

# **Exercise Pro Getting Started Guide**

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## Installation

Complete the following steps to install your software:

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

Refer to <http://www.BioExSystems.com/license.htm> for program license information.

## Overview

Exercise Pro contains over 3600 unique exercises that you can print out with clear instructions and illustrations. With Exercise Pro you can:

- Search for exercises.
- Create client exercise programs.
- Access previous client histories.
- Make protocols.
- Add your own exercises, protocols, and education topics.

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

## Tutorial

The following tutorial walks you through the steps of customizing your Exercise Pro work environment and creating a basic client exercise program.

### ***The Exercise Pro 6 Interface***

The Exercise Pro work environment, shown in Figure 1, is customizable.

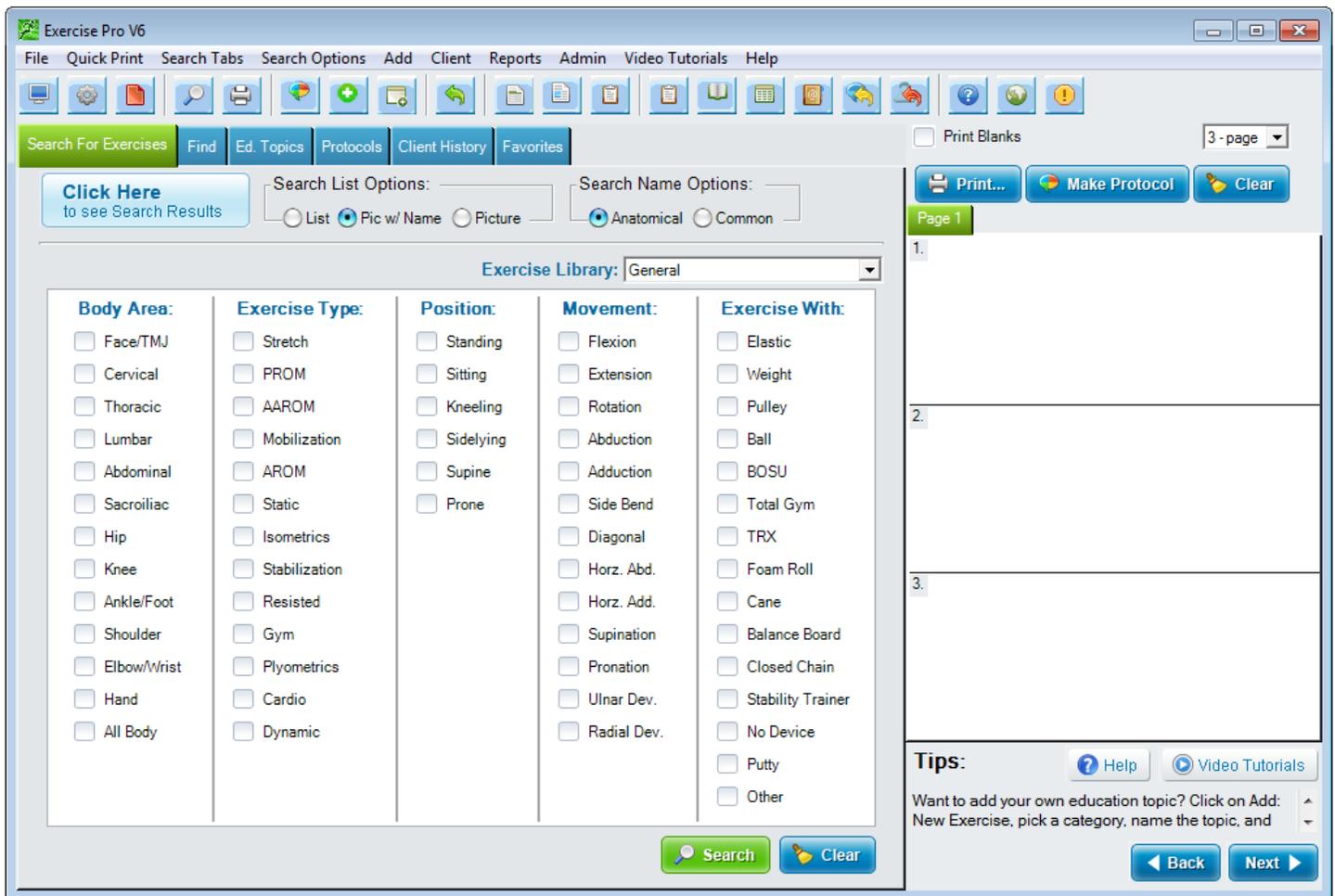


Figure 1. The Exercise Pro Interface

The Search Interface section contains tabs to help you quickly find the information you need. The default tabs are:

