

Word Count: 1318

GCSE PE

PERSONAL EXERCISE

PROGRAM

Name	
Candidate Number	
Centre Number	
Fitness Component/s Selected	Muscular power
Focus Sport	Badminton
Assessment Year	2024

Introduction

I am 15 years old and I am currently in a badminton team outside my school, since the middle of 2022 I train normally 2 days a week. In order to improve my muscular power to hit the shuttle harder. I am looking forward to trying to clear the court from the back of the court to the other back as I am only to do it until the middle of it.

Badminton utilises aerobic energy systems, agility and muscular power is important as this allows the player to be able to quickly get into position to receive the ball and hit the shutter harder.

Performance analysis

Date: 6 September 2023

Cleares Done	Cleares Achieved	Serves Done	Serves Achieved	Drop shots Done	Drop shots Achieved	Additional Information
23	19	40	35	18	16	I gave 3 points because I touched the net

As this data shows, my drop shots are my main strength completing 18 attempts and 16 achieved. This means I am able to gain points. I think this is because I know which time the point is, Also because I have a strong wrist and jump which enable me to pretend that I will do a smash so the rival is confused. My main weakness is when I clear the shuttlecock. I only won 19 of 23 of those which were attempted, and I believe this is due to low strength in my arm. Poor power in my bicep and shoulder means I often give points to the other rival by putting the shuttle in a position for him to smash.

some attempt

Fitness Tests

Name of Test	Rating	PRE-PEP	MID-PEP	POST-PEP
Harvard Step Test	Average	40bp 30sec 35bp 30sec 32bp 30sec		
Illinois agility run test	Average	18.1sec		
Grip dynamometer	Average	22kg	24kg	26kg
one-minute press-up	Average	20	22	23
30 m sprint	Average	4.40 sec		
Vertical jump	Average	33	38	42
Sit and Reach	Above Average	-23cm		
One-minute sit up	Average	30	32	34

Range of data

1 Rep Max Tests

Name of Test	PRE-PEP	MID-PEP	POST-PEP
Squats	30kg	38kg	45kg
Shoulder press	6kg each hand	7kg each hand	8kg each hand
Bench press	25kg	27kg	30kg
Deadlifts	70kg	72.5kg	75kg

The test results indicate that my agility is in the average category, However, power and flexibility are weaknesses when compared to normative data. This makes sense as power is low because I weigh 42kg at the age of 15 years old.

little interpretation of fitness tests

SMART TARGETS

SMART TARGET:

Main aim- To increase my muscular power in order to achieve my clear shots to the back of the court

1. To increase my upper body power, by increasing my pectoral, bicep, triceps and latissimus dorsi by training each individual muscle group. *→ not SMART*
2. Improving my bench press by 20% ✓
3. Increase my overhead clear attempts by 25%, most importantly hitting the tramlines in competitive situation ✓

Specific - My fitness tests and performance analysis show that my biceps and triceps have low power so I fail 21% of the time that I do an overhead clear. Therefore upper body muscular power is specific to improving focusing on my upper body.

Measurable - I can use the data from testing to set the target and progress towards this will be measured by retesting the test 3 weeks into the program by repeating all the relevant fitness tests and analysis at the end of the program.

Achievable - This target has been agreed by my coach, who also suggests that improving my overhead clear power will give me more scoring opportunities.

Realistic - The 20% increase over 8 weeks is possible, as it is both motivating and challenging.

Time-bound - The plan will be completed within 6 weeks, with re-testing at 3 weeks.

some attempts at SMART

Methods of training

I've created a weight training plan to improve muscle power and endurance for badminton in order to improve my muscular power. These are isolated exercises, so for one exercise I do one muscle except one or two. This will let me vary my chosen muscles and exercises to increase my power in my upper body. Like bench press which improves my chest power and bicep power in order to do a successful clear. I selected muscular power as badminton requires constant power work to move the shuttle in the court.

Appropriate method selected

Principles of Training

The program involves training twice a week for 3 weeks. This allows for a start, minimising the risk of overtraining. Following this, I assess my progress in mid-PEP and consider implementing progressive overload increasing my intensity after I re-tested myself in mid-PEP. In this way my training will be progressive therefore reducing the effect of over training that could lead into possible injury or lack of motivation, therefore reducing the possibility of continuing the training program.

Enhancing power can be developed through weight training that is performed at 80%+ of my 1RM so I identify the correct intensity for exercises and progressively add to that level throughout the 6-weeks.

