

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: Tim	
Trainer:	Andre			Date:	
Goals/Aims	To build strength and muscle mass				
Contraindications	Lower back soreness and leg soreness				
Session length	1hr				
Warm up	Stretching, bands				
Exercise	EPC	Sets	Reps	%1RM/Weight	Rest
Bench press	201	3	8	70%	1 minute 30
Shoulder press	201	3	8	70%	1 minute 30
Lat pull down	201	3	8	70%	1 minute 30
BB bicep curl	201	3	8	70%	1 minute 30

Tricep pull down	201	3	8	70%	1 minute 30
Other training methods: AMRAP / INTERVAL / TABATA					
Cardiovascular training method		Time/Distance		Level/Resistance/Intensity	
Ski Erg		10 minutes		Low intensity	
Cool down	Low intensity push ups				
Stretches	Upper body stretches with bands and stick				

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>
Bench press	Chest	Elbow extension, elbow flexion
Shoulder press	Shoulders	Elbow extension
Lat pulldown	Lats, back	Adduction and shoulder extension
Bicep curl	Bicep	Elbow extension and elbow flexion
Push ups	Chest, triceps	Elbow extension

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

My clients program meets my clients goals as the exercises sets, reps, rest time are right for his goals of strength and muscle mass. The exercise selection in the program works because it includes compound exercises and isolation exercises which is good for building strength and muscle mass. The exercise order is good as all of the heavy and harder compound lifts are done first where as if they were at the end the client would be too fatigued to do them and it would be hard for him to progressive overload. The program connects my my clients goals as it doesn't have any lower back or leg movements and the exercises will build muscle mass and strength. The workout includes push-ups which is a body weight exercise meaning it will help build balance and coordination through his upper body. The rest times are 1 minute 30 this is a good amount as it give my client enough time to recover between his strength sets where as if it was too short he would be too fatigued. With the progress overload over the weeks you can keep checking in on them long term and making sure that they are still progressive overloading the program with the same exercises but more sets and reps as well as higher weights. In six months time to ensure my client is still making progress I would change the starting amount of sets from 3 to 4 and progress overload from 4 sets to 5 sets while increasing weight and reps this will make him keep working towards his goals of strength and muscle mass. Overall with the program my client will see lots of success as the exercises are very useful to helping him reach his goals and he should keep following the progress overload to ensure he is still gaining strength and muscle mass.

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:</i> <i>Calf Raise</i>	<i>Reps: 10</i> <i>Sets: 3</i> <i>%1RM:</i> <i>70%</i>	<i>Reps: 12</i> <i>Sets: 3</i> <i>%1RM:</i> <i>75%</i>	<i>Reps: 8</i> <i>Sets: 3</i> <i>%1RM:</i> <i>75%</i>	<i>Reps: 10</i> <i>Sets: 3</i> <i>%1RM:</i> <i>80%</i>	<i>Reps: 12</i> <i>Sets: 3</i> <i>%1RM:</i> <i>85%</i>	<i>Reps: 8</i> <i>Sets: 4</i> <i>%1RM:</i> <i>80%</i>
Bench press	8 reps 3 sets 70%	10 reps 3 sets 70%	12 reps 3 sets 75%	8 reps 4 sets 80%	10 reps 4 sets 80%	12 reps 4 sets 85%

Shoulder press	8 reps 3 sets 70%	10 reps 3 sets 70%	12 reps 3 sets 75%	8 reps 4 sets 80%	10 reps 4 sets 80%	12 reps 4 sets 85%
Lat pulldown	8 reps 3 sets 70%	10 reps 3 sets 70%	12 reps 3 sets 75%	8 reps 4 sets 80%	10 reps 4 sets 80%	12 reps 4 sets 85%
Bicep curl	8 reps 3 sets 70%	10 reps 3 sets 70%	12 reps 3 sets 75%	8 reps 4 sets 80%	10 reps 4 sets 80%	12 reps 4 sets 85%
Tricep pulldown	8 reps 3 sets 70%	10 reps 3 sets 70%	12 reps 3 sets 75%	8 reps 4 sets 80%	10 reps 4 sets 80%	12 reps 4 sets 85%
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>
Ski Erg	10 mins Low intensity	12 mins low intensity	15 mins low intensity	10 mins medium intensity	12 mins medium intensity	15 mins medium intensity