

# WEEKLY WORKOUT PLANNER

|              |                 |              |
|--------------|-----------------|--------------|
| <b>NAME:</b> | <b>WEEK OF:</b> | <b>GOAL:</b> |
|--------------|-----------------|--------------|

| 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

**University of Illinois at Urbana-  
Champaign. College of Applied Health  
Sciences**

## **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 prescription 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 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 **S.A.M. Advanced Management Journal** ,1988 **Physical Fitness Workbook : Fit for  
Democracy -- Fit to Fight** Thomas Kirk Cureton,1942 Advanced Management Journal ,1984 *Fitness Over Forty A.*  
Dugan,Consumer guide,Ann Dugan,1993-12 **Journal of Health, Physical Education, Recreation** ,1963 The Journal  
of Health and Physical Education ,1942 Announcement of Courses School of Nursing and Health,1917 University of  
Cincinnati Bulletin ... University of Cincinnati,1928 28 Day Fitness Program Thorsten Tschirner,2004 Advanced  
Nitrox Diver Lee Somers,1996 **Advanced Volleyball Everyone** Kathryn Louise Davis,1992 **The Working Press of  
the Nation** ,2003 General Catalog Georgia Institute of Technology,1979 **Runner's World Advanced Indoor  
Exercise Book** Richard Benyo,Rhonda Provost,1982 **Newsletter** University of Illinois at Urbana-Champaign. College of  
Applied Health Sciences,2006 Minnesota Medicine ,1922 Includes the Association s membership rosters National  
Safety News ,1984

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