**Group induction sample assessment plans**

**1 from each category (assessor choice) will be assessed in the group induction (plus Mandatory Deadlift and Mandatory spotting)**

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| CV | X-trainerRowerTreadmillBike |
| RM | Lat pull-downLeg PressLeg CurlChest Press |
| BB Deadlift | Mandatory as a separately taught exercise*Be prepared to follow on with:*DL – Clean – Press to prepare for a Back Squat |
|  |  |
| DB Deadlift | Mandatory as a separate demonstration after the BB deadlift |
|  |  |
| FW1BBBench press | Mandatory as a separate taught exercise (also using DL skills to prepare the bar)Must demonstrate two versions of spotting:1. Spotting from the rack
2. Spotting in and out on the bench
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|  |  |
| FW2 | Upright rowBB curlLateral RaiseBB Back Squat |
| BW | Abdominal curlDorsal raiseSquatsAb curl |
| AFE | Medicine ball wood chopMed ball slamsPower bag pull throughPower bag lateral lunge |