Lesson Plan

iUSP152 – Planning gym-based exercise

Component: _____   **Level:** _____

Cardiovascular exercises/machines to be used *To include:* *Reason for choice* *Machine* *Timings etc.*	Fixed resistance exercises/machines to be used *To include:* *Reason for choice* *Machine* *Repetitions etc.*	Body weight exercises to be used *To include:* *Reason for choice* *Quantity etc.*	Free weight exercises/equipment to be used *To include:* *Reason for choice* *Weights* *Repetitions etc.*
Teaching points	**Teaching points**	**Teaching points**	**Teaching points**

Document History

Version	Issue Date	Changes	Role
v1	27/09/2019	First published	Qualifications Administrator