The intensity will be monitored by the weight of the curls, bar and plates. I included rests periods of 3-5 minutes for these intense exercises that will be applied between each set. This also meets individual needs as I am adapting my plan to my 1RM.

My sessions don't exceed 1h of training so keep intensity high and reduce time wasting. The type of exercises used in my training program are power-based style exercises.

In terms of RIPS0:

Rest: There are rest periods of 3-5 minutes are incorporated between sets of intense exercises to allow for recovery and optimal performance.

Individual Needs: The program is adjusted to individual abilities and limitations, such as determining the correct intensity for exercises based on each person's 1 Repetition Maximum (1RM).

Progressive Overload: We gradually increase intensity over the 6-week program by progressively adding weight to exercises performed at 80% or more of the 1RM, ensuring continuous improvement without risking overtraining.

Specificity: Our training regimen focuses on power-based exercises, targeting the specific muscles and energy systems needed to enhance power output.

Overtraining Avoidance: By limiting sessions to twice a week for the initial 3 weeks and then reassessing progress before implementing progressive overload, we reduce the risk of overtraining, which can lead to injury and loss of motivation.

Principles of Training attempted, lacking depth

PAR-Q

2021 PAR-Q+

The Physical Activity Readiness Questionnaire for Everyone

The health benefits of regular physical activity are clear; more people should engage in physical activity every day of the week. Participating in physical activity is very safe for MOST people. This questionnaire will tell you whether it is necessary for you to seek further advice from your doctor or a qualified exercise professional before becoming more physically active.

GENERAL HEALTH QUESTIONS

Please read the 7 questions below carefully and answer each one honestly; check YES or NO.	YES	NO
1) Has your doctor ever said that you have a heart condition <input type="checkbox"/> OR high blood pressure <input type="checkbox"/> ?	<input type="checkbox"/>	<input checked="" type="checkbox"/>
2) Do you feel pain in your chest at rest, during your daily activities of living, OR when you do physical activity?	<input type="checkbox"/>	<input checked="" type="checkbox"/>
3) Do you lose balance because of dizziness OR have you lost consciousness in the last 12 months? Please answer NO if your dizziness was associated with over-breathing (including during vigorous exercise).	<input type="checkbox"/>	<input checked="" type="checkbox"/>
4) Have you ever been diagnosed with another chronic medical condition (other than heart disease or high blood pressure)? PLEASE LIST CONDITION(S) HERE: _____	<input type="checkbox"/>	<input checked="" type="checkbox"/>
5) Are you currently taking prescribed medications for a chronic medical condition? PLEASE LIST CONDITION(S) AND MEDICATIONS HERE: _____	<input type="checkbox"/>	<input checked="" type="checkbox"/>
6) Do you currently have (or have had within the past 12 months) a bone, joint, or soft tissue (muscle, ligament, or tendon) problem that could be made worse by becoming more physically active? Please answer NO if you had a problem in the past, but it does not limit your current ability to be physically active. PLEASE LIST CONDITION(S) HERE: _____	<input type="checkbox"/>	<input checked="" type="checkbox"/>
7) Has your doctor ever said that you should only do medically supervised physical activity?	<input type="checkbox"/>	<input checked="" type="checkbox"/>

☒ If you answered NO to all of the questions above, you are cleared for physical activity.

Please sign the PARTICIPANT DECLARATION. You do not need to complete Pages 2 and 3.

- ☒ Start becoming much more physically active – start slowly and build up gradually.
- ☒ Follow Global Physical Activity Guidelines for your age (<https://www.who.int/publications/item/6783240015128>).
- ☒ You may take part in a heart and fitness appraisal.
- ☒ If you are over the age of 45 yr and NOT accustomed to regular vigorous to maximal effort exercise, consult a qualified exercise professional before engaging in this intensity of exercise.
- ☒ If you have any further questions, contact a qualified exercise professional.

PARTICIPANT DECLARATION

If you are less than the legal age required for consent or require the assent of a care provider, your parent, guardian or care provider must also sign this form.

I, the undersigned, have read, understood to my full satisfaction and completed this questionnaire. I acknowledge that this physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if my condition changes. I also acknowledge that the community fitness center may retain a copy of this form for its records. In these instances, it will maintain the confidentiality of the same, complying with applicable law.

DATE: 12 Jan 2024

WITNESS

SIGNATURE OF PARENT/GUARDIAN/CARE PROVIDER

☒ If you answered YES to one or more of the questions above, COMPLETE PAGES 2 AND 3.

