**KIN 250 FINAL PROJECT EXAMPLE:**

Design a 4-week training program for you or somebody else. State the goal of the program (ex. Strength, Power, Hypertrophy, and Weight Loss).

**Describe your client or yourself:**

* **SEX: female AGE: 28 Activity Level: Trains 4x/wk**
* **Health status: healthy, no disease Injuries status: none**
* **Occupation: Teacher & Coach GOAL: Lose Weight and Gain Strength & Endurance**

**MY CLIENT IS GOING TO TRAIN 5 TIMES A WEEK WITH CARDIO AT THE END OF EACH SESSION. HER WORKOUTS WILL BE TARGETED TOWARD BOTH STRENGTH AND ENDURANCE. WEEKLY CALENDAR IS BELOW:**

**WEEK 1:**

**MONDAY- WORKOUT #1: Upper Body Workout for Endurance**

* Mobility Work
	+ 3 Drills from Neural Warm-Up 1 related to upper body
* Injury Prevention, Visual Warm-up
	+ 3 Drills from Neural Warm-Up 2 related to upper body
	+ 1 vision drill
* Dynamic Warm-up (Core Coordination)
	+ 3 Body Weight Drills for a set time or reps
* Strength Training Session (The Workout as indicated above), Reps, & Sets
	+ 2 Exercises for Chest (25-60 reps per set, 2-4 sets- your choice)
	+ 2 Exercises for Back (25-60 reps per set, 2-4 sets- your choice)
	+ 2 Exercises for Shoulders (25-60 reps per set, 2-4 sets- your choice)
	+ 2 Exercises for Biceps (25-60 reps per set, 2-4 sets- your choice)
	+ 2 Exercises for Triceps (25-60 reps per set, 2-4 sets- your choice)
* Energy System Development (Conditioning)
	+ 20-30 minutes of Conditioning of your choice
* Mobility Cooldown
	+ 2 Drills from Neural Warm-Up 1

**TUESDAY: WORKOUT #2: Lower Body Workout for Endurance**

* Mobility Work
	+ 3 Drills from Neural Warm-Up 1 related to lower body
* Injury Prevention, Visual Warm-up
	+ 3 Drills from Neural Warm-Up 2 related to lower body
	+ 1 vision drill
* Dynamic Warm-up (Core Coordination)
	+ 3 Body Weight Drills for a set time or reps
* Strength Training Session (The Workout as indicated above), Reps, & Sets
	+ 2 Exercises for Glutes(25-60 reps per set, 2-4 sets- your choice)
	+ 2 Exercises for Quads (25-60 reps per set, 2-4 sets- your choice)
	+ 2 Exercises for Hamstrings (25-60 reps per set, 2-4 sets- your choice)
	+ 2 Exercises for Calves (25-60 reps per set, 2-4 sets- your choice)
* Energy System Development (Conditioning)
	+ 20-30 minutes of Conditioning of your choice
* Mobility Cooldown
	+ 2 Drills from Neural Warm-Up 1

**WEDNESDAY-WORKOUT #3: Upper Body Workout for Strength**

* Mobility Work
	+ 3 Drills from Neural Warm-Up 1 related to upper body
* Injury Prevention, Visual Warm-up
	+ 3 Drills from Neural Warm-Up 2 related to upper body
	+ 1 vision drill
* Dynamic Warm-up (Core Coordination)
	+ 3 Body Weight Drills for a set time or reps
* Strength Training Session (The Workout as indicated above), Reps, & Sets
	+ 2 Exercises for Chest (1-5 reps per set, 4-7 sets- your choice)
	+ 2 Exercises for Back (1-5 reps per set, 4-7 sets- your choice)
	+ 2 Exercises for Shoulders (1-5 reps per set, 4-7 sets- your choice)
	+ 2 Exercises for Biceps (1-5 reps per set, 4-7 sets- your choice)
	+ 2 Exercises for Triceps (1-5 reps per set, 4-7 sets- your choice)
* Energy System Development (Conditioning)
	+ 20-30 minutes of Conditioning of your choice
* Mobility Cooldown
	+ 2 Drills from Neural Warm-Up 1

