**GROUP INDUCTION PLANNING SHEET**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Warm-up** | | | | | | | |
| **CV equipment** | **Time** | | **Workload/target training zone** | | **Notes** | | |
|  |  | |  | |  | | |
| **OR – you can choose to deliver a bodyweight warm up to the whole group – use this box to explain what you will do** | | | | | | | | |
| **How will you achieve mobility?** | | | | | | | | |
|  | | | | | | | | |
| **Warm up stretches (list them – say whether static or dynamic)** | | | | | | | | |
| **GROUP INDUCTION PLANNING SHEET** | | | | | | | |
|  | | | | | | | |
| **Exercise** | | **Who will do it?** | | **Set/reps** | | **Resistance** | **Notes** |
| *CV* | |  | |  | |  |  |
| *RM* | |  | |  | |  |  |
| *FW1* | |  | |  | |  |  |
| *FW2* | |  | |  | |  |  |
| *BW* | |  | |  | |  |  |
| *AFE* | |  | |  | |  |  |
| **Cool-down** | | | | | | | |
| **CV activity** | **Time** | | **Workload/target training zone** | | **Notes** | | |
|  |  | |  | |  | | |
| **Cool-down stretches (say which are M and which are D)** | | | | | | | |
|  | | | | | | | |