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HEALTH MANAGEMENT SYSTEM
RESISTANCE EXERCISE MODULE

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1.0 HMS Main Module Installation

Before you begin to operate the HMS program, you must first install the Main Module Program onto the hard drive of your computer. To complete this task, review the documentation for the Main Module Program and install the disks.

2.0 Resistance Training Module Installation

Once the HMS program is installed, the system will automatically prompt you to install the system modules you have purchased. To install the modules, simply select the next button. You will be prompted to select your disk drive (A: or B:). Once you have input the proper selection, select the "next" button and the module will automatically install. You may load as many modules as you have at this time.

If you choose to load a module at another time, simply select the Module option from the task bar at the top of the screen and choose to install a new module. You will be prompted to select your disk drive (A: or B:). Once you have input the proper selection, select the next button and the module will automatically install.

You should now review the appropriate documentation for each module installed.

You have now successfully finished the installation of the Resistance Training Module of the HMS program and you are now ready to run the resistance / rehabilitation module of the program.

3.0 Weight Training And Rehabilitation Program Overview

The HMS Software allows you develop and implement a variety of different exercise programs. In order to understand some of the basic features of the system, the following overview is provided. With the HMS program you will be able to individualize training programs for each client or you can a standard list of default programs. Once you have "created" a program for a client, the system will save the exact program so that it can be recalled and modified at anytime. The system does not "recommend" any specific exercise program. However, the flexibility of the system will allow you to develop a variety of different applications.

 There are basically two (2) different styles or types of programs. Note the following information to determine the "style" of weight training or resistance programs you wish to develop.

3.1 Style 1

Style one (1) is for a standard "Sets" and "Reps" program. The default settings (discussed in this section) and exercise programs you develop will require you to input the number of sets and reps for each exercise.

3.2 Style 2

Style two (2) exercise will allow you to define the number of sets, number of repetitions and the exact weight for each client. NOTE: If you select a style two (2) exercise program, you will be required to input the number of sets, repetitions and corresponding weight for each exercise for each client.

3.3 Weight Training Defaults

One of the unique features of your software program is the ability to design customized "Default" rehabilitation and exercise programs. The program will allow you to develop specific default exercise programs which can be selected for each client. A "default program" is an exercise program you design to be used at a later date for any client or specific groups of clients.

There are virtually no limitations to the type and variety of exercise programs you can develop and thus modify for an individual client. The following information is an overview of how to use this feature of the program.

NOTE: _*ANY CHANGES OR MODIFICATIONS YOU MAKE TO ANY OF THE DEFAULT EXERCISE PROGRAMS WILL AUTOMATICALLY BE SAVED FOR FUTURE USE.*_

3.4 Program Overview

Your software is programmed at the factory with several default exercise programs with a variety of different body parts and exercises for each body part. Remember, these are only default selections. You may add or delete any default program, body part or exercise you would like.

To get started and completely understand the flexibility of your software program, you should review the following information and then develop your own exercise program. Note: To develop an exercise program, you must first re-call a specific client.

Next select the Resistance / Weight Training option from the speed bar. We do recommend that you become familiar with the following program options.

3.4.0 Creating A Default Program

To create a custom "default" exercise program you wish to add to your system, you must select the System option from the HMS Main Menu. Highlight the

Setup Weight Training option from the pull down menu. Once you have selected the setup weight training option you can perform a variety of different functions.

3.4.1 Selecting The Days Of Exercise

Note that the in the upper left "window" will prompt you to select the day of the week for the first exercise day. To select the day of the week for each exercise period use the mouse to select the day for the bout to make your selection. A single click of the left mouse button will highlight your selection.

3.4.2 Building An Exercise Program

Once the Day of the week has been selected, click on the "Add" button to build your default program. You may add or delete exercises, as applicable, by pressing the appropriate button. The "Add" button will take you to the body part selection window.

3.4.3 Adding A Body Part

Remember, when you are creating a default program, you must first select the day of the week for the exercise bout. You can now select any listed body part or add your own by selecting the "New" button and a window will appear which will allow you to input a body part. The same procedure will allow you to add a specific exercise for a body part.

3.4.4 Selecting An Exercise

Once you have selected a body part, another window will appear with a list of exercises, which may be selected and added to the default exercise program. Use the mouse to select a specific exercise. You may add a new exercise at this point. NOTE: If you have added a new body part, you will be required to add an exercise to that particular body part list.

3.4.5 Selecting Sets And Reps

Once you have selected the exercise for the default, an input box will request that you input the desired style and number of sets and reps for that exercise. Use the mouse to highlight the area of interest. Select "Done" when you have finished. Note that you can also modify the "Style" (1 or 2).

When you have finished selecting the sets and reps, you will return to the exercise list for the body part selected. You may choose to select another exercise and thus repeat the selection process, or press the Next button and return to the list of body parts for the next exercise selection.

To complete the exercise input process for this day, simply repeat the process of selecting the desired body part, exercise then sets and reps. Once the day's

program has been selected, you will return to the day of the week menu by selecting the Cancel button. Repeat this process for each day of the week.

3.4.6 Naming An Exercise Program

Once you have completed a default exercise program press the Finished button when you are at the Day of the Week window.

An input box will appear and prompt you to type in the name of the exercise program. This will enable you to select an applicable program for each client during the data input procedures.

4.0 Developing A Client Exercise Program

To develop a program for a specific client the following procedures should be followed.

4.1.0 Select A Client

From the system control center, either input the required demographic information for a specific client or recall a previous client.

4.1.2 Weight Training Option

Next, select the Weight Training Option from the Speed Bar. If you are recalling a program for an existing client, the previous weight-training program will be prompted. At this point you can modify the program, create a new one by selecting the "Clear" button or load a default program.

If you are building an exercise program for a new client, you can either load a default program or create a program from scratch.

4.1.3 Using the Program

Using the weight training exercise module requires the same basic set-up outlined in the section of this manual about building a default program.

3.1 Select the day of exercise

3.2 Add an exercise with the "Add" button

3.3 Select the body area

3.4 Select the appropriate exercise

3.5 Select the style, sets and reps.

5.0 Other Features

There are a variety of different features associated with the weight training module. The following provides an overview.

5.0.0 Move/Copy

The move-copy feature allows you to either copy exercises from one day to Another (e.g. in the case of a fixed circuit training program) or move exercise from day to day. Selecting the Move-Copy button will prompt an interactive window.

5.0.1 Options

First, select the options for either moving a specific exercise or an entire day.

5.0.2 "From" selection

Select the appropriate day in the "From" list. A list of the exercises will appear which Have been recommended for that day.

5.0.3 "To" selection

Highlight the day you which to move or copy to the "To" list.

5.0.4 Command Select

Next, select to either Move or Copy from the command selection. The appropriate changes will be made.

Once completed, select the Done button to return to the weight training module-input window.