**GROUP INDUCTION PLANNING SHEET**

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| **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? Depending on the CV machine used you will need to include some additional mobility exercises** |
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| **Warm up stretches (list them – say whether static or dynamic – if static say why you have chosen this option)** |
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| **Stretch** | **Teaching Points** |
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| **Exercise** | **Who might do it?**  | **Set/reps** | **Resistance** | **Notes and teaching points (Consider NASTY when completing this section)** |
| **CV Machines** |
| Rower |  |  |  |  |
| X-trainer |  |  |  |  |
| Treadmill |  |  |  |  |
| Bike |  |  |  |  |
| **Resistance Machines** |
| Leg Curl |  |  |  |  |
| Chest Press |  |  |  |  |
| Lat pull-down |  |  |  |  |
| Leg Press |  |  |  |  |
| **Mandatory Free Weight exercises** |
| BB Deadlift*Be prepared to follow on with:*DL – Clean – Overhead Press to prepare for a Back Squat |  |  |  |  |
| DB Deadlift |  |  |  |  |
| BB Bench Press (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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| **Free Weight 2** |
| BB curl |  |  |  |  |
| BB Back Squat |  |  |  |  |
| Lateral Raise |  |  |  |  |
| Upright row |  |  |  |  |
| **Alternative Functional Exercise (AFE)** |
| Medicine ball wood chop |  |  |  |  |
| Med ball slams |  |  |  |  |
| Power bag lateral lunge |  |  |  |  |
| Power bag pull through |  |  |  |  |
| **Bodyweight (BW)** |
| Abdominal curl |  |  |  |  |
| Dorsal raise |  |  |  |  |
| Squats |  |  |  |  |
| Press Up |  |  |  |  |
| **Cool-down** |
| **CV activity****(can be a 2nd CV machine)** | **Time** | **Workload/target training zone** | **Notes** |
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| **Cool-down stretches (say which are M and which are D)** |
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| **Name the Stretch** | **Teaching Points** |
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