

Last Name: **BOND**
 First Name: **James**
 Gender: **Male**

Age: **41**
 Height (cm): **190,00**
 Weight (Kg): **90,0**

Membership #:
 Report Date: **25/02/2009**
 Personal Trainer:

Exercise Prescription

Dear James,

I would like to thank you for participating in our recent fitness screening. The results of your assessment based upon norms for your age and sex) are attached.

Following a thorough review of your health risk appraisal and fitness assessment we identified **no cardiovascular risk factors** based upon criteria from the American College of Sports Medicine. Based upon your age, family history and health status, we find no reason to limit your participation in this exercise program.

In order to control/reduce risk factors, achieve a cardiovascular benefit, and burn stored fat as a primary fuel, it is important that you adhere to the following exercise guidelines:

Your exercise prescription as described to you at the time of the assessment is comprised of three stages:

- Initial conditioning stage, 6-8 weeks.
- Improved conditioning stage, 4-8 months.
- A maintenance conditioning stage, lifetime.



In each of these phases, the components of the program (duration and intensity of cardiovascular training, strength training and flexibility development) will gradually change based upon your individual progress. In this initial stage the goal is to create a strong foundation from which your exercise prescription will be developed. We will focus on gradual increases in training to minimize risks of injury, teach proper technique and create an environment where you are able to commit to a lifestyle of training. We recommend that you consult with your exercise specialist in 4 to 6 weeks to review your progress and update the exercise prescription.

Frequency of exercise sessions

Your exercise prescription has been prepared based on "days/week" sessions/week.

Frequency (# per week): 3

Warm-up

Duration: 5 to 10 minutes



We recommend a warm-up activity similar to the one used during the cardiovascular training.



Cardiovascular Training

One or a combination of modalities which involves the use of large muscle groups such as walking, running, cycling, swimming, aerobic dancing, rowing etc.). If you choose to participate in more than one cardiovascular activity, a minimum of 10 minutes should be dedicated to each one. Varying of activities is recommended as this will stress different muscle groups, keep your exercise program interesting, and assist in the prevention of overuse/abuse injuries. There is no one best cardiovascular activity. You will achieve cardiovascular benefits from participation on any one of these activities. The one best exercise is the one you like. Recent studies have demonstrated that long term success and adherence to an exercise program is contingent upon your selection of activities you enjoy.

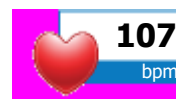
Duration: 20 minutes

Intensity: 107 beats per minute or 26 per 15 seconds

The intensity of exercise should be monitored through your exercising heart rate. To maximize training benefits, you should work at the above heart rates. Those are the most effective ones to achieve your specified Program Goal set in the software.

Cool Down

This is one of the most important parts of the entire exercise program. If you do not cool down you are at risk for muscle soreness, injury, light headedness or serious health complications. **Do Not Skip Your Cool Down session!** We strongly recommend you to cool down for at least 5 to 10 minutes before proceeding with the next phase.



Muscular Training

Your muscular training program consists of 8 to 10 different exercises which are specific to your individual needs. Some exercises are dedicated to the upper body (arms, shoulders, chest, abdomen, back) and some exercises are dedicated for the lower body (hips and legs).

No. of exercises: 6, (4 upper body, 2 lower body)

Repetitions: 10

Optimal performance in strength conditioning can be achieved by completing 1 to 3 sets of each muscle group. The time you have available and are able to commit guides your decision between 1, 2 or 3 sets. On some days you may only have time for 1 set, while on others you may have time for more. For each set of all exercises, you should perform 10 repetitions.

Resistance: Set by your Fitness Professional

The resistance for each exercise station should be established by a certified fitness professional or (need some type of starting weight guideline) and should be set to achieve local muscle fatigue at the 10th repetition. If you are able to comfortably lift/move the resistance more than 15 times you should increase the resistance by no more than 10%. If you cannot achieve a minimum of 8 repetitions you should decrease the resistance by 10%.



