

KEY BITS OF INFORMATION – L2 Version

- **How to teach any exercise.**

N-A-S-T-Y = **N**ame of exercise, **A**adjustments of exercise, **S**ilent demo, **T**eaching points, **Y**our go

- **Cardio Ranges (L2)**

Based on max heart rate (MHR%) or can use the Borg Rating Of Perceived Exertion Scale (RPE Scale)

MHR = 220 – AGE and then % off

Warm Up = 50-60% | Main Cardio = 80-85% | Cool Down = 60-50%

RPE Scale = 1 to 10 in terms of level of hardness

Warm Up = 5-6 | Main Cardio = 6-8 | Cool Down = 6-5

Note – Warm up is to bring the clients heart rate up, cool down is to lower it. This means your warmup will be 50-60% and cool down 60-50% to reflect this.

- **Resistance Work Ranges (L2)**

12 reps for 2 sets will be the rep range you will work to. This will then be expanded in your L3 qualification for the other training methods/approaches.

To work out the weight to complete 12 reps at, this will be <67% of the client's 1 rep max (1RM). This is completed with 2 warm up sets first then moving into 1-3 rep range until 1 rep max found.

- **Tips for writing workout plan/ cards**

FITT principle, we use this when writing out any workout plan/card. This stands for:

Frequency, **I**ntensity, **T**echnique, **T**ime

You should always cover all 4 areas on your workout card. For example.

Exercise	Frequency	Intensity	Technique	Time
Barbell Bench Press	2 sets of 12 reps	<67% of 1 RM	Multiple sets, Tempo 2:1:2	60 seconds rest between sets
Treadmill	1x per workout	60-80% MHR 6-8 RPE	<ul style="list-style-type: none"> - Enter from back of treadmill holding handles - Always stay at front of treadmill 	10 minutes

Workout plan layout;

- Always start with dynamic stretches
- Followed by warm up on cardio (3-5 min)
- Main cardio of workout plan
- Resistance part of plan, starting with compound exercises, isolation exercises then core
- End with cool down followed by developmental stretches

Compound = Exercises which use 3 or more muscles (bench press, squat, deadlift etc)

Isolation = An exercise that isolates a given muscle (bicep curl, hammer curl, tricep pulldown etc)

Core = Any exercise for your core abs, obliques and lower back (sit ups, heel taps, supermans)

Muscular fitness



Frequency	Two-three days a week for each major muscle group. Non-consecutive days. 48 hours rest between sessions for any specific muscle group.
Intensity	Resistance <ul style="list-style-type: none">• 40-50% of 1RM for older adults or sedentary adults.• 60-70% of 1RM for beginners.• > 80% of 1RM for experienced. Repetitions <ul style="list-style-type: none">• 8-12 repetitions.• 10-15 repetitions for beginners.• 15-20 repetitions for endurance. Sets <ul style="list-style-type: none">• Single sets effective for beginners or older adults.• 2-4 sets for adults.• < 2 sets is effective for endurance. Rest <ul style="list-style-type: none">• Intervals or 2-3 minutes between sets.
Time	<ul style="list-style-type: none">• No specific time recommended.

Muscular fitness programming



Three primary types of muscular fitness training

- Muscular endurance
- Muscular hypertrophy
- Muscular strength

To achieve each set objective the programme planning and exercise prescription will be different



Training goal	Strength	Hypertrophy	Endurance
Intensity	High	Moderate	Low
% of 1 RM	>85% of 1 RM	67-85% of 1 RM	<67% of 1 RM
Repetitions	1-5 reps per set	6-12 reps per set	12+ reps per set
Recovery time between sets	3-5 minutes	1-2 minutes	30-60 seconds
Sets per exercise	2-6	3-6	2-3
Frequency	1-2 per week	1-2 per week	2-3 per week

Baechle and Earle, 2000

Basic programming rules

The exercises selected and the order in which these exercises are performed can profoundly influence the effectiveness of a workout

Key resistance training programme design rules include:

- Promote muscular balance
- Train large muscle groups earlier
- Complex / high skill exercises earlier
- Synergists and fixators later



The Big 6



CrossFit



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Deadlift

Squat

Chest press

Bent over row

Triceps press

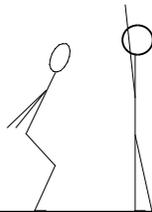
Bicep's curl

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

Squat to overhead arm swing – 8-10 reps

Posterior lunge with overhead reach – 8-10 reps (be sure to include a diagram)

Standing dynamic pectoral stretch – 8-10 reps (be sure to include a diagram)



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

Static lying hamstring stretch (developmental)

Take stretch to point of bind, hold for 10-15s until the tension within the muscle has reduced. Relax and increase range of motion of the stretch until tension is felt again.



Again hold for 10-15s until tension has released. Repeat the previous steps before returning to the start position

**How could the exercises / physical activities in this session be adapted if the client
able to participate as planned goals) notes:**

Additional comments and progress review (changes to short, medium or, long-term was not

Instructional acronym



- N** • Name the exercise, purpose and muscles used.
- A** • Adjust equipment to suit client.
- S** • Silent demonstration with perfect form.
- T** • Teaching points to reinforce observation.
- Y** • Your client's turn.

How do we train cardiovascular fitness?



Frequency	Three to five days a week.
Intensity	Moderate to vigorous intensity. <ul style="list-style-type: none">•Moderate: 50-65% of MHR or 5 - 6 RPE.•Vigorous: 65-90% of MHR or 7 - 9 RPE.
Time	20-30 minutes or up 60 minutes of continuous or intermittent activity. <ul style="list-style-type: none">•Moderate intensity: 30 minutes, which can be accumulated•Vigorous intensity: 20 minutes sustained.
Considerations	Untrained or deconditioned individuals will need to work towards these recommendations

RPE Scale	Rate of Perceived Exertion
10	Max Effort Activity Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time.
9	Very Hard Activity Very difficult to maintain exercise intensity. Can barely breath and speak only a few words
7-8	Vigorous Activity Borderline uncomfortable. Short of breath, can speak a sentence.
4-6	Moderate Activity Breathing heavily, can hold short conversation. Still somewhat comfortable, but becoming noticeably more challenging.
2-3	Light Activity Feels like you can maintain for hours. Easy to breathe and carry a conversation
1	Very Light Activity Hardly any exertion, but more than sleeping, watching TV, etc