

NZ CERTIFICATE IN FITNESS
**Personal Training, Individual Fitness Instruction,
Group Fitness Instruction**

STANDARD EXERCISE SCHEDULES

- A. For use with Units - 7021, 7023, 7024, 7026, 7051.
- B. For use with Unit - 7023.
- C. For use with Unit - 9809

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STANDARD EXERCISE SCHEDULE A



PURPOSE STATEMENT

This unit standard is included in specified unit standards for the Fitness Industry, in the domains of EXERCISE PRESCRIPTION and FITNESS INSTRUCTION. The schedule is intended to reflect a desirable entry level exercise vocabulary for work in the NZ Fitness Industry. The schedule is not an exhaustive list of exercises nor is it intended to exclude those exercises or variations not listed.

The schedule contains sections on resistance training exercises using:

- bodyweight (BWgt).
- free weights (FW).
- exercise machines. (M)
- stability devices, eg, Swiss balls, Medicine balls (SB, MB).

The schedule also contains a section on free-standing exercises, primarily for the Group Fitness strand.

SPECIAL NOTES

(1) **Definition of Correct Form**

Correct form in the execution of exercises, is form that uses biomechanically sound body alignment, and the fullest range of movement consistent with safety for all joints involved, and that uses as prime movers, those muscles and/or muscle groups for which the exercise is designed.

In some cases, the main feature of correct form will be the isolation of effort into a single muscle group. In others, the main feature of correct form will be co-ordinated sequential employment of several muscle groups.

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“Correct form” also encompasses correct breathing technique during resistance training, and it is expected the correct form is maintained from “picking up” the resistance/weight to “putting down” the resistance/weight..

(2) **Abbreviations used with reference to Equipment**

| | | |
|-------|---|---|
| BB | = | Barbells. |
| DB | = | Dumb-Bells. |
| FW | = | Free Weights (inclusive of barbells and dumb-bells). |
| Band | = | A rubber or similar band used to provide resistance. |
| SB | = | Swiss Ball (also known as Dura-Ball). |
| MB | = | Medicine Ball. |
| Bench | = | A bench (other than an ordinary flat bench), configured for the exercise involved, ie, decline/incline bench. |
| FS | = | Free-Standing |

“Machine” refers to pinloaded machines, hydraulic and pneumatic machines, cable-operated machines (with and without cams), and machines based on levers.

CV Machines = Cardiovascular equipment, eg, Treadmills, Cycles, Steppers, Rowing Machines, and any other machine intended for providing a cardiovascular workout.

- (3) The option of performing an exercise without added resistance is assumed and is not noted as a separate requirement, except where use of body weight is the standard form of exercise.

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(4) Using this Schedule

Exercise Schedule A comprises four (4) sections, as follows:

Section 1: Resistance Training Exercise

- Each exercise is listed alphabetically according to the area of the body targeted for conditioning.
- Intended for all strands in fitness, ie, Individual Fitness Instruction, Personal Training and Group Fitness Instruction where resistance using Barbells, Dumbbells, Machines (eg, Circuit Classes), and Bands are used.

Section 2: Free-standing Exercise

- Conditioning exercises which do not use equipment to provide extra resistance.
- The use of “Steps” and “Boxing Equipment” is included in this section.

Section 3: Stretching

- A base stretching vocabulary intended as entry-level for all strands in fitness, ie, Individual Fitness Instruction, Personal Training and Group Fitness Instruction.
- Intended as a tool for assessing passive, self or partner-assisted stretching, not PNF stretching.

Section 4: Muscle Groups

- An entry-level ability to identify muscles and/or muscle groups conditioned in Sections 1 and 2 of this schedule (Refer Unit 7021).

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5. Most of the listed exercises normally done bilaterally can be done unilaterally so this has not been listed as an option unless there are significant changes in the nature of the exercise. This is considered to be the case for standard and one-legged squats.
6. With squats, Machine includes the standard squat/calf raise pinloaded machine station, the Smith machine and the Hack Squat machine.
7. In this case, incline means that the hands are supported at a level **higher** than the feet and decline means the feet are supported at a higher level than the hands. This has the effect that an incline bench press is more or less equivalent to a decline push up and vice versa.
8. While there is some variation with individuals and with exercises, the grip widths may be approximated as follows:
 - Narrow Grip – extended thumbs can touch in pronated grip.
 - Common Grip – approximately shoulder width.
 - Wide Grip – width between the hands when the upper arms are held horizontally to the sides with a right angle at the elbows.

