

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: Sammy		
Trainer:	Kydan Tuapou			Date:	11/11
Goals/Aims	Improve strength and work on rehabilitation				
Contraindications	Recovering from torn ACL (2 months after surgery)				
Session length	60 minutes				
Warm up	Dynamic stretches, bike machine 3 km 60% MHR				
Exercise	EPC	Sets	Reps	%1RM/Weight	Rest
Half squats	201	3	10	Body weight	60
Deadlift	201	3	10	Body weight	60
Inch Worms	201	4	10	Body weight	60
Glute bridges	201	3	10	Body weight	60

Ski jumps	201	4	10 each side	Body weight	45
Straight leg raises	201	4	15	Body weight	45
Other training methods: AMRAP / INTERVAL / TABATA					
Cardiovascular training method		Time/Distance		Level/Resistance/Intensity	
Bike Machine		10 minutes		Interval training - 1min warm up slow - 3min medium speed - 2min fast speed - 3min medium speed - 1min warm down slow	
Cool down	Stretching and form roll				
Stretches	Leg stretches, full body, 30 seconds each both sides.				

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>
Squat	Quadriceps, Hamstring, gluteus maximus	Flexion and extension occurring at the knees, ankles and hips
Heel slides	Hamstring, maximus glute	Flexion and extension at the hips and knee
Deadlift	Hamstring, Gluteus maximus, trapezius	Flexion and extension occurring at the hips, knees, ankle
Knee extensions	Quadriceps, hamstring	Flexion and extension at the knee
Glute bridges	Gluteus maximus, hamstring	Flexion and extension at the hips

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

Sammy's goal was to improve his strength which can help him with his rehab for after his ACL surgery. To achieve this goal, specific leg exercises were chosen including squats, deadlifts, inch worms, glute bridges and ski jumps. The core exercise that was also included is straight leg exercises. As it has been 2 months since Sammy's surgery, he is able to do more exercises which involve larger range of motion that will not injure his knee. By doing lower body exercises, it can help to improve his strength as well as the stability of his knee. The overall rehabilitation for his knee will not only reduce chances of injury currently but also in the future. The order of the exercises were focused on in the lower body by targeting the hamstrings and quads. By strengthening the muscles around the knee, it will help him to recover more faster by increasing his range of motion and his strength. The exercises that Sammy will be doing are all body weight with reps ranging from 10-12. This is because he may injure his ACL even more by putting excessive pressure on his knee. Hence, exercises in the program are body weight. As exercises such as squats and heel slides, etc., require balance, it challenges him to improve his balance and it can also measure Sammy's progress in his form and technique. As a trainer, I can help contribute to Sammy's fitness and health journey in the long term. I can do this by designing a program specific to Sammy's goals which can increase his mental health as he is recovery and is able to go back or be better than himself before his torn ACL. To ensure Sammy is always improving and making progressions in his fitness journey, 6 months into his training, the program will be altered to his abilities. After 6 months, and even during when Sammy is stops getting maximal results from the program, the program will be altered. This will be done by increasing the weight, sets, and frequency of his training. Hence, ensuring that he is always improving and progressing, enabling him to achieve or even pass his goals.

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> Calf Raise	Reps: 10 Sets: 3 %1RM: 70%	Reps: 12 Sets: 3 %1RM: 75%	Reps: 8 Sets: 3 %1RM: 75%	Reps: 10 Sets: 3 %1RM: 80%	Reps: 12 Sets: 3 %1RM: 85%	Reps: 8 Sets: 4 %1RM: 80%
Squat	Reps: 8 Sets: 3 70% 1RM	Reps: 6 Sets: 3 75% 1RM	Reps: 6 Sets: 4 75% 1RM	Reps: 6 Sets: 4 85% 1RM	Reps: 4 Sets: 6 90% 1RM	Reps: 2 Sets: 6 100% 1RM
Deadlift	Reps: 12 Sets: 3 70% 1RM	Reps: 12 Sets: 3 75% 1RM	Reps: 10 Set: 4 70% 1RM	Reps: 10 Sets: 4 80% 1RM	Reps: 10 Sets: 5 80% 1RM	Reps: 8 Sets: 4 90% 1RM
Knee extensions	Reps: 12 Sets: 3 60% 1RM	Reps: 15 Sets: 3 60% 1RM	Reps: 10 Sets: 4 60% 1RM	Reps: 10 Sets: 4 70% 1RM	Reps: 12 Sets: 4 75% 1RM	Reps: 10 Sets: 4 85% 1RM
Glute bridges	Reps: 12 Sets: 3 70% 1RM	Reps: 15 Sets: 3 70% 1RM	Reps: 10 Sets: 4 70% 1RM	Reps: 10 Sets: 4 80% 1RM	Reps: 8 Sets: 4 80% 1RM	Reps: 6 Sets: 4 90% 1RM
Wall sit	60 secs Sets: 5	90 sec Sets: 4	2 mins Sets: 3	60 secs Sets: 6	90 secs Sets: 3 10% Bodyweight	60 secs Sets: 4 10 Bodyweight
CARDIOVASCULAR EXERCISE						
Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<i>Example:</i> Treadmill	Time: 20 minutes Level: 4 Incline: 0%	Time: 25 minutes Level: 4 Incline: 3%	Time: 30 minutes Level: 5 Incline: 3%	Time: 15 minutes Level: 6 Incline: 3%	Time: 20 minutes Level: 6 Incline: 3%	Time: 30 minutes Level: 7 Incline: 0%
Treadmill	Time: 20 minutes Level: 4 Incline: 0	Time: 25 minutes Level: 3 Incline: 2	Time: 25 minutes Level: 4 Incline : 4	Time: 30 minutes Level: 5 Incline: 3	Time: 15 minutes Level: 6 Incline: 4	Time: 30 minutes Level: 7 Incline: 0

Bicycle	Times: 15 minutes Level: 1	Times: 20 minutes Level: 1	Time: 15 minutes Level: 2	Time 25 minutes Level: 2	Time: 20 minutes Level: 3	Time: 15 minutes Level: 4
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