

Client Assessment Matrix FITT PROS

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Client Assessment Matrix FITT PROS 2

INDIVIDUAL ASSESSMENT MATRIX	Name: Justin			
FITT Principles	What frequency do you suggest?	What intensity do you suggest?	What time do you suggest?	What type of activity do you suggest?
Cardiovascular Activity	3 to 4 days per week	Initially moderate (40-60 % heart rate reserve) with progression to vigorous (50-75% heart rate reserve)	30 to 60 minutes per day	Walking, jogging and/or cycling. Justin needs to participate in football practice as well.
Muscular strength and endurance	2 or 3 nonconsecutive days per week	Moderate resistance that allows for 8 to 12 repetitions each on roughly 8 to 10 exercises that work the major muscle groups	The time it takes to complete 2 sets of each exercise with 30 to 60 seconds of rest in between each set.	Free weights and/or machines that target the major muscle groups (legs, hips, back, chest, abdomen, shoulders, and arms).
Flexibility	2 to 3 days per week	Low to moderate	30 to 60 minutes	Yoga and/or static, dynamic or ballistic stretching exercises
PROS Principles	Explain how you will utilize the principle of progression for each component of fitness in your exercise prescription.	Explain how you will utilize the principle of regularity for each component of fitness in your exercise prescription.	Explain how you will utilize the overload principle for each component of fitness in your exercise prescription.	Explain how the specificity principle applies to each component of fitness in your exercise prescription.
Cardiovascular Activity	Justin should start off with 30 minutes of walking with a gradual build up to jogging or cycling. A 10% increase in the number of minutes done per session and increase the number of days per week to eventually working out 5-7 days per week is a reasonable	To achieve long term gains of optimal weight, better oxygen intake and lower heart rate Justin will perform walking, jogging and/or cycling multiple times (3-4 days) throughout the week on a regular basis. This will allow his body	To overload Justin's body at a level beyond that at which it is normally stressed will be a gradual process. As mentioned previously, Justin will need to start with walking for 30 minutes until he has worked himself up to 60	The specificity to walking jogging, and/or cycling applies to the aerobic energy system. Cardiovascular training allows his heart to pump oxygen more effectively throughout his body and strengthens his muscles. As Justin's

	<p>increase in the quantity of walking, jogging and/or cycling after 2 to 3 months. As Justin participates in more physical activity he will be able to get his heart pumping and improve his cardiovascular fitness. Justin should be ready to incorporate football practices in his workouts after 8 to 12 weeks once his heart becomes conditioned to the gradual progression of intensity from walking to jogging or cycling.</p>	<p>to adapt to the training for a minimum of 2 to 3 months until he will need to change his routine. Thus, regularity will increase his endurance to jog for longer periods of time and enhance his performance to be able to jog or cycle more than walking, ultimately challenging his body.</p>	<p>minutes. At this point jogging and/or cycling should be incorporated to increase his intensity level. This will continue to progress until eventually Justin is able to jog or cycle for at least 30 minutes or more without fatigue or soreness. As he progresses to greater levels eventually he will be able to start football practices which will potentially require running exercises.</p>	<p>body is expending energy to adapt to the demands of walking, jogging and/or cycling his heart, lungs, legs, and all other operating muscles performing the movements that allow him to exercise will be able to take on more intensity, speed and/or endurance.</p>
<p>Muscular strength and endurance</p>	<p>With Justin performing upper and lower body exercises on 2 to 3 nonconsecutive days per week he should be able to progressively gain muscle strength and endurance. This principle will occur after the first 2 to 3 months of initially starting his resistance training. As he becomes conditioned to various free weights and/or machines that target the major muscle groups he will need to increase the weights he lifts</p>	<p>Regular, prolonged resistance training will let him become more consistent with his workouts and make these muscular exercises a habit. A steady routine of 2 to 3 nonconsecutive days with 2 sets of each of exercise will grant him the results he desires. After 8 to 12 weeks a new regular will need to be constructed to allow training adaptations.</p>	<p>Once Justin increases his weight on the several free weights and/or machines that target the major muscle groups he will be able to progressively overload his muscles with weights that will help them adapt to the higher intensity. After 2 to 3 months of permitting his muscles to adapt to this weight he can either add more weight to stress the muscles, or</p>	<p>The specificity principle can apply to free weights and/or machines because they target the major muscle groups and actions. For example, the hip extension targets the hip joint and muscles. Thus, the exercise is allowing that muscle to gain strength and endurance specifically to that area. As this muscle adapts to the stress placed on it, the hip joint and muscles will then have the ability to perform tasks such as the</p>