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SECTION 1

RESISTANCE TRAINING EXERCISES

Refer Units 7021, 7023, 7024, 7026, 13382.

| Area of Body Targeted | Exercise Name | Major Muscles Targeted (Entry Level Knowledge) | Body Position | Variations Suggested for Assessment Purposes | Equipment Options |
|--|---|--|---|--|---|
| Trunk and Legs | <ul style="list-style-type: none"> ▪ Lunge | <ul style="list-style-type: none"> ▪ Quadriceps Group. <ul style="list-style-type: none"> Rectus femoris Vastus Lateralis Vastus Medialis Vastus Intermedius ▪ Gluteal Group. <ul style="list-style-type: none"> Gluteus Maximus Gluteus Medius Gluteus Minimus Tensor Fasciae Latae ▪ Erector Spinae. ▪ Abdominals. | <ul style="list-style-type: none"> ▪ Standing. | <ul style="list-style-type: none"> ▪ Static. ▪ Alternate. ▪ Dynamic | <ul style="list-style-type: none"> ▪ FS (no equipment). ▪ DB, BB. ▪ Med. Ball. |
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| | | | | | |
|--|-------|--|---|---|---|
| | Squat | <ul style="list-style-type: none"> ▪ Quadriceps Group. ▪ Gluteal Group. ▪ Hamstring Group. <ul style="list-style-type: none"> Biceps Femoris Semi-membranosus Semi-tendinosus Sartorius Popliteus ▪ Abdominal Group. <ul style="list-style-type: none"> Rectus Abdominus Transversus Abdominus Internal & External Obliques | <ul style="list-style-type: none"> ▪ Standing. | <ul style="list-style-type: none"> ▪ Both legs. ▪ One legged. ▪ Adductor squat - wide ▪ Narrow squat. | <ul style="list-style-type: none"> ▪ FS (no equipment). ▪ SB. ▪ BB. ▪ Machine, eg, (Hack Squat, Smith Machine). |
|--|-------|--|---|---|---|

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| Area of Body Targeted | Exercise Name | Major Muscles Targeted (Entry Level Knowledge) | Body Position | Variations Suggested for Assessment Purposes | Equipment Options |
|--|--|--|--|---|---|
| <ul style="list-style-type: none"> ▪ Legs | <ul style="list-style-type: none"> ▪ Calf Raise (Heel Raise) | <ul style="list-style-type: none"> ▪ Plantar Flexors (calves) ▪ Gastrocnemius ▪ Soleus | <ul style="list-style-type: none"> ▪ Standing. ▪ Sitting. | <ul style="list-style-type: none"> ▪ Toes straight. ▪ Toes in/out. | <ul style="list-style-type: none"> ▪ FS. ▪ FW. ▪ Machine. |
| | <ul style="list-style-type: none"> ▪ Hip Abduction (Side Leg Raise) | <ul style="list-style-type: none"> ▪ Abductor Group ▪ Gluteus medius. ▪ Gluteus minimus | <ul style="list-style-type: none"> ▪ Standing. ▪ Lying. | | <ul style="list-style-type: none"> ▪ Band. ▪ Machine. ▪ Leg weight. |
| | <ul style="list-style-type: none"> ▪ Hip Adduction | <ul style="list-style-type: none"> ▪ Adductor Group ▪ Adductor Magnus ▪ Adductor Brevis ▪ Adductor Longus ▪ Pectineus ▪ Gracilis | <ul style="list-style-type: none"> ▪ Standing. ▪ Lying. | | <ul style="list-style-type: none"> ▪ Band. ▪ Machine. ▪ Leg weight. |
| | <ul style="list-style-type: none"> ▪ Hip Extension (Rear Leg Raise) | <ul style="list-style-type: none"> ▪ Hamstring Group (as above) | <ul style="list-style-type: none"> ▪ Standing. ▪ Prone ▪ Lying. ▪ Kneeling | | <ul style="list-style-type: none"> ▪ Band. ▪ Machine. ▪ Leg weight. ▪ SB |
| | <ul style="list-style-type: none"> ▪ Leg Curl (Hamstring Curl) | <ul style="list-style-type: none"> ▪ Hamstring Group (as above) | <ul style="list-style-type: none"> ▪ Standing. ▪ Sitting. ▪ Prone ▪ Lying. ▪ Supine ▪ Lying with SB. | <ul style="list-style-type: none"> ▪ Single on machine | <ul style="list-style-type: none"> ▪ Bank. ▪ Machine. ▪ Leg weight. ▪ SB. |
| | <ul style="list-style-type: none"> ▪ Leg Extension. | <ul style="list-style-type: none"> ▪ Quadriceps Group (as above) | <ul style="list-style-type: none"> ▪ Sitting. | <ul style="list-style-type: none"> ▪ Toes in. ▪ Toes out. ▪ Feet straight. | <ul style="list-style-type: none"> ▪ Band ▪ Machine. ▪ Leg weight. |
| Exercise Schedule A – NZ Certificate in Fitness S.F.R.I.T.O. © 2001 | | | | | |

