

## **Procedures to Design an Adequate and specific program:**

1. **Needs Analysis:** I will work towards understanding my client's specific needs, by compiling all necessary data including physical status specifics. (Example height, weight, BMI) Then I will also be recording all injuries, to ensure that past injuries are not aggravated during the program and will instead work on those to improve functionality in daily life
2. **Exercise Selection:** I will then explain the exercises that I have chosen for the particular client and the need for those exercises. This will in turn ensure that the program is highly tuned to the individual's experience level and will bring a level of specificity to my client's needs.
3. **Exercise Links and Videos:** I will be providing exclusive documents to my clients which will contain links to the exercises in the program. The videos will demonstrate the proper technique for the exercises, as well as provide cues that will ensure the very best results for my client.
4. **Follow Up and Questions:** There will be multiple follow up sessions to ensure exercise adherence as well as to tailor changes in the program as needed and if necessary. All queries and doubts will be resolved during these follow up sessions.

## **The Goal of the Program:**

1. **Ensure specificity:** My goal is to make sure that the client receives a program that is highly individualized and highly specific.
2. **Ensure Long term benefits:** Another main priority is to ensure the program will allow the client to be functionally fit even as they age, to improve their quality of life.
3. **Make exercise a habit:** The end goal is to ensure that the client integrates some form of exercise in their daily life. This will help to kick life's ass.