⚠ Delay becoming more active if:

- ☒ You have a temporary illness such as a cold or fever; it is best to wait until you feel better.
- ☒ You are pregnant – talk to your health care practitioner, your physician, a qualified exercise professional, and/or complete the ePAR-Q+ at www.epafitness.com before becoming more physically active.
- ☒ Your health changes – answer the questions on Pages 2 and 3 of this document and/or talk to your doctor or a qualified exercise professional before continuing with any physical activity program.

Evaluation

reference to repeated tests?

The results of my bench press test indicate that I improved 33% or 5 kg more in 15 sessions. This means I perfectly achieved my smart target as is my main aim in this program. This has been the effect of weight training with movements such as the bench press and Deltoid fly. This application of progressive overload over the 6 weeks may have caused an increase of muscle hypertrophy. I progressed from 25 to 30 over the 6 weeks which is a 33% increase over the 6 weeks of weight training in bench press. The adaptations could include: muscular hypertrophy in the pectoral, bicep and tricep groups, and an increased force production from my muscles. This helps me to develop confidence when playing the shot in a badminton match allowing perfect clears. So this means that the method of training (weight training) was a perfect choice as I achieved my smart targets.

A good method of training to increase power is plyometrics but I didn't choose it because weight training was the first idea in mind. So in my next PEP I will manage to do plyometrics.

some attempts

In my training log we can appreciate that in some exercises I applied progressive overload like bench press and barbell, this means that I increase the weight along the pep. I did not apply it in other exercises like seated bicep curls or deltoid fly as the weight increases between curls is too much. But training intensity in each exercise was perfectly calculated as I increased in my fitness tests. The intensity is measured such as the weight as the reps for each set including rests in between sets of 3-5 mins.

some attempts

Clears Done	Clears Achieved	Serves Done	Serves Achieved	Drop shots Done	Drop shots Achieved	Additional Information
28	24	40	37	26	23	I missed the shuttle 3 times because of lack of concentration.

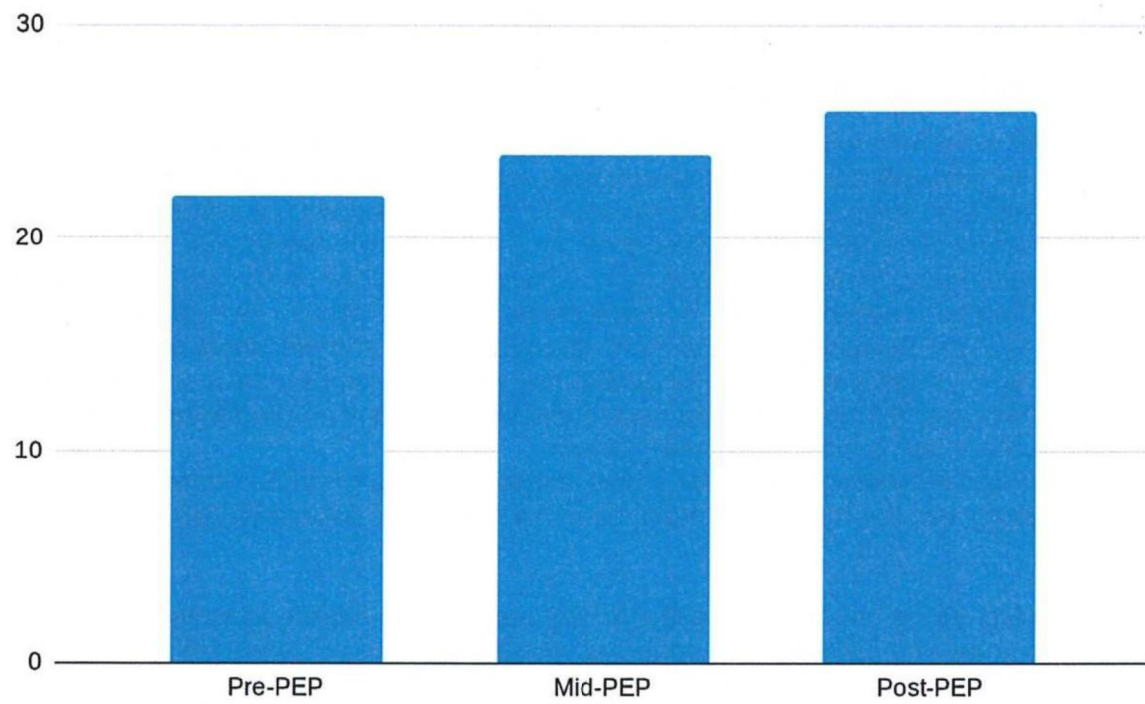
This analysis done post-pep highlights an increase in my clears done successfully which means that I improved my power as clears reached to the back of the court. This suggests that the smart targets were completely perfect and my upper body has increased in muscular mass.

limited performance

Looking to the past I should apply another smart target and implement plyometrics in order to enhance more power to over achieve my initial smart targets. In my next PEP I will need to do muscular endurance as in badminton matches I hit the shutter with a lot of power but I realised that I needed to rest as I was tired because my muscular endurance is low.

