**Fitness Assignment 1 – Checklist**

**Workout 1: Indoor HIIT Workout**

□ Workout has a name

□ Workout has an introduction

□ Welcomes chicks and introduces self

□ Explains and breaks down the workout

(includes timing, # of intervals/rounds, type of workout – cardio/strength focused)

□ Explains level 1,2,3

□ Explains RPE and where chicks should be during class

□ Equipment is appropriate for class type and location

□ Warm-up

□ Full body/dynamic

□ Body of the workout follows the guidelines and template given

□ Body of workout has at least 1 lower body exercise for each round of strength

□ The progression from level 1-3 follows guidelines

□ No half/partial movements for Level 1 (or any level!)

□ Only uses no weight for level 1 exercises where appropriate

(ie. where body weight is used as external resistance. You need weight/resistance for rows, deadlifts, presses, etc.)

□ Uses plyos, compound movements, balance, inclines, etc. for level 2 and 3 progressions

□ Not just increasing weight for level 2 and 3

□ Modifications:

□ Uses a completely different exercise that still works the same muscle group

□ Cool-Down

□ Stretches target major muscle groups worked during the class

□ Class wrap

□ Congratulates chicks on finishing and job well-done

□ Reminds chicks about post workout nutrition/hydration

□ Asks if anyone has questions

□ Reminds chicks how to contact if needed

**Workout 2: Indoor Circuits Alternating cardio & Strength**

□ Workout has a name

□ Workout has an introduction

□ Welcomes chicks and introduces self

□ Explains and breaks down the workout

(includes timing, # of intervals/rounds, type of workout – cardio/strength focused)

□ Explains level 1,2,3

□ Explains RPE and where chicks should be during class

□ Equipment is appropriate for class type and location

□ Warm-up

□ Full body/dynamic

□ Body of the workout follows the guidelines and template given

□ The workout is well balanced

□ There are push/pull exercises

□ There are upper and lower body exercises

□ Transition exercises are a moving exercise for all levels

□ The progression from level 1-3 follows guidelines

□ No half/partial movements for Level 1 (or any level!)

□ Only uses no weight for level 1 exercises where appropriate

(ie. where body weight is used as external resistance. You need weight/resistance for rows, deadlifts, presses, etc.)

□ Uses plyos, compound movements, balance, inclines, etc. for level 2 and 3 progressions

□ Not just increasing weight for level 2 and 3

□ Modifications:

□ Uses a completely different exercise that still works the same muscle group

□ Cool-Down

□ Stretches target major muscle groups worked during the class

□ Class wrap

□ Congratulates chicks on finishing and job well-done

□ Reminds chicks about post workout nutrition/hydration

□ Asks if anyone has questions

□ Reminds chicks how to contact if needed

**Workout 3: Outdoor HIIT Workout**

□ Workout has a name

□ Workout has an introduction

□ Welcomes chicks and introduces self

□ Explains and breaks down the workout

(includes timing, # of intervals/rounds, type of workout – cardio/strength focused)

□ Explains level 1,2,3

□ Explains RPE and where chicks should be during class

□ Equipment is appropriate for class type and location

□ Warm-up

□ Full body/dynamic

□ Body of the workout follows the guidelines laid out

□ The workout is well balanced

□ There are push/pull exercises

□ There are upper and lower body exercises

□ The progression from level 1-3 follows guidelines

□ No half/partial movements for Level 1 (or any level!)

□ Only uses no weight for level 1 exercises where appropriate

(ie. where body weight is used as external resistance. You need weight/resistance for rows, deadlifts, presses, etc.)

□ Uses plyos, compound movements, balance, inclines, etc. for level 2 and 3 progressions

□ Not just increasing weight for level 2 and 3

□ Cool-Down

□ Stretches target major muscle groups worked during the class

□ Class wrap

□ Congratulates chicks on finishing and job well-done

□ Reminds chicks about post workout nutrition/hydration

□ Asks if anyone has questions

□ Reminds chicks how to contact if needed