

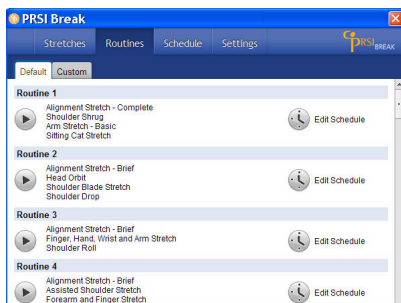
The Routines tab displays two types of routines - Pre-Set (Default) and Custom.

### ***Pre-Set / Default***

There are 30 pre-set routines. They have been scheduled hourly to create our default office worker program

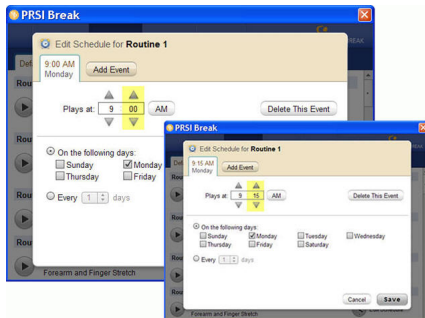
This program plays routines six times per day to address the affects of sitting for extended periods of time, repetitive movements, habitual slouching and other RSI Risk Factors experienced by those who work at desks.

To play one of the routines at any time, click on the play icon next to the routine.



While you can not change the content of these routines, you can change the scheduling for any of the routines by clicking on Edit Schedule.

This feature was helpful for a school administrator who would not stretch at 9:00 a.m. because her office was full of students. However, she would stretch at 9:15 a.m. after the students had gone to class.



### **Custom**

Clicking the Custom tab will take you to a list of routines created to meet specific needs and preferences.

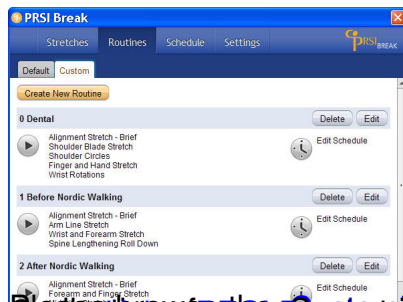
If you do not work at a desk, you will use different postures and movements than someone who does.

You can create routines reflecting the type of work you do and use the custom scheduling function to schedule them to play when you are ready to do them.

Listed below is a custom routine created for a dentist. Focus areas are alignment, back & shoulders, to address the effects of awkward posture, and hands & fingers, to address effects of gripping small instruments.

If you use PRSI Break at home, applications can include:

- routines to warm up and/or cool down before/after exercise... or
- routines to precisely address movements required in a home based business, for example machine knitting or massage therapy.



Click on the [Using the Customization features](#) section to learn how easily setting custom routines can be done.