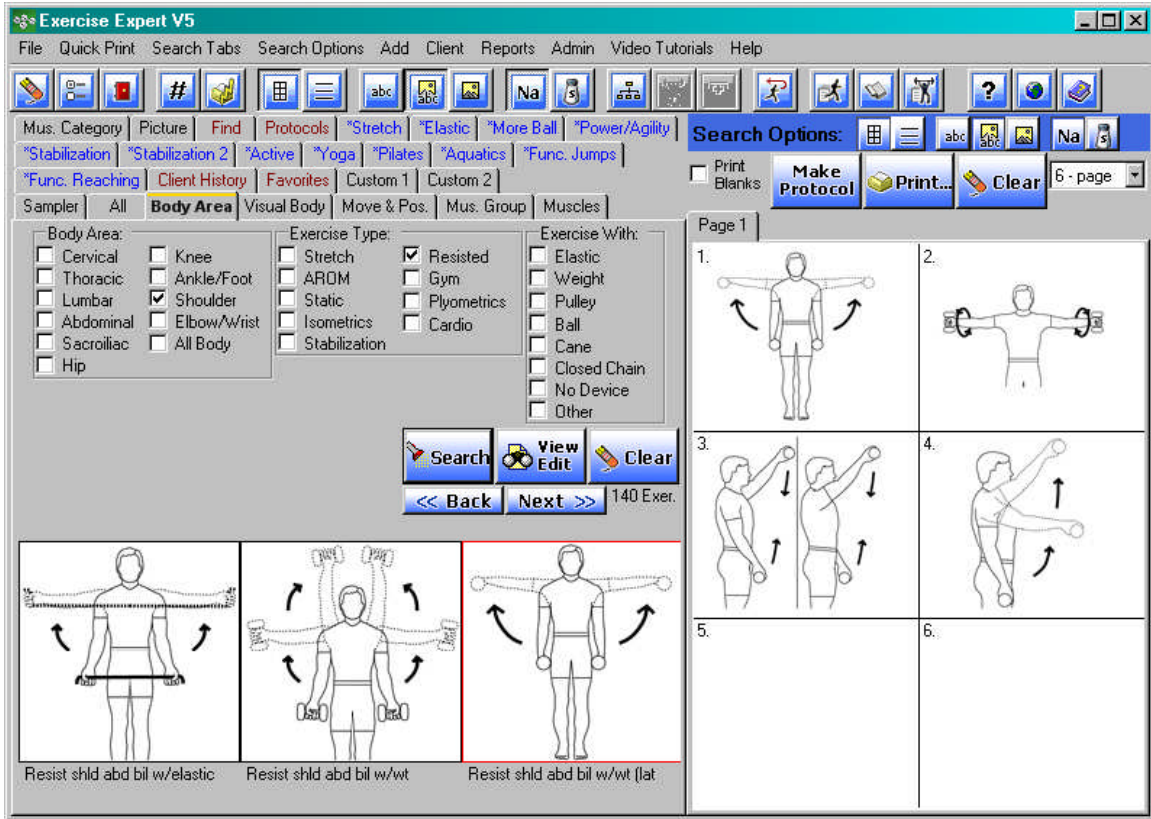


Figure 2 - Selecting the Exercises

Printing the Exercise Program

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

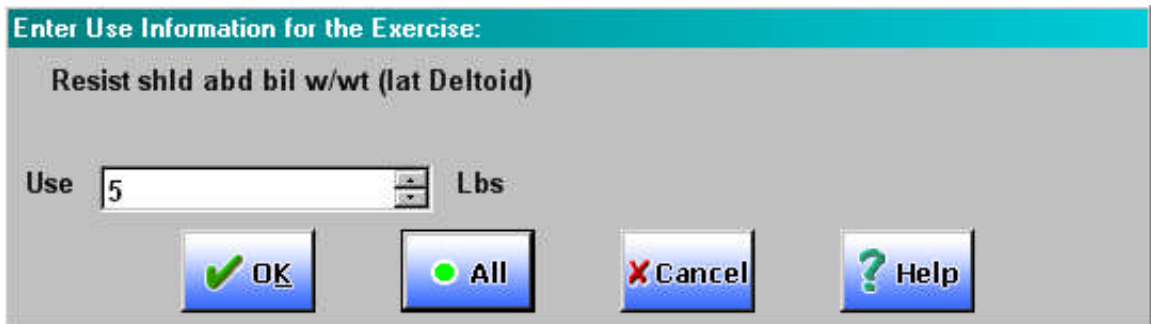


Figure 3 - Selecting the Elastic Band to Use

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

Printing Information

Client Name: Susan Anderson * Language: English

Client Comment: Issued By: Bob Smith *

Stop any of the exercises if you experience increasing pain or discomfort.

Daily Notes:
 Patien was instructed in home program an dappears to have proper understanding of technique and form.

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

Report Options:

Pictures: Left
 Right
 Custom
 Logo: <None>

Print Anatomical Name
 Print Common Name
 Print Exercise #
 Print Blanks
 Print Alt/Color Images when Available
 Print w/o Date
 Print w/o Signature
 Grid Start: 2/23/2009
 Grid Days: 14

Exercise Program Text Options: Print All Text and Pictures

Warm Up (0 Exercises) **Workout (4 Exercises)** Cool Down (0 Exercises) Prints blank values for exercise specific information so it may be filled in with a

| Exercise | Sets | Reps | Rep Units | Frequency | Weight | Weight Units | Rest | Rest Units | Hold | Hold Units | Rep | Freq | Rate |
|---------------------|------|------|-------------|----------------------|--------|--------------|------|------------|------|------------|-----|------|-------|
| Resist shld abd b | 3 | 10 | Repetitions | once every other day | 5 | Lbs | 1 | Minute | 0 | | 1 | 4 | Secor |
| Resist shld circle | 3 | 10 | Repetitions | once every other day | 5 | Lbs | 1 | Minute | 0 | | 1 | 4 | Secor |
| Resist shld flx alt | 3 | 10 | Repetitions | once every other day | 5 | Lbs | 1 | Minute | 0 | | 1 | 4 | Secor |
| Resist shld flx un | 3 | 10 | Repetitions | once every other day | 5 | Lbs | 1 | Minute | 0 | | 1 | 4 | Secor |

Exercise Options:
 Show Print Dialog
 Stay After Printing
 Do Not Save
 * = Required

View Edit Pyramids Remove Pyramids Make Aquatic Remove ↑ ↓ Print Print Preview Email Export Save Cancel Help

Figure 4 - Selecting the Reports