**KIN 250: DESIGNING A PERSONALIZED WEIGHT TRAINING PROGRAM**

* Meet with your client and take a thorough health history and physical evaluation.
* Ask them what their goals are for training and why they came to see you.
* Decide the best way to train them based on their long term goals.
* Set up a training calendar based on how many days they will train a week and for how long (minutes or hours).
* Set up the daily workouts using the following steps:

**Step 1:** Determine your goals. Your set and repetition ranges will depend on what your goals are. If you are more interested in muscle growth, your reps should be in the eight- to 12-rep range. If your primary goal is to get stronger, you'll want to go down to five reps. Remember that there is an inverse relationship between weight and reps, so lower reps implies heavier weights.

**Step 2:** Split your workout. Breaking up body parts over the course of the week, called "splitting," allows you to train each muscle group more thoroughly. The simplest training split is to separate upper and lower body. Training four days per week would give you two upper-body and two lower-body days per week.

**Step 3:** Train larger muscles before smaller ones. Large muscles require more energy to contract than small ones, so it is best to train large muscles early on in the workout when you are fresh. The back, for example, should be trained before the biceps.

**Step 4:** Schedule compound exercises before isolation exercises. As fatigue sets in over the course of your workout, it becomes harder to perform complex movements. Exercises that work more than one joint at the same time should be placed before single joint movements. If you are training your legs, squats should be performed before leg extensions or curls.

**Step 5:** Schedule heavy movements first, light movements last. Your first few exercises should always be your heaviest ones. As you fatigue, attempting heavy weights will become more dangerous. The deeper you get into your workout, the less demanding the weights should become. An exercise such as the bench press, which allows you to handle heavy weights, should be performed before a triceps extension.

**Step 6:** Always to remember to warm-up and cool down. A general outline of a training session looks like this (not all sections are always involved in a workout):

* 1. Mobility Work (Neural Warm-up)
  2. Injury Prevention & Visual Warm-Up
  3. Core Coordination & Bone Rhythm Training
  4. Submaximal Plyometric Training (Plyos)
  5. Skill Training (only if practicing a skill or movement drill)
  6. Resistance Training (strength training)
  7. Energy System Development (cardio)
  8. Mobility Cooldown (Neural Cool-down or walking)

**References**

* "Essentials of Strength Training and Conditioning - 3rd Edition"; The National Strength and Conditioning Association; 2008
* "American Council on Exercise, ACE Personal Trainer Manual"; The American Council on Exercise; 2003