

[Index - Click here](#)

PHYSIGRAPHE CLIPART

Specialized image collection of exercises
Recueil d'images spécialisées d'exercices



**MORE THAN
2200 IMAGES
ET PLUS**

VERSION 2 PRO



CDROM FOR WINDOWS and MAC
CDROM POUR WINDOWS et MAC
BMP format
Format BMP

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PHYSIGRAPHE CLIPART®

Physigraphe Clipart is a tool that offer you more than 2200 bitmap pictures of excercises. The visual impact of these pictures will help your clients better understand the excercises assigned to them and perform better..

Physigraphe Clipart is taylored for professionals and specialists in weight training and therapeutic programs.

Physigraph Clipart is easy to use and affords you a multitude of exercise programs possibilities. There are no limits to the variety of programs that you can offer to your athletes and clients.

It is important that each excercises should be demonstrated properly to your clients and supervised periodically.

Variety is the key to training and rehabilitation success.

Physigraphe Clipart est un outil de travail vous offrant plus de 2200 images bitmaps d'exercices physiques. Le principe d'imagerie de vos programmes d'exercices aidera vos clients à visualiser et à comprendre leur programme et ainsi à mieux le mettre en pratique.

Physigraphe Clipart est simple d'utilisation et il peut s'adapter à une multitude de programmes d'exercices. Le nombre de programmes qu'il vous permet d'élaborer pour vos athlètes et clients est pratiquement illimité.

Physigraphe Clipart est conçu spécialement à l'intention des professionnels et des spécialistes de l'entraînement musculaire et thérapeutique.

Il est important que chacun des exercices soit démontré à vos clients. Le maintien d'une supervision régulière y est aussi indispensable.

La variété est la clé d'un programme réussi.

Click on the subject you want to
see the page.

Cliquer sur le sujet désiré pour
voir la page.

INDEX – Table des matières

License Agreement Physigraphe p.1
Licence Physigraphe p.2
Introduction p.3
Using Excel Training Program p.6
Utilisation du programme Excel p.7
Excel Program p.8
Programme Excel p.9
Example - 9 exercises sheet - the visual (Recto) p.10
Example - 9 exercises sheet – the result sheet (Verso) p.11
Grip and Position - Table 1 - Prises et positions – Table 1 p.12-13-14
Tricks - Table 2 - Astuces - Table 2 p.15-16

MUSCULAR EXERCISES – Exercices musculaires

Abdominals – Abdominaux p.18-19-20-21-22
 Exercise Ball – Ballon d'exercices p.23-24-25

Back – Dos p.27-28-29-30
 Exercise Ball – Ballon d'exercices p.31-32

Biceps p.34-35
 Exercise Ball – Ballon d'exercices p.35

Buttocks p.37
 Exercise Ball – Ballon d'exercices p.37

Calfs - Mollets p.39
 Exercise Ball – Ballon d'exercices p.39

Forearms – Avant-bras p.41
 Exercise Ball – Ballon d'exercices p.41

Legs – Jambes p.43-44-45-46
 Exercise Ball – Ballon d'exercices p.47-48

Neck – Cou p.50
 Exercise Ball – Ballon d'exercices p.50

Pectorals – Pectoraux p.52-53
 Exercise Ball – Ballon d'exercices p.54

Shoulders – Épaules p.56-57-58
 Exercise Ball – Ballon d'exercices p.59-60
 Rotators – Rotateurs p.61

