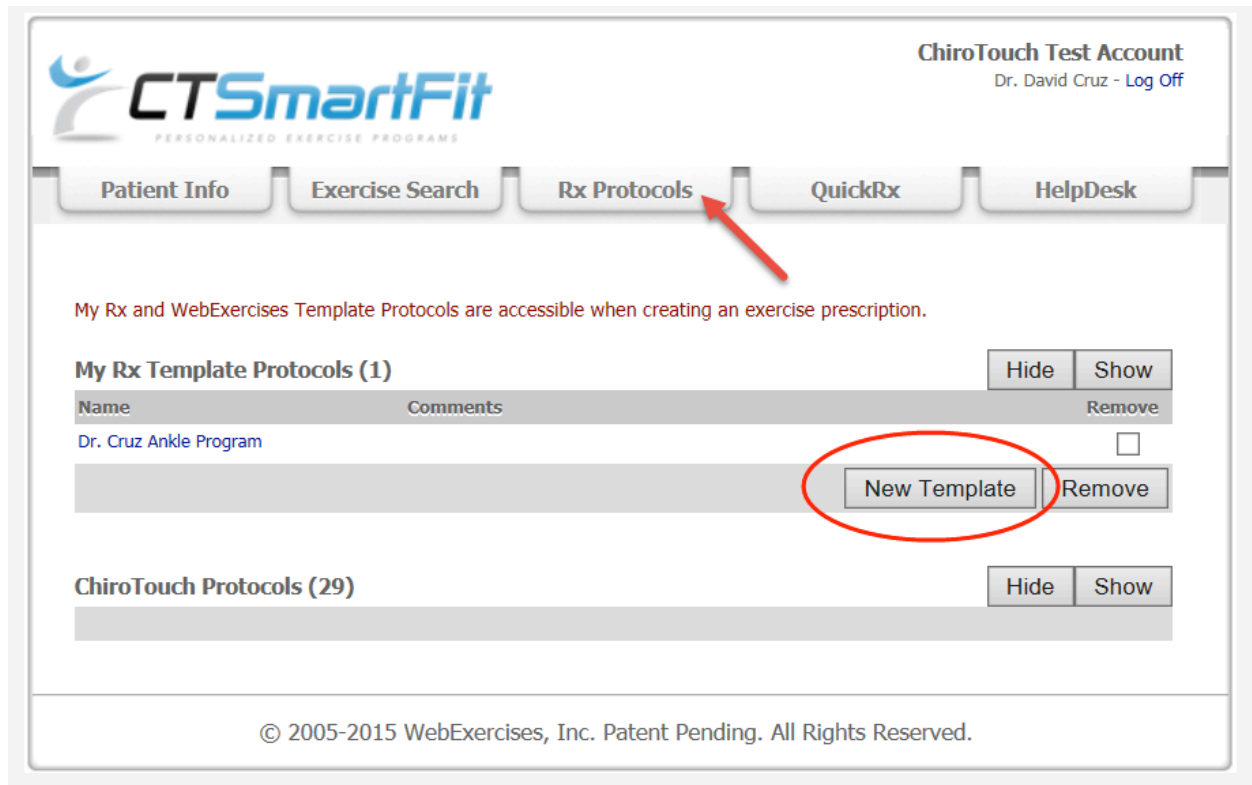


# How to Create a Custom Template Protocol



1. Select the **Rx Protocols** Tab then Select **New Template**.



2. Enter a name for your template, then click **Update Change** to save it.

**Edit Template** Please enter a name to save this template.

Name  x

Comments

Order	Code	Exercise Name	Sets	Reps	Time	Rest	Freq	Remove
1			3	10	0	30	Daily	








































Exercise Comments

3. Select **Add Exercises(s)** to take you to the Exercise Search page. Perform an exercise just as if you are creating an Exercise Rx. Select Return to Template when you have chosen the exercises you want to add to the template.

**Search Results: Body Region (192)**

Click thumbnail to view exercise details.

Return to Template

<p>CR1090 - Beginner</p> <p>Rolling Pattern - Upper Body Supine to Prone</p>   <p>Remove <input checked="" type="checkbox"/></p> <p></p>	<p>CR1091 - Beginner</p> <p>Rolling Pattern - Lower Body Supine to Prone</p>   <p>Add <input type="checkbox"/></p> <p></p>
<p>CR1092 - Beginner</p> <p>Rolling Pattern - Upper Body Prone to Supine</p>   <p>Add <input type="checkbox"/></p> <p></p>	<p>CR1093 - Beginner</p> <p>Rolling Pattern - Lower Body Prone to Supine</p>   <p>Add <input type="checkbox"/></p> <p></p>
<p>CR1100 - Beginner</p> <p>Crocodile Breathing</p>   <p>Add <input type="checkbox"/></p> <p></p>	<p>CR1101 - Beginner</p> <p>Quadruped Core Activation</p>   <p>Add <input type="checkbox"/></p>
<p>CR1102 - Beginner</p> <p>Supine Core Activation</p>   <p>Add <input type="checkbox"/></p> <p></p>	<p>CR1103 - Beginner</p> <p>Abdominal Bracing</p>   <p>Remove <input checked="" type="checkbox"/></p>
<p>CR1104 - Beginner</p> <p>Alternating Heel Slides</p>   <p>Add <input type="checkbox"/></p> <p></p>	<p>CR1106 - Beginner</p> <p>Alternating Knee Lift</p>   <p>Add <input type="checkbox"/></p> <p></p>
<p>CR1109 - Beginner</p> <p>Lower Abdominal Isometric Contraction</p>   <p>Add <input type="checkbox"/></p>	<p>CR1110 - Beginner</p> <p>Alternating Leg Extensions</p>   <p>Add <input type="checkbox"/></p> <p></p>
<p>CR1112 - Beginner</p> <p>Short Prone Plank</p>   <p>Remove <input checked="" type="checkbox"/></p> <p></p>	<p>CR1113 - Beginner</p> <p>Prone Plank</p>   <p>Add <input type="checkbox"/></p> <p></p>

4. Select **Next** then **Finish** and you are done building your Custom Template Protocol.