Please refer to the "Muscular Training Table" for your detailed training program.



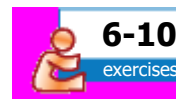
Flexibility Development

Do exercises involving the following muscle groups (quadriceps, hamstrings, shoulders, arms, neck, calf, lower back, hips/groin). Hold each stretch to a position of mild discomfort for a period of 10 to 30 seconds. Repeat 3/4 times with intervals between 10-15 secs.

Number of exercises: 6 to 10 static (no bouncing)

Intensity/Duration: 10 to 30 seconds

Repetitions: 3 to 4 times each exercise, interval: 10 to 15 sec.



Training adjustments/changes



*This exercise prescription should be adjusted based upon your progress **4 weeks** from today. At that time a new prescription will be developed. If for any reason you feel the progress is too slow, too fast or are unsure how to implement this program safely, do not wait until your scheduled re-evaluation. Please contact our office or staff immediately.*

Recreational Activity

If you adhere to this exercise program, you will enhance your level of fitness and quality of health. However, improvement in your fitness level should not be the only goal. Researchers have shown that participating in a variety of recreational activities will increase your quality of life as well as increase the adherence to an exercise program. It is our hope that this increase in fitness level will allow you to enjoy many recreational activities.

Comments / Notes

Sincerely,

Cardio-Vascular Training Program

Leg Cycling



20 minutes at 107 bpm (Power = 100,00)

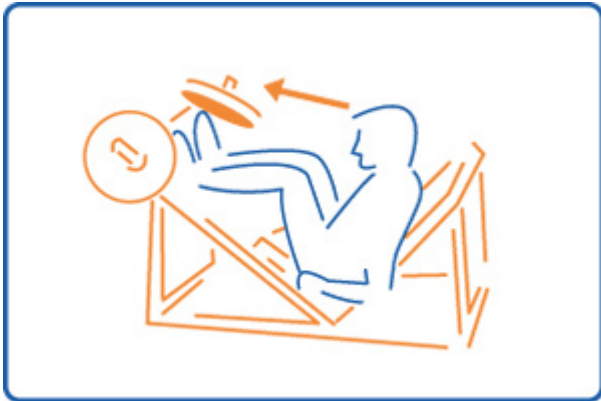
Treadmill



20 minutes at 107 bpm (Speed = 7,00, Grade = 1,00)

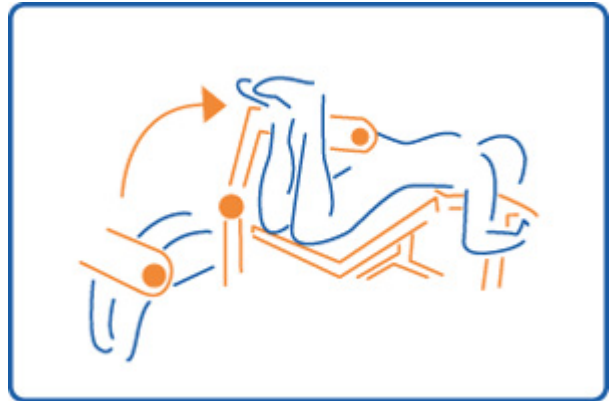
Muscular Training Program

Leg press Calf Extension



3 sets of 10 repetitions each with weight = 100

Leg curl



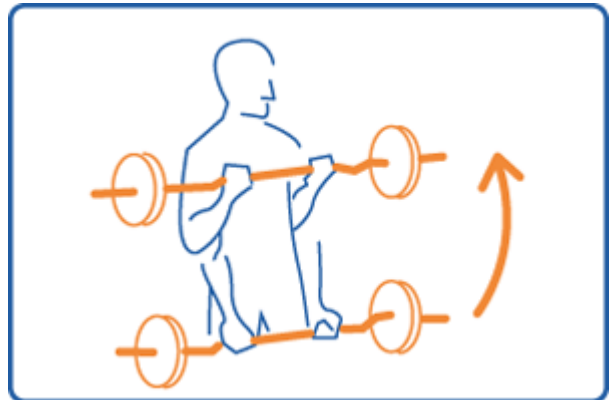
3 sets of 10 repetitions each with weight = 50