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	by 5 to 10% to build muscle mass.		incorporate different machines that may work the same muscles but with a different range of motion.	ability to walk and propel his self forward or up stairs more efficiently.
Flexibility	Yoga and/or static, dynamic or ballistic stretching exercises can progressively increase with length of time and range of motion to improve and challenge his flexibility. If Justin begins with 10 second holds in his sessions, after 2 to 3 months his sessions should consist of 20 or 30 second holds for each exercise to increase his endurance. Justin can additionally add or modify movements to increase his range of motion that may have been limited at the beginning but with time have become stronger. This can be done by stretching beyond the normal point of flexion or extension for a deeper movement.	Weekly flexibility training will be regular in Justin's workouts by having set days in which he can plan to incorporate yoga in his routine, such as on Tuesdays and Thursdays, while stretching can be performed after each session of cardio or muscular training to allow his muscles to become loose and less tense from the exercises.	The exercises Justin has been prescribed for this category do not need to be overloaded to very high intensities because yoga and/or static, dynamic or ballistic stretching exercises are made to reduce tension and relax the muscles of the body. However, they can be manipulated by changing the range of motion in which moves are conducted; lengthening the time of yoga from 30 minutes to 45 or 60, and/or increasing the number of day's exercises are performed from 2 to 3.	Specificity to flexibility exercises is on range of motion. As Justin's body trains to adapt to yoga and/or static, dynamic or ballistic stretching exercises, his body will be able to bend and move with a greater range of motion without restrictions from muscles that are tight. With due time and effort Justin will be able to reach down to his toes and potentially reach his palms to the floor.

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INDIVIDUAL ASSESSMENT MATRIX	Name: Carl			
FITT Principles	What frequency do you suggest?	What intensity do you suggest?	What time do you suggest?	What type of activity do you suggest?
Cardiovascular Activity	1 to 2 sessions, 3 to 5 days per week	Moderate to vigorous; rate of perceived exertion 11-13/20	30 to 60 minute per day	Jogging, cycling and/or swimming.
Muscular strength and endurance	2 or 3 nonconsecutive days per week	Low resistance that allows for 10 to 15 repetitions each on roughly 8 to 10 exercises that work the major muscle groups	The time it takes to complete 2 sets of each exercise with 30 to 60 seconds of rest in between each set.	Free weights and/or isokinetic/isotonic machines that target the major muscle groups (legs, hips, back, chest, abdomen, shoulders, and arms).
Flexibility	3 days per week	Low to moderate	45 to 60 minutes	Stretching exercises and/or tai chi classes. Carl will additionally need neuromuscular training such as breathing exercises on a daily basis. This can be consistent with flexibility training.
PROS Principles	Explain how you will utilize the principle of progression for each component of fitness in your exercise prescription.	Explain how you will utilize the principle of regularity for each component of fitness in your exercise prescription.	Explain how you will utilize the overload principle for each component of fitness in your exercise prescription.	Explain how the specificity principle applies to each component of fitness in your exercise prescription.
Cardiovascular Activity	Due to Carl's exercise-induced asthma exercising in environments that are warm and moist are recommended and long warm ups are required to lessen the	To achieve long term gains of better oxygen intake, lower heart rate and enhanced breathing patterns Carl will perform	To overload Carl's body at a level beyond that at which it is normally stressed will be a gradual process. Carl already walks for	The specificity to jogging, cycling and/or swimming applies to the aerobic energy system. Cardiovascular training allows his

