

	Frequency	Intensity	Time	Type
<b><u>Aerobic</u></b>	<b><u>5 times per week</u></b> Monday Tuesday Wednesday Thursday Friday	Long Run- 70 % effort Fast Walk 10 minute mile	60 minutes per day with one 15 minute break to recover due to Asthma	Running Walking
<b><u>Muscle Strengthening</u></b>	2 times per week Tuesday Thursday	40-60% of perceived max. 1RM	12 minutes per weight circuit machine	Weight Machine Circuit training <u>Lower Body:</u> Leg Curl Leg Press Calf Raise <u>Upper Body:</u> Overhead Press Seated Row Chest Press
<b><u>Flexibility</u></b>	2 times per week Tuesday Thursday	Slight discomfort but no pain 20-second hold	60 minutes per day	Dynamic Stretching *Lunge with twist *Hip stretch with a twist

### **PROGRESSION:**

Aerobic- 2 mile run and then progressing to 3 miles once building up oxygen level due to Asthma.

Muscle Strengthening- Increasing weight outside of the comfort zone to increase muscle strength.

Flexibility- Once the body is loose, we will move to yoga or Pilates more skilled training.

### **REGULARITY:**

Aerobic- Setting a schedule to stay consistent with staying heart-healthy.

Muscle Strengthening- To increase daily muscle movement, which will strengthen bones.

Flexibility- Staying regular to avoid injuries.

### **OVERLOAD:**

Aerobic- Speed and hill run to increase endurance.

Muscle Strengthening- Fatigue muscles and Increasing weights.

Flexibility- Adding flex count to 20-second holds.

**SPECIFICITY:**

Aerobic- These specific exercises are heart-healthy that will, in turn, produce good cardiovascular health, while strengthening his lungs.

Muscle Strengthening- Exercises are useful for reaching the desired goal for a bulkier body (Specifically Chest)

Flexibility- These exercises are specific for increasing oxygen flow to lungs to decrease Asthma symptoms with breathing techniques.