

Exercise Log  
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## **Exercise Log Reflections**

The client maintained a positive attitude throughout the training period, remaining enthusiastic about the approach and program. All weights increased from week 1 to week 8 meaning the client achieved a gain in muscular strength. Cardiovascular intensity and duration increased from week to week while maintaining a relatively stable RPE throughout, meaning cardiovascular fitness improved significantly. The goals of this client were assessed through an effective consultation and were focused on throughout the 8 weeks of training, which included increasing full body strength and increasing high intensity cardiovascular fitness. The client was a varsity cross country runner, so these markers of fitness were incredibly important to develop.

## **Exercise Log**

### **Week 1**

**Time:** 10AM

**Location:** Humber Weight Room and Cardio Room

**Objective:** Gain strength and achieve all required reps

**Warm Up:** Foam roll the whole body, yoga stretches including Cobra and cat/camel. Shoulder rotations and stretches with the band. 'Y's' on the wall.

<b><u>Exercise</u></b>	<b><u>Weight [lbs]</u></b>	<b><u>Sets</u></b>	<b><u>Reps</u></b>
Squat	65	3	5/5/5
DB Bench	25lb DBs	3	5/5/5
Deadlift	85	2	5/5

<b><u>Cardio</u></b>	<b><u>Minutes</u></b>	<b><u>Speed [mph]</u></b>	
HIIT Treadmill	1min	3	
	1	4.5	
	30s	7.5	
	1	4.5	
	30s	7.5	
	1	4.5	
	30s	7.5	
	1	4.5	

**Comments:** Client achieved all desired reps. Great first session to get accustomed to the program.

## **Week 2**

**Time:** 10AM

**Location:** Humber Weight Room and Cardio Room

**Objective:** Gain strength and achieve all required reps

**Warm Up:** Foam roll the whole body, yoga stretches including Cobra and cat/camel. Shoulder rotations and stretches with the band. 'Y's' on the wall.

<b><u>Exercise</u></b>	<b><u>Weight [lbs]</u></b>	<b><u>Sets</u></b>	<b><u>Reps</u></b>
Squat	70	3	5/5/5
DB Bench	30lb DBs	3	5/5/5
Deadlift	90	2	5/5
OHP	45	3	5/5/5
Chest Supported Row	15lbs per side	3	5/5/5

<b><u>Cardio</u></b>	<b><u>Minutes</u></b>	<b><u>Speed [mph]</u></b>	
HIIT Treadmill	1min	3	
	1	5	
	30s	8	
	1	5	
	30s	8	
	1	5	
	30s	8	
	1	5	

**Comments:** Added the row and OHP to the weight training portion to get more volume in and introduce new exercises. Increased both interval and rest speed during the treadmill portion.

### **Week 3**

**Time:** 10AM

**Location:** Humber Weight Room and Cardio Room

**Objective:** Gain strength and achieve all required reps

**Warm Up:** Foam roll the whole body, yoga stretches including Cobra and cat/camel. Shoulder rotations and stretches with the band. 'Y's' on the wall.

<b><u>Exercise</u></b>	<b><u>Weight [lbs]</u></b>	<b><u>Sets</u></b>	<b><u>Reps</u></b>
Squat	75	3	5/5/5
DB Bench	30lb DBs	3	5/6/6
Deadlift	95	2	5/5
OHP	50	3	3/3/4
Chest Supported Row	20lbs per side	3	5/5/5

<b><u>Cardio</u></b>	<b><u>Minutes</u></b>	<b><u>Speed [mph]</u></b>	
HIIT Treadmill	1min	3.5	
	1	5	
	30s	8.2	
	1	5	
	30s	8.5	
	1	5	
	30s	8.5	
	1	5	

**Comments:** Client increased the interval speed during cardio portion. Failed on the first two reps of OHP.

## **Week 4**

**Time:** 10AM

**Location:** Humber Weight Room and Cardio Room

**Objective:** Gain strength and achieve all required reps

**Warm Up:** Foam roll the whole body, yoga stretches including Cobra and cat/camel. Shoulder rotations and stretches with the band. 'Y's' on the wall.

<b><u>Exercise</u></b>	<b><u>Weight [lbs]</u></b>	<b><u>Sets</u></b>	<b><u>Reps</u></b>
DB Squat	25lb DBs	3	5/5/5
DB Bench	35lb DBs	3	5/5/3
Deadlift	100	2	5/5
DB OHP	20lb DBs	3	5/5/5
Chest Supported Row	25lbs per side	3	5/5/5

<b><u>Cardio</u></b>	<b><u>Minutes</u></b>	<b><u>Speed [mph]</u></b>	
HIIT Treadmill	1min	3.5	
	1	5	
	30s	8.5	
	1	5	
	30s	8.5	
	1	5	
	30s	8.5	
	1	5	

**Comments:** Did a DB squat instead of barbell because the rack was being used. Switched over to DB ohp full time because the progression on barbell and the stability needed is too advanced for my client.

