GROUP INDUCTION PLANNING DOCUMENT

This document is not part of your assessed portfolio. However will find it a great help if you plan your induction session to ensure you cover all the required points.

Your tutor will assign you a series of exercises according to the facilities you have available at your gym.

Each client will not be required to perform every exercise. At least one client must attempt each exercise that is demonstrated. All clients must perform at least one exercise

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| Exercise/Machine/ Equipment (assigned by tutor) | Notes on set-up. Is everyone going to do the exercise? If not – what will the others be doing? | Teaching points – adjustments – adaptations – alternatives. How will you measure intensity? |
| CV |  |  |
| RM |  |  |
| FW1 |  |  |
| FW2 |  |  |
| BW |  |  |
| AFE |  |  |