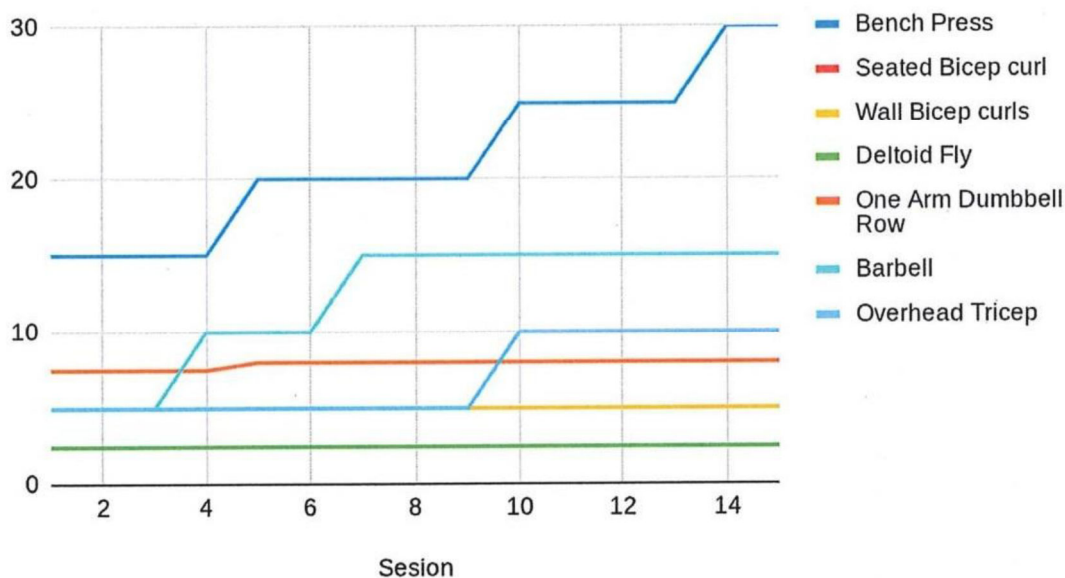
limited recommendations

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Bench Press, Seated Bicep curl, Wall Bicep curls, Deltoid Fly, One Arm Dumbbell Row, Etc.. (KG)



SPECIFIC FITNESS TEST

Pre-PEP- Grip Dynamometer	22KG
Mid-PEP - Grip Dynamometer	24KG
Post-PEP- Grip Dynamometer	26KG

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Carrying out and Monitoring the PEP