Triceps p.63-64
 Exercise Ball – Ballon d'exercices p.65

Plyo_Power_Stabilisation – Plio_Puissance_Stabilisation p.67-68-69-70-71

Weight Lifting – Haltérophilie p.73

Flexibility – Flexibilité p.75-76-77

Exercise Ball – Ballon d'exercices p.78-79

Warm up & Aerobic – Échauffement et aérobie p.80

THERAPEUTIC EXERCISES – Exercices thérapeutiques

Range of motion – Amplitude de mouvement

Back - Dos p.82

Elbows – Épaules p.82

Feet – Pieds p.82

Hands – Mains p.82

Hips – Hanches p.83

Knees – Genoux p.83

Neck – Cou p.83

Shoulders – Épaules p.84

Flexibility - Flexibilité

Back – Dos p.86

Feet – Pieds p.87

Hands – Mains p.87

Knees – Genoux p.87

Hips – Hanches p.88

Shoulders – Épaules p.88

Neck – Cou p.88

Strengthening - Renforcements

Abdominals – Abdominaux p.90

Back – Dos p.90

Elbows – Coudes p.90

Feet – Pieds p.91

Hands – Mains p.91

Hips – Hanches p.92

Knees – Genoux p.92

Neck – Cou p.93

Rotators – Rotateurs p.93

Shoulders – Épaules p.94

Core Stablization & Posture – Stablisation « Core » et posture p.96-97-98

Symptoms of Unbalanced Muscles p.100-101-102

USING THE EXCEL TRAINING PROGRAM

1. Opening from Windows

- a) Insert the Physigraphe Clipart disc in your CD-ROM drive.
- b) Double click on the My Computer icon.
- c) Double click on the CD-ROM icon.
- d) Open the PGClipart-V2pro file.
- e) Open the Prog_Ex1 file.
- f) Open the Eng-PROG program (English version) or the PROG-Fran (French version).

2. Insert a Physigraphe picture

- a) From the Tools menu, select Protection to unprotect the sheet.
- b) From the Insert menu go to Pictures From File.
- c) From Look In select your CD-ROM drive.
- d) Open PGClipart-V2pro.
- e) Follow the access way described on the top of your picture page chosen from the Physigraphe book.
- f) Click on the picture's code.
- g) Drag the picture in the desire box.

3. How to used the Physigraphe Excel program?

- a) From the visual sheet, write the client's name and program's number.
- b) Insert the exercise's number on the top left of the image's box (see example in the annex's book – exercise A1, A2, B1 etc..).
- c) Indicate the number of series, repetitions, tempo and rest for each exercises and workout.
- d) Indicate by 1, in the "Alter" cell, if it's not an alternate exercise and by 2 if it is an alternate exercise.
- e) Write the instruction your client needs in the note space.
- f) Print the report sheet you need at the back of your visual sheet.

PHYSIGRAPHE CLIPART

Name: _____

Program: 1

Program identification

Exercise identification

A1

Wtt	
1	
2	
3	
4	
5	
6	

Time of training for each workout (automatically calculated)

A2

Box to place image

B1

Box to place image

	Ser.	Rep.	Tempo	Rest
Wt 1				
Wt 2				
Wt 3				
Wt 4				
Wt 5				
Wt 6				

Alter. 1

	Ser.	Rep.	Tempo	Rest

Alter. 1

	Ser.	Rep.	Tempo	Rest

Alter. 1

Note:

Put 1 for a not alternate exercise
2 for an alternate exercise

Note:

Note:

You click in front of **note** to write a note in the note box

B2

Wtt	
1	
2	
3	
4	
5	
6	

Box to place image

C1

Box to place image

C2

Box to place image

When the exercise sheet is completed the **program 1** is completed too.

	Ser.	Rep.	Tempo	Rest
Wt 1				
Wt 2				
Wt 3				
Wt 4				
Wt 5				
Wt 6				

Alter. 1

Workout 1 to 6

	Ser.	Rep.	Tempo	Rest

Alter. 1

When you want to prescribed different sets in a workout you have to write in the **exercise sheet** the first set only and in the **program 2** you write all the other sets with different repetitions.

	Ser.	Rep.	Tempo	Rest

Alter. 1

Note:

Note:

Note:

Wt 1	Wt-Ttime	Total Wt_time	Wt 3	Wt-Ttime	Total Wt_time	Wt 5	Wt-Ttime	Total Wt_time
		min.			min.			min.
Wt 2		min.	Wt 4		min.	Wt 6		min.

