PHYSIGRAPHE CLIPART

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

MORE THAN
2200 IMAGES
ET PLUS

VERSION 2 PRO
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Physigraphe Clipart is a tool that offer you more than 2200 bitmap pictures of exercises. The visual impact of these pictures will help your clients better understand the exercises assigned to them and perform better.

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

Physigraphe 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 exercises 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.
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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_Exl 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.
### Program 1

#### Time of training for each workout (automatically calculated)

<table>
<thead>
<tr>
<th>Wt 1</th>
<th>Wt 2</th>
<th>Wt 3</th>
<th>Wt 4</th>
<th>Wt 5</th>
<th>Wt 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
</tbody>
</table>

**Note:**

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

#### When the exercise sheet is completed, the program 1 is completed too.

#### 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.

<table>
<thead>
<tr>
<th>Wt-Time</th>
<th>Total Wt_time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wt 1</td>
<td>min.</td>
</tr>
<tr>
<td>Wt 2</td>
<td>min.</td>
</tr>
<tr>
<td>Wt 3</td>
<td>min.</td>
</tr>
<tr>
<td>Wt 4</td>
<td>min.</td>
</tr>
<tr>
<td>Wt 5</td>
<td>min.</td>
</tr>
<tr>
<td>Wt 6</td>
<td>min.</td>
</tr>
<tr>
<td>Name: Mr. X</td>
<td></td>
</tr>
<tr>
<td>------------</td>
<td></td>
</tr>
</tbody>
</table>

**Example Diagram:**

<table>
<thead>
<tr>
<th>Exerc.</th>
<th>Workout</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
</tr>
</thead>
<tbody>
<tr>
<td>A1</td>
<td>Set</td>
<td>Rep.</td>
<td>Tempo</td>
<td>Load</td>
<td>Load</td>
<td>Load</td>
<td>Load</td>
<td>Load</td>
<td>Load</td>
</tr>
<tr>
<td>1</td>
<td>2</td>
<td>1</td>
<td>1</td>
<td>8</td>
<td>60</td>
<td>1</td>
<td>2</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Exerc.</td>
<td>B1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Set</td>
<td>Rep.</td>
<td>Tempo</td>
<td>Load</td>
<td>Load</td>
<td>Load</td>
<td>Load</td>
<td>Load</td>
<td>Load</td>
</tr>
<tr>
<td>1</td>
<td>2</td>
<td>0</td>
<td>2</td>
<td>12</td>
<td>45</td>
<td>1</td>
<td>2</td>
<td>0</td>
<td>2</td>
</tr>
<tr>
<td>Exerc.</td>
<td>C1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Set</td>
<td>Rep.</td>
<td>Tempo</td>
<td>Load</td>
<td>Load</td>
<td>Load</td>
<td>Load</td>
<td>Load</td>
<td>Load</td>
</tr>
<tr>
<td>1</td>
<td>3</td>
<td>1</td>
<td>2</td>
<td>12</td>
<td>60</td>
<td>1</td>
<td>3</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Exerc.</td>
<td>D1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Set</td>
<td>Rep.</td>
<td>Tempo</td>
<td>Load</td>
<td>Load</td>
<td>Load</td>
<td>Load</td>
<td>Load</td>
<td>Load</td>
</tr>
<tr>
<td>1</td>
<td>1</td>
<td>2</td>
<td>1</td>
<td>25</td>
<td>45</td>
<td>1</td>
<td>1</td>
<td>2</td>
<td>1</td>
</tr>
</tbody>
</table>

**Total workout repetitions:** 368
**Total workout tension time min.** 35.7
**Total workout time min.** 60.2

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