TRAINING LOG

Session	Bench Press	Seated Bicep Curl	Pull Up	Wall Bicep Curls	Deltoid Fly	One Arm Dumbbell Row	Barbell	Overhead Tricep
1	15kg - 4x6	5kg - 4x6	3x3 or 4	5kg - 4x5	2.5kg - 4x4	7.5kg - 4x6	3x10 - 5kg	5kg - 4x5
2	15kg - 4x6	5kg - 4x6	3x3 or 4	5kg - 4x5	2.5kg - 4x6	7.5kg - 4x6	3x10 - 5kg	5kg - 4x5
3	15kg - 3x6	5kg - 4x7	3x4	5kg - 4x6	2.5kg - 4x8	7.5kg - 4x8	3x10 - 5kg	5kg - 4x8
4	15kg - 4x5	5kg - 4x8	3x4	5kg - 4x6	4x10 - 5kg	7.5kg - 4x8	3x8 - 10kg	5kg - 4x9
5	20kg - 4x5	5kg - 4x10	3x5	5kg - 4x8	4x10 - 5kg	8kg - 4x10	3x8 - 10kg	5kg - 4x10
6	20kg - 2x6	5kg - 4x10	3x6	5kg - 4x8	2.5kg - 4x10	8kg - 4x10	3x8 - 10kg	5kg - 4x10
7	20kg - 3x5	5kg - 4x10	3x6	5kg - 3x10	4x10 - 2.5kg	8kg - 4x10	2x10 - 15kg	5kg - 4x10
8	20kg - 3x5	5kg - 4x10		5kg - 3x10	4x10 - 2.5kg	8kg - 4x10	2x10 - 15kg	5kg - 4x10
9	20kg - 3x5	5kg - 4x10	3x10	5kg - 3x10	4x10 - 2.5kg	8kg - 4x10	2x10 - 15kg	
10	25kg - 4x5	10kg - 3x10	3x10	5kg - 3x13	4x10 - 2.5kg	8kg - 4x10	2x10 - 15kg	10kg - 4x7
11	25kg - 4x5	10kg - 3x10	3x10	5kg - 3x13	4x10 - 2.5kg	8kg - 4x10	2x10 - 15kg	10kg - 4x7
12	25kg - 4x5	10kg - 3x10	3x13	5kg - 3x13	4x10 - 2.5kg	8kg - 4x10	2x10 - 15kg	10kg - 4x7
13			3x13	5kg - 3x13	4x10 - 2.5kg	8kg - 4x10	15kg - 3x7	10kg - 4x7
14	30kg - 3x10	10kg - 3x10	3x13	5kg - 3x13	4x10 - 2.5kg	8kg - 4x10	15kg - 3x7	10kg - 4x7
15	30kg - 3x10	10g- 3x10	3x13	5kg - 3x13	4x10 - 2.5kg	8kg - 4x10	15kg - 3x7	10kg - 4x7

GCSE PE

PEP BOOKLET

Name	
Candidate Number	
Centre Number	
Fitness Component/s Selected	Muscular power
Focus Sport	Badminton
Assessment Year	2024

Chosen Sport: Badminton

Chosen component/s of fitness: Muscular Power

Session Number	Date	Duration	Method of Training	Component of Fitness
1		35 min	Weight training	Muscular Power

Description of training session appropriate to the method of training, e.g. map of continuous training course, plan of circuit training session. Use this section to record data after the session such as time, repetitions, weights, training zones etc.

Bench press - 15kg - 4x6
 Seated Bicep curl - 5kg - 4x6
 Pull up with resistance band - 3x3 or 4
 Wall bicep curls - 5kg - 4x5
 Deltoid fly - 2.5kg x2 - 4x4
 one arm dumbbell row - 7.5 kg - 4x6
 Barbell - 3x10 - 5kg
 Overhead tricep - 5kg - 4x5

Recovery Heart Rate (if applicable)	1 min	2 min	3 min	4 min	5 min	6 min	7 min	8 min

Any adaptations or changes you have made to this training session and why.

I did some adaptations in the pull-up with the resistance band as I couldn't do 4 series so I reduced them to 3
 The weight was perfect as in previous I tried it.
 The hardest exercise is bench press so maybe I lower the reps as I need to focus on the technique

Chosen Sport: Badminton

Chosen component/s of fitness: Muscular Power

Session Number	Date	Duration	Method of Training	Component of Fitness
2		35min	Weight training	Muscular Power

Description of training session appropriate to the method of training, e.g. map of continuous training course, plan of circuit training session. Use this section to record data after the session such as time, repetitions, weights, training zones etc.

Bench press - 15kg - 4x6
 Seated Bicep curl - 5kg - 4x6
 Pull up with resistance band - 3x3 or 4
 Wall bicep curls - 5kg - 4x5
 Deltoid fly - 2.5kg x2 - 4x6
 one arm dumbbell row - 7.5 kg - 4x6
 Barbell - 3x10 - 5kg
 Overhead tricep - 5kg - 4x5

Recovery Heart Rate (if applicable)	1 min	2 min	3 min	4 min	5 min	6 min	7 min	8 min

Any adaptations or changes you have made to this training session and why.

I did some adaptations in the pull-up with the resistance band as I couldn't do 4 series so I reduced them to 3
 The weight was perfect as in previous I tried it.
 The hardest exercise is bench press so maybe I lower the reps as I need to focus on the technique

Pre-exercise heart rate before warm up	Working heart rate	Immediate post-exercise heart rate

Chosen Sport: Badminton

Chosen component/s of fitness: Muscular Power

Session Number	Date	Duration	Method of Training	Component of Fitness
3		35min	Weight training	Muscular Power

Description of training session appropriate to the method of training, e.g. map of continuous training course, plan of circuit training session. Use this section to record data after the session such as time, repetitions, weights, training zones etc.

I have an injured foot so I only can do arm.

