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### Issa Case Study Answers

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ISSA Case Study Essay, 5534 Words23 Pages. CASE STUDY: CHAD EVERMORE AGE: 55 GENDER: Male RESTING HEART RATE: 80 bpm HEIGHT: 6'2" WEIGHT: 180 lbs BODY FAT PERCENTAGE: 20% Chad is an avid golfer. He wishes to improve his golf game and is very motivated to get started on a training program. Chad has exercised regularly for the past 8 years and is in good physical health.

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Sample Case Study Workout Program (Sample Case Study Response Continued) Weeks 1 - 3: STRENGTH TRAINING The following exercises are to be performed in a circuit fashion on Monday, Wednesday, and Friday. Squat/Leg Press: 1-2 Sets, 10-15 Repetitions Incline Bench Press: 1-2 Sets, 10-15 Repetitions Leg Curl: 1-2 Sets, 10-15 Repetitions

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The target heart rate in this case is thus going to be: 220-27 (age) = 193 193 - 60 (rest HR) =133 Target heart rate = 133 x .70 (Max intensity) + 60 (Rest HR) = 153.1 or 153 Beats per minute =153 bpm Sunday Monday Tuesday Wednesday Thursday Friday Saturday Week 1 Rest Morning run 30 minutes 5 sets deadlifts for 12 repetitions

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Surname 1 Case Study 1 Periodized training program is a standard framework that is usually adopted by athletes in preparation for their professional engagement in their sport so as to achieve peak performance. However, the framework has found its application within the healthcare settings and people are now taking proactive measures to ensure that they remain health and active.

### ISSA final exam casey study 1 - Surname 1 Case Study 1 ...

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The case study provides an opportunity for you to put your fitness knowledge into practice and design a program for a sample client. So Studying for ISSA is just as essential as any other PT certification exam out there.

### Issa Case Study Answers Steve Rogers

Answer to ISSA FINAL EXAM Case Study 1 Calculations: Calculate the client's target heart rate using the Karvonen formula. Training Program: Design full a

### [Solved] ISSA FINAL EXAM Case Study 1 Calculations ...

the book is in the official text for issa's certified fitness trainer course edition 8.6.6. and please answer all questions. this is an example to go by. Sample Exam Answers. Sample Case Study - 1. Jocko Johnson Age Gender Height Weight Body Fat % 30 Male 73 inches 200 18

### case study -1 - Prime Essay Help

ISSA Personal Training Case Study Professional Responsibilities As a fitness trainer and an aerobics instructor, I have the following professional obligations to my clients. 1 A responsibility to design appropriate routines that matches with the clients' goals such as coming up with movements suitable for each set of muscles.

### ISSA Personal Training Case Study 2 Assignment Paper, Case ...

Case study 1 steve rogers and Selina kyle complete solutions correct answers key. Training Program: Design full a 12-week periodized training program for the client described in the Client Profile. Be very specific as you design the training program. This is an opportunity for you to demonstrate your full comprehension of the information and ...

### [SOLVED]Case study 1 steve rogers and Selina kyle ...

Case study summary. In the case of Steve Rogers, 27 years old, the BMR and heart rate with respect to. their initials are perfectly fine. As, Steve has shown interest to build muscle and. want to gain some size, then as a professionalism I must first want to know some

### 2 cases, Client Profile-Steve Rogers.doc | Strength ...

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