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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. This is an opportunity for you to demonstrate your full comprehension of the information [...]

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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.

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[ISSATrainer.com](#) is the official members section for ISSA personal trainers. You can study course materials and take your exam online.

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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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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 ...

The most difficult ISSA test questions As I said, the real challenge with ISSA is the final two essay sections. I ' m going to go through one question from each and break down how best you can answer these for maximum outcomes.

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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.

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

ISSA Final Exam Case studies? I'm not asking for answers, but help! I'm 18 almost out of high school. I'm taking this course and finished the first 2 sections with flying colors, the case studies on the other hand I didn't do so well. The way I understood it I needed more details? But I'm not for sure what to put.

ISSA Final Exam Case studies? | Yahoo Answers

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

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

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