- **Search For Exercises**—Search for any exercise based on the criteria you select from body area, exercise type, position, movement, or equipment. Select a different exercise library in the **Exercise Library** drop-down list to narrow your search results by domain, such as Amputee, Geriatrics, and Yoga, or to narrow your search by search method, such as visual body.
- **Find**—Search for exercises, protocols, and education topics by keywords.
- **Ed. Topics**—Search for educational topics to add to an exercise program.
- **Protocols**—Search by groups of exercises that Exercise Pro provides or create a custom group.
- **Client History**—Search client histories for exercises.
- **Favorites**—Store and search for exercises you use often.

## Searching and Selecting Exercises

Complete the following steps to search and select exercises.

1. Click the **Search For Exercises** tab.

2. Select **Pic w/Name** in the **Search List Options** area. Selecting this option shows the search results as pictures and includes the names as captions.
3. Select the following search criteria, as shown in Figure 2.
  - Place a checkmark in the **Shoulder** checkbox in the **Body Area** section.
  - Place a checkmark in the **Resisted** checkbox in the **Exercise Type** section.
  - Place a checkmark in the **Elastic** checkbox under **Exercise With** section.

The screenshot shows a web interface for searching exercises. At the top, there are navigation tabs: "Search For Exercises" (highlighted in green), "Find", "Ed. Topics", "Protocols", "Client History", and "Favorites". Below these is a "Click Here to see Search Results" button. The "Search List Options" section has three radio buttons: "List", "Pic w/ Name" (selected), and "Picture". The "Search Name Options" section has two radio buttons: "Anatomical" (selected) and "Common". Below this is a dropdown menu for "Exercise Library" set to "General". The main area contains five columns of checkboxes for search criteria:

Body Area:	Exercise Type:	Position:	Movement:	Exercise With:
<input type="checkbox"/> Face/TMJ	<input type="checkbox"/> Stretch	<input type="checkbox"/> Standing	<input type="checkbox"/> Flexion	<input checked="" type="checkbox"/> Elastic
<input type="checkbox"/> Cervical	<input type="checkbox"/> PROM	<input type="checkbox"/> Sitting	<input type="checkbox"/> Extension	<input type="checkbox"/> Weight
<input type="checkbox"/> Thoracic	<input type="checkbox"/> AAROM	<input type="checkbox"/> Kneeling	<input type="checkbox"/> Rotation	<input type="checkbox"/> Pulley
<input type="checkbox"/> Lumbar	<input type="checkbox"/> Mobilization	<input type="checkbox"/> Sidelying	<input type="checkbox"/> Abduction	<input type="checkbox"/> Ball
<input type="checkbox"/> Abdominal	<input type="checkbox"/> AROM	<input type="checkbox"/> Supine	<input type="checkbox"/> Adduction	<input type="checkbox"/> BOSU
<input type="checkbox"/> Sacroiliac	<input type="checkbox"/> Static	<input type="checkbox"/> Prone	<input type="checkbox"/> Side Bend	<input type="checkbox"/> Total Gym
<input type="checkbox"/> Hip	<input type="checkbox"/> Isometrics		<input type="checkbox"/> Diagonal	<input type="checkbox"/> TRX
<input type="checkbox"/> Knee	<input type="checkbox"/> Stabilization		<input type="checkbox"/> Horz. Abd.	<input type="checkbox"/> Foam Roll
<input type="checkbox"/> Ankle/Foot	<input checked="" type="checkbox"/> Resisted		<input type="checkbox"/> Horz. Add.	<input type="checkbox"/> Cane
<input checked="" type="checkbox"/> Shoulder	<input type="checkbox"/> Gym		<input type="checkbox"/> Supination	<input type="checkbox"/> Balance Board
<input type="checkbox"/> Elbow/Wrist	<input type="checkbox"/> Plyometrics		<input type="checkbox"/> Pronation	<input type="checkbox"/> Closed Chain
<input type="checkbox"/> Hand	<input type="checkbox"/> Cardio		<input type="checkbox"/> Ulnar Dev.	<input type="checkbox"/> Stability Trainer
<input type="checkbox"/> All Body	<input type="checkbox"/> Dynamic		<input type="checkbox"/> Radial Dev.	<input type="checkbox"/> No Device
				<input type="checkbox"/> Putty
				<input type="checkbox"/> Other

At the bottom right, there are "Search" and "Clear" buttons.

