

Group induction sample assessment plans

Assessment 1

CV	X-trainer
RM	Lat pull-down
FW1	Upright row
FW2	Bench press
BW	Abdominal curl
AFE	Medicine ball wood chop

Assessment 2

CV	Rower
RM	Leg press
FW1	Barbell curl
FW2	Pec flyes
BW	Dorsal raise
AFE	Core ball squat

Assessment 3

CV	Treadmill
RM	Leg extension
FW1	Lateral raise
FW2	Bent-arm pullover
BW	Press-up
AFE	Power bag lateral lunge

Assessment 4

CV	Upright bike
RM	Chest press
FW1	DB lunge
FW2	Lying triceps extension
BW	Pull-ups
AFE	Core ball crunch

Assessment 5

CV	Recumbent bike
RM	Leg curl
FW1	Prone flyes
FW2	Incline DB chest press
BW	Squats
AFE	Medicine ball slams

Assessment 6

CV	X-trainer
RM	Cable cross-overs
FW1	Barbell squat
FW2	Bent-arm pullover
BW	Abdominal curl
AFE	Power bag transverse pull-through