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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **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 monitor  NASTY 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 Keith  John 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 standing  Developmental for hamstring, hip flexors (lunge) and adductors (side lunge static) – all held for min 30 seconds  Maintenance………  Ensure everyone can feel the mild tension – point to the area we are stretching. Explain why it’s important to stretch. | | | | | | | |