

Exercise Analysis

Exercise	Joint(s)	Joint Movement	Muscles producing the movement
Squat			
Lunge			
Step Ups			
Wide Push Up			
Narrow Push Up			
Pull Up (wide)			
Chin Up (narrow)			
Bench Press			
Seated Row (wide)			
Seated Row (narrow)			
Shoulder Press			

EPTI Programme Card



Client Name:		Date:		Trainer:	
PAR-Q Complete? Y/N Notes:				Verbal Screening Notes:	
Warm Up:					
CV Equipment	Duration	Workload/ Intensity		Notes, Teaching Points	
Dynamic Stretches:					
1	2	3	4		
Resistance Training:					
Method	Sequence	Exercise	Sets	Reps	Notes, Teaching Points
Main CV:					
CV Equipment	Duration	Format, Workload, Work/ Rest		Notes, Teaching Points	
Cool Down:					
CV Equipment	Duration	Format, Workload, Work/ Rest		Notes, Teaching Points	
Core:					
Exercise		Sets	Reps	Notes, Teaching Points	
1					
2					
Static Stretches:					
1	2	3	4		
5	6	7	8		
Notes:					

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EPTI Learner Evaluation – Summary Sheet

As a learner we request that you take a few minutes to complete the evaluation questions below. Once completed please hand into your tutor.

Course:		Course Month/Venue:	
Learner name:		Date:	

Learner Evaluation Form (Please Complete all Questions)

1. Please provide feedback on the venue and resources available:
2. Please provide feedback on the content and training of the course:
3. Which parts of the course did you gain most from?
4. What improvements could you suggest?
5. What overall feedback/comments could you give regarding the training course?