



YMCA Awards

Level 3 Bespoke exercise
programme design
2018

Level 3 Bespoke exercise programme design

**Current guidelines for muscular
fitness, CV fitness and flexibility**

Order and relevance of fitness components for each session would be specific to client

- Warm-up
- Flexibility (as part of warm-up)
- Balance, motor skills training, proprioception training
- Core stability
- Cardiovascular workout
- Muscular conditioning (inc. power if appropriate)
- Cool-down, including flexibility

Level 3 Bespoke exercise programme design

Muscular fitness

ACSM guidelines - Muscular fitness

- F – 2-3 times a week
- I – 2 to 4 set of 8-12 reps on each exercise with a rest interval of 2-4 minutes between sets. For older adults and the deconditioned 1 or more sets of 10-15 reps
- T – relative to number of exercises and sets
- T – resistance machines/free weights/body weight

Muscular strength and endurance general guidelines

Frequency

- 2-3 days a week for each major muscle group
- Non-consecutive days
- 48 hours rest between sessions for any specific muscle group

Muscular strength and endurance general guidelines

Intensity

- Resistance
 - 40-50% of 1RM for older adults or sedentary adults
 - 60-70% of 1RM for beginners
 - > 80% of 1RM for experienced

Muscular strength & endurance general guidelines

Intensity

- Repetitions
 - 8-12 repetitions
 - 10-15 repetitions for beginners
 - 15-20 repetitions for endurance

Muscular strength and endurance general guidelines

- Sets
 - Single sets effective for beginners or older adults
 - 2-4 sets for adults
 - 2+ sets is effective for endurance
- Rest
 - Intervals or 2-3 minutes between sets

Resistance training systems (eg.)

- Pyramid systems
- Super setting (agonist/antagonist; agonist/agonist)
- Giant sets
- Tri sets
- Forced repetitions
- Pre/post exhaust
- Negative/eccentric training
- Stripping method
- Cheating method

Resistance Training anatomical and physiological adaptations

Reps	% 1RM*	
1	100	Increased strength via enhanced neural drive (better recruitment of motor units)
2	95	
3	90	
4		
5	85	
6		Increased strength plus some hypertrophy
7	80	
8	75	
9		Best hypertrophy gains plus increases in both strength and endurance
10		
11		
12	70	
13		Increased endurance plus some strength lower gains in hypertrophy
14		
15		
16	65	
17		
18		
19		
20	60	

Resistance training variables

- Progressive overload
- Exercise choice
- Exercise sequence
- Equipment
- Environment
- Split routines
- Type of muscle contraction
- Individuality (workout time; recovery time)

Resistance training progression

- Endurance phase
- Hypertrophy
- Strength phase
- Power phase
- Peaking phase
- Active recovery phase