Figure 2. Selecting the Search Criteria

4. Click the **Search** button to find all exercises with the selected criteria.

Exercise Pro populates the Search Interface section with pictures of the exercises, as shown in Figure 3.

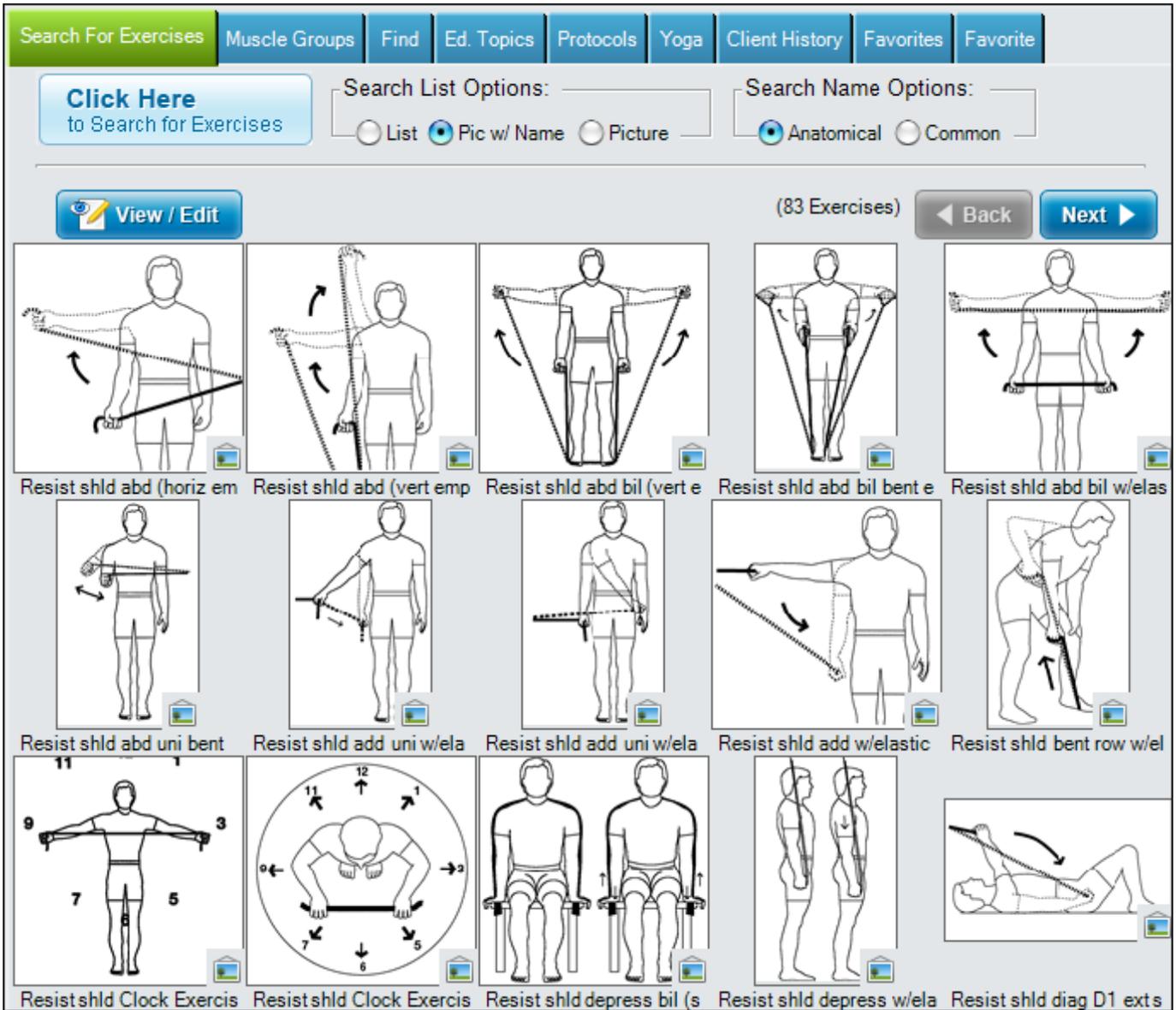
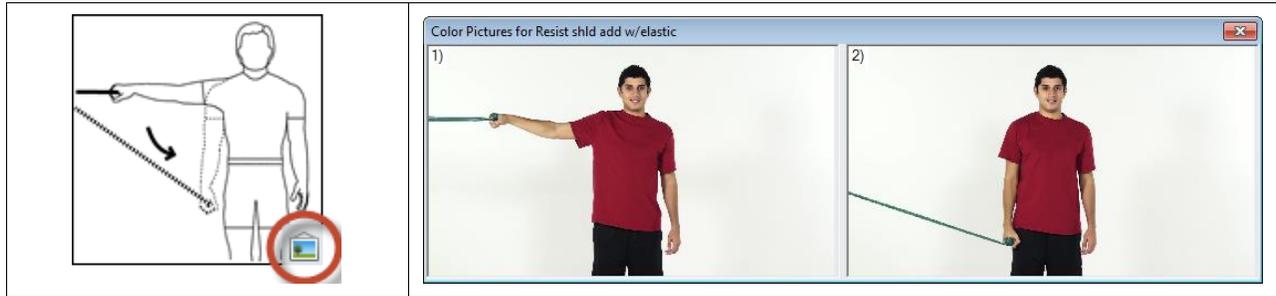


