

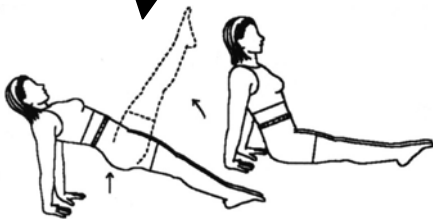


# EXERCISE Pro

## New Features!!!

### New Exercise Features:

- Over 600 new exercises (**2700+ TOTAL**) – Ortho, Pilates, Yoga, Power/Agility, Medicine Ball, Balance, functional exercise and more!
- New Education Topics, Exercise Theory
- Female and Male figures
- Supports Color - Create exercises with imported color images from digital camera.

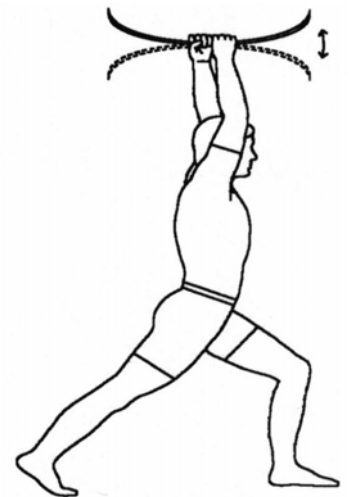


### New Search Features:

- Search by exercise movement (flexion, extension, etc)
- Search by body position (kneeling, supine, etc.)
- New visual picture and layout search screen
- Specialized tab searching, create custom user tabs
- Search by exercise number, easier protocol viewing

### New Powerful Reporting Features:

- Print color or B/W 1, 2, 3, 4, 6, 9, 12, 2, 40 exercises per page
- Multiple logo selection – color or B/W
- 2 types of patient tracking/progress grids
- Print with target heart rate for cardio programs



### Other Exciting New Features:

- Built-in spell checker
- New exercise equipment such as Bodyblade, BOSU, Medicine Ball and more.
- Create handouts with new Rapid Print number select feature
- Includes technical and common exercise names
- Choose from various stock comments for handouts
- Pyramid sets and reps



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**ORDER NOW!**

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## **Exercise Pro Version 4 Features**

Exercise Pro is a complete system with no extras to buy. No hardware key is required. The ultimate home exercise software is now even better and easier to use. In addition to all the fantastic features included in our previous versions, there are now over 50 new features! To fully experience the vast scope of Exercise Pro, we invite you to examine the 10-minute video tutorial located in the demo under HELP.

### **Expanded Content – over 2700 exercises!**

- Pilates
- Yoga
- Power/Agility
- Wheelchair
- Bodyblade
- BOSU
- Functional exercises
- Many new Education Topics
- New Exercise Theory section

### **Search Features – over 10 browsing methods**

- Tab layout for efficient location of specialized exercises
- Print Layout Preview Search
- Search results in list or picture
- Movement and position search tab
- Visual Body search tab
- Search by exercise name or number
- Create programs by number selection
- Create custom search tabs
- New expanded tree protocol layouts – create, recall, view, edit and print protocols
- Technical or common name exercise search

### **Amazing new Printing and Report Options**

- Print with Target Heart Rate for cardio exercises
- Print with automatic left or right picture orientation
- Print with 1, 2, 3, 4, 6, 9, or 12 exercises per page
- Special 40 exercise per page layout
- Print two types of tracking grids for patient progress recording
- Print with Pyramid sets and reps
- Choose from multiple stock comments for patient handouts
- Print with clinic information custom cover page
- Print with a color clinic logo
- Choose from multiple logo options if desired
- Numerous new handout printing options – print with exercise numbers, common or technical names (or both), print with or without date

### **More Exciting Features**

- Import up to 2 color photos for a new exercise

- Substitute color photos for a pre-existing exercise
- New and improved built-in picture editor
- Changes to exercises in a protocol remain with only that exercise in the protocol
- User can add additional language translations
- Built-in Spell Checker
- Automatic data backup
- Predictive name search typing provides quick location of clients already existing in program
- Export programs and content into PDF format
- Built-in video tutorial
- Manual prints directly from program in PDF
- Print thumbnail picture index of all exercises correlated by number, name and body area
- Fast function icon buttons

### **And of course our standard features...**

- Email programs
- Password protected client information
- Prints with chart copy
- Sets and reps global defaults – dramatically improves productivity and program creation
- Archive and purge
- Restore utility
- Bookmarking
- Network system for any Windows network environment

### **Exercise Pro Version 4 system requirements:**

Pentium 2 or better  
 70 megs hard drive space  
 64 megs of memory or better  
 800x600 screen size  
 Laser or Inkjet printer  
 Win 98,ME, NT, 2000, XP

***...And of course, our prices remain fair and affordable, with the best value, content and features, not available in any other exercise software!***

(If you are a current owner of any of our previous versions, call us for upgrade prices.)

### **Contact :**

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# EXERCISE *Pro* Version 4

**Exercise Pro** is the premiere home exercise and education handout software, leading the industry since 1996. **Exercise Pro** is easy to use, creates home programs fast and efficiently, improves productivity, and is quite simply the best value on the market, with features no other program can match. Find out why **Exercise Pro** is really your only choice for home exercise software; spend of few minutes examining our extensive features or review our demo CD.

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## **THE BASICS:**

No hardware key/program module required! Charging \$100 just to be able to use a program (and not even get any exercises) just doesn't make sense to us. But that is exactly what one competitor will do to you if you let them! **Exercise Pro** comes ready to use – No EXTRA FEES.

Exercise Pro is a complete package. Other products will lure you in with a cheap basic program, only to charge you over and over again to give you the content that you should have received from the start (under the guise that they are letting you “customize” your software). Don't fall for that line. **Exercise Pro** gives you all the content, **over 2500 exercises**, with both male and female figures, so when you need them, you have them.

