**MAIN COMPONENT Duration**

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| **Music selection** |
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| **Notes – consider overall approach such as AMRPA, EMOM, Tabata, HIIT AND the circuit layout. You can add a diagram if you want to.** |
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| **Scripting for MAIN** |
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| **Description of activity (written and diagrams), to include:*** **Approach used**
* **Exercises**
* **Equipment used (where applicable)**
* **Timings, sets, reps**
* **Intensity**
 | **Coaching points****Please also clearly show where you will use silence and motivation techniques** | **Suggest one change to make each activity/exercise MORE challenging** **PROGRESSION** | **Suggest one change to make each activity/exercise LESS challenging****REGRESSION/ MODIFICATION** |
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