

Personal Training a client

Introduction

This report is about a 12-week personal training programme I designed and delivered for a client. Her main goals were to build a little bit of muscle and stay fit through regular cardio. The aim of the programme was to help her improve both strength and overall fitness in a way that was realistic, sustainable, and enjoyable.

I started with an initial consultation to get an idea of her current fitness levels, health, and goals for the future. From there, I created a plan that combined resistance training and cardiovascular workouts. We did five face to face sessions together, and I also gave her a series of workouts to do in her own time.

In this report, I'll go over the client's background, the training plan I put together, and the reasons behind my choices. I'll also reflect on how the programme went, any adjustments I had to make, and what I learned from the experience.

Programme rationale

The series of workouts I planned for her was structured in the form of firstly a low intensity warm up, consisting of cardio then moving on to some resistance training, and then a cool down. I chose this structure of a comprehensive workout because this was the best way to ease my client into working out comfortably and to help her well-being, along with having many potential physiological as well as psychological benefits. As well as the routine is recommended as a well-rounded fitness plan (American College of Sports Medicine, issuing body, 2013, pp.364–384) Due to my client being 48 and relatively new to working out, a focus on light- to moderate-level activity was crucial as it can ensure her safety and keep motivation (American College of Sports Medicine, issuing body, 2013, pp.266–362).

I decided to begin with a warmup which consisted of a pulse raising exercise, I went with the rowing machine, I chose this exercise because it's a good way to get the blood pumping around the body as opposed to stretching as that could cause injury. (Ratamess, 2021). we started our warmup with low intensity to minimize fatigue prior to exercise along with mental preparedness and psychological functioning before the main workout (Ratamess, 2021). To finish our warmup, we did some stretches to maintain appropriate muscle lengths and increase joint flexibility, greater joint flexibility decreases the risk of pain and injury. (Ratamess, 2021). The stretches I chose were arm circles, shoulder stretches, and a few leg stretches such as lunges and leg swings. I chose active stretching as opposed to passive stretching because research shows that

active stretching is superior to increasing hamstring flexibility than passive stretching over short-term periods (Ratamess, 2021)

For her cardiovascular exercise, I went with a stationary bike as my client didn't like treadmills and so I found an ulterior exercise that would focus on similar areas, as well as to make sure my client was comfortable with the workout. I decided that interval training suited best for her work out as it allows her to train at a higher intensity during each work out compared to continuous exercise. (American College of Sports Medicine, issuing body, 2013, p535-569). I opted for 3 minutes of a steady pace and then 1 minute of a faster pace, she did this for 15 minutes, I chose this because participants can increase fitness and save time on exercise (American College of Sports Medicine, issuing body, 2022)

For resistance training I decided that all muscles needed to be worked so I decided that a lateral pull down for 10 reps and 3 sets would be a good exercise as they are an effective back exercise which allow individuals to train at a high intensity safely and efficiently. Additionally, lateral pulldowns are well-suited to the principle of progressive overload, which is essential for increasing muscle strength and hypertrophy over time (DiGiovanni, 2025). We also went for a dumbbell exercise as free weights are a great way to stay in shape, build strength and increase your overall health. It's an effective form of exercise as it can improve strength and muscular endurance, it also offers a range of health benefits (Royston, 2023). The exercise I decided to go with is the dumbbell chest press for 8 reps and 3 sets this is a good exercise because it is a highly effective exercise for developing upper body strength and building muscle, benefiting both physical appearance and athletic performance (Hearth, 2024). We also decided to go with some bicep curls for 8 reps and 3 as they train multiple muscles to work on strength such as Biceps Brachii, Brachialis, Brachioradialis, Anterior Deltoid, and Upper Back while also working both biceps' muscles helping her anterior deltoid when performing shoulder flexion exercises (McLean, 2023). I then decided that triceps extension would be a good work out for her as it is essential for overall upper body strength (Steven, 2024), she did 8 reps and 3 sets of this and lastly, I chose leg press as it can provide cardiovascular benefits for resistance training, (Chrif, Nef and Hunt, 2018) she did 8-10 reps and 3 sets of this. In our 3rd session I added the addition of squats where she would do 40 seconds of squats and a 30 second break while holding a light dumbbell 4 times as its excellent for building lower body strength and mass. The quads, glutes and hamstrings can all be developed effectively with regular practice of the dumbbell squat with help from a trainer (Luna, 2025).

Each of these had a 2 minute rest period between exercises as several studies have collectively shown 2%–8% greater strength increases with longer rest (>2 min) versus short rest (≥1 min) (Ratamess, 2021, pp. 287-335).

