

**Park Sports Centre**  
**CYQ INSTRUCTING FITNESS AND EXERCISE L2 -GYM**

CANDIDATE NAME: \_\_\_\_\_

ASSESSMENT DATE: \_\_\_\_\_

PARTICIPANTS NAME: \_\_\_\_\_

**MOBILISATION AND PULSE RAISING**

EXERCISES, TEACHING POINTS,  
POSTURE

**PREPARATORY STRETCHES**

MUSCLE GROUPS, BODY POSITIONING, TEACHING POINTS,  
PROGRESSIONS/ADAPTAIONS

**CARDIOVASCULAR SECTION**

<b>EXERCISE</b>	<b>MACHINE</b>	<b>SPEED/RPM/SPM</b>	<b>TIME</b>	<b>LEV</b>	<b>TEACHING POINTS/PROG</b>
RE WARM AND CARDIOVASCULAR WORKOUT  (Aerobic Curve)					



BODY WEIGHT EXERCISES					
EXERCISE	EQUIPMENT	STARTING POSITION	REPS	SETS	TEACHING POINTS

## **MAINTENANCE and DEVELOPMENTAL STRETCHES**

MUSCLE GROUPS, BODY POSITIONING, TEACHING POINTS, PROGRESSIONS/ADAPTAIONS

USE SEPARATE SHEETS AS NECESSARY  
INCLUDE DIAGRAMS