**Client Name:** Clark Kent

**Client’s BMR:** 1,796 Calories/day

**Client’s Target Heart Rate using Karvonen Formula:** 166 to 173 BPM

**Client’s Brief Description**

Clark is already a sports person and has a stable stamina that categorize him as a moderately intermediate level of physical activity and fitness. This includes moderate cardiovascular stamina as well. Considering these aspects is important in order to ensure the safety of the clients.

**Program Objectives**

* Goal: maintain weight, gain muscle mass
* Work out type: full body workout
* Level: Lower-Intermediate
* Days per Week: 6
* Gender: Male
* Age: 17
* Secondary Medical Complications: none

**Goals**

* Gain muscle mass

**Introduction**

With regards to muscle building, the vast majority of us know the essentials. We realize that so as to build muscle we need to take in enough calories and complete a great deal of solidarity preparing. In any case, what a great deal of us don't know is that muscle building requires a ton of work and eating the correct sorts of nourishment and that we have to ensure that we are getting enough of the correct calories with the end goal for it to be viable.

Many individuals don't know that foods grown from the ground assume a crucial job in the advancement of muscle and in muscle building. Many individuals accept that protein is the main thing that they have to build muscle and they regularly ignore the significance of including a ton of leafy foods into their eating regimens. When we are doing muscle building exercises, this takes a great deal of vitality for our bodies to have the capacity to deliver enough vitality to enable our muscles to develop and increment in quality. This places a colossal weight on our bodies and influences many procedures that are going on in the body.

The body needs to even now fend off disease and ward off microorganisms and other destructive substances constantly. On the off chance that the body isn't in effect legitimately filled, it won't have enough vitality to satisfy the majority of the capacities it needs to do to keep us alive not to mention build muscle. We have to give our bodies enough vitality and healthy sustenance to help keep in running the manner in which it should. One of the huge things that we can do to guarantee that our bodies will be ready to ward off ailment is by giving our body a lot of products of the soil. Leafy foods have a great deal of powerful cancer prevention agents in them that can help safeguard ourselves against malady. It is essential to incorporate a lot of dim verdant vegetables and supplement rich organic products into our weight control plans.

Notwithstanding foods grown from the ground, when we are muscle building we additionally need to ensure that we are getting enough of protein and sugars. Muscles require fit protein to build fit muscle and our bodies depend on starches to have the capacity to fuel our workouts and give us the vitality that we have to play out our every day capacities. The wellsprings of protein and sugars can emerge out of various sorts of sustenances. The starches that we devour when muscle building ought to be unpredictable sugars and not very numerous basic starches that are found in sustenances like prepared products, white breads and white pastas.

When searching for the best nourishment hotspots for sugars, you have to search for entire wheat and entire grain adaptations of sustenance. There are numerous items available that come in entire wheat and entire grain nourishment. The reason that our bodies require these sorts of nourishment is on the grounds that they take more time to separate in the body which gives us longer stores of vitality. When we eat excessively sugary or basic starch nourishments, our bodies can't utilize the majority of that vitality immediately in light of the fact that it is prepared rapidly in the body and the overabundance calories and sugar transform into fat stores on our body. These fat stores are difficult to transform into muscle when we are muscle building.

Exercise is additionally a primary fixing in muscle building. A mix of solidarity preparing and cardio work is expected to get the most ideal outcomes. A few people don't perceive the significance of including cardio work into their arrangement and believe that they will invest the majority of their energy siphoning loads. This isn't the most ideal approach to muscle building. Our bodies require the cardio work so as to help keep our bodies working great and keeping healthy. A blend of solidarity work and cardio work is the best mix to utilize when you are hoping to do some genuine muscle building. Following advances like having a decent workout timetable and eating a healthy eating routine will enable you to achieve your objectives for wellbeing and help you achieve your quality and fitness objectives.

**Professional Responsibilities**

A trainer makes one-on-one fitness programs for their clients, persuading and managing them to accomplish their objectives.

Clients may wish to get thinner or gain muscle, and as a personal trainer I'll educate and assist them with exercising properly utilizing exercises and explicit plans. I'll teach and prompt the clients, utilizing a scope of fitness machines, classes or loads.

Following will be my professional responsibilities:

* Having and keeping up a working learning of human life structures and the ideas of practical exercise, essential nourishment and basic standards of exercise science
* A capacity to structure and execute individual and little gathering exercise fitness programs, custom-made to the requirements and achievable objectives of the individual, evidently healthy client, in a protected and compelling way
* A comprehension for the need and significance of screening and client appraisal; proficiency in leading these assessments at first and progressively
* A longing to enable clients to achieve their health and fitness objectives through appropriate cardiovascular, adaptability and obstruction exercise
* A capacity to rouse others in an empowering and inspiring path towards improving their general fitness and health
* A commitment to keeping up personal honesty, client privacy and professional principles for best practice
* A commitment to personal growth, mindfulness, constant learning, personal development and improvement with respect to personal health, fitness and mental limit

**Recommended Tests**

Following will be the recommended tests for Kent.

