

# WEEKLY WORKOUT PLANNER

<b>NAME:</b>	<b>WEEK OF:</b>	<b>GOAL:</b>
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DAY	FOCUS	EXERCISES	TIME/SETS
MON	UPPER BODY		
TUES	CARDIO & CORE		
WEDS	LOWER BODY		
THURS	RECOVERY / YOGA		
FRI	FULL BODY		
SAT	HIIT		
SUN	REST / STRETCH		

<b>WEEKLY NOTES</b>	
<b>BEST WORKOUT:</b>	<b>WATER INTAKE: ____ L/DAY</b>
<b>IMPROVEMENT NEEDED:</b>	<b>TOTAL TIME SPENT: ____ MINS/WEEK</b>

# Fitness Planner Advanced

**Lei Shi**



## **Fitness Planner Advanced:**

*Advanced Fitness Assessment and Exercise Prescription* Ann L. Gibson, Dale R. Wagner, Vivian H. Heyward, 2024-02-01

Advanced Fitness Assessment and Exercise Prescription Ninth Edition With HKPropel Online Video is the definitive resource for conducting physical fitness testing and customizing exercise programs. Now in its ninth edition, this comprehensive guide is fully updated with the latest research, the newest exercise testing and prescription guidelines, and the most up-to-date programming content. The text reflects the most recent exercise testing and prescription guidelines from the American College of Sports Medicine (ACSM) along with physical activity recommendations from the U.S. government and American Heart Association. It highlights ACSM guidelines for physical activity and exercise testing requirements to consider before beginning exercise programs. Combining important research with practical application of testing and prescription protocols, the ninth edition also features the following:

- A new full-color interior to provide more detail and understanding of concepts through photos and figures.
- New step-by-step assessment sidebars that make it easy to locate and refer to assessment procedures.
- Modern guidelines for usage of current technology to test and monitor physical activity.
- Demonstrations of many of the assessments and exercises provided in 73 video clips.

Structured around the five physical fitness components: cardiorespiratory capacity, muscular fitness, body composition, flexibility, and balance, the text begins with an overview of physical activity, health, and chronic disease, including discussion of preliminary health screenings and risk classification. Readers will gain insight into field and laboratory assessments and testing protocols for each component, along with detailed information on properly administering the most common assessments. The 73 related video clips, delivered online through HKPropel, provide detailed instruction and demonstration for performing many of the assessments and exercises. These include functional movement assessment, pull-up and push-up testing, flywheel training, and more. Finally, readers will turn research into practice by understanding how to design personalized exercise prescriptions customized for each client based on individual assessment outcomes. Information on appropriate training methods and programming considerations are presented for each component of fitness. With an unparalleled depth of coverage and a clearly outlined approach, *Advanced Fitness Assessment and Exercise Prescription* bridges the gap between research and practice for students and exercise professionals alike who are eager to increase their knowledge and skill in assessing elements of fitness and designing individualized exercise programs. Earn continuing education credits: units. A continuing education exam that uses this book is also available. It may be purchased separately or as part of a package that includes both the book and exam. Note: A code for accessing online videos is not included with this ebook but may be purchased separately.

[Advanced Fitness Assessment and Exercise Prescription, 8E](#) Gibson, Ann L., Wagner, Dale, Heyward, Vivian, 2019. *Advanced Fitness Assessment and Exercise Prescription* is built around testing five physical fitness components: cardiorespiratory, muscular, body composition, flexibility, and balance, and designing appropriate exercise programs to improve each component based on assessment outcomes.

*Advanced Fitness Assessment and Exercise Prescription 7th Edition* Heyward, Vivian H., Gibson, Ann, 2014-04-23 Built around physical fitness components this text shows how to assess each fitness component and then how to design exercise programs based on that assessment It bridges the gap between research and practice for exercise science students and fitness professionals

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