

Planning gym-based exercise

Unit accreditation number: F/600/9018

Programme card

Safety checks required: (detail checks carried out and any subsequent action taken)		Any special arrangements or adaptations to be made: (in response to available time, equipment or facilities, or clients present on the day)	
Location of nearest telephone:		Location of nearest first aid kit:	
Duty first aider:			
Warm up: (appropriate stretches listed overleaf)			
CV equipment / activity:	Time:	Workload / target training zone:	Teaching points:
1.			
Main CV component:			
CV equipment / activity:	Time:	Workload / target training zone:	Teaching points:
2.			

Main resistance training section fixed resistance machines:

Exercise:	Equipment:	Sets / reps:	Teaching points:
1.			
2.			
3.			
4.			

Main resistance training section free weights:			
Exercise:	Equipment:	Sets / reps:	Teaching points:
1.			
2.			
3.			
4.			

Body weight exercises:			
Exercise:	Equipment:	Sets / reps:	Teaching points:
1.			
2.			
3.			
Cool down: (appropriate stretches listed below)			
CV equipment / activity:	Time:	Workload / target training zone:	Teaching points:

Warm up stretches (diagram and time to be held):

Cool down stretches in addition to above (diagram and time to be held):

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