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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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The target heart rate in this case is thus going to be;  $220 - 27 (\text{age}) = 193$   $193 - 60 (\text{rest HR}) = 133$  Target heart rate =  $133 \times .70 (\text{Max intensity}) + 60 (\text{Rest HR}) = 153.1$  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

### ISSA Personal training Case Study Assignment Paper, Case ...

ISSA CASE STUDY. Case Study 1 Calculations: Calculate the client's target heart rate using the Karvonen formula. Training Program: Design a full 12-week periodized training program for the client described in the Client Profile. Be very specific as you design the training program. ... Only the final answer is required. You do not need to show ...

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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.

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

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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 ...**

Case study 101: Client profile: Sally Age:38 Height: 5'5" Weight: 150LB Resting heart rate:80BPM BF%:34% Sally is a mother of three and works remotely for an online marketing company. She is primarily sedentary and busy during the day with her three children. She enjoys occasional group exercise classes with friends, yoga, and going to Zumba. Sally does have a flexible schedule as she does ...

### **Case study 101.docx - Case study 101 Client profile Sally ...**

Case Study 1 (ISSA) Calculations: Calculate the client's target heart rate using the Karvonen formula. Training Program: Design a full 12-week periodized training program for the client described in the Client Profile. Be very specific as you design the training program.

### **Solved: Case Study 1 (ISSA) Calculations: Calculate The CI ...**

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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

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