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|--------------|--|---|---|--|---|
| | <ul style="list-style-type: none"> Leg Press | <ul style="list-style-type: none"> Quadriceps Group Hip Flexors Iliacus Psoas | <ul style="list-style-type: none"> Standing. Sitting. Supine Lying. | <ul style="list-style-type: none"> Feet straight. Single leg on machine | <ul style="list-style-type: none"> Machine. |
| Trunk | <ul style="list-style-type: none"> Abdominal Curls (Crunches) | <ul style="list-style-type: none"> Rectus abdominus | <ul style="list-style-type: none"> Sitting. Supine Lying. SB (Swiss Ball). | <ul style="list-style-type: none"> Arms straight (hands to thighs). Arms folded to chest. Arms above shoulders (straight or hands touching side of head). | <ul style="list-style-type: none"> On floor. On decline board. Machine (M). On SB. Legs on SB. |
| | <ul style="list-style-type: none"> Back Extension | <ul style="list-style-type: none"> Erector Spinae Group | <ul style="list-style-type: none"> Prone Lying on floor. Prone Lying on SB. | <ul style="list-style-type: none"> Arms held at sides. Hands touching sides of head. Forearms resting on floor. Alternate arm and leg raise. | <ul style="list-style-type: none"> On floor. On bench/machine. On SB. |
| | <ul style="list-style-type: none"> Oblique Abdominal Curls | <ul style="list-style-type: none"> Oblique Abdominal Group (Internal & External). | <ul style="list-style-type: none"> Supine Lying. Side Lying on floor. | <ul style="list-style-type: none"> Arms at sides or reaching towards opposite knee. Arms/hands at sides of head. | <ul style="list-style-type: none"> On floor. Decline board. On SB. |

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|---|---|---|--|--|
| <ul style="list-style-type: none"> ▪ Reverse Abdominal Curls (Pelvic Tilt/Hip Lifts) | <ul style="list-style-type: none"> ▪ Rectus Abdominus ▪ Transversus Abdominus | <ul style="list-style-type: none"> ▪ Supine Lying. ▪ On arm support (ie, knee raises on equipment). ▪ On SB. | <ul style="list-style-type: none"> ▪ Arms held at sides (on floor). | <ul style="list-style-type: none"> ▪ On floor. ▪ On incline board. ▪ On rack (machine). ▪ On SB. |
|---|---|---|--|--|

