

SISFFIT003 Instruct Fitness Programs

Practical activity

Student Name : _____

Date : _____

Student signature: _____

Assessor Name : _____

Date : _____

Assessor Name : _____

1. Perform the listed exercises, Identify the joint movement and primary muscles used;

Exercise	Name of Joint	Type of Joint movement	Muscles creating movement (agonists)
DB lateral raise			
AB crunch			
Hamstring curls			
Bicep curl			
Tricep dips			
Seated calf raises			

2. Name and demonstrate an alternative to the listed exercises?

Exercise

First Progression

Bench Press	Eg, pushups
Squat	
Lateral side raise	
Abdominal crunch	
Dumbbell bicep curl	
Machine shoulder press	