Bench press - 15kg - 3x6

Seated Bicep curl - 5kg - 4x7

Pull up with less resistance band - 3x4

Wall bicep curls - 5kg - 4x6

Deltoid fly - 2.5kg x2 - 4x8

one arm dumbbell row - 7.5 kg - 4x8

Barbell - 3x10 - 5kg

Overhead tricep - 5kg - 4x8

Recovery Heart Rate (if applicable)	1 min	2 min	3 min	4 min	5 min	6 min	7 min	8 min

Any adaptations or changes you have made to this training session and why.

I did some adaptations in the pull-up with the resistance band as I couldn't do 4 series so I reduced them to 3

The weight was perfect as in previous I tried it.

The hardest exercise is bench press so maybe I lower the reps as I need to focus on the technique

Pre-exercise heart rate before warm up	Working heart rate	Immediate post-exercise heart rate

Chosen Sport: Badminton

Chosen component/s of fitness: Muscular Power

Session Number	Date	Duration	Method of Training	Component of Fitness				
4		35min	Weight training	Muscular Power				
<p>Description of training session appropriate to the method of training, e.g. map of continuous training course, plan of circuit training session. <i>Use this section to record data after the session such as time, repetitions, weights, training zones etc.</i></p> <p>Bench Press - 20 kg 4x4 Seated bicep curl 5kg 4x8 Pull up 3x4 Wall bicep curls 5kg - 4x6 Deltoid fly 4x10 - 5kg One Arm Dumbbell Row 7.5kg - 4x8 Barbell 3x8 10kg Overhead Tricep 5kg 4x9</p>								
Recovery Heart Rate (if applicable)	1 min	2 min	3 min	4 min	5 min	6 min	7 min	8 min
<p>Any adaptations or changes you have made to this training session and why.</p> <p>I am improving my fitness sessions putting more reps and a little more weight as it is a little easy</p>								

Pre-exercise heart rate before warm up	Working heart rate	Immediate post-exercise heart rate

Chosen Sport: Badminton

Chosen component/s of fitness: Muscular Power

Session Number	Date	Duration	Method of Training	Component of Fitness
5		35min	Weight training	Muscular Power

Description of training session appropriate to the method of training, e.g. map of continuous training course, plan of circuit training session. Use this section to record data after the session such as time, repetitions, weights, training zones etc.

Bench press 4x5 20 kg

Seated bicep curl 4x10 5kg

Pull up 3x5

Wall bicep curl 4x8 5kg

Deltoid fly 4x10 5kg

One arm dumbbell row 4x10 8kg

Overhead tricep curl 5kg - 4x10

Barbell 3x8 - 10kg

Recovery Heart Rate (if applicable)	1 min	2 min	3 min	4 min	5 min	6 min	7 min	8 min

Any adaptations or changes you have made to this training session and why.

I am improving my fitness sessions putting more reps and a little more weight as it is a little easy

Pre-exercise heart rate before warm up	Working heart rate	Immediate post-exercise heart rate

Chosen Sport: Badminton

Chosen component/s of fitness: Muscular Power

Session Number	Date	Duration	Method of Training	Component of Fitness
6		35min	Weight training	Muscular Power

Description of training session appropriate to the method of training, e.g. map of continuous training course, plan of circuit training session. *Use this section to record data after the session such as time, repetitions, weights, training zones etc.*

Bench press - 20kg - 2x6
 Seated Bicep curl - 5kg - 4x10
 Pull up 3x6
 Wall bicep curls - 5kg - 4x8
 Deltoid fly - 2.5kg - 4x10
 one arm dumbbell row - 8 kg - 4x10
 Barbell - 3x8 - 10kg
 Overhead tricep - 5kg - 4x10

Recovery Heart Rate (if applicable)	1 min	2 min	3 min	4 min	5 min	6 min	7 min	8 min

Any adaptations or changes you have made to this training session and why.

In this 2 sessions I did more arm training as my general evaluation I need to improve my muscular power in my arm to improve smashes

Pre-exercise heart rate before warm up	Working heart rate	Immediate post-exercise heart rate

Chosen Sport: Badminton

Chosen component/s of fitness: Muscular Power

Session Number	Date	Duration	Method of Training	Component of Fitness
7		35min	Weight training	Muscular Power

Description of training session appropriate to the method of training, e.g. map of continuous training course, plan of circuit training session. Use this section to record data after the session such as time, repetitions, weights, training zones etc.