**THURSDAY- WORKOUT #4: Lower Body Workout for Strength**

* Mobility Work
	+ 3 Drills from Neural Warm-Up 1 related to lower body
* Injury Prevention, Visual Warm-up
	+ 3 Drills from Neural Warm-Up 2 related to lower body
	+ 1 vision drill
* Dynamic Warm-up (Core Coordination)
	+ 3 Body Weight Drills for a set time or reps
* Strength Training Session (The Workout as indicated above), Reps, & Sets
	+ 2 Exercises for Glutes(1-5 reps per set, 4-7 sets- your choice)
	+ 2 Exercises for Quads (1-5 reps per set, 4-7 sets- your choice)
	+ 2 Exercises for Hamstrings (1-5 reps per set, 4-7 sets- your choice)
	+ 2 Exercises for Calves (1-5 reps per set, 4-7 sets- your choice)
* Energy System Development (Conditioning)
	+ 20-30 minutes of Conditioning of your choice
* Mobility Cooldown
	+ 2 Drills from Neural Warm-Up 1

**FRIDAY- ACTIVE REST AND RECOVERY**

**SATURDAY- FULL BODY (CHOICE OF WORKOUT # 5 OR 6 BELOW)**

**WORKOUT #5: Full Body Workout**

* Mobility Work
	+ 4 Drills from Neural Warm-Up 1 related to lower and upper body
* Injury Prevention, Visual Warm-up
	+ 4 Drills from Neural Warm-Up 2 related to lower and upper body
	+ 1 vision drill
* Dynamic Warm-up (Core Coordination)
	+ 3 Body Weight Drills for a set time or reps
* Strength Training Session (The Workout as indicated above), Reps, & Sets
	+ 2 Exercises for Glutes(8-15 reps per set, 4-8 sets- your choice)
	+ 2 Exercises for Chest(8-15 reps per set, 4-8 sets- your choice)
	+ 1 Exercise for Quads(8-15 reps per set, 4-8 sets- your choice)
	+ 2 Exercises for Back(8-15 reps per set, 4-8 sets- your choice)
	+ 1 Exercise for Hamstrings (8-15 reps per set, 4-8 sets- your choice)
	+ 1 Exercise for Shoulders (8-15 reps per set, 4-8 sets- your choice)
	+ 1 Exercise for Abdominals (8-15 reps per set, 4-8 sets- your choice)
	+ 1 Exercise for Erector Spinae (8-15 reps per set, 4-8 sets- your choice)
	+ 1 Exercise for Biceps(8-15 reps per set, 4-8 sets- your choice)
	+ 1 Exercise for Triceps(8-15 reps per set, 4-8 sets- your choice)
* Energy System Development (Conditioning)
	+ 20-30 minutes of Conditioning of your choice
* Mobility Cooldown
	+ 2 Drills from Neural Warm-Up 1

**WORKOUT #6: Full Body Circuit Training**

* Mobility Work
	+ 4 Drills from Neural Warm-Up 1 related to lower and upper body
* Injury Prevention, Visual Warm-up
	+ 4 Drills from Neural Warm-Up 2 related to lower and upper body
	+ 1 vision drill
* Dynamic Warm-up (Core Coordination)
	+ 3 Body Weight Drills for a set time or reps
* Strength Training Session (The Workout as indicated above), Reps, & Sets
	+ 1 Exercises for Glutes(reps or time- your choice)
	+ 1 Exercises for Chest(reps or time- your choice)
	+ 1 Exercise for Quads(reps or time- your choice)
	+ 1 Movement Drill (reps or time- your choice)
	+ 1 Exercises for Back(reps or time- your choice)
	+ 1 Exercise for Hamstrings (reps or time- your choice)
	+ 1 Exercise for Shoulders (reps or time- your choice)
	+ 1 Movement Drill (reps or time- your choice)
	+ 1 Exercise for Abdominals (8-15 reps per set, 4-8 sets- your choice)
	+ 1 Exercise for Erector Spinae (reps or time- your choice)
	+ 1 Movement Drill (reps or time- your choice)
	+ REPEAT
* Energy System Development (Conditioning)
	+ 20-30 minutes of Conditioning of your choice
* Mobility Cooldown
	+ 2 Drills from Neural Warm-Up 1

**WEEK 2-4:**

* **SHOW PROGRESSION THROUGHOUT THE WEEKS**
* **CAN CHANGE UP THE WORKOUT OR KEEP THE SAME, JUST INCREASE IN WEIGHT, REPS, SETS, OR TIME**