

# CASE STUDY 1

## » GENERAL PROGRAM DESIGN

### OVERLOAD PRINCIPLE

#### Directions: Step 1

Design a resistance training program for the individual listed below. Be sure to address specific ways in which you would meet their individual needs through the resistance training principles discussed in the textbook.

#### Information

Ben is a 63 year old man with stage 2 prostate cancer. He is on androgen deprivation therapy, and has experienced significant loss of muscle mass and strength since beginning therapy. He would like to begin an exercise program. Using his information below, design an appropriate resistance exercise program for him to complete 3 days/week.

**Age:** 63

**BP:** 140/85

**Body Fat:** 27%

**Height:** 72"

**Resting Heart Rate:** 65 bpm

**Muscular Strength:** Poor

**Weight:** 225 lbs

**VO<sub>2</sub>max:** 23 ml/kg/min

**Muscular Endurance:** Low

#### Resistance Program Components:

#### Example Lifting Schedule:

Program Set Up	Day 1	Day 2	Day 3
Number of Sets			
Number of Reps			
Overload %			
Exercises			

**Directions: Step 2**

Using the same information given on the previous page, write an exercise program that would be appropriate for Ben if he wanted to improve his muscular endurance, rather than his muscular strength.

**Resistance Program Components:**

**Example Lifting Schedule:**

Program Set Up	Day 1	Day 2	Day 3
Number of Sets			
Number of Reps			
Overload %			
Exercises			

***End of Case Study 1***