

Refer to a pre-exercise health screening you have conducted with an individual of the general public (e.g. Case Study 3 of *SISFFIT001*, *SISFFIT006* & *SISXCCS001* Workbook).

Respond to the following points:

- Use this information to create an exercise training program that suits the needs and goals of the individual. Use the *Fit to Learn Program Card* template.
- From the exercise program created, select five (5) movements to examine further (include at least one body weight movement). Identify the muscles targeted by the movement as well as the joint action the movement encompasses.
- Write a 300 word justification of your client's fitness program. Be sure to discuss:
 - Exercise selection
 - Exercise order
 - Connection to the client's goals
 - Programming requirements for balance and coordination
 - The importance of rest, EPC, %1RM, Sets
 - How you, as a trainer, can contribute to the ongoing fitness and health of your client over the long term
 - What you would change six (6) months in to your client's training, to ensure continued improvements and progressions
- Plot the progressive overload that will exist for your client in both their cardiovascular and resistance training, using the table provided. Begin with Week 1 information and show how, over the course of six (6) weeks, you will adapt this training to ensure the client is continually going to improve their fitness and be challenged by your program.

- A) Use this information to create an exercise training program that suits the needs and goals of the individual. Use the *Fit to Learn Program Card* template.

FIT TO LEARN PROGRAM CARD			Client Name: johnathan		
Trainer:	Tyler o'reilly		Date:	14/3/22	
Goals/Aims	Build strength and loose weight				
Contraindications	None				
Session length	60 minutes				
Warm up	Stick stretches				
Exercise	EPC	Sets	Reps	%1RM/Weight	Rest
Tricep extensions	2 secs	3	8	70	60 secs
Flat bench press	2 sec	2	8	70	60 secs
Bicep curls	2 secs	3	8	70	60 secs
Push ups	2 secs	2	8	70	60 secs

Dumbbell press	2 secs	2	8	70	60 secs
Arnold press	2 secs	2	8	70	60 secs
Other training methods: AMRAP / INTERVAL / TABATA					
Cardiovascular training method		Time/Distance		Level/Resistance/Intensity	
Interval training - Jump Jacks - Squats - Push ups - Plank - Lunges - Russian twist - Crunches - Mountain climbers - Toe touches - Shoulder taps		10 minutes - 40 secs on/20 secs off		High intensity	
Cool down	Stretching and roller stretching				
Stretches	Upper and lower body stretches				

B) From the exercise program created, select five (5) movements to examine further (include at least one body weight movement). Identify the muscles targeted by the movement as well as the joint action the movement encompasses

Exercise	Muscles targeted	Joint action
<i>Example: Calf raise</i>	<i>Gastrocnemius, Soleus, Tibialis Anterior</i>	<i>Ankle: Dorsi and Plantar Flexion</i>
Push ups	Pectorals, deltoids, abdominal	Shoulders and arms, flexion to extension
Tricep dips	Triceps, pectorals	Shoulders and elbows flexion to extension
Lunges	Gluteus maximus, quadriceps, hamstrings	Knee joint flexion and extension
Squats	Gluteus maximus, quadriceps, hamstrings	Dorsiflexes and plantarflexes in the ankle joint
Plank	Abdominal	Shoulder external rotation

Program justification (300 words)

C) Write a 300 word justification of your client's fitness program. Be sure to discuss:

- Exercise selection
- Exercise order
- Connection to the client's goals
- Programming requirements for balance and coordination
- The importance of rest, EPC, %1RM, Sets
- How you, as a trainer, can contribute to the ongoing fitness and health of your client over the long term
- What you would change six (6) months in to your client's training, to ensure continued improvements and progressions

The exercise selection for my client Jonathan focuses on his strength including shoulders, arms, chest and cardio. Jonathan's goals is to build strength and loose weight so I have designed an exercise program that will significantly help Jonathan reach his goals. It is important that the resting time, amount of sets and EPC is set how it is because the fitness program includes high intensity exercises that are made for particularly strength. This means that a minute rest is crucial and is perfect as it is not too long or too short. The amount of sets and reps have been modified to a max of 8 reps or either 2 or 3 sets. 8 reps is a good amount for Jonathan so he will not fatigue quickly after training these high intensity exercises. As a trainer, I can contribute to the ongoing fitness and health of Jonathan over the long term by setting both short term and long term goals. This will be keeping Jonathan in mind and encouraging him along the way by highlighting their small victories. Every 4-8 weeks, reassess the clients results and show them where they were and how far they've come. Some things I would change 6 months into the clients training program is the weights. You will see that Jonathan has improved his strength and muscle and you want to increase the heaviness of the weights he his lifting for him to become even stronger.

d) Plot the progressive overload that will exist for your client in both their cardiovascular and resistance training, using the table provided. Begin with Week 1 information and show how, over the course of six (6) weeks, you will adapt this training to ensure the client is continually going to improve their fitness and be challenged by your program.