	<p>airway constriction that is more likely to occur with sudden, strenuous exercise. Swimming will be a great option for him to be in this type of moist environment he needs and could help him develop more efficient breathing patterns. However, jogging and cycling can still be prescribed. After 2-3 months individual will need to speak to physician again to see if recommended exercises have increased his health and life quality. Progression of time should be emphasized more than intensity.</p>	<p>jogging, cycling and/or swimming multiple times (3-5 days) throughout the week on a regular basis. This will allow his body to adapt to the training for a minimum of 8 to 12 weeks until Carl will need to change his routine. Thus, regularity will increase his endurance participate in exercises for longer periods of time and enhance his performance, thus ultimately challenging his body.</p>	<p>almost an hour everyday to and from classes. By gradually adding jogging and/or cycling into his routine to and from classes this will enhance his cardiovascular fitness level. Swimming should also be added as a second session of the day so the environment is appropriate for his asthma. With gradually adding more days of jogging and cycling then walking Carl will eventually be able to jog or cycle more without fatigue or soreness.</p>	<p>heart to pump oxygen more effectively throughout his body and strengthens his muscles. As Carl's body is expending energy to adapt to the demands of jogging, cycling and/or swimming his heart, lungs, legs, and all other operating muscles performing the movements that allow him to exercise will be able to take on more intensity, speed and/or endurance.</p>
<p>Muscular strength and endurance</p>	<p>Carl will be performing upper and lower body exercises on 2 to 3 nonconsecutive days per week, he should be able to progressively gain muscle strength and endurance. This principle will occur after the first 12 to 16 weeks of initially starting his resistance training. As he becomes conditioned to various free weights and/or machines that target</p>	<p>Regular, prolonged resistance training will let Carl become more consistent with his workouts and make these muscular exercises a habit. A steady routine of at least 2 nonconsecutive days with 2 sets of each of exercise will grant him his desire to maintain his weight but</p>	<p>After 12 to 16 weeks of permitting his muscles to adapt to the initial weight of each exercise he can either add more weight to stress the muscles, increase the total repetitions being completed, or incorporate different machines that may work the same muscles but with a different range of motion.</p>	<p>The specificity principle can apply to free weights and/or machines because they target the major muscle groups and actions. For example, the bend knee raise targets the abdominal and hip flexor muscles. Thus, the exercise is allowing these muscles to gain strength and endurance specifically to those areas. As these</p>

	<p>the major muscle groups he will need to increase the weights he lifts by 5 to 10% to build muscle mass; especially to the upper body to reach his desired goal.</p>	<p>increase his health. After 12 to 16 weeks a new regular will need to be constructed to allow training adaptations.</p>		<p>muscles adapt to the stress placed on them, the abdominal and hip flexor muscles will then have the ability to perform tasks such as rising from a chair or maintaining standing posture more efficiently.</p>
<p>Flexibility</p>	<p>Stretching exercises and/or tai chi classes can progressively increase with length of time and range of motion to improve and challenge his flexibility. If Carl begin with 10 second holds in his sessions, after 2 to 3 months his sessions should consist of 20 or 30 second holds for each exercise to increase his endurance. Carl can additionally add or modify movements to increase his range of motion that may have been limited at the beginning but with time have become stronger. This can be done by stretching beyond the normal point of flexion or extension for a deeper movement. Carl should focus on his breathing to efficiently develop stronger lungs and airways.</p>	<p>From here on out, weekly flexibility training will be regular in Carl's workouts by having set days in which he will plan to incorporate tai chi classes in his routine, such as on Mondays and Wednesdays, while stretching can be performed after each session of cardio or muscular training to allow his muscles to become relaxed and less tense from the exercises.</p>	<p>The exercises Carl has been prescribed for this category do not need to be overloaded to very high intensities because stretching exercises and/or tai chi classes, are made to reduce tension and relax the muscles of the body. However, they can be manipulated by changing the range of motion in which moves are conducted; lengthening the time of classes from 30 minutes to 45 or 60, and/or increasing the number of day's exercises are performed from 3 to 4.</p>	<p>Specificity to flexibility exercises is on range of motion. As Carl's body trains to adapt to tai chi and/or stretching exercises, his body will be able to bend and move with a greater range of motion without restrictions from muscles that are tight. Carl can specifically target his neuromuscular training with breathing exercises such as pursed lip breathing or diaphragmatic breathing to help you strengthen breathing muscles, get more oxygen, and breathe with less effort.</p>

