**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)** |
|  |