

# IMPORTANT NOTICE!

## PLEASE READ PRIOR TO USING

To get the best possible benefit from using the Exercise Software Package, it is highly recommended that you first set up the **global defaults** before using or editing exercise parameters and watch the video tutorial located under HELP.

This program allows you to set up “defaults” to exercise types such as Active, Stretches, Isometrics, Resisted, and so on. Careful determination of this information will greatly simplify exercise prescription and save vast amounts of time for the staff.

The program ships with standard defaults. If you do not wish to choose your own defaults, you can use the factory-installed defaults. Please note they can be changed at any time.

On the final print screen these defaults can be changed. If an exercise does not fit the “norm”, it can be permanently changed by highlighting the exercise and choosing the view edit, making the changes, and clicking on save. (See Online Help under Printing, then to View/Edit for more detail)

To set Defaults:

1. First, decide what parameters are most generally used for each of the exercise types. For instance, if Resisted exercise (typically used for strength gains) is commonly prescribed in your facility at 3 sets x 8 repetitions, every other day, then this would be your default. **Determine these choices for each of the exercise types.**
2. Next, on the main screen of Exercise Pro, click on ADMIN, move pointer to Exercise Defaults and click.
3. The next screen will have exercise types listed with small circles next to each type. Click on the circle next to Stretch. Next, place the appropriate information in each of the areas (hold, frequency, sets, reps) and click on Save button. When the question appears to change all exercises in this category, click YES.
4. Continue this process for all the exercise types. When finished, begin using the program. (See “Getting Started” in the manual or in HELP)