



YMCA Awards

Level 3 Customised exercise
programme instruction and
communication techniques
2018

Level 3 Customised exercise programme instruction

Adapting the planned exercises

Adaptation

Adapt exercises/exercise positions to:

- Ensure that your body position does not invade the clients' personal space
- Ensure safety, especially when spotting exercises are being performed for the first time
- Include different environments / group situations
- Adapt exercise positions by regressing or progressing intensity as appropriate

Reasons to adapt the planned exercises

If the client arrives to a session with:

- Injury
- Illness
- High levels of stress
- Inappropriate pre-exercise nutrition e.g. eaten too close to a workout or not eaten enough
- Low levels of motivation
- Delayed onset of muscle soreness (DOMS)

The following may effect safety and effectiveness of the planned session:

- Fitness environment is hotter or colder than usual
- Equipment or space availability
- Time restrictions
- Exercise space available
- Quality of equipment (tears, breaks, functioning correctly)
- Trip, slip or fall hazards
- Other gym users
- First aid experienced personnel
- Fire exits clearly signed and clear from any blockages

