



# YMCA Awards

Level 3 Customised exercise  
programme instruction and  
communication techniques  
2018

# Level 3 Customised exercise programme instruction

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## **Fitness training techniques**

## Learning outcomes

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

- Identify suitable fitness training techniques for components of fitness that can be used within a client programme to achieve their individual goals
- Distinguish which of the training techniques might be suitable for:
  - An inexperienced individual/beginner
  - An experienced individual/athlete

# Cardiovascular fitness training techniques

Remember to link exercises and approach to clients goals and abilities.  
Examples include:

- Continuous
- Intervals
- HIIT (High intensity interval training)
- Fartlek

## Resistance training techniques (examples)

- Super setting
- Tri sets
- Giant sets
- Pyramid training
- Negative training
- German volume training
- Drop sets



## Resistance training techniques (examples cont.)

- Circuit-style training
- Time under tension
- Basic sets
- Partial reps
- Pre and post-exhaust
- Escalating density training



# Consider which training techniques are suitable for:

- Inexperienced individuals or beginners
- Experienced individuals or athletes

## Focus on:

- Previous experience
- Goals
- Safety
- Physiological adaptation
- Client enjoyment
- Encourage adherence