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| Area of Body Targeted | Exercise Name | Major Muscles Targeted (Entry Level Knowledge) | Body Position | Variations Suggested for Assessment Purposes | Equipment Options |
|---|-----------------------------------|--|--|---|--|
| Upper Body - Arms + Shoulders - Chest - Back • Presses | ▪ Bench Press | <ul style="list-style-type: none"> ▪ Pectoral group ▪ Anterior deltoid ▪ Triceps group ▪ Serratus anterior | <ul style="list-style-type: none"> ▪ Supine lying ▪ Sitting | <ul style="list-style-type: none"> ▪ Incline ▪ Decline ▪ Flat ▪ Narrow grip, wide grip, common grip | <ul style="list-style-type: none"> ▪ FW. ▪ Band. ▪ Machine. ▪ On SB |
| | ▪ Dips | <ul style="list-style-type: none"> ▪ Triceps group | <ul style="list-style-type: none"> ▪ Arm support only. ▪ Feet/Arm supported. | | <ul style="list-style-type: none"> ▪ B Wgt. ▪ Machine. ▪ Rack. ▪ FW. |
| | ▪ Overhead Press (Shoulder Press) | <ul style="list-style-type: none"> ▪ Deltoid group ▪ Triceps group ▪ Trapezius (upper fibres). | <ul style="list-style-type: none"> ▪ Standing. ▪ Sitting on bench, SB, machine. | <ul style="list-style-type: none"> ▪ From chest (military press) ▪ From behind neck. | <ul style="list-style-type: none"> ▪ FW. ▪ Machine. |
| | ▪ Push-Ups (Press-ups) | <ul style="list-style-type: none"> ▪ Serratus anterior ▪ Triceps group ▪ Deltoid group ▪ Abdominal group ▪ Pectoral major | <ul style="list-style-type: none"> ▪ Prone lying either full or half press-ups. | <ul style="list-style-type: none"> ▪ Flat, incline, decline. ▪ Narrow grip, wide grip, common grip. | <ul style="list-style-type: none"> ▪ B Wgt. ▪ SB |
| • Rows or Pulls | ▪ Bench Row | <ul style="list-style-type: none"> ▪ Triceps group. ▪ Latissimus Dorsi. ▪ Pectoralis minor | <ul style="list-style-type: none"> ▪ Prone lying. | | <ul style="list-style-type: none"> ▪ FW. ▪ Bench. |
| | ▪ Bent-over Row | <ul style="list-style-type: none"> ▪ Triceps group. ▪ Rear (Posterior) Deltoid | <ul style="list-style-type: none"> ▪ Standing bent over. ▪ Standing bent over with unilateral support (DB only). | | <ul style="list-style-type: none"> ▪ FW. ▪ Band. ▪ Machine. |

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| Area of Body Targeted | Exercise Name | Major Muscles Targeted (Entry Level Knowledge) | Body Position | Variations Suggested for Assessment Purposes | Equipment Options |
|---|--|--|---|---|--|
| Upper Body (Cont'd) • Rows or Pulls (cont'd) | <ul style="list-style-type: none"> ▪ Chin Ups (Pull ups). | <ul style="list-style-type: none"> ▪ Biceps group ▪ Triceps group ▪ Deltoids ▪ Latissimus Dorsi ▪ Trapezius | | <ul style="list-style-type: none"> ▪ Hands supinated. ▪ Hands in neutral position. ▪ Hands pronated. ▪ Pull to chest. ▪ Narrow grip/wide grip/common grip. | <ul style="list-style-type: none"> ▪ Machine. |
| | <ul style="list-style-type: none"> ▪ Lat Pull Down. | <ul style="list-style-type: none"> ▪ Latissimus Dorsi ▪ Deltoids (Medial) ▪ Trapezius ▪ Biceps group | <ul style="list-style-type: none"> ▪ Sitting. ▪ Kneeling. | <ul style="list-style-type: none"> ▪ Hands supinated. ▪ Hands in neutral position. ▪ Hands pronated. ▪ Pull to chest. ▪ Narrow grip/wide grip/common grip. | <ul style="list-style-type: none"> ▪ Machine. ▪ FW. ▪ Band |
| | <ul style="list-style-type: none"> ▪ Seated Row. | <ul style="list-style-type: none"> ▪ Latissimus Dorsi ▪ Triceps group ▪ Biceps group ▪ Rhomboids | <ul style="list-style-type: none"> ▪ Sitting with trunk support. ▪ Sitting without trunk support. | <ul style="list-style-type: none"> ▪ Hands in neutral position. ▪ Hands pronated. ▪ Hands supinated. ▪ Narrow grip/wide grip/common grip. | <ul style="list-style-type: none"> ▪ Machine. ▪ Band. |
| | <ul style="list-style-type: none"> ▪ Upright Row. | <ul style="list-style-type: none"> ▪ Trapezius ▪ Medial Deltoid ▪ Anterior Deltoid | <ul style="list-style-type: none"> ▪ Standing. | <ul style="list-style-type: none"> ▪ Narrow grip. ▪ Standard grip. | <ul style="list-style-type: none"> ▪ FW. ▪ Band. ▪ Machine. |