* The Bruce Test: to evaluate the cardiovascular fitness of the client.
* Illinois Agility: designed to identify and evaluate the agility of client.
* Blood Test: test to determine the blood group of the client. Blood group identification helps in determining appropriate type of diet, number of carbs, etc.

**12-Week Diet Plan**

High Carb Diet: 3 days per week

Medium Carb Diet: 1 days per week

Low carb Diet: 3 days per week

* Week 1: 1700 calories with 3 high, 1 medium and 3 low carb days.
* Week 2: 1700 calories with 2 high, 2medium and 3 low carb days.
* Week 3: 1700 calories with 3 high, 1 medium and 3 low carb days.
* Week 4: 1800 calories with 2 high, 2 medium and 3 low carb days.
* Week 5: 1800 calories with 3 high, 1 medium and 3 low carb days.
* Week 6: 1800 calories with 2 high, 2 medium and 3 low carb days.
* Week 7: 1900 calories with 3 high, 1 medium and 3 low carb days.
* Week 8: 1900 calories with 2 high, 2 medium and 3 low carb days.
* Week 9: 1900 calories with 3 high, 1 medium and 3 low carb days.
* Week 10: 2000 calories with 2 high, 2 medium and 3 low carb days.
* Week 11: 2000 calories with 3 high, 1 medium and 3 low carb days.
* Week 12: 2000 calories with 2 high, 2 medium and 3 low carb days.

**12-Week Work Out Plan**

The exercise outline for building muscle mass uses an upper and lower body split, that frequently utilized and prescribed by truly each and every master whose feelings I esteem.

The integral reason the upper and lower body split gets so much significance is on the grounds that it promotes each muscle gathering/body part to be prepared somewhat between once every third and fifth day relying upon the explicit split variety client pick.

1. **Day 1:** Upper Body
2. **Day 2:** Lower Body
3. **Day 3:**off
4. **Day 4:** Upper Body
5. **Day 5:** Lower Body
6. **Day 6:** off

**Work Out for Upper Body**

1. **Bench Press**
3 sets 8 reps
2. **Rows**
3 sets of 8 reps
3. **Incline Dumbbell Press**
3 sets of 10 reps
4. **Lat Pull-Downs**
3 sets of 10 reps
5. **Lateral Raises**
2 sets of 10 reps
6. **Triceps Pushdowns**
3 sets of 12 reps
7. **Dumbbell Curls**
2 sets of 12 reps

**Work Out for Lower Body**

1. **Romanian Deadlifts**
3 sets of 8 reps
2. **Leg Press**
3 sets of 12 reps
3. **Seated Leg Curls**
3 sets of 8 reps
4. **Standing Calf Raises**
4 sets of 8 reps
5. **Abs**
3 sets of 8 reps

**Note:** Take rest of 1 to 3 minutes between each set.

For each activity, client should utilize a similar weight each set. Which means, on the off chance that it says to complete 3 sets, you'd utilize a similar weight on every one of the 3 sets.

When client can lift a given weight for the measure of sets and reps that are endorsed for that activity, you'd at that point increment the weight by the littlest conceivable augmentation whenever client do that activity. You'd at that point repeat this procedure of movement as regularly as possible.

The quantity of sets recorded does exclude warm up sets. Those are the genuine work sets as it were. Warm up as required.

The request the activities are recorded in is the request they are supposed to be done in. Try not to transform it.

Client are intended to do the majority of the activities recorded for every activity. Be that as it may, on the off chance that client go over something center doesn't have or something client sincerely can't do because of some previous damage, do the following nearest coordinate.

The split, recurrence, activity choice, endorsed measure of sets, reps and rest interims for each activity, the aggregate sum of volume.

**Discussion**

Kent is recommended muscle training in this plan.

Muscle is our focal point of gravity is found and where all development begins. A productive muscle takes into account support of the typical length-pressure relationship of utilitarian agonists and agonists, which promotes ordinary power couple connections in the lumbo-pelvic-hip complex. Keeping up the ordinary length-strain connections and power couple relationship permits ideal arthrokinematics amid practical motor chain developments.

Body building is a quality power sport, where the competitors attributes were like competitors from wrestling and sledge toss sport, in sort of their physical traits (somatotype). Their stature and weight proportion was ordinarily lower than for generally competitors. In spite of the fact that execution is mostly identified with body mass, stronger body builders will lift more in the grab and quick lift. In the challenge, weight lifted is somewhat identified with body mass and strongly identified with pinnacle power where littler body builders have a higher most extreme quality and body mass proportion contrasted and greater body builders. Body builders are considered as the strongest and powerful among all games along these lines, their metabolic rate is viewed as high. The body building preparing is diverse as it pursues periodization program that can't be summed up to other game. However, the danger of wounds amid preparing and rivalry are not as high as other game.

Adaptability is the capacity of the neuromuscular framework to take into consideration proficient development of a joint or arrangement of joints through a full, nonrestricted, torment unfenced of movement. Most game exercises require moderately typical measures of adaptability. Be that as it may, a few exercises, for example, tumbling, artful dance, plunging, and karate, require expanded in adaptability for predominant execution. Proper quality preparing will probably improves dynamic adaptability and, whenever joined with thorough extending program, can extraordinarily upgrade powerful and composed developments that are fundamental for accomplishment in numerous athletic exercises.

