

# Instructing gym-based exercise

Level 2 Gym-based programme  
delivery and professional  
instruction

## Learning outcomes

By the end of this session you will be able to:

- Instruct safe and effective exercises for all components of a gym-based session (including safe lifting and spotting where required)
- Identify methods of adapting gym-based exercise programmes to ensure appropriate progression and/or regression
- Give explanations and demonstrations that are technically correct (with safe and effective alignment of exercise positions)

## Learning outcomes

By the end of this session you will be able to:

- Check client understanding at regular intervals

## Exercise technique - CV

Identify and practice safe and effective alignment for the following CV machines:

- Upright cycle
- Recumbent cycle
- Treadmill
- Stepper
- Rowing machine
- Elliptical trainer
- Cross trainer

## Exercise technique - CV

- Upright cycle



## Exercise technique - CV

- Recumbent cycle



## Exercise technique - CV

- Stepper



## Exercise technique - CV

- Rowing machine





## Exercise technique - CV

- Elliptical/Cross trainer



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## Exercise technique – Resistance training

Identify and practice safe and effective alignment for the following resistance machines:

- Seated chest press (neutral and BB grips)
- Seated row (neutral and BB grips/low pulley)
- Shoulder press
- Lat pull down (in front of chest)
- Bench press
- Pec dec
- Triceps press/Triceps pushdown (high pulley)

## Exercise technique – Resistance training

Identify and practice safe and effective alignment for the following resistance machines:

- Seated biceps curl/low pulley biceps curl
- Leg press (lying/seated)
- Seated adductor
- Seated abductor
- Leg curl (lying/seated)
- Ab machine
- Lower back machine

## Exercise technique – Resistance training

- Seated chest press



## Exercise technique – Resistance training

- Seated row



## Exercise technique – Resistance training

- Shoulder press



## Exercise technique – Resistance training

- Lat pull down



## Exercise technique – Resistance training

- Pec dec





## Exercise Technique – Resistance training

- Triceps press/Triceps push down



## Exercise Technique – Resistance training

- Seated biceps curl/Standing biceps curl (low pulley)



## Exercise Technique – Resistance training

- Leg press



## Exercise Technique – Resistance training

- Seated adductor



## Exercise technique – Resistance training

- Seated abductor



## Exercise technique – Resistance training

- Seated leg curl



## Exercise technique – Resistance training

- Ab machine



## Exercise technique – Resistance training

- Lower back machine





## Exercise technique – Free weights

Identify and practice safe and effective alignment for the following free weight exercises:

- Dead lift (barbell/dumbbell)
- Upright row
- The clean
- Barbell biceps curl
- Dumbbell biceps curl
- Squat (barbell/dumbbell)

## Exercise technique – Free weights

Identify and practice safe and effective alignment for the following free weight exercises:

- Squat (barbell/dumbbell)
- Shoulder press
- Dumbbell lateral raise/Dumbbell front raise
- Lunge (barbell/dumbbell)
- Single arm row
- Prone flyes
- Dumbbell single arm triceps press

## Exercise technique – Free weights

- Dead lift (barbell/dumbbell)



## Exercise technique – Free weights

- Upright row



## Exercise technique – Free weights

- Barbell biceps curl



## Exercise technique – Free weights

- Dumbbell biceps curl



## Exercise technique – Free weights

- Squat



## Exercise technique – Free weights

- Dumbbell shoulder press





## Exercise technique – Free weights

- Dumbbell lateral raise



## Exercise technique – Free weights

- Lunge



## Exercise technique – Free weights

- Single arm row



## Exercise technique – Free weights

- Prone flyes



## Exercise technique – Free weights

- Dumbbell single arm triceps press



## Exercise technique – Free weights

Identify and practice safe and effective alignment for the following:

- Bench press
- Lying dumbbell chest flyes
- Lying triceps press
- Bent arm pullover
- Safe lifting and passing technique
- Spotting

## Exercise technique – Free weights

- Bench press



## Exercise technique – Free weights

- Lying dumbbell chest flyes





## Exercise technique – Free weights

- Lying triceps press



## Exercise technique – Free weights

- Bent arm pullover



## Exercise technique – Body weight

Identify and practice safe and effective alignment for the following body weight exercises:

- Abdominal curl/crunch
- Oblique twist
- Back raise/extension
- Press ups
- Chins
- Lunge
- Squat

## Exercise technique – Body weight

- Abdominal curl/crunch



## Exercise technique – Body weight

- Oblique twist



## Exercise technique – Body weight

- Back raise/extension



## Exercise technique – Body weight

- Press up



## Exercise technique – Body weight

- Chins





## Exercise technique – Body weight

- Lunge



## Exercise technique – Body weight

- Squat



## Exercise technique – Flexibility

Identify and practice safe and effective alignment for stretches for the following muscles:

- Gastrocnemius and soleus
- Gastrocnemius
- Hamstrings (standing, sitting and lying)
- Quadriceps (standing and lying)
- Adductors (standing and sitting)
- Abductors (sitting and lying)
- Hip flexors

## Exercise technique – Flexibility

Identify and practice safe and effective alignment for stretches for the following muscles:

- Obliques
- Deltoids
- Triceps
- Pectoralis major
- Latissimus Dorsi
- Trapezius
- Erector Spinae

## Progression and adaptation

<b>Cardiovascular machines</b>	
Upright cycle	RPM and level
Recumbent cycle	RPM and level
Treadmill	MPH/KPH and incline
Stepper	Stairs climbed/level/speed
Rowing machine	Pace/500m
Elliptical trainer/Cross trainer	RPM/level/incline
N.B. This may vary depending on equipment	

## Progression and adaptation

<b>Resistance machines and free weights</b>
Range of motion
Rate
Repetitions
Resistance
Sets
Systems used

## Progression and adaptation

### **Flexibility**

Alternative client position to accommodate physical limitations

Use of small equipment (e.g. towels, yoga blocks, cushions)

Length of hold

## Teaching strategies

- Instruction, demonstration and explanation of the key teaching points
- Explaining in jargon-free language (depending on client experience) the purpose and benefit of each exercise
- Application of concepts such as IDEA or NAMSET for demonstration purposes (where relevant to the client)
- Performance of the exercises with good technique
- Attention and appropriate correction of the client's technique and alignment
- Monitoring clients' performance



## Teaching strategies

- Develop client coordination by building exercises and movements up gradually
- Ensure sufficient time to practice
- Minimise external distraction
- Work at appropriate speed
- Use 'whole-part-whole' process
- Be aware of different learning styles
- Understand individual preferences for involvement
- Adopt an inclusive approach to communication

## Teaching strategies

NAMSIT

N - **Name** the exercise

A – Name the **Area**

M – Name the **Muscle**

S – **Silent** demonstration

I – **Instruct**

T – **Teach** into position

# Teaching strategies

IDEA

**I – Introduction**

**D – Demonstration**

**E – Explanation**

**A - Activity**

## Checking client understanding

- Ensure you have effective communication methods
- Ask open-ended questions that encourage the client to speak at length
- Use active-listening to create rapport
- Ensure the client understands the instructions and guidance offered
- Ensure the instructor understands the information given by the client