**Programming worksheet – WARM UP ONLY**

|  |
| --- |
| **Indicate how you will achieve mobility in the Warm Up (to include all major joints to be used in the main session):** |
| **If you will achieve full mobility using your CV kit then you need to explain how / why.****Assuming that not all joints are mobilised on your chosen CV kit then you will need to add in further exercises here to mobilise the remaining joints.****Explain these additional exercises – a picture would be ideal if possible – and say which joints you are mobilising** |
| **Warm Up CV equipment / activity:** | **Time:** | **Workload / target training zone** | **Teaching points** |
| **CV1.** **This is for your chosen piece of kit** | **Say how long you plan to have them use the warm up CV machine** | **Use Borg 1-10****include any resistance / speed settings from the actual machine** | **Include key points that will ensure your client remains safe and the exercise is effective** |
| **Warm up stretches (include diagrams/images). Indicate whether dynamic or static -- and explain the reasons for your choices. Name muscle/s and length of hold (if static) NB You are not limited to 6 stretches.** |
| **Stretch Teaching Points Stretch Teaching Points** |
| **1****Name the stretch.****Say if dynamic or static****add your image****say why you have chosen the stretch** | **Stretches usually have a range of TPs for safety and effectiveness** | **4** |  |
| **2** |  | **5** |  |
| **3** |  | **6** |  |