

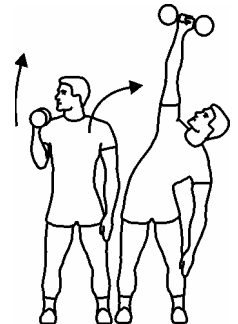
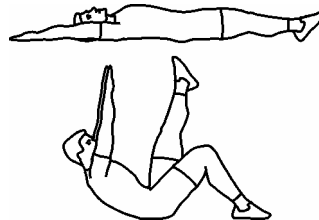
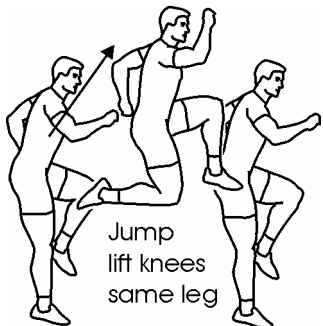


# PHYSIGRAPHE CLIPART V2 PRO

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The greatest bank  
of fitness exercises images ever  
with more than 2200 images

[www.physigraphe.com](http://www.physigraphe.com)





# PHYSIGRAPHE CLIPART V2 PRO

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- Physigraphé Clipart is a tool that offers you more than 2200 bitmaps of pictures of exercises. The visual impact of these pictures will help your clients better understand the exercises assigned to them.
- Physigraphé Clipart is tailored to professionals and specialists in weight training and therapeutic programs.
- Physigraphé Clipart is easy to use and affords you a multitude of exercise program possibilities. There are no limits to the variety of programs you can offer your athletes and clients. Variety is the key to training and rehabilitation success.



# PHYSIGRAPHE CLIPART V2 PRO

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- Get more than 600 ball exercises and more than 300 abdominal exercises
- More than 1700 strengthening exercises: free exercises, weight lifting, power lifting and plyometry
- More than 250 flexibility exercises
- More than 350 rehabilitation exercises
- PGClipart V2 Pro comes with Excel and Word (from Microsoft) Programs



# EXCEL AND WORD TEMPLATES

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- Find different Excel and Word templates to create professional visual exercise programs.





	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	AA	—
--	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	----	---

2	<a href="#">info</a>	<a href="#">info</a>	<a href="#">info</a>
---	----------------------	----------------------	----------------------

4			
5	5.1	5.2	5.3

6	<u>Wt</u>				
7	0.0				

8	113			
9	0			

11	0,0
----	-----

13	Set	Rep.	Tempo	Rest	Set	Rep.	Tempo	Rest	Set	Rep.	Tempo	Rest
----	-----	------	-------	------	-----	------	-------	------	-----	------	-------	------

15															
10															

[illegible][illegible]

22
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24	<b>VERSO</b>				
25					

26	B2	C1	C2
27	3/11		

Draw ▾ AutoShapes ▾                       



**To insert a picture from the bank of exercises, click in the square where you want to insert the picture, then from the picture tool bar click on the insert picture button.**

Look in: PGClipart-V2pro

History

My Documents

Desktop

Favorites

My Network Places

Abdo

Back

Biceps

Buttock

Calf

Extra

Flexibility

Forearm

Leg

Neck

Pectorals

Plyo\_Power\_Stabilization

File name:

Files of type: All Pictures

Insert

Cancel

Go in the PGClipart-V2-Pro file then into the file of exercises you want to insert the image.

Look in: Abdo


History


My Documents


Desktop


Favorites


My Network Places


History


My Documents


Desktop


Favorites

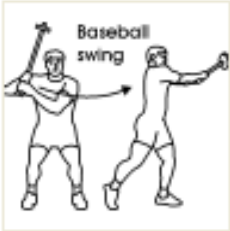
My Network Places

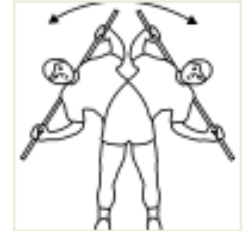
Ball\_Ex\_Abdo


With bar  
abdo\_bar-01

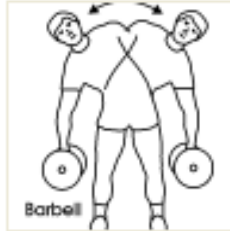
abdo\_bar-02


abdo\_bar-03


Baseball swing  
abdo\_bar-04

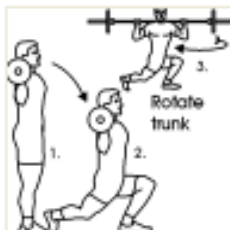
abdo\_bar-05


unbalance the bar  
abdo\_bar-06


Barbell  
abdo\_bar-07

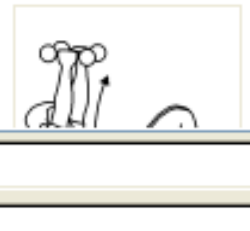
Barbell  
abdo\_bar-08


1. 2.  
abdo\_bar-09

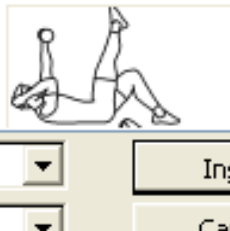
1. 2. 3. Rotate trunk  
abdo\_bar-10

Left to right  
abdo\_bar-11

Barbell



dumbbell



File name:

Files of type: All Pictures

Insert

Cancel

Choose the exercise and double click on it.