As a cool down I decided to go with the stair master we did this exercise for 5 minutes at a low intensity because it's low-impact on your joints in order to help cool down and reduce your heart rate while also working on your cardio at a low level (Zucker, 2024). We finished up with a few stretches such as a lunge and a of couple shoulder stretches as it's important to Reduce muscle soreness and muscle stiffness, as well as, stretching increases PSNS activity, which may, therefore, improve relaxation (Walker, 2019)

Reflection

Upon reflection, I feel that I supported my client effectively during our sessions. Her consistent improvement and ability to meet targets throughout the programme indicate that the training approach was appropriate and well-executed.

After the first session, she was more at ease and felt more comfortable in the gym environment. Her confidence grew as we continued to work on basic exercises, and she started to understand the equipment and how the workouts would benefit her. It was clear that the slow and steady approach helped her feel less overwhelmed, and by the end of the session, she was eager to continue with the programme. Due to my client being new to working out, a focus on light- to moderate-level activity was crucial as it can ensure her safety and keep motivation. I found this worked effectively as she was able to maintain confident throughout, and as she was able to warm up and cool down, she wasn't strained.

While the programme the programme mostly went as expected, there were a few surprises. For example, she responded well to squats, which allowed me to tweak the plan. This helped me get better at adjusting the workouts to keep her motivated and challenged. I adjusted the program as we went along to better meet my client's needs. For example, I added squats to the workout, doing 40 seconds of squats followed by 30 seconds of rest, repeated three times. I noticed that she really enjoyed this, especially since she liked squats and found the challenge motivating. Additionally, I switched the cool-down from the Stair Master to the cross trainer, as my client needed a slightly higher intensity cool-down. The cross trainer proved to be more challenging and engaging for her. I also made sure to respect my client's preferences by avoiding exercises she didn't enjoy. For example, since she didn't like using the treadmill, I made sure not to include any treadmill exercises in the program. Instead, I found alternative exercises that focused on similar areas, ensuring she remained comfortable while still getting an effective workout.

Looking back on the sessions, I would have replaced the lat pulldown with a single-arm dumbbell row. Research suggests that the single-arm dumbbell row could be more effective, as it targets the entire back, shoulders, and arms. Focusing on one arm at a

time helps better isolate the lats and allows for heavier lifting. This exercise also offers a greater range of motion, and the added support from your free hand stabilizes your body, allowing you to perform slow, controlled movements. (Quinn, 2024).

I developed the skills of communicating effectively and providing clear instructions, which helped ensure my client understood each exercise and felt confident performing them. I also improved my ability to adapt exercises on the spot, adjusting based on her feedback and progress, to keep her engaged and motivated throughout the sessions.

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Appendices

Appendix A:

Lifestyle assessment and client profile		
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Learner's name: Charlie Evans		Date: 11/02/2025
Client's name	Age	Gender
Susan Hart-Lewis	48	Female
Description of lifestyle, to include: family, occupation, hobbies etc.		
Susan teaches five times a week and frequently travels for work. She works in various locations across South Wales. She has two active children and spends time taking them to their activities. On her days off, she enjoys spending quality time with her family.		

Description of present exercise and physical activity levels (apply FITT where appropriate)	Description of past exercise and physical activity levels (apply FITT where appropriate)
Susan considers herself to be unfit. However, she swims 1-2 a week when she can	Susan used to consider herself to be relatively fit as she has completed a half marathon and did train often

Results from tests (physical measurements/assessments (as appropriate to client and goals) – examples only given – not prescriptive – appropriate to client needs and goals)	
Test	Results
Blood pressure	140/61
Anthropometrics (tick method):	
height and weight	Height: 59.4 kg Weight: 170 cm
BMI	20.63
waist circumference	79
waist to hip ratio	0.86



Cardiovascular fitness (tick method): Astrand bike test Rockport walking test step test Cooper 12 min walk/run other <u>machine based</u> time tests (please specify)	Step test: 86 bpm/ 146 bpm
Range of movement (tick method): sit and reach test visual assessment other (please specify)	Sit and reach test 23cm
Muscular fitness (tick method): abdominal curl/sit-up test press-up test estimation of 8-12 rep max other (please specify)	Grip strength test Left hand: 20 kg Right hand: 23 kg
Balance tests:	

Client's readiness to participate (list the client's general feelings towards starting a programme of exercise and any possible obstacles)

Susan is excited to see the work out I will make, however she is a little nervous at the same time as she is new to the gym and doesn't know what to expect.

SMART goals: Indicate below if another party other than the personal trainer and client is required for goal setting (please give a reason for their involvement)

Short-term (3 months)

Agreed review
dates:

Increasing cardio by 5%
Increasing muscular strength by 5%
And to not be nervous or anxious about going to the gym.



Medium-term (6 months)

Agreed review
dates:

Increasing cardio by 10%
Increasing muscular strength by 10%

Long-term (12 months)

Agreed review
dates:

Increasing cardio by 15%
Increasing muscular strength by 15%

Barriers to achieving goals

Susan said that a barrier to her achieving these goals would be time.