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INDIVIDUAL ASSESSMENT MATRIX	Name: Jennifer			
FITT Principles	What frequency do you suggest?	What intensity do you suggest?	What time do you suggest?	What type of activity do you suggest?
Cardiovascular Activity	3 to 5 days per week	Moderate to vigorous; 40%-75% of VO ₂ Max. All activities should have a 5 to 10 minute warm up and cool down exercises.	20 to 40 minutes per day	Walking and jogging intervals.
Muscular strength and endurance	3 to 4 nonconsecutive days per week	Light to moderate intensity that allows for 8 to 12 repetitions each on roughly 8 to 10 exercises that work the major muscle groups. All activities should have a 5 to 10 minute warm up and cool down exercises.	The time it takes to complete 2 to 3 sets of each exercise with 30 to 60 seconds of rest in between each set.	Free weights, elastic tubing, and/or machines free isokinetic/isotonic machines that target the major muscle groups (legs, hips, back, chest, abdomen, shoulders, and arms).
Flexibility	2 or more days per week	Low to moderate. All activities should have a 5 to 10 minute warm up and cool down exercises.	30 to 60 minutes	Yoga, stretching exercises and/or tai chi classes.
PROS Principles	Explain how you will utilize the principle of progression for each component of fitness in your exercise prescription.	Explain how you will utilize the principle of regularity for each component of fitness in your exercise prescription.	Explain how you will utilize the overload principle for each component of fitness in your exercise prescription.	Explain how the specificity principle applies to each component of fitness in your exercise prescription.
Cardiovascular Activity	Jennifer's high blood pressure puts her at an increased risk for developing	To achieve long term gains of better oxygen intake, decreased	To overload her body at a level beyond that at which it is	The specificity to walking and/or jogging applies to the aerobic energy

	<p>cardiovascular disease. During the first 12 to 16 weeks Jennifer should have her blood pressure monitored while participating in cardiovascular activities. A 10% increase in the number of minutes done per session and increase the number of days per week is a reasonable increase in the quantity of walking and/or jogging 12 to 16 weeks after initially starting her regimen. The progression of walking and jogging intervals where Jennifer gradually works herself up to jogging more than she walks will allow her to eventually reach perform cardio on 5-7 days for at least 30 to 60 minutes. However, Jennifer should consult with a physician about her blood pressure before increasing her workout duration or intensity.</p>	<p>blood pressure, lose of weight and lower heart rate Jennifer will perform walking and/or jogging multiple times (3-5 days) throughout the week on a regular basis. This will allow her body to adapt to the training for a minimum of 2 to 3 months until she will need to change her routine. Thus, regularity will increase her endurance and enhance her performance to be able to jog more than walking, ultimately challenging her body. Jennifer can bring her kids along to make it a regular family event as well.</p>	<p>normally stressed will be a gradual process. Interval training of walking a lap then jogging a lap will be increased to jogging two laps and walking one lap. This will continue to progress until eventually Jennifer (and potentially her children) will be able to jog a mile or more without fatigue or soreness. As she continues to progress to greater levels throughout the months, eventually she will be able to start jogging and running intervals. The challenge that her children and her give to each other might be a great incentive to consistently push each other to higher intensities.</p>	<p>system. Cardiovascular training allows her heart to pump oxygen more effectively throughout her body and strengthens her muscles. As her body is expending energy to adapt to the demands of walking and/or jogging her heart, lungs, legs, blood pressure and all other operating muscles or functions performing the movements that allow her to walk and/or jog will be able to take on more intensity, speed and/or endurance.</p>
<p>Muscular strength and endurance</p>	<p>Jennifer will be performing upper and lower body exercises on 3 to 4 nonconsecutive days per week, she should be able to</p>	<p>Regular, prolonged resistance training will let her become more consistent with her workouts and make these muscular exercises</p>	<p>As Jennifer adapts to the weight and repetitions of the free weights, elastic tubing, and/or isokinetic/isotonic</p>	<p>The specificity principle can apply to free weights, elastic tubing, and/or isokinetic/isotonic machines because they target the major</p>