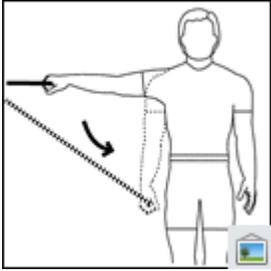
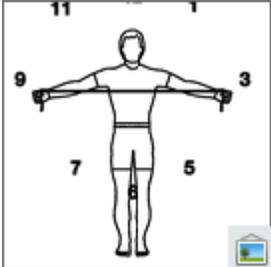
Figure 3. Search Results Showing Figures and Exercise Names

- Click the color photo icon on any line drawing to see a photograph of the exercise being implemented, as shown in Figure 5.

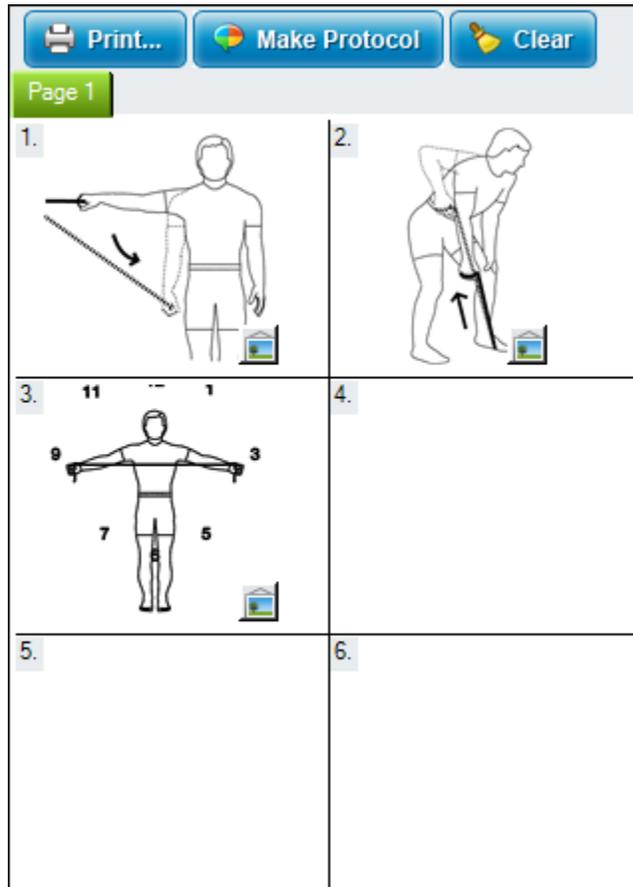


**Figure 4. Clicking the Color Photo Icon To Display Photographs of Exercise**

- Double-click the following exercises in the search results to add them to the list of selected exercises:

<ul style="list-style-type: none"> <li>Resist shld add w/elastic</li> </ul>	
<ul style="list-style-type: none"> <li>Resist shld bent row w/elastic</li> </ul>	
<ul style="list-style-type: none"> <li>Resist shld Clock Exercise D</li> </ul>	

The selected exercises appear on the right side of the Exercise Pro window, as shown in Figure 5.



