**Group induction sample assessment plans**

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

|  |  |
| --- | --- |
| CV | X-trainer  Rower  Treadmill  Bike |
| RM | Lat pull-down  Leg Press  Leg Curl  Chest 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 |
|  |  |
| FW1  BB  Bench 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 |
|  |  |
| FW2 | Upright row  BB curl  Lateral Raise  BB Back Squat |
| BW | Abdominal curl  Dorsal raise  Squats  Press Up |
| AFE | Medicine ball wood chop  Med ball slams  Power bag pull through  Power bag lateral lunge |