Bench press 20 kg- 3x5
 Seated bicep curl 5 kg 4x10
 Pull up 3x6
 Wall bicep curls 5kg - 3x10
 Overhead tricep curl 5kg - 4x10
 Barbell 2x10 - 15kg
 Deltoid fly 4x10 - 2.5kg
 One arm dumb bell row 8kg - 4x10

Recovery Heart Rate (if applicable)	1 min	2 min	3 min	4 min	5 min	6 min	7 min	8 min

Any adaptations or changes you have made to this training session and why.

In this 2 sessions I did more arm training as my general evaluation I need to improve my muscular power in my arm to improve smashes

Pre-exercise heart rate before warm up	Working heart rate	Immediate post-exercise heart rate

Chosen Sport: Badminton

Chosen component/s of fitness: Muscular Power

Session Number	Date	Duration	Method of Training	Component of Fitness				
8		35min	Weight training	Muscular Power				
<p>Description of training session appropriate to the method of training, e.g. map of continuous training course, plan of circuit training session. <i>Use this section to record data after the session such as time, repetitions, weights, training zones etc.</i></p> <p>Bench press 3x5 20 kg</p> <p>Seated bicep curl 4x10 5 kg</p> <p>Wall bicep curl 3x10 5kg</p> <p>Deltoid fly 4x10- 2.5kg</p> <p>One arm Dumbbell Row 8kg - 4x10</p> <p>Barbell 2x10 - 15kg</p> <p>Overhead Tricep 5kg - 4x10</p>								
Recovery Heart Rate (if applicable)	1 min	2 min	3 min	4 min	5 min	6 min	7 min	8 min
<p>Any adaptations or changes you have made to this training session and why.</p> <p>I am improving my technique in different exercises so I need to lower some reps</p>								

Pre-exercise heart rate before warm up	Working heart rate	Immediate post-exercise heart rate

Chosen Sport: Badminton

Chosen component/s of fitness: Muscular Power

Session Number	Date	Duration	Method of Training	Component of Fitness
9		35min	Weight training	Muscular Power

Description of training session appropriate to the method of training, e.g. map of continuous training course, plan of circuit training session. Use this section to record data after the session such as time, repetitions, weights, training zones etc.

Bench press 3x5 20kg
 Seated bicep curl 4x10 5kg
 Pull up 3x10
 Wall bicep curl 5kg-3x10
 Deltoid fly 4x10 - 2.5kg
 One arm dumbbell row 8kg - 4x10
 Barbell 2x10 - 15kg

Recovery Heart Rate (if applicable)	1 min	2 min	3 min	4 min	5 min	6 min	7 min	8 min

Any adaptations or changes you have made to this training session and why.

I am improving my technique in different exercises so I need to lower some reps

Pre-exercise heart rate before warm up	Working heart rate	Immediate post-exercise heart rate

Chosen Sport: Badminton

Chosen component/s of fitness: Muscular Power

Session Number	Date	Duration	Method of Training	Component of Fitness
10		35min	Weight training	Muscular Power

Description of training session appropriate to the method of training, e.g. map of continuous training course, plan of circuit training session. *Use this section to record data after the session such as time, repetitions, weights, training zones etc.*

Bench Press - 25kg - 4x5
Seated bicep curl 10kg - 3x10
 Pull up 3x10
 Wall bicep curls - 5kg - 3x13
Deltoid fly - 4x10 - 2.5kg
 One arm dumbbell row 8kg - 4x10
 Barbell - 2x10 - 15kg
 Overhead tricep - 10kg - 4x7

Recovery Heart Rate (if applicable)	1 min	2 min	3 min	4 min	5 min	6 min	7 min	8 min

Any adaptations or changes you have made to this training session and why.
 I lowered weight and focus in technique

Pre-exercise heart rate before warm up	Working heart rate	Immediate post-exercise heart rate

Chosen Sport: Badminton

Chosen component/s of fitness: Muscular Power

Session Number	Date	Duration	Method of Training	Component of Fitness
11		35min	Weight training	Muscular Power

Description of training session appropriate to the method of training, e.g. map of continuous training course, plan of circuit training session. Use this section to record data after the session such as time, repetitions, weights, training zones etc.

Bench Press - 25 kg 4x5

Seated bicep curls 10kg - 3x10

Pull ups 3x10

Wall bicep curls - 5kg -3x13

Deltoid fly -4x10 - 2.5kg

One arm dumbbell row 8kg - 4x10

Barbell - 2x10 - 15kg

Overhead tricep - 10kg - 4x7

Recovery Heart Rate (if applicable)	1 min	2 min	3 min	4 min	5 min	6 min	7 min	8 min

Any adaptations or changes you have made to this training session and why.