	<p>progressively gain muscle strength and endurance. This principle will occur after the first 2 to 3 months of initially starting her resistance training. As she becomes conditioned to various free weights and/or machines that target the major muscle groups she will need to increase the number of repetitions she completes by 5 to 10% to build lean muscles. However, Jennifer should consult with a physician about her blood pressure before increasing her workout duration or intensity.</p>	<p>a habit. A steady routine of at least 3 nonconsecutive days with 2 to 3 sets of each of exercise will grant Jennifer her desire to improve her health. After 2 to 3 months a new regular will need to be constructed to allow training adaptations.</p>	<p>machines that target the major muscle groups she will be able to progressively overload her muscles with a higher intensity. After 2 to 3 months of allowing her body to acclimate to strength training she can increase the total repetitions being completed to build lean muscle mass.</p>	<p>muscle groups and actions. For example, lunges target the quadriceps and the hips. Thus, the exercise is allowing these muscles to gain strength and endurance specifically to those areas. As these muscles adapt to the stress placed on them, the quadriceps and the hips will then have the ability to perform tasks such as lifting up laundry from the floor or other objects more efficiently.</p>
<p>Flexibility</p>	<p>Yoga, stretching exercises and/or tai chi classes can progressively increase with length of time and range of motion to improve and challenge her flexibility. If Jennifer begins with 10 second holds in her sessions, after 2 to 3 months her sessions should consist of 20 or 30 second holds for each exercise to increase her endurance. Jennifer</p>	<p>Ongoing weekly flexibility training will be regular in Jennifer's routine by having set days in which she can plan to incorporate yoga and/or tai chi classes into her routine, such as on Saturdays and Thursdays, while stretching can be performed after each session of cardio or muscular training to allow her muscles to relax and less</p>	<p>The exercises Jennifer has been prescribed for this category do not need to be overloaded to very high intensities because yoga, tai chi and/or stretching exercises are made to reduce tension and relax the muscles of the body. However, they can be manipulated by changing the range of motion in which</p>	<p>Specificity to flexibility exercises is on range of motion. As her body trains to adapt to yoga, tai chi and/or stretching exercises, Jennifer's body will be able to bend and move with a greater range of motion without restrictions from muscles that are tight. For example, right now Jennifer may not be able to reach over her shoulder with her right hand to</p>

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	<p>can additionally add or modify movements to increase her range of motion that may have been limited at the beginning but with time have become stronger. This can be done by stretching beyond the normal point of flexion or extension for a deeper movement.</p>	<p>tense from the exercises.</p>	<p>moves are conducted; lengthening the time of yoga from 30 minutes to 45 or 60, and/or increasing the number of day's exercises are performed from 2 to 3 or 3 to 4.</p>	<p>middle of her back and touch her left hand that his extended to her side reaching up to the middle of her back. With due time and effort Jennifer will be able to reach both of her hands behind her back in this motion with her finger tips touching.</p>
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INDIVIDUAL ASSESSMENT MATRIX	Name: Sally			
FITT Principles	What frequency do you suggest?	What intensity do you suggest?	What time do you suggest?	What type of activity do you suggest?
Cardiovascular Activity	3 to 5 days per week	Moderate to vigorous; 50 to 80% VO ₂ R or heart rate reserve	30 to 60 minutes per day	Walking indoors or water aerobics
Muscular strength and endurance	2 to 3 nonconsecutive days per week	Low to moderate resistance that allows for 8 to 12 repetitions each on roughly 8 to 10 exercises that work the major muscle groups	The time it takes to complete 2 to 3 sets of each exercise with 30 to 60 seconds of rest in between each set.	Exercises on isokinetic/ isotonic machines, elastic tubing or stability ball that target the major muscle groups (legs, hips, back, chest, abdomen, shoulders, and arms).
Flexibility	2 to 3 days per week	Low to moderate	30 to 60 minutes	Stretching exercises and/or yoga class.
PROS Principles	Explain how you will utilize the principle of progression for each component of fitness in your exercise prescription.	Explain how you will utilize the principle of regularity for each component of fitness in your exercise prescription.	Explain how you will utilize the overload principle for each component of fitness in your exercise prescription.	Explain how the specificity principle applies to each component of fitness in your exercise prescription.
Cardiovascular Activity	Sally's diabetes and personal perspective on exercising may only permit her to start with slow indoor walking sessions. Within 8 to 12 weeks Sally should be able to walk indoors for longer distances at shorter amounts of time. As Sally improves her indoor walking endurance	To achieve long term gains of lower blood sugar levels, controlled blood pressure, better oxygen intake and lower heart rate Sally will perform indoor walking and/or water aerobics multiple times (3-5 days) throughout the week on a regular	To overload Sally's body at a level beyond that at which it is normally stressed will be a gradual process but may not take a lot of effort since Sally is normally inactive. Sally will need to start slow with 10 minute bouts of walking indoors, this will continue	The specificity to walking indoors and/or water aerobics applies to the aerobic energy system. Cardiovascular training allows Sally's heart to pump oxygen more effectively throughout her body and strengthens her muscles. As her body is expending

