

Group Training Check-List

Pre-Class Preparation

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| 1 | Essentials | 15 mins | <ul style="list-style-type: none">• Prepare space for session• Check equipment• Check timer• Check log book of attendees• Ensure program is clearly written on the board |
| 2 | Set The Proper Tone | 5 mins | <ul style="list-style-type: none">• Create the ambience with music in the background (not too loud)• Mentally prepare yourself for session: 'I am going to give the best session'• Greet each member by name (if you don't know their name ask) |

Class /Session

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| 1 | Framing of Session | 2 mins | <ul style="list-style-type: none">• Get group together and provide a brief of the session• Run them through the program• Scan for injuries: Ask if anyone is injured• Introduce any new member to group |
| 2 | Warm-up Phase | 10 mins | <ul style="list-style-type: none">• Observe how people in the group are moving• Connect with them: Give them a little story that will make them laugh• Spend at least 10 mins with a thorough warm-up |
| 3 | Explain and Demonstrate Exercises | 3 mins | <ul style="list-style-type: none">• Clearly outline how the workout will be (this is why we do not create complex programs – less is more)• Demonstrate the exercises and relevant regressions |
| 4 | Class / Session | 20-25 mins | <ul style="list-style-type: none">• Be present – move around the class and use verbal cuing• Be adaptive – solution for those who are struggling• Keep energy flowing – sufficient breaks between sets/ reps |
| 5 | Cool Down | 5 mins | <ul style="list-style-type: none">• Congratulate group• Optional finisher (usually 2-3mins)• Deep breathing and slow yoga style stretching• Ask for general feedback from group• Finish on a high – 'High fives', 'hugs', wishing them a great day... |

Post-Session Tip: Provide extra client time (for those who need it) – going that extra mile will show your class as a coach