Strategies to overcome these barriers
By trying to fit into each other's schedules
Identify any everyday activities the client incorporates into their lifestyle that could compliment a gym programme and assist them in achieving goals
Susan swims 1-2 a week when she can, this could help her to achieve these goals as it works both the upper body, core, and lower body, helping you build strength, muscle tone, and endurance across your entire body.



Appendix B:

Note: learners to identify week numbers eg, Weeks 1-3 etc.

Client's name: Susan Hart-Lewis

Learner's name: Charlie Evans

	<u>Weeks 1-4</u>	<u>Weeks 5-8</u>	<u>Weeks 9-12</u>
	Overview of changes (comment on frequency, intensity, time and type – FITT for each component)	Overview of changes (comment on frequency, intensity, time and type – FITT)	Overview of changes (comment on frequency, intensity, time and type – FITT)
Warm up	Frequency – 1 time per week Intensity – low-moderate (RPE 3-5) Time – 10 minutes - 5 minutes pulse raiser - 5 minutes mobilization and activation Type - pulse raiser – rowing machine	Frequency – 1 time per week Intensity – low-moderate (RPE 3-5) Time – 10 minutes - 5 minutes pulse raiser - 5 minutes mobilization and activation Type - pulse raiser – rowing Machine	Frequency – 2 times per week Intensity – low-moderate (RPE 3-5) Time – 10 minutes - 5 minutes pulse raiser - 5 minutes mobilization and activation Type - pulse raiser – rowing Machine

Cardiovascular training	Frequency – 1 time per week Intensity – moderate (RPE 5) Time – 10 minutes Type - continuous - Bike	Frequency – 1 time per week Intensity – moderate (RPE 5) Time – 15 minutes Type - interval - Bike	Frequency – 2 times per week Intensity – moderate (RPE 5) Time – 15 minutes Type - interval - Bike
	Frequency – 1 time per week Intensity – moderate – 3 x 10 reps with 2 reps in reserve Time – 25 minutes Type - Combination of resistance machines and some free weights, total body – - 5 exercises, 2 push, 2 pull, 1 legs	Frequency – 1 time per week Intensity – moderate – 3 x 10 reps with 2 reps in reserve Time – 35 minutes Type - Combination of resistance machines and some free weights, total body – - 5 exercises, 2 push, 2 pull, 1 leg	Frequency – 2 time per week Intensity – moderate – 3 x 10 reps with 2 reps in reserve Time – 35 minutes Type - Combination of resistance machines and some free weights, total body – - 6 exercises, 2 push, 2 pull, 2 leg

Appendix C:

Warm up

Overview of content (including mobility, pulse raising and pre-stretch – where appropriate)	Equipment and duration	Level/speed	RPE/HR	Adaptation(s) or alternatives
Pulse raising	Rowing Machine	Low intensity		Stationary Bike
Pre stretch	Arm circles, shoulder stretch and squats	Low intensity		Triceps stretch

Cardiovascular training 1

Equipment and approach	Programme timings	Level/speed	RPE/HR	Adaptation(s) or alternatives
Stationary Bike	15 minutes	Interval		Stair master

Resistance training

Exercise/machine	Resistance (kg/body weight)	Reps	Sets: rest	Training system	Adaptation(s) or alternatives
Lat pull down		10	3	Continuous	Assisted pull ups
Leg press		8	3	Continuous	Squats
Dumbbell Chest Press	5-8 kg	8	3	Continuous	Chest press (Machine)
Triceps Extensions		10	3	Continuous	Overhead Dumbbell Extensions
Bicep Curls	5-10 kg	10	3	Continuous	Hammer Curls

 Cardiovascular training 2 - incorporating pulse lowering (if required)

Equipment and approach	Programme timings	Level/speed	RPE/HR	Adaptation(s) or alternatives
Stair Master	5-8 Minutes	Low intensity		Rowing Machines
Stretches – lunge and shoulder stretches	2-3 minutes	Low intensity		Leg raises and triceps stretch



Appendix D

Session 1

The feedback I received from the client during session 1 was to increase the intensity as she was ready for the challenge.

Session 2

The feedback I received from the client during session 2 was to be a little bit more confident when showing her demonstrations and talking about how the exercise can benefit them.

Session 3

The feedback I received from the client during session 3 was to motivate her during the exercise to push her further.

Session 1

In the first session the client seemed happy with the programme as it matched her needs, however we took this first session slow as I didn't quite know her muscular strength levels nor her fitness levels and didn't want to put her off the gym. I felt happy speaking to her about different exercises as she was keen to learn and ready to take part. I felt like I motivated her well and explained and demonstrated the exercises appropriately.

