**GROUP INDUCTION PLANNING SHEET – WITH A FEW EXAMPLES ADDED THIS CONTENT DOES NOT COVER EVERYTHING REQUIRED SO USE YOUR NOTES**

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| **Warm-up** |
| **CV equipment**  | **Time** | **Workload/target training zone** | **Notes** |
|  |  |  | *NOT GOING TO USE KIT FOR THE WARM UP* |
| **OR – you can choose to deliver a bodyweight warm up to the whole group – use this box to explain what you will do****Arm circles – squats with arm reaches – lunges – side bends – fwd and back arms** |
| **How will you achieve mobility?** |
| **Knees --- through squats and maybe heel to bum****Spine – rotations and side bends Hips – leg swings****etc** |
| **Warm up stretches (list them – say whether static or dynamic)****Dynamic – chest and upper back through the fwd and back arms.****Dynamic – hamstring and hip flexor in the leg swings.****Static - calf** |
| **GROUP INDUCTION PLANNING SHEET** |
|  |
| **Exercise** | **Who will do it?**  | **Set/reps** | **Resistance** | **Notes** |
| *CV****Rower*** | Sandra | NA but will aim for about 5 mins | Aiming to reach 10 resistance | Tell the group it’s good for a whole body warm up. Sandra will do the rower. I will take her through a warm up and then get her to say a 6 on Borg and then cool her down. I will observe and also use the talk test to monitorNASTY will include legs – arms – arms – legs action |
| *RM* | Keith |  |  |  |
| *FW1* | DL - all |  |  | I will make sure I teach the DL portion so everyone can have a go.  |
| *FW2****Bench*** | John and KeithJohn will do rack and I will spot in for Keith |  |  |  |
| *BW* |  |  |  |  |
| *AFE* | Everyone can have a go |  |  |  |
| **Cool-down** |
| **CV activity** | **Time** | **Workload/target training zone** | **Notes** |
| Walking around  | 2-3 minutes |  | The AFE is not CV challenging but we have been static on the floor so I want people to move around to get the blood flowing again – I will explain the importance of doing a CD when they come to the gym for their full workouts |
| **Cool-down stretches (say which are M and which are D)** |
| I will be doing my stretches standingDevelopmental for hamstring, hip flexors (lunge) and adductors (side lunge static) – all held for min 30 secondsMaintenance………Ensure everyone can feel the mild tension – point to the area we are stretching. Explain why it’s important to stretch. |