

WINDMILL AMATEUR BOXING CLUB

'BOXING EXCELLENCE FOR ALL'

PROGRAMME OVERVIEW:

OVERVIEW

THE PROGRAMME WILL EMPHASISE ON BASIC EXERCISE/TRAINING PRINCIPLES WHERE AN IMPORTANCE WILL BE PLACED ON MEETING TARGETS RELATED TO WEIGHT LOSS AND HEALTHIER NUTRITION.

THE PROGRAMME IS AN INDIVIDUAL TYPE, WHEREBY THE EXERCISES WILL BE CARRIED OUT UNDER NO SUPERVISION, MOTIVATION AND COMPLETION WILL BE ULTIMATELY AT THE DISCRETION OF THE INDIVIDUAL INVOLVED.

TIME-SCALES

MACRO	MEASO	MICRO
1 MONTH	1 WEEK	1 DAY

THE DESIGNED PROGRAMME WILL BE FOR THE DURATION OF ONE MACRO CYCLE
-THE MACRO CYCLE IS MADE UP OF FOUR MEASO CYCLES
EACH MEASO CYCLE IS BROKEN UP INTO FIVE MICRO CYCLES

SCOPE

THE MAIN AREAS THIS PROGRAMME WILL CATER FOR INCLUDE:

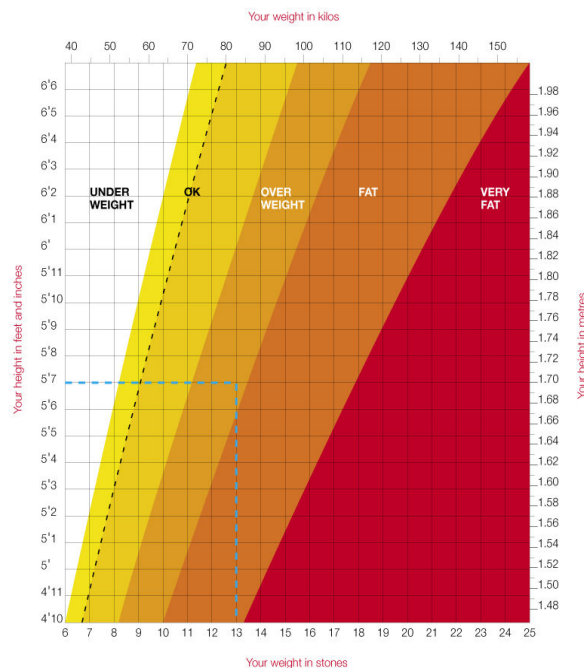
- WEIGHT LOSS
- INTRODUCTION TO CIRCUIT TRAINING
- INTRODUCTION TO BASIC NUTRITION (GENERAL GUIDANCE)
- RECORD MANAGEMENT (INPUT BY PERFORMER)

PERSONAL DATA:

NAME: PRIYA TAILOR
GENDER: FEMALE
AGE 23 YEARS
HEIGHT: 5'6FT
WEIGHT: 80KGS
NO MEDICAL HISTORY

FROM THE CHART OPPOSITE
WE CAN SEE THAT THE WEIGHT
OF THIS INDIVIDUAL COMES
UNDER THE OVER WEIGHT
CATEGORY-

THIS INFORMATION DOES NOT
CONCLUDE FITNESS, IT IS A
GENERAL GUIDLINE TO THE
AVERAGE BODY WEIGHT IN THE
UNITED KINGDOM



'FIG A' BMI CALCULATING CHART
FOOD STANDARD AGENCY UK