

# Planning gym-based exercise

Unit accreditation number: F/600/9018

## Session plan - CV

Please complete one session plan for a CV exercise

Timings / intensity	Exercise / muscle group	Teaching points	Alternatives	Adaptations for
				14 - 16 age range
				Older adults
				Pre and post-natal clients
				Disabled clients

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### Session plan - resistance

Please complete one session plan for a resistance exercise

Timings / intensity	Exercise / muscle group	Teaching points	Alternatives	Adaptations for
				14 - 16 age range
				Older adults
				Pre and post-natal clients
				Disabled clients

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## Session plan - free weight exercise

Please complete one session plan for a free weight exercise

Timings / intensity	Exercise / muscle group	Teaching points	Alternatives	Adaptations for
				14 - 16 age range
				Older adults
				Pre and post-natal clients
				Disabled clients

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### Session plan - body weight

Please complete one session plan for a body weight exercise

Timings / intensity	Exercise / muscle group	Teaching points	Alternatives	Adaptations for
				14 - 16 age range
				Older adults
				Pre and post-natal clients
				Disabled clients