Session 2

In the second session we increased intensity, and the client seemed happy about this as she responded well to the challenge and completed the session with confidence. I felt like I reassured her well about the doubts and the fear of the gym as she was new to this environment.

Session 3

In the third session the client seemed very confident and started to get used to the gym. I felt like these sessions were helpful and were effective to her needs. In these sessions we focused on cardiovascular training and muscular strength training as building both her aerobic endurance and overall strength were key goals she had outlined in our initial consultation.

Session 1

I wanted to ensure the experience was positive and not overwhelming, particularly as she was new to the gym environment. I felt confident explaining and demonstrating the exercises, and I was encouraged by her enthusiasm and willingness to learn. This session helped me recognise the importance of clear communication, building rapport early on, and taking a cautious but supportive approach when working with beginners. It also allowed me to reflect on how I can better assess and adapt in real-time during initial client meetings.

Session 2

The client completed the session with confidence and expressing a sense of accomplishment. I noticed that her worries and doubts around the gym environment was beginning to decrease, and I felt that I reassured her well by creating a supportive and encouraging atmosphere. Reflecting on this session, I developed a better understanding of how progressive overload can be applied effectively with beginners and this session highlighted the importance of providing emotional encouragement as well as physical guidance during training.

Session 3

I felt that these sessions matched the client's needs well, with a plan that kept her interested and focused on her goals. This session showed me how important it is to include a mix of training types to keep things varied and enjoyable. It also helped me get better at planning sessions that are challenging but still fun and motivating for the client

Appendix E:

PAR-Q/ Screening forms

Promoting wellness through client motivation and interaction (J/616/4749) Assessment
element 3 (Showcase)

Name: SUSAN HART-LEWIS Age: 48 Gender: F
Contact number: 07815 812363 Email: shart-lewis@uwksd.ac.uk
Next of kin: JONATHAN LEWIS Contact number 07855888761

This PAR-Q is designed to help you to help yourself. Many benefits are associated with regular exercise, and completion of the PAR-Q form is a sensible first step to take if you are planning to increase the amount of physical activity in your life.

For most people, physical activity should not pose a problem or hazard.

The PAR-Q has been designed to identify the small number of people for whom physical activity might be inappropriate or for those who should seek medical advice concerning the type of activity most suitable for them. Common sense is your best guide for answering these questions.

1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?	YES	☒ NO
2. Do you feel pain in your chest when you do physical activity?	YES	☒ NO
3. In the past month, have you had chest pain when you were not doing physical activity?	YES	☒ NO
4. Do you lose your balance because of dizziness or do you ever lose consciousness?	YES	☒ NO
5. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in physical activity?	YES	☒ NO
6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?	YES	☒ NO
7. Do you know of any other reason why you should not do physical activity?	YES	☒ NO

If you have answered YES to any of the above questions, then you are required to gain consent from your doctor before participating in the personal training programme.

If you have answered NO to all of the above questions and you have reasonable assurance of your suitability for:

A personal training programme – which will include; a personalised progressive programme designed around your needs and short, medium and long-term goals. The programme will work all components of physical fitness and use the principles of training to ensure it is a gradual periodised programme of exercise and physical activity.

You are advised to postpone entry into the programme if you feel unwell or have a temporary illness. You must inform your personal trainer of any changes to your health status, whilst engaged in your training programme.

Client name: SHART-LEWIS Date: 11/2/25
Witness signature: [Signature] Date: 11/2/25

Informed consent

Informed consent form for exercise prescription (12 week programme client to complete)

Programme objectives and procedures

I understand that the purpose of the exercise programme is to provide safe and individualised exercise to improve health and fitness. Exercises may include:

Cardiovascular machine activities - treadmill walking or jogging, rowing, upright or recumbent cycling, stair climbing and other such activities in outdoor environments

Resistance training activities using resistance machines, free weights or circuit training to improve muscular strength or endurance

Core and flexibility exercises to improve core stability and movement around the joints and range of motion

Potential risks

The exercise programme is designed to place a gradually increasing workload on the cardiovascular and muscular systems and thereby improve their function. The reaction of the cardiovascular and muscular system to such exercise cannot always be predicted with complete accuracy. There is a risk of certain changes that might occur during or following the exercise. These changes could relate to blood pressure or heart rate.

Potential benefits

I understand that a programme of regular exercise has been shown to be beneficial. Some of these benefits include:

- A decrease in risk of heart disease
- A decrease in body fat
- Improved blood pressure
- Improvement in psychological function
- Improvement in aerobic fitness

The personal training programme has been explained to me and my questions regarding the programme have been answered to my satisfaction. I understand that I am free to withdraw at any time. The information obtained will be treated as private and confidential.

Client name: Shant Lewis Date: 11/2/25

Witness signature: Chant Date: 11/2/25