**Custom workout and Rehab Plans** 





# **Easily Create Personalized Exercise Guides**



## **Over 300 Exercise Routines**

You can freely download over 300 diverse exercise routines. Combine them to create personalized exercise plans.



#### Anytime, Anywhere

You can access Physio Visuals anytime and anywhere from any device connected to the web.



#### Easy-to-understand

The illustrations are created based on actual exercise photos, allowing for precise demonstration of exercise methods.



### Combine multiple guides into one document

you can select multiple exercise guides and combine them into a single PowerPoint or PDF file for download.



## Editable Exercise guides

Exercise guides can be easily edited and customized using PowerPoint (or Google Slides).



## Save lists for each user

You can create lists of exercise guides for each user, allowing you to save frequently used materials.

