

Name: \_\_\_\_\_

### **Case Study**

Choose one of the cases below to design a workout program for.

1. 18 year old male with a broken left forearm. He use to lift weights 4 days a week before the injury.
2. 15 year old male who has never worked out before. He is overweight and has asthma.
3. 15 year old female who is wheelchair bound but fully functioning otherwise. She has never worked out before.
4. 12 year old female who has played soccer most her life. She is taking a break because she is burned out from the sport.
5. 70 year old male with chronic back pain. He has worked out on and off most of his life.
6. 64 year old female with osteoporosis (beak bones). She has never worked out before. Her doctor told her she needs to workout to strengthen her bones.
7. 40 year old female. 3 small children at home (little time and money to workout). Slightly overweight.
8. 32 year old male. Currently runs for 30 minutes 3 days a week. Starting to experience knee pain from running.
9. 20 year old male. Taking a full load of college courses and not working (little time and money to exercise). Use to play varsity baseball in highschool.
10. 25 year old female. Currently travels a lot for her job. Wants workouts that she can do in hotel rooms or outside because that's where she spends most of her time.