



FIT CHICKS® ACADEMY

# FITNESS MODULE: Assignment 2

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Fitness & Nutrition Expert Program

FIT CHICKS



## ASSIGNMENT 2 – Personal Training Program Design

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It's time to put all of the awesome learning you have been experiencing in the Fitness & Nutrition Expert Program into action!

For Assignment 2, we want YOU to create an awesome personal training program.

Please see below the case study for Annie. She will be your “client” for the assignment.

You must fill out the “FNE Assignment 2 - Personal Training Blank Template.”

You must include her “Program Overview,” Strength Workout,” “Cardio Workout,” and “Example Personal Training Day.” (There is a tab in the spreadsheet for each one of these).

For the Program Overview, you also must include 2 ways for her to measure progress: 1 that is physical (ie weight, progress pics, etc) and 1 that is performance (ie. Push up goal)

You must calculate Annie’s heart rate zones for LISS and HIIT. Please do these calculations under the Cardio Workout tab. Be sure to include target HR zones for LISS and HITT in both percentage and BPM.

For the Personal Training workout, we want to see a full PHA workout with a 5-10 minute cardio finisher that you would put your client through. The session also includes a warm up and cool-down.

Peripheral Heart Action (PHA) Training in simple terms is circuit style training that alternates upper and lower body. You are moving constantly and there are no rest between each exercise; however you do rest between each round. This method of training forces the blood to quickly circulate through the body, increasing caloric expenditure and is theorized to decrease body fat and increase lean muscle mass. Learn more at <https://www.fitchicksacademy.com/2018/10/29/pha/>

There is also a “Marking Breakdown” tab. Please do not delete this tab, we use this to mark your assignment.

Please email your assignment to [assignments@fitchicks.ca](mailto:assignments@fitchicks.ca). There should just be one Excel spreadsheet. Please note that Numbers documents will not be accepted. If you save to PDF double check the formatting and save as a landscape.

Any questions regarding the assignment, please email [fne@fitchicks.ca](mailto:fne@fitchicks.ca)



## CASE STUDY – Personal Training

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Annie is an awesome chick looking to start a personal training program. She is 40 years old, 175lbs and 5'5.

Annie is fairly active, would be considered as **intermediate** and can commit to working out 4 days / week. Ideally she would do 1 day upper body push + HIIT, 1 day upper body pull + LISS and 1 leg day.

She can work out with you on 1 of the days but it will change week to week between Mon and Wed. She would like an idea of what you plan on doing for her PT days so she can dress appropriately.

Her goals are to build muscle endurance and strength. She also wants to lose a little bit of fat.

She can only work out at home and has the following equipment:

**Resistance bands – light, medium, heavy**

**Dumbbells – a set of 5's, 10's, 15's & 20's**

**Medicine balls – 5lbs & 10lbs**

Annie would like for you to build her a program she can do in her home or in her backyard on nice days. While familiar with exercises, she would like to **include some links** to help her understand.

She does not like the scale so would like to set up another way to measure her progress.



## BONUS TIPS / REMINDERS

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Some reminders / tips to help you with Annie's Plan for Fitness Assignment 2

- ☐ Use the following sites and filter by muscle group, equipment used:  
<http://www.bodybuilding.com/exercises/>,  
<https://www.muscleandstrength.com/exercises>,  
<https://www.jefit.com/exercises/>,  
<https://workoutlabs.com/exercise-guide/>,  
<https://www.homegym101.com/bodyweight-exercises-at-home/>,
- ☐ Remember to include clear notes & links on her program overview so she knows how to use the program as discussed in class and examples sent via email.
- ☐ Start with the biggest muscles groups! Remember when building out the push and pull upper body days to start with the larger muscle groups (ie Chest and back) and end with the smaller muscle group (ie Triceps and Biceps) so not to fatigue the smaller muscles first.
- ☐ Abs - There are no "designated" ab workouts but think how the exercises you choose can also incorporate core (EXAMPLE: Plank rows are great to work shoulders AND core at the same time. This would be a good compound exercise to add core work while getting a killer shoulder burn!)
- ☐ Remember to focus on her goals! When programming reps, sets, remember she is trying to add muscle and decrease some body fat.
- ☐ Keep in mind the time of the workout – since you are listing all components separately, you may not consider it. Ideally she would want the workout done at home in an hour, for example, consider before you program a 15 minute warm up and 15 minute stretch may make her workout too long.
- ☐ Explain clearly how to select a weight for each exercise. Also consider when choosing reps for an exercise, that if you change the reps each set, then the weight needs to change. Less reps = higher weight and vice versa. Consider that she works out at home, and it may be challenging for her to have 5 different sets of weights for an exercise that has 5 sets of varying reps.

Also, once you have created it, TEST IT OUT! On paper it might make sense but when you start to do the work, you may want to change the exercise or the order. Just do the workout yourself in your living room or back yard and pretend to teach to imaginary client (it may feel a little crazy but it works!)

Think of building these programs for your OWN library so you can use these later on when you start training and can also use for your PT co-op.

Keep in mind this is the first month of her program. Even though she is intermediate, you don't want to start out with extremely high volume this doesn't give you room to increase volume as she progresses