Pectorial Fly



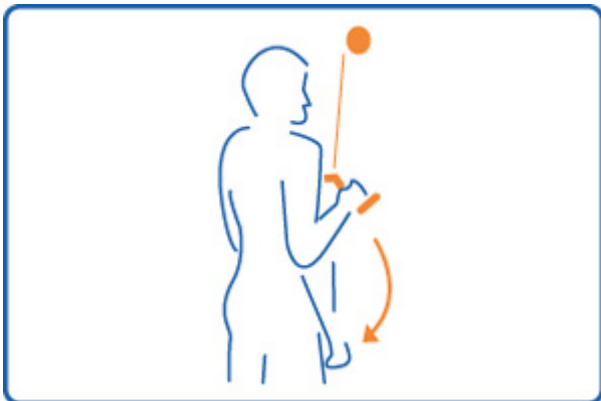
3 sets of 10 repetitions each with weight = 30

Biceps Curl



3 sets of 10 repetitions each with weight = 30

Triceps Press



3 sets of 10 repetitions each with weight = 30

Chest Press



3 sets of 10 repetitions each with weight = 30

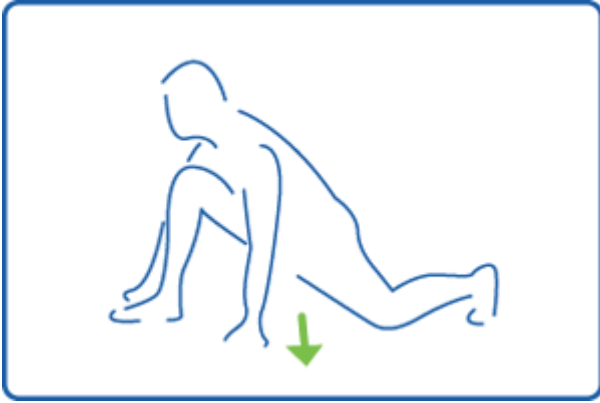
Abdominal



3 sets of 10 repetitions each with weight = 25

Flexibility Training Program

Lower



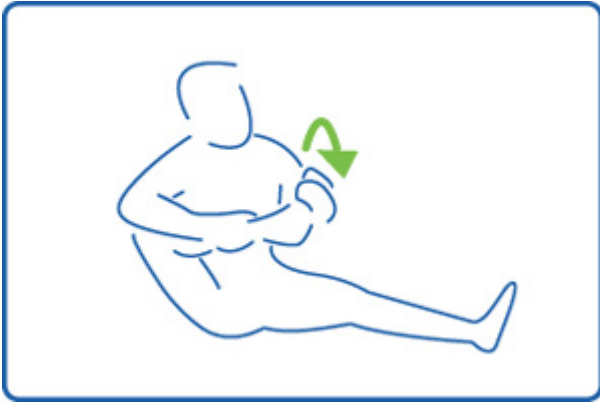
3 sets of 10 repetitions

Feet