EXAMPLE

Name: Mr. X [info](#)

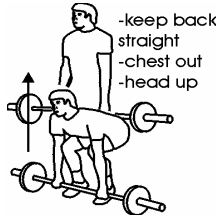
Program: 1 [info](#)

Consultant: Mr. Z [info](#)

VERSO

A1

Wtt
60,2
Trep
368
Ttime
35,7

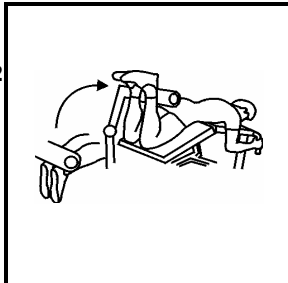


Set	Rep.	Tempo	Rest
1	8	2 1 1	60
1	8	2 1 1	60
1	8	2 1 1	60
1	6	2 1 1	60

Alter. 1

Note:

A2

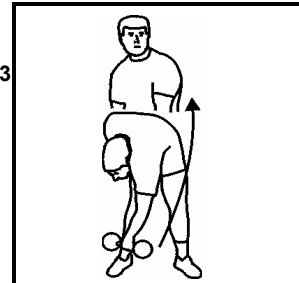


Set	Rep.	Tempo	Rest
1	8	4 1 1	45
1	6	4 1 1	45
1	4	4 1 1	60
1	2	3 1 1	60

Alter. 1

Note:

A3



Set	Rep.	Tempo	Rest
1	12	2 1 2	45
1	10	2 1 2	45
1	10	2 1 2	45

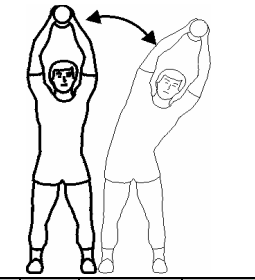
Alter. 2

Note:

VERSO

B1

Wtt
60,2
Trep
368
Ttime
35,7

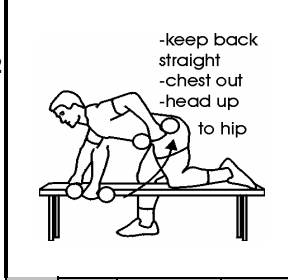


Set	Rep.	Tempo	Rest
1	12	2 0 2	45
1	12	2 0 2	45
1	12	2 0 2	45

Alter. 1

Note:

B2

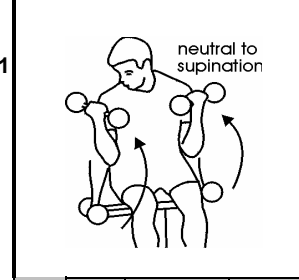


Set	Rep.	Tempo	Rest
1	12	3 1 2	60
1	12	3 1 2	60
1	12	3 1 2	60

Alter. 2

Note:

C1



Set	Rep.	Tempo	Rest
1	12	3 1 2	60
1	12	3 1 2	60
1	12	3 1 2	60

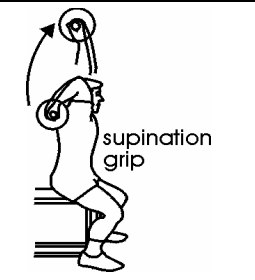
Alter. 1

Note:

VERSO

C2

Wtt
60,2
Trep
368
Ttime
35,7

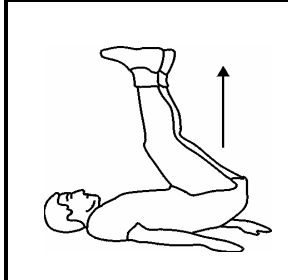


Set	Rep.	Tempo	Rest
1	12	3 1 2	60
1	12	3 1 2	60
1	12	3 1 2	60

Alter. 1

Note:

D1

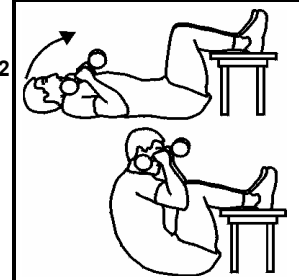


Set	Rep.	Tempo	Rest
1	25	1 2 1	45
1	25	1 2 1	45

Alter. 1

Note:

D2



Set	Rep.	Tempo	Rest
1	12	1 2 1	60
1	12	1 2 1	60

Alter. 1

Note:

Name: Mr. X

EXAMPLE Program: 1

Exerc.	A1	Workout	1	2	3	4	5	6	7	8
Recto	Set	Tempo	Load	Load	Load	Load	Load	Load	Load	Load
	Rep.	Rest	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.
	1	2 1 1								
	8	60								
	1	2 1 1								
	8	60								
	1	2 1 1								
	8	60								
	1	2 1 1								
	6	60								

Alter. Note: 1

Exerc.	A3	Workout	1	2	3	4	5	6	7	8
Recto	Set	Tempo	Load	Load	Load	Load	Load	Load	Load	Load
	Rep.	Rest	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.
	1	2 1 2								
	12	45								
	1	2 1 2								
	10	45								
	1	2 1 2								
	10	45								
	0	0 0 0								
	0	0								

Alter. Note: 2

Exerc.	B2	Workout	1	2	3	4	5	6	7	8
Recto	Set	Tempo	Load	Load	Load	Load	Load	Load	Load	Load
	Rep.	Rest	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.
	1	3 1 2								
	12	60								
	1	3 1 2								
	12	60								
	1	3 1 2								
	12	60								
	0	0 0 0								
	0	0								

Alter. Note: 2

Exerc.	C2	Workout	1	2	3	4	5	6	7	8
Recto	Set	Tempo	Load	Load	Load	Load	Load	Load	Load	Load
	Rep.	Rest	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.
	1	3 1 2								
	12	60								
	1	3 1 2								
	12	60								
	1	3 1 2								
	12	60								
	0	0 0 0								
	0	0								

Alter. Note: 1

Exerc.	D2	Workout	1	2	3	4	5	6	7	8
Recto	Set	Tempo	Load	Load	Load	Load	Load	Load	Load	Load
	Rep.	Rest	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.
	1	1 2 1								
	12	60								
	1	1 2 1								
	12	60								
	0	0 0 0								
	0	0								
	0	0 0 0								
	0	0								

Alter. Note: 1

Exerc.	A2	Workout	1	2	3	4	5	6	7	8
Recto	Set	Tempo	Load	Load	Load	Load	Load	Load	Load	Load
	Rep.	Rest	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.
	1	4 1 1								
	8	45								
	1	4 1 1								
	6	45								
	1	4 1 1								
	4	60								
	1	3 1 1								
	2	60								

Alter. Note: 1

Exerc.	B1	Workout	1	2	3	4	5	6	7	8
Recto	Set	Tempo	Load	Load	Load	Load	Load	Load	Load	Load
	Rep.	Rest	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.
	1	2 0 2								
	12	45								
	1	2 0 2								
	12	45								
	1	2 0 2								
	12	45								
	0	0 0 0								
	0	0								

Alter. Note: 1

Exerc.	C1	Workout	1	2	3	4	5	6	7	8
Recto	Set	Tempo	Load	Load	Load	Load	Load	Load	Load	Load
	Rep.	Rest	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.
	1	3 1 2								
	12	60								
	1	3 1 2								
	12	60								
	1	3 1 2								
	12	60								
	0	0 0 0								
	0	0								

Alter. Note: 1

Exerc.	D1	Workout	1	2	3	4	5	6	7	8
Recto	Set	Tempo	Load	Load	Load	Load	Load	Load	Load	Load
	Rep.	Rest	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.
	1	1 2 1								
	25	45								
	1	1 2 1								
	25	45								
	0	0 0 0								
	0	0								
	0	0 0 0								
	0	0								

Alter. Note: 1

Total workout repetitions	368
Total workout tension time min.	35,7
Total workout time min.	60,2

Wtt: Workout time Alter.: Alternate
 Time: Tension time 1 for not alternate
 Rep.: Repetition 2 for alternate
 Trep: Total workout repetitions

PHYSIGRAPHE CLIPART®

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