**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 | |  | |  | |  |  |
| **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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