

Exercise Prescription: Self and Carl

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EF-310 Current Trends in Exercise and Fitness—Aging Well Across the Life Span

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“Exercise is medicine” is a global health initiative according to the website which is managed by the American College of Sports Medicine (ACSM). This is the belief that exercise should be prescribed along with other medications in the treatment plan for an individual. This paper will follow that line of thought and will prescribe two fitness plans, one for the case study of Carl, and the other for this author.

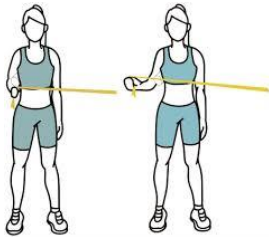
| Amanda’s EX RX | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------------------|--|--|--|---|--|--|--|
| Aerobic | 30-minute Bike ride | | | 15-minute Bike ride | | | 30-minute Bike ride |
| Muscle Strengthening | | | Bench Press and bicep curl 15-minutes | | Bench Press and bicep curl 15-minutes | | |
| Flexibility | Shoulder and back stretches. Yoga/pilates 30-minutes | Shoulder and back stretches 15-minutes | Shoulder and back stretches 15-minutes | Shoulder and back stretches. Yoga/pilates 30-minutes. | Shoulder and back stretches 15-minutes | Shoulder and back stretches 15-minutes | Shoulder and back stretches. Yoga/pilates 30-minutes |

Aerobic: taking a quick bicycle ride around the neighborhood a few times a week will help with knee pain.

Muscle strengthening: start with 5 sets of 5 repetitions each, for bench press and bicep barbell curl. Increase weight steadily weekly or bi-weekly.

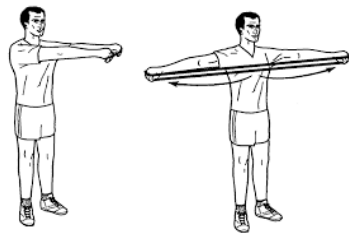
Flexibility—shoulders: the shoulder and back stretches will be consistent because they are a physical therapy prescription. With a resistance band looped around a doorknob or railing, hold one end in each hand, hold core tightly, and pull arms forward to create resistance in the band.

Do 10 reps then reverse and pull arms backwards and do another 10 reps. Turn to the side and take both ends of the band into one hand and pull across the body and rotate arm away from torso. Do 10 reps then reverse and do 10 reps with the opposite arm.



This next move is kind of the opposite of the last in that the starting position will be at the side and will stretch the band across the body with the interior arm. Do 10 reps then switch arms and do 10 more reps. This next move technically came from the back physical therapy prescription,

but it can easily be included with the shoulders. Stand at the side and with both hands on the ends of the band, move the band in a circular motion in front of the torso as if churning butter. Be sure to keep the core muscles tightened throughout all these moves. Do 10 reps then turn around and do 10 more from the other side. These last two moves with the resistance band will not have it looped around something. To start, hold the band with arms stretched out in front at shoulder



height and pinch the shoulder blades together and use the shoulders to pull the band apart and not the arms. Do 10 reps. The final resistance band exercise is the sword, and it can be done with one hand holding the band at the hip or standing on the end of the band.

Either way is fine if the other end of the band is stretched up diagonally as if one hand

is pulling a sword from its sheath on the opposite hip. Do 10 reps then switch sides and do 10



more reps.

Flexibility—back: lie on the floor with knees bent, feet flat on floor with arms at side, palms down. Tighten core and slowly rise lower back and buttocks off the floor until body forms a

diagonal line from knees to shoulders, hold for 5 seconds then slowly lower back down. Do 10 reps. Lie on back with knees bent, arms at side and core tight, then slowly lower one knee to the side then rise back up and lower the other knee down. Do 5 reps for each leg. The other flexibility exercises can just be following along a YouTube video of a pilates or yoga routine.

| Carl's EX RX | Frequency | Intensity | Time | Type |
|-----------------------------|----------------------|----------------------|------------|-----------------|
| Aerobic | 3 times / week | Mild | 15 minutes | Jump rope |
| Muscle Strengthening | 2 – 3 times per week | Moderate to vigorous | 30 minutes | Lifting weights |
| Flexibility | 3 times / week | Mild - moderate | 30 minutes | Yoga |

For Carl's exercise prescription he should supplement his current fitness routine with jumping rope three times per week, gradually increasing his time as he progresses. Jumping rope can be a good low-impact way to build muscle, strengthen bones, and help with balance and coordination. Carl should see if his campus gym offers any yoga or pilates classes to help with his flexibility. Increasing flexibility will help in building muscles. While Carl is at the gym with his buddies, he needs to find a balanced routine that works all of his muscle groups, but give a little more emphasis to his arms and chest since that is the area he expressed interest in developing more.

References

- P. (n.d.). Unit 8_Carl-bio. Retrieved April 01, 2021, from <https://purdueglobal.brightspace.com/d21/le/content/157437/viewContent/11409319/View>
- Exercise is medicine. (n.d.). Retrieved April 01, 2021, from <https://www.exerciseismedicine.org/>