



# YMCA Awards

Level 3 Bespoke exercise  
programme design  
2018

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**Minimizing risk of injury**

## **Minimising risk of injury**

Personal Trainers should be aware of how to minimise risk of injury and overtraining to enable adaptation to occur for clients with varying levels of experience

- Monitor progress
- Steady progression
- Adapt training sessions/programmes based on client responses
- Regular assessment for markers of overtraining

## Signs of overtraining

- Persistent muscle soreness
- Sleep disruption
- Elevated resting heart rate
- Increased number of injuries
- Depression
- Irritability
- Loss of motivation

