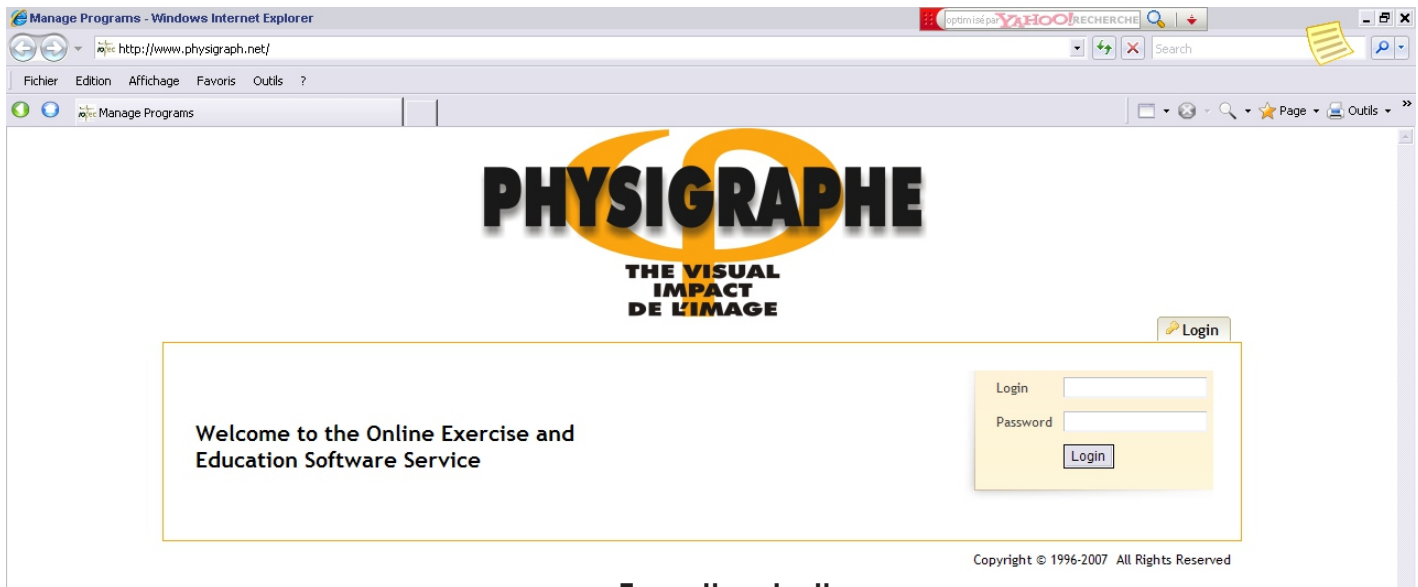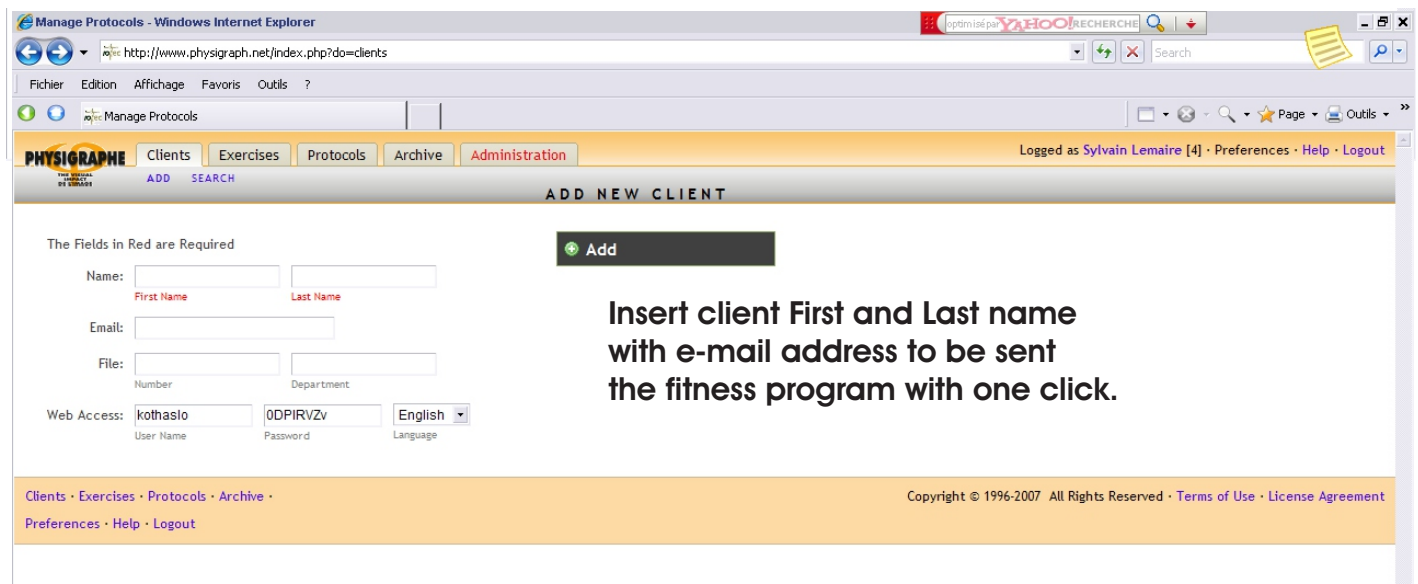# Overview of
Physigraphe's Web Application
The most evolutionary program
on the market with more than
3500 image of exercises and more than
1500 animations and videos.