**Figure 5. Double-Click Exercises in the Search Results List To Place in the Selected Exercise List on Right**

## Printing the Exercise Program

You can print the exercise program you create using different report formats. Complete the following steps to print exercise program with line drawings and a chart copy of the exercise program with pictures.

1. Click the **Print** button in the **Selected Exercises** section of the Exercise Pro window.

The **Enter Use Information for the Exercise** dialog box appears, shown in Figure 6, because at least one exercise uses equipment that needs specifying. In this example, the equipment is the elastic band which comes in different colors.

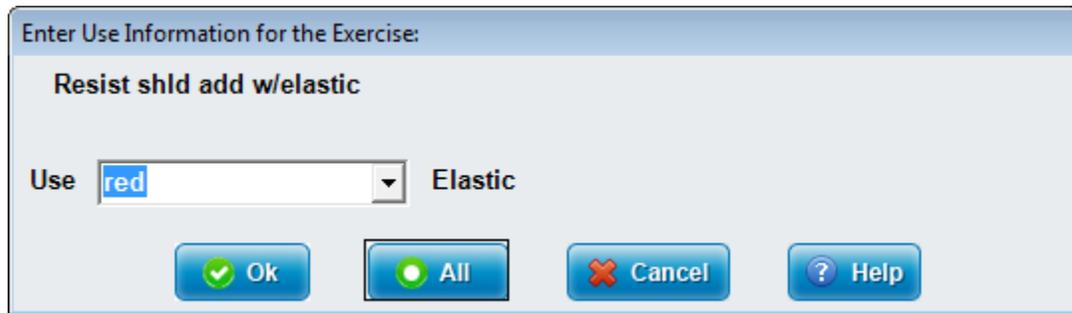


Figure 6. Entering Equipment Information To Print with the Exercise

2. Select **red** from the drop-down list box as shown in Figure 6.
3. Click the **All** button to use a red elastic band for each exercise in the exercise program that uses an elastic band. Alternately, you can click the **OK** button to have Exercise Pro prompt you for each exercise that uses an elastic band.
4. Fill out the required information:
  - a. Select the client's name from the **Client Name** drop-down list or type a new name.
  - b. Select the staff's name in the **Issued By** drop-down list or type a new name. When you enter a new name, Exercise Pro prompts you to add the name to the list of staff in the database.
5. Select the preferred language from the **Language** drop-down list.
6. (Optional) Enter any comments for the client in the **Client Comment** text box.
7. (Optional) Enter any notes in the **Daily Notes** text box.

8. Select the following information in the **Printing Information** dialog box, shown in Figure 7:

Section	Option To Select
Exercise Program Line Drawing Reports	3 per page w/ instructions
Report Options	Print Anatomical Name
Report Options: Pictures	Left
Other Reports	Print w/ Line Drawings Chart copy w/ Pics

**Printing Information**

Client Name:  Issued By:  Language:  \* Required

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

Daily Notes: Patient was instructed in home program and appears to have proper understanding of technique and form.

Buttons: Target Heart Rate, Stock Comments, Time Comment

**Exercise Program Line Drawing Reports:**

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

**Exercise Program Color Photo Reports:**

- 1 per page w/ instructions
- 2 per page w/ instructions
- 3 per page w/ instructions
- 4 per page w/ instructions
- 9 per page w/o instructions
- 12 per page w/o instructions
- None

**Report Options:**

Pictures:  Left  Right   Print Anatomical Name

Exercise Program Text Options:  Print Common Name

Print Exercise #

Logo:   Print Blanks

Grid Start:  Grid Days:   Print w/o Signature

Print w/o Date

**Other Reports:**

- Print w/ Color Photos  Date Grid  Chart Copy w/ Pics  Workout Grid w/ BPM  Workout Grid - Blank
- Print w/ Line Drawings  Site Copy  Chart Copy w/o Pics  Workout Grid  Cover Page

