

## Chad Evermore Case Study

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CASE STUDY: CHAD EVERMORE AGE: 55 GENDER: Male RESTING HEART RATE: 80 bpm HEIGHT: 6 ' 2 \" WEIGHT: 180 lbs BODY FAT PERCENTAGE: 20% Chad is an avid golfer. He wishes to improve his golf game and is very motivated to get started on a training program. Chad has exercised regularly for the past 8 years ...

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CASE STUDY: CHAD EVERMORE

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Case Study 1: Chad Evermore 1. Client ' s BMI is 23.1 2. Client ' s BMR is 1753 calories/day 3. 60% - 5180 BPM, 80% - 6880 BPM 4. Client ' s Health History & Medical Screening to make sure he is healthy enough to sustain a certain load of exercise and understand any limitations he may have. Also get a doctor ' s approval is necessary.

Case Study 1 - Case Study 1 Chad Evermore 1 Clients BMI is ...

CASE STUDY 1: CHAD EVERMORE. CLIENT PROFILE: CHAD EVERMORE Age Gender Resting Heart Rate Height Weight Body Fat Percentage 55 Male 80 bpm 6 ' 2 180 pounds 20%. Chad is an avid golfer. He wishes to improve his golf game and is very motivated to get started on a training program.

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NEED HELP FROM A PERSONAL TRAINER TO FIGURE THIS OUT ...

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Personal Training Case Study Case Study 1: Chad Evermore In regards to the information or data given, the BMI, BMR and the target heart rate at 60% and 80% of the client can be established by quite simple calculations. The BMI is 23.16, BMR is 1865.04 and in terms of the target rate, at 60%, it is 131 while at 80%, it is 148.

Chad Case Study Assignment Example | Topics and Well ...

Case study Chad.docx - CHAD EVERMORE Age 55 Gender Male Resting heart rate 80bpm Height 62 Weight 180 lps Body Fat 20 BMI(6x12 2=72 2=74 inc

Case study Chad.docx - CHAD EVERMORE Age 55 Gender Male ...

Chad is an avid golfer. He wishes to improve his golf game and is very motivated to get started on a training program. Chad has exercised regularly for the past 8 years and is in good physical health. Most of his exercise has been aerobic in nature with only a small amount of resistance training. For this case study I need to: 1.

Personal Training CHAD EVERMORE | Efficient Writings

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3. Calculate the client's target heart rate at 60% and 80% ...

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