From the starting page
insert your user name and
password.

Insert client First and Last name
with e-mail address to be sent
the fitness program with one click.

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THE VISUAL IMPACT DE SERVICE

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SEARCH   BROWSE   PROGRAM

FIND EXERCISES

Find an Exercise [   ]   [Search]   Select a keyword ▾   Standard Protocols: Select a Protocol ▾
Keywords

My PTCL ○   All ◉

Cardio	Muscles
Flexibility	☐ Heart
Plyometry	
Strenghting	
Warm-up	

From the "Find Exercises" page choose the activity where you want to get the exercises.

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SEARCH   BROWSE   PROGRAM

FIND EXERCISES

Find an Exercise [   ]   [Search]   Select a keyword ▾   Standard Protocols: Select a Protocol ▾
Keywords

My PTCL ◉   All ○

Cardio	Muscles	Equipments	Positions	Others
Flexibility	☐ Abdominals	☐ Ball	☐ Declined	☐ Aquatic
Plyometry	☐ Abdominals oblique	☐ Bar	☐ Hang	☐ Weight lifting
Strengthening	☐ Abductors	☐ Bench	☐ Inclined	☐ Yoga
Warm-up	☐ Adductors	☐ Bosu	☐ Lying	
	☐ Back	☐ Dumbbell	☐ Neutral Grip	
	☐ Biceps	☐ Elastic	☐ On 1 foot	
	☐ Buttock	☐ Free	☐ On 2 feet	
	☐ Calf	☐ Heavy ball	☐ On 2 knees	
	☐ Forearm	☐ Kettlebell	☐ On all fours	
	☐ Hamstrings	☐ Machine	☐ On one knee	
	☐ Hand	☐ Misc	☐ On the back	
	☐ Hip	☐ Partner	☐ On the side	
	☐ Legs	☐ Plate	☐ On the stomach	
	☐ Neck	☐ Pulley	☐ Pronation Grip	
	☐ Pectorals	☐ Roller	☐ Seated	
	☐ Quadriceps	☐ Roller board	☐ Stabilization	
	☐ Quadriceps - buttock	☐ Sliding Disc	☐ Stand	
	☐ Rotators	☐ Stairs	☐ Supination Grip	
	☐ Shoulder	☐ Step		
	☐ Trapezius	☐ Swiss Ball		
	☐ Triceps	☐ Towell		
	☐ Trunk	☐ TRX		
		☐ Wooble Board		

From The Physigraphe search engine search by the muscle groups, equipments, positions and others.

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SEARCH   BROWSE   PROGRAM

B R O W S E   A N   E X E R C I S E

The Search Yielded 203 Exercise(s) Use the checkboxes to select exercises and the eye to view details. Select: All / None

— **Assign to Program**   — **Search Again**

Click on the left top corner to select the exercise you want and assign it to the program.

To select other exercises go back to the search page.

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SEARCH   BROWSE   PROGRAM

B R O W S E   A   P R O G R A M

Print Size: ◉ Small ◯ Large

Language: ◉ English ◯ French ◯ Spanish

Expiration of online report: [_____]

Show in B&W: ◯ Or ◉ Color

Note(s)

Do the program every 2 days

[Update the note]

When you've chosen your exercises, you can place them in order and then print them in black and white.

⊘ **Save this Program**   🖶 **Print this Program**   ⊘ **Done with this Program**

To complete the program click on the eye on the top left corner of the image.

Created by: · Date: 2012-02-2   [0.00 Min.]

From this page you can write all the information needed to perform the exercise and the program: like the weekly frequency, number of sets, number of repetitions, the tempo and the rest. The time of the workout, number of repetition, the time under tension and the volume will be calculated automaticaly.
You can add new sets to change the quality of the workout. The load could also be calculated from the 1 RM (1 repetition max).

The Physigraphe's Web Application offers alot more, like animations, the creation of protocols, a complete management of your Fitness Trainers for administrators of fitness centers.

With this bank of over 3500 exercise images and over 1500 animations and videos, Physigraphe's Web Application wants to be the most evolutionary program on the market to give to Fitness Trainers the best fitness tool ever offered.