I lowed weight and focus in tecnique

Pre-exercise heart rate before warm up	Working heart rate	Immediate post-exercise heart rate

Chosen Sport:Badminton

Chosen component/s of fitness: Muscular Power

Session Number	Date	Duration	Method of Training	Component of Fitness				
12		35min	Weight training	Muscular Power				
<p>Description of training session appropriate to the method of training, e.g. map of continuous training course, plan of circuit training session. <i>Use this section to record data after the session such as time, repetitions, weights, training zones etc.</i></p> <p>Bench Press - 25kg - 4x5 Seated bicep curl 10kg - 3x10 Pull up 3x13 Wall bicep curls - 5kg - 3x13 Deltoid fly - 4x10 - 2.5kg One arm dumbbell row 8kg - 4x10 Barbell -2x10 - 15kg Overhead tricep - 10kg - 4x7</p>								
Recovery Heart Rate (if applicable)	1 min	2 min	3 min	4 min	5 min	6 min	7 min	8 min
<p>Any adaptations or changes you have made to this training session and why.</p> <p>I am improving my muscular power so I need to do different exercises</p>								

Pre-exercise heart rate before warm up	Working heart rate	Immediate post-exercise heart rate

Chosen Sport: Badminton

Chosen component/s of fitness: Muscular Power

Session Number	Date	Duration	Method of Training	Component of Fitness				
13		35min	Weight training	Muscular Power				
<p>Description of training session appropriate to the method of training, e.g. map of continuous training course, plan of circuit training session. <i>Use this section to record data after the session such as time, repetitions, weights, training zones etc.</i></p> <p>Pull up 3x13 Wall bicep curl 5kg - 3x13 Deltoid fly 4x10 - 2.5kg One arm dumbbell row 8kg - 4x10 Barbell 15kg - 3x7</p> <p>Overhead tricep 10kg - 4x7</p>								
Recovery Heart Rate (if applicable)	1 min	2 min	3 min	4 min	5 min	6 min	7 min	8 min
<p>Any adaptations or changes you have made to this training session and why. I am improving my muscular power so I need to do different exercises</p>								

Pre-exercise heart rate before warm up	Working heart rate	Immediate post-exercise heart rate

Chosen Sport: Badminton

Chosen component/s of fitness: Muscular Power

Session Number	Date	Duration	Method of Training	Component of Fitness
14		35min	Weight training	Muscular Power

Description of training session appropriate to the method of training, e.g. map of continuous training course, plan of circuit training session. Use this section to record data after the session such as time, repetitions, weights, training zones etc.

Bench Press - 30kg - 3x10
 Seated bicep curl 10kg - 3x10
 Pull up 3x13
 Wall bicep curls - 5kg - 3x13
Deltoid fly - 4x10 - 2.5kg
 One arm dumbbell row 8kg - 4x10
 Barbell - 15kg - 3x7
 Overhead tricep - 10kg - 4x7

Recovery Heart Rate (if applicable)	1 min	2 min	3 min	4 min	5 min	6 min	7 min	8 min

Any adaptations or changes you have made to this training session and why.

I am improving my muscular power but I need to do different exercises as I do the same exercises everytime

Pre-exercise heart rate before warm up	Working heart rate	Immediate post-exercise heart rate

Chosen Sport: Badminton

Chosen component/s of fitness: Muscular Power

Session Number	Date	Duration	Method of Training	Component of Fitness				
15			Weight training					
<p>Description of training session appropriate to the method of training, e.g. map of continuous training course, plan of circuit training session. <i>Use this section to record data after the session such as time, repetitions, weights, training zones etc.</i></p> <p>Bench Press - 30kg - 3x10 Seated bicep curls 10g- 3x10 Pull up 3x13 Wall bicep curls - 5kg - 3x13 Deltoid fly 4x10 - 2.5kg One arm dumbbell row 8kg - 4x10 Barbell - 15kg - 3x7 Overhead tricep - 10kg - 4x7</p>								
Recovery Heart Rate (if applicable)	1 min	2 min	3 min	4 min	5 min	6 min	7 min	8 min
<p>Any adaptations or changes you have made to this training session and why.</p> <p>I am improving my muscular power but I need to do different exercises as I do the same exercises everytime</p>								

Pre-exercise heart rate before warm up	Working heart rate	Immediate post-exercise heart rate