

**SISFFIT040 Develop and instruct Gym-based exercise programs to individual clients**

**Practical activity**

Student Name : \_\_\_\_\_

Date : \_\_\_\_\_

Student signature: \_\_\_\_\_

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

<b>Exercise</b>	<b>Name of Joint</b>	<b>Type of Joint movement</b>	<b>Muscles creating movement (agonists)</b>
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	