Warm Up (0 Exercises) **Workout (3 Exercises)** Cool Down (0 Exercises) Education Topics (0 Topics)

Exercise	Sets	Reps	Reps Units	Frequency	Weight	Weight Units	Rest	Rest Units	Hold	Hold Units	Reps	Frequenc	Re
Resist shld add w/elastic	3	10	Repetitions	once every oth...	red	Elastic	1	Minute	0		1	4	Se
Resist shld bent row w/elastic	3	10	Repetitions	once every oth...	red	Elastic	1	Minute	0		1	4	Se
Resist shld Clock Exercise Diag	3	10	Repetitions	once every oth...	red	Elastic	1	Minute	0		1	4	Se

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

Buttons: View / Edit, Make Aquatic, Remove, Pyramids, Remove Pyramids, Print..., Print Preview, Email, Save as PDF, Save, Cancel, Help

Figure 7. Selecting Information to Print

- Specify the exercise specifics, such as sets, repetitions, and rest time in the workout grid, as shown in Figure 8.

Warm Up (0 Exercises)		Workout (3 Exercises)		Cool Down (0 Exercises)		Education Topics (0 Topics)									
	Exercise	Sets	Reps	Reps Units	Frequency	Weight	Weight Units	Rest	Rest Units	Hold	Hold Units	Reps	Frequenc	Re	
▲	Resist shld add w/elastic	3	10	Repetitions	once every oth...	red	Elastic	1	Minute	0		1	4	Se	
▲	Resist shld bent row w/elastic	3	10	Repetitions	once every oth...	red	Elastic	1	Minute	0		1	4	Se	
▲	Resist shld Clock Exercise Diag	3	10	Repetitions	once every oth...	red	Elastic	1	Minute	0		1	4	Se	

Figure 8. Specifying Exercise Set, Repetition, and Frequency

- Click the **Print Preview** button to view the reports on your computer screen.
- Click the **Print** button to print the reports.



**Note:** In the **Printing Information** dialog box you can also print color photos of exercises, add additional notes, and vary the number of exercises per page. Refer to the *Exercise Pro Help*, by selecting **Help»Contents** for more information about printing options.

### Customizing the Search Interface

Tabs are an easy way to quickly access exercises and protocols you need. You can customize the number of tabs that Exercise Pro displays. Select **Search Tabs»Show/Hide Tabs** from the menu to display the Show/Hide Tabs dialog box. Place a checkmark in the tabs that you want visible, shown in Figure 9.

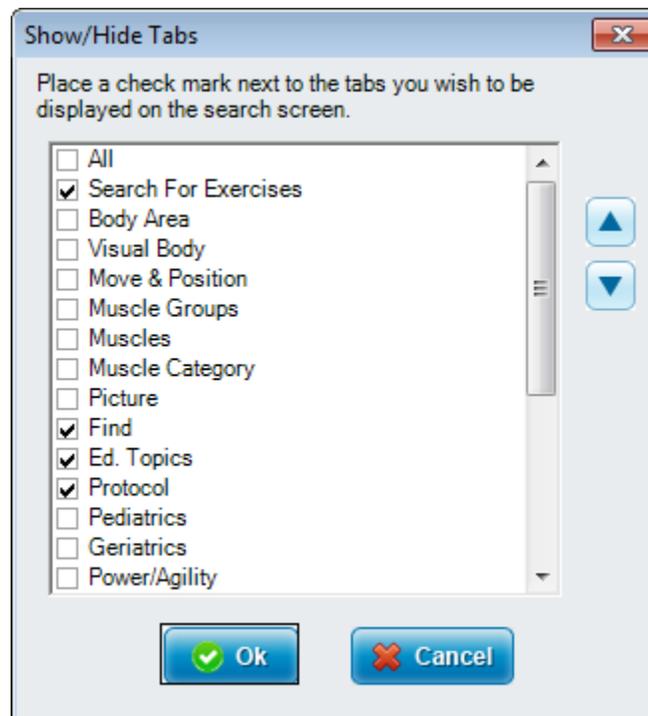


Figure 9. Selecting the Tabs You Want Exercise Pro To Display