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heart rate 80bpm Height 62 Weight 180  
lbs Body Fat 20 BMI(6x12 2=72 2=74  
inc Case study Chad.docx - CHAD  
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Association Course Title CFT 9.0

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Case Study 1: Chad Evermore 1. Client's BMI is 23.1 2. Client's BMR is 1753 calories/day 3. 60% - 5180 BPM, 80% - 6880 BPM 4. Client's Health History & Medical Screening to make sure he is healthy enough to sustain a certain load of exercise and understand any limitations he may have. Also get a doctor's approval is necessary.

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## **Case Study 1 - Case Study 1 Chad Evermore 1 Clients BMI is ...**

case study -1. CASE STUDY 1: CHAD EVERMORE. CLIENT PROFILE: CHAD EVERMORE. Age Gender Resting Heart Rate Height Weight Body Fat Percentage. 55 Male 80 bpm 6'2" 180 pounds 20%. Chad is an avid golfer. He

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wishes to improve his golf game and is very motivated to get started on a training program. Chad has exercised regularly for the past 8 years and is in good physical health.

### **case study -1 - Prime Essay Help**

CASE STUDY 1: CHAD EVERMORE .

CLIENT PROFILE: CHAD EVERMORE Age



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Gender Resting Heart Rate Height  
Weight Body Fat Percentage 55 Male 80  
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### **CHAD EVERMORE**

CASE STUDY: CHAD EVERMORE AGE: 55

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GENDER: Male RESTING HEART RATE: 80 bpm HEIGHT: 6'2" WEIGHT: 180 lbs BODY FAT PERCENTAGE: 20% Chad is an avid golfer. He wishes to improve his golf game and is very motivated to get started on a training program. Chad has exercised regularly for the past 8 years and is in good physical health.

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## **ISSA Case Study Essay - 5534 Words | Bartleby**

CASE STUDY: CHAD EVERMORE AGE: 55  
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bpm HEIGHT: 6'2" WEIGHT: 180 lbs  
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golf game and is very motivated to get  
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evermore, the new zealand band was named after led zeppelin's song 'the battle of evermore' A case study on the violation of the consumer rights can be a

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good case study on consumer awareness.

## **Who is Chad evermore case study - Answers**

CASE STUDY: CHAD EVERMORE AGE: 55  
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CASE STUDY 1: CHAD EVERMORE .

CLIENT PROFILE: CHAD EVERMORE . Age

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Gender Resting Heart Rate Height  
Weight Body Fat Percentage . 55 Male  
80 bpm 6'2" 180 pounds 20% . Chad is  
an avid golfer. He...

**NEED HELP FROM A PERSONAL  
TRAINER TO FIGURE THIS OUT ...**

CASE STUDY 1: CHAD EVERMORE .  
CLIENT PROFILE: CHAD EVERMORE Age

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Gender Resting Heart Rate Height  
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started on a training program. Chad has  
exercised regularly for the past 8 years  
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Gender Resting Heart Rate Height

Weight Body Fat Percentage 55 Male 80

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bpm 6'2" 180 pounds 20%. Chad is an avid golfer. He wishes to improve his golf game and is very motivated to get started on a training program.

### **3. Calculate the client's target heart rate at 60% and 80% ...**

Case study is not a qualitative study - it is a research strategy which use

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qualitative and quantitative data as well. You select a data source if horse provides good arguments. Every method door a case situation documented in a evermore such a patient's chart or psychological profile or any other format that chronicles a real life event.

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