RESISTANCE EXERCISE						
Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<i>Example: Calf Raise</i>	<i>Reps: 10 Sets: 3 %1RM: 70%</i>	<i>Reps: 12 Sets: 3 %1RM: 75%</i>	<i>Reps: 8 Sets: 3 %1RM: 75%</i>	<i>Reps: 10 Sets: 3 %1RM: 80%</i>	<i>Reps: 12 Sets: 3 %1RM: 85%</i>	<i>Reps: 8 Sets: 4 %1RM: 80%</i>
Deadlift	Reps: 10 Sets: 3 %1RM 70%	Reps: 12 Sets: 3 %1RM 75%	Reps: 8 Sets: 3 %1RM 80%	Reps: 10 Sets: 3 %1RM 80%	Reps: 12 Sets: 3 %1RM 85%	Reps: 8 Sets: 3 %1RM 85%
Bemt over row	Reps: 10 Sets: 3 %1RM 70%	Reps: 12 Sets: 3 %1RM 75%	Reps: 8 Sets: 3 %1RM 80%	Reps: 10 Sets: 3 %1RM 80%	Reps: 12 Sets: 3 %1RM 85%	Reps: 8 Sets: 3 %1RM 85%
Bulgarian split squats	Reps: 10 Sets: 3 %1RM 70%	Reps: 12 Sets: 3 %1RM 75%	Reps: 8 Sets: 3 %1RM 80%	Reps: 10 Sets: 3 %1RM 80%	Reps: 12 Sets: 3 %1RM 85%	Reps: 8 Sets: 3 %1RM 80%
Goblet squats	Reps: 10 Sets: 3 %1RM 70%	Reps: 12 Sets: 3 %1RM 75%	Reps: 8 Sets: 3 %1RM 80%	Reps: 10 Sets: 3 %1RM 80%	Reps: 12 Sets: 3 %1RM 85%	Reps: 8 Sets: 3 %1RM 80%
Deadlift	Reps: 10 Sets: 3 %1RM 70%	Reps: 12 Sets: 3 %1RM 75%	Reps: 8 Sets: 3 %1RM 80%	Reps: 10 Sets: 3 %1RM 80%	Reps: 12 Sets: 3 %1RM 85%	Reps: 8 Sets: 3 %1RM 80%
CARDIOVASCULAR EXERCISE						
Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<i>Example: Treadmill</i>	<i>Time: 20 minutes Level: 4 Incline: 0%</i>	<i>Time: 25 minutes Level: 4 Incline: 3%</i>	<i>Time: 30 minutes Level: 5 Incline: 3%</i>	<i>Time: 15 minutes Level: 6 Incline:3%</i>	<i>Time: 20 minutes Level: 6 Incline: 3%</i>	<i>Time: 30 minutes Level: 7 Incline: 0%</i>

Exercise bike	<i>Time: 20 minutes</i> <i>Level: 4</i> <i>Incline: 0%</i>	<i>Time: 25 minutes</i> <i>Level: 4</i> <i>Incline: 3%</i>	<i>Time: 30 minutes</i> <i>Level: 5</i> <i>Incline: 3%</i>	<i>Time: 15 minutes</i> <i>Level: 6</i> <i>Incline: 3%</i>	<i>Time: 20 minutes</i> <i>Level: 6</i> <i>Incline: 3%</i>	<i>Time: 30 minutes</i> <i>Level: 7</i> <i>Incline: 0%</i>
Rowing machine	<i>Time: 20 minutes</i> <i>Level: 4</i> <i>Incline: 0%</i>	<i>Time: 25 minutes</i> <i>Level: 4</i> <i>Incline: 0%</i>	<i>Time: 30 minutes</i> <i>Level: 5</i> <i>Incline: 0%</i>	<i>Time: 15 minutes</i> <i>Level: 6</i> <i>Incline: 0%</i>	<i>Time: 20 minutes</i> <i>Level: 6</i> <i>Incline: 0%</i>	<i>Time: 30 minutes</i> <i>Level: 7</i> <i>Incline: 0%</i>
Jump rope	<i>Time: 10 minutes</i> <i>Level: 4</i> <i>Incline: 0%</i>	<i>Time: 10 minutes</i> <i>Level: 4</i> <i>Incline: 0%</i>	<i>Time: 15 minutes</i> <i>Level: 5</i> <i>Incline: 0%</i>	<i>Time: 15 minutes</i> <i>Level: 6</i> <i>Incline: 0%</i>	<i>Time: 15 minutes</i> <i>Level: 6</i> <i>Incline: 0%</i>	<i>Time: 20 minutes</i> <i>Level: 7</i> <i>Incline: 0%</i>
Burpees	<i>Time: 3 minutes</i> <i>Level: 4</i> <i>Incline: 0%</i>	<i>Time: 3 minutes</i> <i>Level: 4</i> <i>Incline: 0%</i>	<i>Time: 5 minutes</i> <i>Level: 5</i> <i>Incline: 0%</i>	<i>Time: 10 minutes</i> <i>Level: 6</i> <i>Incline: 0%</i>	<i>Time: 10 minutes</i> <i>Level: 6</i> <i>Incline: 0%</i>	<i>Time: 15 minutes</i> <i>Level: 7</i> <i>Incline: 0%</i>
Swimming	<i>Time: 10 minutes</i> <i>Level: 4</i> <i>Incline: 0%</i>	<i>Time: 10 minutes</i> <i>Level: 4</i> <i>Incline: 0%</i>	<i>Time: 15 minutes</i> <i>Level: 5</i> <i>Incline: 0%</i>	<i>Time: 15 minutes</i> <i>Level: 6</i> <i>Incline: 0%</i>	<i>Time: 20 minutes</i> <i>Level: 7</i> <i>Incline: 0%</i>	<i>Time: 20 minutes</i> <i>Level: 7</i> <i>Incline: 0%</i>