**FITNESS & NUTRITION EXPERT PRACTICAL EXAM**

**Please include the links for your practical exam on this form and submit this document to assignments@fitchicks.ca**

**GROUP FITNESS PRACTICAL EXAM**

1. <https://youtu.be/H8ceyxBzMP8>

2. <https://youtu.be/500DqnMDpKg>

3. <https://youtu.be/MOFpgDZmL20>

4. <https://youtu.be/oifg0kJREhc>

5. <https://youtu.be/Wt-bRGqz-Ao>

6. <https://youtu.be/DGBwn6ifTW4>

7. <https://youtu.be/5GFbs4dSP5A>

**PERSONAL TRAINING PRACTICAL EXAM**

1. <https://youtu.be/DD1Ymk0JQoM>

2. <https://youtu.be/hMjFFLn-MAk>

3. <https://youtu.be/q1h91mUNbmA>

4. [https://youtu.be/cW9RGiWALRk](https://youtu.be/cW9RGiWALRk%20%20)  / <https://youtu.be/v6SI-Iu5y1w>

5. <https://youtu.be/DneGGpPLDys>