The muscle is generally alluded to as the "powerhouse" or the establishment of all appendage development, in light of the fact that the muscle muscle is the focal point of the body and all appendage development or physical action will require a support of the muscle. The muscle likewise assimilates the pressure of any development of the body, so it is critical to have a strong muscle muscles. Numerous techniques professes to be effective in accomplishing in reinforcing the muscle muscle and a few people willing to spend whatever are expected to get a six pack. So the debate exists to deciding the best's strategy to reinforce the muscle muscles.

The muscles are the shallow and profound spinal extensors muscles, stomach muscles, pelvic floor muscles, and shoulder support and hip support muscles. The term muscle quality alludes to the quality of these muscle muscles. Muscle muscle quality is typically operationally characterized by an estimation of the quality of muscle muscles, either as far as how much weight/obstruction a muscle can lift, what number of redundancies a muscle can perform, or to what extent a muscle can hold an unbiased stable position. Explicit spinal adjustment exercises have been appeared to decrease future repeats following an intense lower back agony (LBP). Explicit spine adjustment exercises or muscle exercise can accomplished better outcomes than isotonic exercises in endless patients.

The benefits of muscle fortifying exercise or muscle adjustment are improving athletic execution, averting wounds, mitigating low back agony, keeping up proper middle dependability, postural control, and improving appearance. Other than that, the muscle preparing is critical to set up the need competitors that include in exercises, for example, running, climbing, swimming, etc. So to improve execution, they typically train and condition just the muscles utilized the most for the exercises for instance arms and legs, yet not the muscle muscles. It might appear that each development begins from the appendages, yet really the quality expected to play out any exercises originate from the muscle or the focal point of the body. When they have strong muscle muscles and capacity together with other muscle, any exercises will be perform effectively and require less exertion.

Being adaptable provides numerous benefits in preparing and in addition in day by day life exercises. it helps in games development and take into consideration stresses pleasing. Besides, contradicting muscle work can be helped through less limited movement. Blood supplies likewise turned out to be progressively effective. Offsetting turns out to be progressively compelling with upgrade of adaptability. Other than game setting, day by day routine should be possible in no pressure, for example, lively walking, cleaning, clearing and some more. Likewise, adaptability can be kept up for a long haul essentially by doing sit and reach whereby it tends to be apply at home.

**Need of Supplements**

Muscle building supplements come as increases to an effectively existing great nourishment and preparing program. Muscle building for the most part involves proper nourishment and preparing. Muscle building supplements anyway don't compensate for improper preparing, or a low quality eating routine however possibly work when your eating regimen and your preparation program are ideal.

Muscle building supplements are great since they keep us from getting any nourishing lacks. The expanded movement levels from your muscle building exercise program will influence your body to have more prominent requests for nutrients and minerals, which will expand the probability of you enduring a lack without supplementation. Each slight supplement insufficiency can disrupt muscle development in this way your body can't exclusively depend on sustenance these days to provide you with every one of the nutrients and minerals that your body needs on the grounds that the processing of nourishments before they get to the market, cooking, air, and even light have just burglarized your sustenances of a large portion of the nutrients that they bring to the table. On the off chance that you are inadequate in at least one supplements your body will most likely be unable to build muscle and consume fat properly. Not all bodybuilding supplements are made equivalent however. Your will body dependably require a few while others are increasingly reliant upon what your objectives are and what your spending resembles.

There are diverse classes of muscle building supplements changing from those your body needs to use consistently and the ones you will take just when there is a need to. Your body requires fundamental muscle building supplements each day to enable you to pick up muscle. You should leave on essential muscle building supplements alone relying upon your funds. You may need to include different nutrient and nutrient equation to guarantee that your body works at greatest proficiency. These additionally help to change over the nourishment you eat into hormones, tissues and vitality.

Your body also requires nutrient muscle building supplements which are produced by the two creatures and vegetables. These capacity as enhancers of the activities of proteins that reason substance responses, for example, muscle building, fat consuming and vitality production. There are two noteworthy kinds of nutrients, the fat dissolvable nutrients and water solvent nutrients.

You ought to anyway be exceptionally cautious when purchasing muscle building supplements as a portion of the packs don't generally contain what is composed on the names. Others originate from extremely poor sources and are not caught up in the body well.

**Conclusion**

Through the carefully designed Transformational Program we ensure that the client is not fatigued or stressed. We promote healthier eating without starving that is why we ensure that Kent is not starving himself and is not deflecting too much from his routine intake. Instead, we have emphasized more on exercising regime so Kent can burn bad fats and required calories through appropriate exercises. Furthermore, Kent will also be able to maintain a balance lean muscle mass for greater health benefits and strengths instead of accumulated fat.

Finally, following are some recommendations for Kent:

1. When starting the exercising regime, make sure that client do client initial sessions under instructor supervision so that client may not harm yourself with wrong postures that may lead to strains and muscular pains.
2. Make sure that the daily meal is based on organic food rather than processed food.

**References**

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