

## Base Exercise Library

From the **More** tab you have access to the **Base exercise library**.

Several routines (as viewed on the **Program** tab) may use the same base exercise. The base exercise library is a convenient way to examine just the base exercises, without looking at parameters and preferences for the various routines. However, this is just for convenience, since the same information is available from the **Program** tab.

Note that changes you make to a base exercise will affect all the routines which use that base exercise.

Especially pay attention to the fact, that ***if you delete a base exercise, then all routines which use that base exercise will also be deleted.***