



YMCA Awards

Level 3 Bespoke exercise
programme design
2018

Level 3 Bespoke exercise programme design

**Current guidelines for muscular
fitness, CV fitness and flexibility**

Order and relevance of fitness components for each session would be specific to client

- Warm-up
- Flexibility (as part of warm-up)
- Balance, motor skills training, proprioception training
- Core stability
- Cardiovascular workout
- Muscular conditioning (inc. power if appropriate)
- Cool-down, including flexibility

Level 3 Bespoke exercise programme design

**Flexibility, motor skills and core
stability**

ACSM guidelines – Flexibility

- F – minimum of 2/3 times per week
- I – 3 to 4 reps per muscle group to the end of ROM without discomfort
- T – 15-60 seconds for each static stretch. 6 second contraction followed by 10 to 30 second assisted stretch (PNF)
- T – static, dynamic or PNF stretches

Examples of flexibility systems

- CRAC (contract, relax, agonist, contract)
- PNF (Proprioception Neuromuscular Facilitation)
- Static
- Ballistic
- Dynamic
- Partner stretching

Motor skills

- Balance and coordination exercises
- Exercises that challenge proprioception/ spacial awareness

Core stability

- Stabilisation core exercises for the spine
- Mobilisation core exercises for the spine

Core stability exercises

- Drawing-in manoeuvre (stabilisation)
- Superman (stabilisation)
- Floor bridge (stabilisation)
- Plank (stabilisation)
- Abdominal crunch (movement)
- Reverse crunch (movement)
- Cable rotation (movement)

Biomechanics

Progress or regress an exercise by manipulating variables that affect biomechanics

- Lever length
- Planes of movement
- Base of support
- Stability
- Centre of gravity
- Range of movement
- Momentum
- Posture and alignment

