

SPORTSWAREONLINE™

Exercise Database

With **SportsWareOnLine's** new Exercise Database module, create custom exercise programs for your athletes using pictures, videos, and text descriptions. Athletes can view the exercises on paper or on their mobile devices (\$250 site license).

Exercise: Standing Uni-lateral Heel Raise

Sets	Reps	Hold Time	Rest Time
1	10	0	0

Instruction 1: Stand near chair for balance.

Instruction 2: Raise up on your toes.

Instruction 3: And lower back down.

Design custom protocols

Create instructional images and upload video

- Includes 400 exercises and over 200 exercise videos
- Customize video, images, and exercise parameters
- Create new exercises and upload your pictures, instructions, and videos

- Print or email instructional sheets for your athletes directly from **SportsWareOnLine**
- Athletes can access and view their exercise protocols via their desktop or mobile device

Exercise Card
SportsWareOnLine - Live Site xxxxx

Athlete: Kotter, Ken D
Trainer: Dr. John Smith
Exercise: ankle proto
Date: 7/7/2015 12:01 PM

Set	Rep	Time
1	1	
1	2	
1	3	
1	4	
1	5	
1	6	
1	7	
1	8	
1	9	
1	10	



To add the Exercise Database to your SportsWareOnLine package, call us today at 781-297-2034!