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| Area of Body Targeted | Exercise Name | Major Muscles Targeted (Entry Level Knowledge) | Body Position | Variations Suggested for Assessment Purposes | Equipment Options |
|--|---|--|---|---|---|
| Upper Body (Cont'd) • Shoulder | <ul style="list-style-type: none"> ▪ Lateral Raise | <ul style="list-style-type: none"> ▪ Deltoid (Medial) ▪ Trapezius. | <ul style="list-style-type: none"> ▪ Standing up-right. ▪ Sitting. | | <ul style="list-style-type: none"> ▪ DB. ▪ Band. ▪ Machine. |
| | <ul style="list-style-type: none"> ▪ Rear Raise (Rear Deltoid Raise) | <ul style="list-style-type: none"> ▪ Rear (posterior) deltoids | <ul style="list-style-type: none"> ▪ Standing, bent forwards. ▪ Seated, bent forwards. ▪ Prone lying on bench/incline. | | <ul style="list-style-type: none"> ▪ DB. ▪ Band. ▪ Machine. |
| | <ul style="list-style-type: none"> ▪ Frontal Raise (Front Deltoid Raise) | <ul style="list-style-type: none"> ▪ Frontal (anterior) deltoids | <ul style="list-style-type: none"> ▪ Standing. ▪ Sitting. | | <ul style="list-style-type: none"> ▪ FW. ▪ Band. |
| | <ul style="list-style-type: none"> ▪ Shrugs | <ul style="list-style-type: none"> ▪ Trapezius | <ul style="list-style-type: none"> ▪ Standing. ▪ Sitting. | | <ul style="list-style-type: none"> ▪ FW. ▪ Rack. ▪ Band. ▪ Machine. |
| <ul style="list-style-type: none"> ▪ Chest | <ul style="list-style-type: none"> ▪ Flys (Cable Crossover) | <ul style="list-style-type: none"> ▪ Pectoral group ▪ Deltoids (medial) | <ul style="list-style-type: none"> ▪ Standing. ▪ Sitting. ▪ Supine Lying. | <ul style="list-style-type: none"> ▪ Incline. ▪ Flat. ▪ Decline. | <ul style="list-style-type: none"> ▪ DB. ▪ Machine. |
| | <ul style="list-style-type: none"> ▪ Pec Deck | <ul style="list-style-type: none"> ▪ Pectoral group ▪ Deltoids (anterior) | <ul style="list-style-type: none"> ▪ Sitting. ▪ Standing. | | <ul style="list-style-type: none"> ▪ DB. ▪ Machine. |
| | <ul style="list-style-type: none"> ▪ Pull-over | <ul style="list-style-type: none"> ▪ Pectoral Group ▪ Deltoid group ▪ Triceps group | <ul style="list-style-type: none"> ▪ Supine Lying. | <ul style="list-style-type: none"> ▪ Bent arm. ▪ Straight arm. | <ul style="list-style-type: none"> ▪ FW. ▪ Machine. |

