

HUSTL CONDITIONING PROGRAM

The HUSTL conditioning program consists of various phases designed to determine your readiness to engage in physical activity, measure your functional fitness capacity in several areas, record active data in relation to your current fitness levels, and on an ongoing basis, regularly use and evaluate your current health and fitness status. It is overseen by Randi Lanz, certified as a Personal Trainer through the AFPA (American Fitness Professionals & Associates.)

During the first phase you will undergo a **screening evaluation** process designed to identify risk factors that are associated with increased risk for incurring cardiovascular disease. This will include having you fill out a written medical history/questionnaire form and an informal interview. This written form of assessment and verbal interaction will assist the evaluation of your overall health. Several major risk factors related to coronary heart disease will be evaluated. These include blood pressure, obesity, and inactivity.

To complement these factors, blood pressure, percent body fat, height and weight, and resting heart rate will be determined. Upon successful completion of the screening phase, you may elect to go through a second or **fitness-evaluation phase**. Fitness evaluations are administered to measure fitness levels and are not to be confused with medical diagnostic tests. Their purpose is to evaluate your starting point with current level of fitness, develop an individual exercise plan, provide incentive, and note progress in the following months. Our fitness evaluations will include:

- 1 A series of evaluations to measure and assess flexibility, posture, muscular strength, and muscular endurance.
- 2 A series of evaluations to measure and assess flexibility, posture, strength, and tone of key postural muscles that are important in helping prevent orthopedic pain and discomfort associated with chronic misalignment. The low back and neck are example of areas of the body that will be evaluated. We DO NOT do any chiropractic adjustments, but rather offer suggestions to improve muscles and posture should a deficiency be noted.
- 3 Body fat measurement through the use of bioimpedence, and various tape measurements to record girth and circumference of specific body sites. Both measurements serve as a base for future reference and reflect changes in body composition, such as increases in muscle mass and losses of body fat.
- 4 Blood pressure assessment to determine resting systolic and diastolic pressures. Blood pressure is the force of your blood pushing against the walls of your arteries. It is important to monitor on a regular basis to screen for hypertension or high blood pressure.
- 5 Using stairs, treadmill, and/or a walking/running course, a heart-rate response to increased work (speed or resistance) will be determined. This submaximal cardiorespiratory test may be used to predict a maximal oxygen uptake and can help in determining an appropriate heart-rate training range.

The cardiorespiratory test is the most physically demanding. The exercise intensity begins at a level of effort that is easily sustained. It may or may not progress in intensity. This is dependent on fitness level, personal response, and the cardiorespiratory test chosen. The test involves measuring heart rate and observing breathing (respiratory) responses to steady or increased submaximal work load. In other words, you will have the option to work increasingly harder.

Not only does this establish your present level of cardiorespiratory fitness, but it also provides a

baseline for measuring future improvements. This final workload will have you working at approximately 85 percent or less of predicted maximal heart rate. The test may be stopped at any time due to signs of fatigue, strain, physiological response, or other contraindications to exercise. You may also choose to stop due to personal feelings of fatigue, discomfort, or any reason you deem appropriate.

During any of these fitness evaluations (as with any exercise or sports play) there exists the possibility of heart disorders, fainting, abnormal blood pressure response, and in rare instances heart attack, stroke or death. Every effort has been made to minimize these risks by gathering preliminary information relating to your current health and fitness, and by observations during testing.

At best, all of these fitness-testing evaluations are a general measure of your degree of fitness, but they do NOT state whether or not you have heart disease. Furthermore, you agree to look to your physician or qualified primary health care provider for any medical care. It is generally recommended, though not always necessary, to have both a physical exam and diagnostic fitness evaluation conducted by qualified personnel on an annual basis. Discuss this with your health care provider(s).

A short period of time must pass before the appropriate data can be compiled. At this point another meeting between you and I will occur. All pertinent information will be explained with an accompanying personal exercise plan and related informational handouts. Parents are always welcome to attend evaluations and conferences. Any questions either of you have about the procedures, risks, or benefits are to be expected and are welcome. If you have any reservations or doubts, please voice these concerns and ask for an explanation or clarification.

Participation in any tests and the HUSTL conditioning program is voluntary. You are free to deny consent or withdraw consent at any time.

I, the undersigned, being aware of my own health and physical condition, and having knowledge that my participation in this program and fitness testing procedures may be injurious to my health, am voluntarily participating in the HUSTL Personal Trainer conditioning program, which has been explained to me and presented in written form. Having such knowledge, I hereby release HUSTL and its representatives from liability for accidental injury or illness which I may incur as a result of participating in said fitness evaluations, conditioning, and athletic programs. I hereby assume all risks connected and consent to participate in said program.

Student Athlete

Parent/Guardian