**WRIGHT Foundation**

**Prescribing Exercise Intensity Assessment**

Your task is to prescribe the exercise intensity for each of the three clients

## Client A

* **Age= 44 years**
* **RHR = 68bpm**
* **VO2max= 37ml/kg/min**

**Question 1a.** Prescribe a moderate intensity training zone **using Maximal Heart Rate**

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**Question 1b.** Prescribe the RPE level (number and word/s) for **moderate intensity**

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**Client B**

* **Age = 57 years**
* **RHR = 74bpm**
* **VO2max = 28ml/kg/min**

**Question 2a.** Prescribe a light (low) intensity training zones **using Heart Rate Reserve (HRR)**.

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**Question 2b.** Prescribe a light (low) intensity training zones **using METs**.

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**Client C**

* **Age= 28 years**
* **RHR = 62bpm**
* **VO2max = 38ml/kg/min**

**Question 3a.** Prescribe a high intensity training zone using **Maximal Heart Rate**.

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**Question 3b.** Prescribe the RPE level (number and word/s) for **high intensity**.

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