	<p>she should incorporate water aerobic exercises to her routine to stay committed to her new consistent routine. At this time a 10% increase in time should be added per session to progressively lengthen her time she spends performing cardiovascular activities.</p>	<p>basis. This will allow her body to adapt to the training for a minimum of 2 to 3 months until she will need to change her routine. Thus, regularity will increase her endurance to walking indoors for longer periods of time and enhance her performance to be able participate in more water aerobic classes, ultimately challenging her body. The indoor walking and water aerobics will additionally allow her to not get sweaty or out of breath which could prevent her from being consistent.</p>	<p>to progress until eventually she is able to walk a mile or more without fatigue or soreness. As she progresses to greater levels eventually she will be able to start walking indoors for longer bouts of time and adding water aerobics to her routine.</p>	<p>energy to adapt to the demands of walking and/or water aerobics her insulin levels, blood pressure, heart, lungs, legs, and all other operating functions or muscles performing the movements that allow her to walk and/or do water aerobics will be able to take on more intensity, speed and/or endurance. This will additionally target her goal to lose weight and potentially decrease her dependency on diabetes medication.</p>
<p>Muscular strength and endurance</p>	<p>Sally will be performing upper and lower body exercises on 2 to 3 nonconsecutive days per week, he should be able to progressively gain muscle strength. Within 2 to 3 months Sally should become conditioned to various machines, elastic tubing and stability ball exercises that target the major muscle</p>	<p>Regular, prolonged resistance training will let Sally become more consistent with her workouts and make these muscular exercises a habit. A steady routine of 2 to 3 nonconsecutive days with 2 to 3 sets of each of exercise will grant her improvements in her health. After 8 to 12 weeks a</p>	<p>Sally will need to progressively increase her repetitions that target the major muscle groups to overload and stress her muscles with a resistance that will help them adapt to the higher intensity. This can start after 2 to 3 months of permitting her muscles to adapt to the initial weight.</p>	<p>The specificity principle can apply to isokinetic/ isotonic machines, elastic tubing or stability ball because they target the major muscle groups and actions. For example, the arm raises on knees targets the upper back and shoulder stability. Thus, the exercise is allowing that muscle to gain strength and</p>

	<p>groups she will need to increase her repetitions by 5 to 10% to maintain or increase her lean muscle mass and assist her glucose tolerance and insulin sensitivity.</p>	<p>new regular will need to be constructed to allow training adaptations.</p>		<p>endurance specifically to those areas. As these muscles adapt to the stress placed on them, the upper back and shoulders will then have the ability to perform tasks such as reaching high shelves or opening the refrigerator door more efficiently.</p>
<p>Flexibility</p>	<p>Stretching exercises and/or yoga classes can progressively increase with length of time and range of motion to improve and challenge her flexibility. If Sally begins with 10 second holds in her sessions, after 2 to 3 months her sessions should consist of 20 or 30 second holds for each exercise to increase her endurance. Sally can add or modify movements to increase her range of motion that may have been limited at the beginning but with time have become stronger. This can be done by stretching beyond the normal point of flexion or extension for a deeper movement.</p>	<p>Sally will need continuous weekly flexibility training in her routine from now on. This can be done by having set days in which she can plan to incorporate yoga in my routine, such as on Sundays, Tuesdays and potentially Thursdays, while stretching exercises can be performed after each session of her cardio or muscular training to allow her muscles to become relaxed after these exercises.</p>	<p>The exercises Sally has been prescribed for this category do not need to be overloaded to very high intensities because yoga and/or stretching exercises are made to reduce tension and relax the muscles of the body. However, they can be manipulated by changing the range of motion in which moves are conducted; lengthening the time of yoga from 30 minutes to 45 or 60, and/or increasing the number of day's exercises are performed from 2 to 3 or 3 to 4.</p>	<p>Specificity to flexibility exercises is on range of motion. As Sally's body trains to adapt to yoga and/or stretching exercises, her body will be able to bend and move with a greater range of motion without restrictions from muscles that are tight. For example, right now due to her inactivity Sally's balance on the right and the left foot may be off center. With due time and effort Sally will be able to maintain balancing on one foot or the other for longer lengths of time.</p>