**KIN 250 FINAL PROJECT:**

Design a **4-week training program** for you or somebody else based on the exercises and methods we have covered in the class. State the **goal of the program** (ex. Strength, Power, Hypertrophy, and Weight Loss).

**TYPE IT OUT in either a Word or Excel document. You can choose the layout you prefer, just make sure it is easy to read if you gave it to a client.**

1. **Describe your client or yourself:**

* **SEX: \_\_\_\_\_\_\_ AGE: \_\_\_\_ Activity Level: Trains \_\_\_\_x/wk**
* **Health status: \_\_\_\_\_\_\_\_\_\_\_\_\_ Injuries status: \_\_\_\_\_\_\_\_**
* **Occupation: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ GOAL: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

1. **Follow the Program Design Considerations on pages 281-292 (Beginner Programs), pages 293-297 (Intermediate Programs), and pages 307-318 (Advanced Programs) of our textbook, *Strength Training*.**
   1. Depending on which method of program variation you plan to follow, fill in the **loads**, **repetitions**, and **sets** for **all exercises** for a **four-week** period. Use the Success Check points below to make sure that you have considered all of the important program design variables.
      * Select one primary training goal.
      * Select exercises.
      * Decide training frequency.
      * Arrange exercises.
      * Calculate training loads.
      * Determine number of repetitions to perform.
      * Determine number of sets of each exercise to complete.
      * Decide on the length of the rest periods.
      * Decide how to vary the program.
2. **Make sure the program includes the following in the layout:**

* 3 Mobility Work/ Neural Warm-Up. (ex. Name 1 Neural warm up exercises)
* 3 Dynamic Warm-up. (ex. High knees, A-skips, jumping jacks, lunges, pushups)
* 5 Strength Training Exercises (The Workout as indicated above)
  + **Reps** (how many of each exercise)
  + **Sets** (how many times through a circuit)
  + Your **Estimated Training Load**
  + **Exercises** (exercises from each body part from our book or other advanced exercises)
* Cool Down. (ex. Name 1 Neural exercise)

**VARIABLE**  **TRAINING GOAL**

**Strength Power Hypertrophy Endurance**

Load (% of 1RM) 80-100 70-100 60-80 40-60

Reps per set 1-5 1-5 8-15 25-60

Sets per exercise 4-7 3-5 4-8 2-4

Rest between sets (mins) 2-6 2-6 2-5 1-2

Duration (seconds per set) 5-10 4-8 20-60 80-150

Speed per rep (% of max) 60-100 90-100 60-90 60-80

Training sessions per week 3-6 3-6 5-7 8-14

**Table reproduced from Siff, 2003**