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| Area of Body Targeted | Exercise Name | Major Muscles Targeted (Entry Level Knowledge) | Body Position | Variations Suggested for Assessment Purposes | Equipment Options |
|--|---|--|---|---|---|
| Upper Body (Cont'd) <ul style="list-style-type: none"> • Neck | <ul style="list-style-type: none"> ▪ Neck extension. | <ul style="list-style-type: none"> ▪ Neck extensors | <ul style="list-style-type: none"> ▪ Standing. ▪ Sitting. ▪ Prone Lying. | | <ul style="list-style-type: none"> ▪ Self resistance. ▪ Band. ▪ Weighted harness. |
| | <ul style="list-style-type: none"> ▪ Neck flexion. | <ul style="list-style-type: none"> ▪ Neck flexors | <ul style="list-style-type: none"> ▪ Standing. ▪ Sitting. ▪ Supine Lying. | | <ul style="list-style-type: none"> ▪ Self resistance. ▪ Band. ▪ Weighted harness. |
| | <ul style="list-style-type: none"> ▪ Neck lateral flexion. | <ul style="list-style-type: none"> ▪ Neck lateral flexors | <ul style="list-style-type: none"> ▪ Standing. ▪ Sitting. ▪ Side lying. | | <ul style="list-style-type: none"> ▪ Self resistance. ▪ Band. ▪ Weighted harness. |
| <ul style="list-style-type: none"> • Arms | <ul style="list-style-type: none"> ▪ Bicep Curls (Arm curls). | <ul style="list-style-type: none"> ▪ Biceps group | <ul style="list-style-type: none"> ▪ Standing. ▪ Sitting | <ul style="list-style-type: none"> ▪ Hands supinated. ▪ Hands pronated. ▪ Hands in neutral position (Hammer Curls). ▪ Combination i.e. pronated to supinated. | <ul style="list-style-type: none"> ▪ FW. ▪ Preacher Bench. ▪ Band. ▪ Machine. |
| | <ul style="list-style-type: none"> ▪ Forearm Curls (Wrist Curls) (Wrist Extension) | <ul style="list-style-type: none"> ▪ Wrist flexors ▪ Wrist extensors | <ul style="list-style-type: none"> ▪ Sitting. ▪ Kneeling (with forearms supported). | | <ul style="list-style-type: none"> ▪ FW. ▪ Band. |
| | <ul style="list-style-type: none"> ▪ Triceps Extension. ▪ Triceps Kick-back | <ul style="list-style-type: none"> ▪ Triceps group | <ul style="list-style-type: none"> ▪ Standing. ▪ Sitting. ▪ Supine Lying. ▪ Standing bent-over. | <ul style="list-style-type: none"> ▪ Narrow grip. ▪ Common grip. | <ul style="list-style-type: none"> ▪ FW. ▪ Band. ▪ Machine. |

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SECTION 2

FREESTANDING EXERCISE

Refer Units 7021, 7023, 7051.

SPECIAL NOTES

- (1) The term 'freestanding exercise' is used to denote conditioning exercise done without the use of equipment to provide extra resistance. The most frequent use of freestanding exercise is in exercise classes, however there is no clear boundary between freestanding and resistance exercises. Overlap occurs – e.g. in the use of body weight and free weights exercises in floor classes for conditioning purposes.
- (2) The use of 'steps' is included in this section (rather than in Section 1), because of the emphasis on muscular endurance and aerobic conditioning whilst using steps in exercise-to-music classes. Stepping movements may be demonstrated on the flat and using a low to normal height step.
- (3) Due to the wide range of freestanding exercise movement elements, and combinations of elements, this section describes the main movement elements, rather than specific exercise names.
- (4) Trainees must be able to demonstrate clear, safe and efficient performance of the following movement elements and simple (two-element), combinations.
- (5) For assessment purposes, arm movement elements must be bilateral, and leg movement elements are unilateral.
- (6) Abbreviations used for standing exercises:

HI - a movement involving jumping or hopping with both feet in the air at some stage of the movement.

LI - a movement involving stepping or lifting one foot while the other remains on the floor.

NI - a movement involving raising and lowering body weight with both feet on the floor.

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| Area of Body Targeted | Exercise Name | Major Muscles Targeted (Entry Level Knowledge) | Body Position | Variations Suggested for Assessment Purposes | Equipment Options |
|-----------------------|---------------|---|---|---|-------------------|
| • Legs | ▪ Curling | ▪ Hamstrings group | ▪ Standing. ▪ Prone lying. ▪ Kneeling with arm support. | | ▪ No equipment. |
| | ▪ Extending. | ▪ Quadriceps group | ▪ Standing. ▪ Supine lying. | | ▪ No equipment. |
| | ▪ Hopping | ▪ Plantar Flexors | ▪ Standing. | ▪ <u>Direction:</u> - forwards - backwards - laterally - astride, together. ▪ <u>Take off + landing:</u> - both feet to both feet - both feet to one foot - one foot to both feet. | |
| | ▪ Jumping | ▪ Plantar Flexors ▪ Quadriceps group ▪ Gluteal group ▪ Hip Flexors | ▪ Standing. | ▪ <u>Direction:</u> - forwards. - backwards. - laterally. - astride/together. ▪ <u>Take off + Landing</u> - both feet to both feet. - both feet to one foot. - one foot to both feet. | |