Exercise Defaults feature comes standard as well. This feature lets you assign default settings for set and reps and such. *This feature saves an immense amount of time.* Just set your preferences, and stop wasting time entering sets and reps every time you create a program. Of course, if you want to change an exception once in a while, it can be done quickly and easily.

Education Handouts – **Exercise Pro** comes complete with over 200 FULL PAGE education topics, unlike other programs that try and squeeze important patient instruction into a small area. We feel patient education (such as body mechanics, orthopedic conditions, transfers, etc.) is a crucial component of care and as such should be given sufficient priority.

Complete Exercise and Education Topic Editing Ability – With **Exercise Pro**, you can edit text, sets, reps, frequency per week and even edit the illustration! All Education topics can be edited. And it is possible to add exercises and add education topics (more details on those features on next pages).

Protocols – **Exercise Pro** contains protocols and allows you to create your own. Protocols can even include education topics.

Spanish/English – All exercises and education topics can be printed both in English and Spanish. It is even possible to edit the Spanish text!

Network capable – And **Exercise Pro** can be operated on any network system as either a single license network (for no EXTRA CHARGE) or as a multiple license system for a small nominal fee. And technical support is free and there are no annual fees.

## Exercise Pro Additional Features

If the basic features aren't already enough reason to convince you of the power and versatility of the Exercise Pro System, just examine these bonus features, many which no other system can claim to have or even come close to having:

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Searching – It is obvious the key to a powerful, yet easy to use exercise software is having an efficient search engine which will meet all the clinicians' various needs and search preferences. We pioneered and developed the most advanced, yet straightforward search engine available for exercise software. Using a tab layout and precise search parameters, anyone can find the method best suited for them. Many have tried to emulate our methods but no others can come close to it.

Our standard search engine precisely locates exercises based on body area, exercise type (whether specialized or general), equipment used, anatomical motion, and body position. Want to find all low back stabilization exercises in supine or quadruped? No Problem. Want to locate just shoulder flexion exercises in supine using elastic? No problem. Here are just a few other methods:

- 1) Some clinicians prefer to search by muscle. **Exercise Pro** will do that as well. Maybe you want to just look for a specific muscle in a general body area. Not a problem.
- 2) Want to see the exercise results in a list or displayed as a group of pictures? We can do that as well, either with or without a name.
- 3) How about searching by anatomical name, common name or by just typing in an exercise name? It can be done.
- 4) Would you like to drag and drop your exercises into a print preview layout? Still not a problem, just use our visual search and print method.
- 5) If you want to just search for Pilates exercises, just click on the Pilates tab – it is as easy as that.
- 6) We even let you add a few custom tabs if you need them.
- 7) Maybe you are inclined to choosing exercises using a visual representation of the body. We do it!
- 8) Only looking for protocols? Just click on the protocol tab, pick a body area, search, and pick your protocol and that is all there is to it. And any exercise changes made to an exercise in a protocol will automatically stay that way JUST for that protocol.
- 9) Find an exercise by its number? Easy. And if you want your technician to locate and print an exercise program, we have special exercise picture/number reference forms so all the therapist has to do is circle the picture, the tech enters the numbers and the program is made. It couldn't be faster or simpler.

And that is not all. What if an exercise is in one category and you want to have it in another category? **Exercise Pro** will let you change an exercise from one category to another or have it show up in both categories and multiple categories. And if you wish, the exercise name can be changed too!

## Exercise Pro Standard Printing Features

Printing – While content and searching are important to any exercise software, the variety of printing options is also crucial. After all, the exercise handout is the final product delivered to your patient and reflects you and your facilities professionalism. For that reason, **Exercise Pro** has a multitude of printing options to improve patient understanding, encourage home program compliance, and to meet all the clinics potential handout needs and are described below.

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- 1) Exercise handouts can print with 1, 2, 3, 4, 6, 9, and 12 exercises per page. One the one and two page layout, the font is larger to enhance reading for the visual impaired.
- 2) A special 40 per page exercise layout for use with aerobics or water aerobics training. Only exercise illustrations are printed and text can be entered to indicate how long to perform each movement pattern.
- 3) Automatically print chart copy, tracking grid, or onsite flow sheet.
- 4) Workout grid with MWF, T,TH, dates, daily, every other day, twice a day check boxes.
- 5) Email programs in PDF format, export in PDF.
- 6) Print exercise handouts with blanks.
- 7) Supports color pictures or B/W, and supports alternate images for each exercise – this is great when one clinician wants to use an illustration or picture instead of the one provided by the program.
- 8) Print exercises automatically to show left or right extremities being used.
- 9) Rapid Print Features allows exercises to be picked and printed without entering patient and clinician name and information.
- 10) Print exercises showing numbers.
- 11) Enhanced printing options- print without date, print without text, print with common names,
- 12) Target heart rate parameter note will advise recommended target heart rate – great for fitness programs and aerobic workouts.
- 13) Multiple Stock comments – Choose from a list of your common comments to automatically print with handouts.
- 14) Prints with your B/W logo, color logo, and supports multiple logos - no charge.

### Other Standard Features

Backup/restore of client programs, either manual or automatic.

User manual available in PDF format.

Tool bar with bubble text overlay.

Auto backup/save of system data.

Delete, activate and de-activate clients.

Add additional languages.

Pyramid set and reps capable.

Progressive name lookup.

History/audit of patient records for HIPPA.

Optional password protected client history for HIPPA compliance

Built-in Spell Checker.

New and improved picture editor and body part library to create your own exercises

Operates on Windows 98, ME, NT 2000, XP, 2003. See website for system requirements.