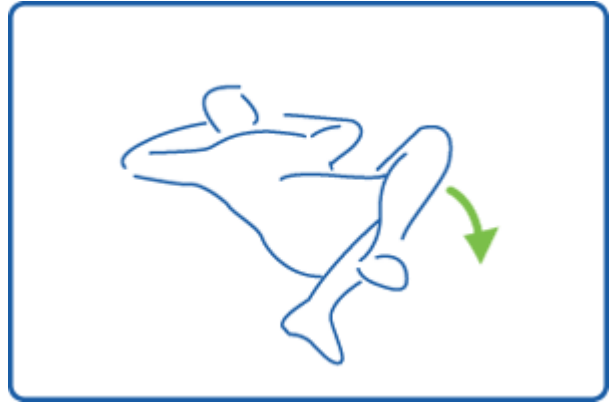
3 sets of 10 repetitions

Ankle



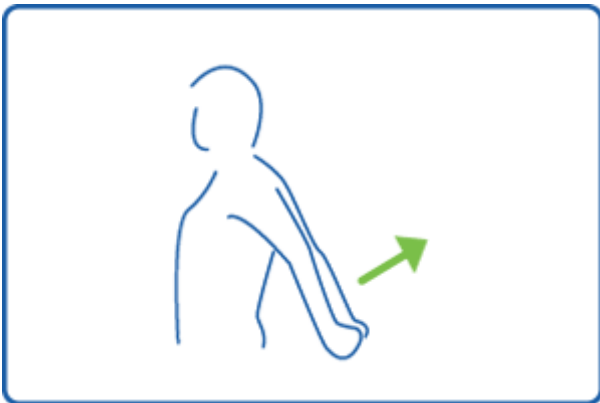
3 sets of 10 repetitions

Legs



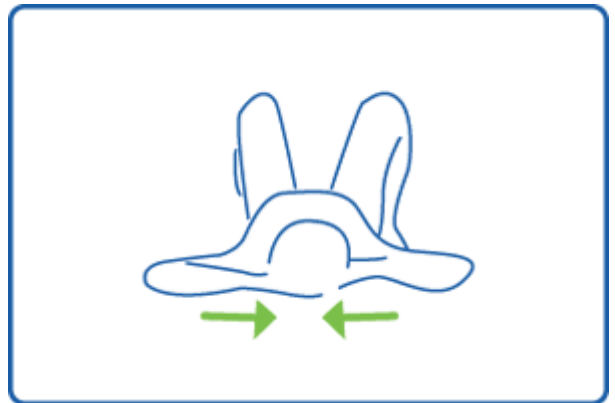
3 sets of 10 repetitions

Arms



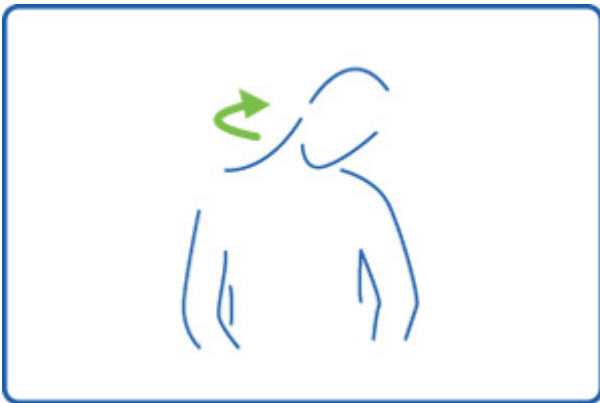
2 sets of 15 repetitions

Shoulders



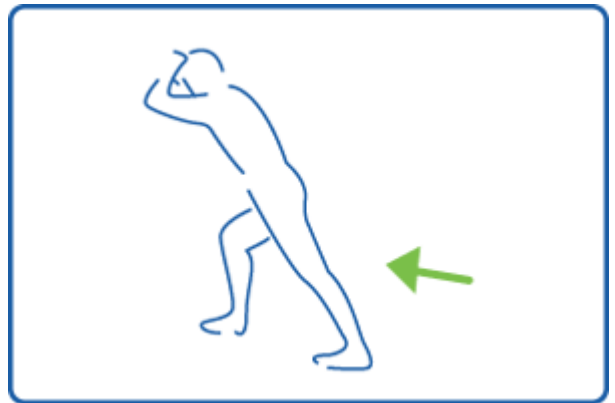
2 sets of 15 repetitions

Neck



3 sets of 10 repetitions

Trunk



3 sets of 10 repetitions

Back



2 sets of 15 repetitions

Hips



3 sets of 10 repetitions