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| Area of Body Targeted | Exercise Name | Major Muscles Targeted (Entry Level Knowledge) | Body Position | Variations Suggested for Assessment Purposes | Equipment Options |
|--|---|---|---|--|-------------------|
| <ul style="list-style-type: none"> • Legs (Cont'd) | <ul style="list-style-type: none"> ▪ Kicking | <ul style="list-style-type: none"> ▪ Plantar Flexors ▪ Dorsi Flexors ▪ Quadriceps group ▪ Hip Flexors | <ul style="list-style-type: none"> ▪ Standing. | <ul style="list-style-type: none"> ▪ <u>Direction:</u> - forwards. - backwards. - laterally. ▪ <u>Foot:</u> pointed (plantar flexed). - heel out (dorsi-flexed). ▪ <u>Impact:</u> - HI. - LI. | |
| | <ul style="list-style-type: none"> ▪ Raising & Lowering Legs | <ul style="list-style-type: none"> ▪ Hip Flexion: - Quadriceps group - Hip flexor group ▪ Hip Extension: - Hamstrings group - Gluteal group ▪ Hip Adduction: - Adductor group | <ul style="list-style-type: none"> ▪ Standing. ▪ Kneeling with arm support. ▪ Prone lying. ▪ Supine lying. ▪ Side lying. | <ul style="list-style-type: none"> ▪ Hip flexion. ▪ Hip extension. ▪ Hip abduction. ▪ Hip adduction. ▪ HI. ▪ LI. | |
| | <ul style="list-style-type: none"> ▪ Running | | | | |
| | <ul style="list-style-type: none"> ▪ Skipping | | | | |

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| Area of Body Targeted | Exercise Name | Major Muscles Targeted (Entry Level Knowledge) | Body Position | Variations Suggested for Assessment Purposes | Equipment Options |
|--|---|--|--|---|--|
| | <ul style="list-style-type: none"> ▪ Stepping | <ul style="list-style-type: none"> ▪ Quadriceps group ▪ Hip flexors ▪ Gluteal group ▪ Plantar flexors (calves) | <ul style="list-style-type: none"> ▪ Standing feet together. ▪ Standing feet apart. | <ul style="list-style-type: none"> ▪ <u>Direction:</u> <ul style="list-style-type: none"> - Forwards. - Backwards. - Laterally. ▪ <u>Progression:</u> <ul style="list-style-type: none"> - Step, return. - Step, touch. - Step, together. - Grapevine. | |
| | <ul style="list-style-type: none"> ▪ Squatting (Partial) | <ul style="list-style-type: none"> ▪ Gluteal group ▪ Quadriceps group ▪ Hamstring group ▪ Plantar flexors | <ul style="list-style-type: none"> ▪ Standing. | <ul style="list-style-type: none"> ▪ Squat and tap. | <ul style="list-style-type: none"> ▪ Freestanding. ▪ BB. |
| <ul style="list-style-type: none"> • Trunk | <ul style="list-style-type: none"> ▪ Extension | <ul style="list-style-type: none"> ▪ Erector Spinae | <ul style="list-style-type: none"> ▪ Standing (hands at base of spine). ▪ Prone lying. | <ul style="list-style-type: none"> ▪ <u>Prone Lying:</u> <ul style="list-style-type: none"> - lift upper body. - lift legs. - lift opposite arm and leg. | |
| | <ul style="list-style-type: none"> ▪ Flexion | <ul style="list-style-type: none"> ▪ Rectus abdominus ▪ Hip flexors | <ul style="list-style-type: none"> ▪ Standing. ▪ Supine lying. ▪ Side lying. | <ul style="list-style-type: none"> ▪ Refer Section 1 (abdominal exercises). | |
| | <ul style="list-style-type: none"> ▪ Twisting | <ul style="list-style-type: none"> ▪ Oblique abdominal group | <ul style="list-style-type: none"> ▪ Standing. ▪ Prone lying. | <ul style="list-style-type: none"> ▪ Twist upper body. ▪ Twist legs and hips. | |

