

Submitted by gym2@561apps.com on Tue, 03/21/2023 - 17:55

1. Age: 37

2. Gender: Male

3. Weight (lb): 300

4a. Height - Feet: 6

4b. Height - Inches: 3

5. BMI: 37.58

6. Are you or have you ever been treated by a physician for documented heart disease?: No

7. Is Your Blood Pressure Under Control?: Yes

8. Have you had a recent body fat measurement completed?: Yes

Body Fat Percentage: 13.5

Desired Body Fat Percentage: 3.5

9. Do you have any dietary restrictions?: No

10. Select a Dietary Program:: Bodybuilding (contest) 50% protein, 30 % carbohydrate, 20 % fat

Enter Protein Percentage: 50

Enter Carbohydrate Percentage: 30

Enter Fat Percentage: 20

11. Are you interested in resistance training (weights, machines, bands, etc.)?: Yes

Do you have any conditions that would prevent your ability to exercise a particular part of the body?: No

12. Select a Resistance Training Program: Bodybuilding Contest

Age Predicted Max Heart Rate: 183

Target Heart Rate: 110 - 146

Fat Free Bodyweight: 259.5

Goal Weight: 269

Daily Caloric Intake: 3228

Client UID: 305