## **Week 5**

**Time:** 10AM

**Location:** Humber Weight Room and Cardio Room

**Objective:** Gain strength and achieve all required reps

**Warm Up:** Foam roll the whole body, yoga stretches including Cobra and cat/camel. Shoulder rotations and stretches with the band. 'Y's' on the wall.

<b><u>Exercise</u></b>	<b><u>Weight [lbs]</u></b>	<b><u>Sets</u></b>	<b><u>Reps</u></b>
Squat	85lb	3	5/5/5
DB Bench	35lb DBs	3	5/4/4
Deadlift	105	2	5/5
DB OHP	22.5lb DBs	3	5/5/5
Chest Supported Row	30lbs per side	3	6/6/6

<b><u>Cardio</u></b>	<b><u>Minutes</u></b>	<b><u>Speed [mph]</u></b>	
HIIT Treadmill	1min	3.5	
	1	5.3	
	30s	8.5	
	1	5.3	
	30s	8.5	
	1	5.3	
	30s	8.5	
	1	5.3	

**Comments:** Increased work speed during the intervals. Continuing to increase weight on all exercises .Failed on the final two sets of bench press.

## **Week 6**

**Time:** 10AM

**Location:** Humber Weight Room and Cardio Room

**Objective:** Gain strength and achieve all required reps

**Warm Up:** Foam roll the whole body, yoga stretches including Cobra and cat/camel. Shoulder rotations and stretches with the band. 'Y's' on the wall.

<b><u>Exercise</u></b>	<b><u>Weight [lbs]</u></b>	<b><u>Sets</u></b>	<b><u>Reps</u></b>
Squat	90lb	3	5/5/5
DB Bench	35lb DBs	3	5/5/5
Deadlift	110	2	5/5
DB OHP	25lb DBs	3	5/5/4
Chest Supported Row	35lbs per side	3	6/6/6

<b><u>Cardio</u></b>	<b><u>Minutes</u></b>	<b><u>Speed [mph]</u></b>	
HIIT Treadmill	1 min	3.5	
	1	5.3	
	30s	8.7	
	1	5.3	
	30s	8.7	
	1	5.3	
	30s	8.7	
	1	5.3	

**Comments:** Increased work speed during the intervals. Failed on the final set of ohp, but increased weight

## **Week 7**

**Time:** 10AM

**Location:** Humber Weight Room and Cardio Room

**Objective:** Gain strength and achieve all required reps

**Warm Up:** Foam roll the whole body, yoga stretches including Cobra and cat/camel. Shoulder rotations and stretches with the band. 'Y's' on the wall.

<b><u>Exercise</u></b>	<b><u>Weight [lbs]</u></b>	<b><u>Sets</u></b>	<b><u>Reps</u></b>
Squat	95lb	3	5/5/5
DB Bench	35lb DBs	3	6/6/5
Deadlift	115	2	5/5
DB OHP	25lb DBs	3	5/5/5
Chest Supported Row	40lbs per side	3	6/6/6

<b><u>Cardio</u></b>	<b><u>Minutes</u></b>	<b><u>Speed [mph]</u></b>	
HIIT Treadmill	1min	3.5	
	1	5.3	
	30s	9	
	1	5.3	
	30s	9	
	1	5.3	
	30s	9	
	1	5.3	

**Comments:** Increased work speed during the intervals.



## **Week 8**

**Time:** 10AM

**Location:** Humber Weight Room and Cardio Room

**Objective:** Gain strength and achieve all required reps

**Warm Up:** Foam roll the whole body, yoga stretches including Cobra and cat/camel. Shoulder rotations and stretches with the band. 'Y's' on the wall.

<b><u>Exercise</u></b>	<b><u>Weight [lbs]</u></b>	<b><u>Sets</u></b>	<b><u>Reps</u></b>
Squat	100lb	3	5/5/5
DB Bench	35lb DBs	3	6/6/6
Deadlift	120	2	5/5
DB OHP	25lb DBs	3	6/6/6
Chest Supported Row	45lbs per side	3	6/6/6

<b><u>Cardio</u></b>	<b><u>Minutes</u></b>	<b><u>Speed [mph]</u></b>	
HIIT Treadmill	1min	3.5	
	1	5.5	
	30s	9	
	1	5.5	
	30s	9	
	1	5.5	
	30s	9	
	1	5.5	

**Comments:** Increased rest speed during the intervals. Client has increased strength on all lifts