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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 ...

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.

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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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