Microsoft Excel - Eng-PROG\_9ex

File Edit View Insert Format Tools Data Window Help Acrobat

Type a question for help

Picture 72

Name: Mr. X info Program: 1 Consultant: SL

With bar

A1

A2

B1

Set Rep. Tempo Rest

Alter. 1

Note:

Draw 2

B2

C1

C2

Exercise sheet / program 1 / 1rm\_AP

Draw AutoShapes

Ready

The exercise will be automatically placed in the square.

Repeat the process for the other exercises.

Microsoft Excel - Eng-PROG\_9ex


File Edit View Insert Format Tools Data Window Help Acrobat

Type a question for help

Arial 10 B I U

Y10 fx

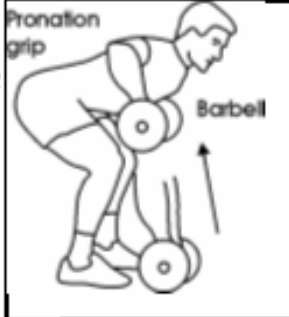
Name: Mr. X Program: 1 Consultant: SL

**A1**  **With bar**

Wtr 15,9  
Trep 141  
Time 10,6

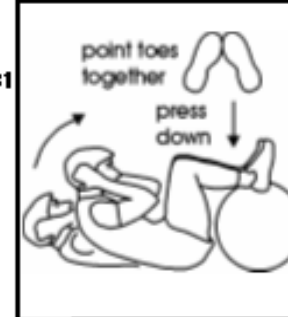
Set	Rep.	Tempo	Rest
3	15	2 1 1	30
Alter.	1		

Note: -Keep abs tight.  
-Pause up.

**A2**  **Barbell**


Set	Rep.	Tempo	Rest
3	12	3 1 2	45
Alter.	1		


Note: -Keep back straight.  
-Pause up.


**B1**  **point toes together**  
**press down**

Set	Rep.	Tempo	Rest
3	20	1 2 1	30
Alter.	1		

Note: -Keep abs tight.

**B2** 

**C1** 

**C2** 

Exercise sheet / program 1 / 1rm\_AP /

Draw AutoShapes

Ready NUM

Add the set, repetitions, tempo and rest then add a note under the exercise. The program will calculate the number of repetitions, the time under tension and the time of the workout.



# THE REPORT SHEET

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- At the verso of the visual exercise program page, add the report for the client to complete the load and the number of repetitions done for each set.

**Program: 1**

Close Full Screen

Exerc.	A2	Workout				1	2	3	4	5	6	7
Recto	Set	Tempo			Load	Load	Load	Load	Load	Load	Load	Load
	Rep.	Rest			Rep.	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.
	3	3	1	2								
	12	45										
	0	0	0	0								
	0	0										
	0	0	0	0								
	0	0										
	0	0	0	0								
	0	0										

Alter. **Note:**

1

Exerc.	B2	Workout	1	2	3	4	5	6	7
<a href="#">Recto</a>	Set	Tempo	Load	Load	Load	Load	Load	Load	Load

**The report page will be done automatically. Your client will have to write his load and number of repetitions he has done for every set of his workout.**

1

[illegible]

**The report page will be done automatically. Your client will have to write his load and number of repetitions he has done for every set of his workout.**

Microsoft Excel - Eng-PROG\_9ex

File Edit View Insert Format Tools Data Window Help Acrobat

Type a question for help

Arial 10 B I U

B6 fx

	A	B	C	D	E	F	G	H
1	PHYSIGRAPHE							
2								
3	Load	200	The number of repetition must not exceed 9 repetitions					
4	Maximum repetitions							
5		3						
6	1 RM approximate	217,36						
7								
8								
9								
10								
11								
12								
13								
14								
15								
16								
17								
18								
19								
20								
21								
22								

Picture

Also included in the program, a one approximate maximum repetition calculator.

Exercise sheet / program 1 / 1rm\_AP /

Draw AutoShapes

Ready NUM

# PHYSIGRAPHE CLIPART V2 PRO