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| Area of Body Targeted | Exercise Name | Major Muscles Targeted (Entry Level Knowledge) | Body Position | Variations Suggested for Assessment Purposes | Equipment Options |
|-----------------------|----------------------|--|---|---|--|
| • Arms and Shoulders | ▪ Curling | <ul style="list-style-type: none"> ▪ Biceps group ▪ Forearm flexors | <ul style="list-style-type: none"> ▪ Standing. | | <ul style="list-style-type: none"> ▪ Freestanding. ▪ BB. ▪ Bands. |
| | ▪ Extending Pushing | <ul style="list-style-type: none"> ▪ Triceps group ▪ Forearm extensors | <ul style="list-style-type: none"> ▪ Standing. | <ul style="list-style-type: none"> ▪ Pressing. ▪ Punching. ▪ Reaching. | <ul style="list-style-type: none"> ▪ Freestanding. |
| | ▪ Pulling (Rowing) | <ul style="list-style-type: none"> ▪ Rhomboids group ▪ Trapezius group | <ul style="list-style-type: none"> ▪ Standing. | | <ul style="list-style-type: none"> ▪ Freestanding. ▪ BB. ▪ Bands. |
| | ▪ Raising & Lowering | <ul style="list-style-type: none"> ▪ Deltoid group ▪ Trapezius group | <ul style="list-style-type: none"> ▪ Standing. | | <ul style="list-style-type: none"> ▪ Freestanding. ▪ BB. ▪ Bands. |

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SECTION 3

STRETCHING

Refer Units 7021, 7023, 7051, 7053.

SPECIAL NOTES

- (1) This section covers expected entry-level vocabulary for stretches commonly used and taught in exercise environments.
- (2) The approach taken is to specify a stretch for each muscle group and the significant single muscle or soft-tissue structure as the base stretching vocabulary.
- (3) At this entry-level, it is expected that trainees are able to demonstrate clear, safe and efficient performance of one stretch for each of the muscle groups and specific muscles or soft-tissue structures listed below.
- (4) A safe and efficient stretch is defined as, one that will:-
 - effectively stretch the targeted muscle or muscle group (minimum hold of 10-15 seconds).
 - not overload that muscle or muscle group.
 - maintain biomechanical alignment of the body or part of the body.
- (5) This section is intended for passive self-stretching only (i.e. not partner-assisted or contract-relax (PNF/CR) stretch methods).

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| Body Area | Muscle Group | MUSCLE (Entry-level knowledge required for assessment) |
|--|---|---|
| <ul style="list-style-type: none"> • Neck | <ul style="list-style-type: none"> ▪ Neck Flexors. ▪ Neck Extensors ▪ Neck Lateral Flexors ▪ Deltoids ▪ Trapezius ▪ Pectorals | <ul style="list-style-type: none"> ▪ Anterior Deltoid. ▪ Posterior Deltoid. ▪ Pect. Major Upper, Middle, Lower. ▪ Pect. Minor ▪ Serratus Anterior. |
| <ul style="list-style-type: none"> • Upper Back | <ul style="list-style-type: none"> ▪ Latissimus Dorsi ▪ Rhomboids | |
| <ul style="list-style-type: none"> • Arms | <ul style="list-style-type: none"> ▪ Biceps ▪ Triceps ▪ Wrist Flexors ▪ Wrist Extensors | <ul style="list-style-type: none"> ▪ Biceps Brachii (long head). |
| <ul style="list-style-type: none"> • Trunk. | <ul style="list-style-type: none"> ▪ Erector Spinae ▪ Oblique Abdominals | |
| <ul style="list-style-type: none"> • Hips | <ul style="list-style-type: none"> ▪ Abductor group • Adductor group • Gluteal group • Iliopsoas | |
| <ul style="list-style-type: none"> • Legs | <ul style="list-style-type: none"> ▪ Quadriceps group ▪ Hamstring group ▪ Plantarflexors (Calf muscles) ▪ Dorsiflexors | <ul style="list-style-type: none"> ▪ Tibialis Anterior |

End of Schedule A

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