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wrestling team, a sport that requires a lot of strength, speed, agility, endurance and explosive power I will give him the 1rm bench test for his upper body strength and for his lower body strength I will give ...

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CLIENT PROFILE : CHRIS DOUBLE AGE:14

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GENDER MALE RESTING HEART RATE
70bpm Height 5'10 weight 120 pound
body fat 11%. I NEED CLIENT
CALCULATION: 1. What is the clients
BMI. 2 What is the clients BMR. 3. Using
the karvonen formula. what is the
client's target heart rate at 60% and
80%. also I need ASSESSMENT,
TRAINING, AND NUTRITIONAL STRATEGY.

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CLIENT PROFILE : CHIS DOUBLE AGE:14 GENDER MALE RESTING ...

Case study 2 Chris Double 7. 14.1 is Chris's BMI 8. 1308 is Chris's BMR 9. 151.6 is his THR at 60% 178.8 is his THR at 80% 10. Since Chris is a young teenager and hoping to be on the wrestling team, a sport that requires a

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Case Study - 870 Words | Bartleby

Section 2: CASE STUDIES (80 POINTS EACH) (sample answers) CASE STUDY 2:

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CHRIS DOUBLE CLIENT PROFILE: CHRIS DOUBLE Age Gender Resting Heart Rate Height Weight Body Fat Percentage 14 Male 70 bpm 5'10" 120 pounds 11% Chris is a high school student and is eager to gain some muscle mass. He eats a diet that consists primarily of processed foods (fast food, cafeteria, etc.) Chris is anxious to get ...

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1 Case Study Heidi Clayton 1. Chris Double's BMI is 17.21 which is considered underweight. 2. BMR is 1,309 calories per day 3. Target heart rate at 60% is 124 Target heart rate at 80% is 165 4. I would set up a meeting with

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Chris and his parents to go over his goals and to get permission from Chris' parents. I would have them fill out a Medical History Questionnaire and Release of ...

ISSA_Case_Study_original (1) - 1 Case Study Heidi Clayton ...

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CASE STUDY: CHRIS DOUBLE Chris is a high school student and is eager to gain some muscle mass. He eats a diet that consists primarily of processed foods (fast food, cafeteria, etc.). Chris is anxious to get stronger so that he can go out for the wrestling team. CLIENT

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CALCULATIONS 1. Using the information above, calculate the client's BMI 2. Calculate the client's ...

CASE STUDY: CHRIS DOUBLE Chris is a high school student ...

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CHRIS DOUBLE CLIENT PROFILE: CHRIS DOUBLE Age Gender Resting Heart Rate Height Weight Body Fat Percentage 14 Male 70 bpm 5'10" 120 pounds 11% Chris is a high school student and is eager to gain some muscle mass.

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CASE STUDY #01. WE'RE WORKING THE CULTURE ABOUT. BMW Art Journey - See The Unseen. CASE STUDY #02. Red Bull Music Academy - ON/OFF THE RECORD. ... Working with Chris and his team at Double Standards is like working with family ... Rirkrit Tiravanija. TiravanijaOne. Rirkrit Tiravanija. Whaling in central Germany. Kunstmuseum

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