

**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 Units - 9809

# NZ CERTIFICATE IN FITNESS

## STANDARD EXERCISE SCHEDULE B



### PURPOSE STATEMENT

This unit standard is included in specified unit standards for the Fitness Industry, in the domain of EXERCISE PRESCRIPTION. The schedule is not an exhaustive list of exercises nor is it intended to exclude those exercises or variations not listed. What the schedule is intended to reflect is a desirable exercise vocabulary to supplement Standard Exercise Schedule A in order to support advanced exercise instruction work in the New Zealand fitness industry. The Schedule focuses on advanced resistance training exercises using free weights and plyometrics.

#### (1) Abbreviations used with reference to Equipment

BWgt	=	Body Weight
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.

“Machine” refers to pinloaded machines, hydraulic and pneumatic machines, and those loaded with barbell plates as appropriate. The term also includes both cable-operated machines (with and without cams), and machines based on levers.

- (2) 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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**SECTION 1**

**ADVANCED FREE WEIGHTS EXERCISES**

<b>Exercise Name</b>	<b>Major Muscles Targeted (Entry Level Knowledge)</b>	<b>Body Position</b>	<b>Variations Suggested for Assessment Purposes</b>	<b>Equipment Options</b>
▪ Dead Lift	<ul style="list-style-type: none"> <li>▪ Quadriceps Group.</li> <li>▪ Hamstrings Group</li> <li>▪ Gluteal Group.</li> <li>▪ Erector Spinae.</li> <li>▪ Abdominals.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Standing.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Static</li> </ul>	<ul style="list-style-type: none"> <li>▪ BB.</li> </ul>
▪ Straight Leg Dead Lift	<ul style="list-style-type: none"> <li>▪ Quadriceps Group.</li> <li>▪ Gluteal Group.</li> <li>▪ Hamstring Group.</li> <li>▪ Abdominal Group.</li> <li>▪ Erector Spinae</li> </ul>	<ul style="list-style-type: none"> <li>▪ Standing.</li> </ul>	<ul style="list-style-type: none"> <li>▪ On floor</li> <li>▪ From bench</li> </ul>	<ul style="list-style-type: none"> <li>▪ BB</li> </ul>
▪ High Pull (Power Pull)		<ul style="list-style-type: none"> <li>▪ Standing</li> </ul>	<ul style="list-style-type: none"> <li>▪ From floor</li> <li>▪ From hang</li> </ul>	<ul style="list-style-type: none"> <li>▪ FW</li> </ul>
▪ Power Clean	<ul style="list-style-type: none"> <li>▪ As above (plus)</li> <li>▪ Bicep group &amp; forearms</li> </ul>	<ul style="list-style-type: none"> <li>▪ Standing</li> </ul>	<ul style="list-style-type: none"> <li>▪</li> </ul>	<ul style="list-style-type: none"> <li>▪ BB</li> </ul>
▪ Power Snatch	<ul style="list-style-type: none"> <li>▪ As above</li> </ul>	<ul style="list-style-type: none"> <li>▪ Standing</li> </ul>	<ul style="list-style-type: none"> <li>▪</li> </ul>	<ul style="list-style-type: none"> <li>▪ BB</li> </ul>
▪ Squat Snatch	<ul style="list-style-type: none"> <li>▪ As above</li> </ul>	<ul style="list-style-type: none"> <li>▪ Standing</li> </ul>	<ul style="list-style-type: none"> <li>▪</li> </ul>	<ul style="list-style-type: none"> <li>▪ BB</li> </ul>
▪ Split Snatch	<ul style="list-style-type: none"> <li>▪ As above</li> </ul>	<ul style="list-style-type: none"> <li>▪ Standing</li> </ul>	<ul style="list-style-type: none"> <li>▪</li> </ul>	<ul style="list-style-type: none"> <li>▪ BB</li> </ul>
▪ Clean & Press	<ul style="list-style-type: none"> <li>▪ As above (plus)</li> <li>▪ Anterior Deltoid</li> <li>▪ Tricep group</li> <li>▪ Trapezius (upper fibres)</li> </ul>	<ul style="list-style-type: none"> <li>▪ Standing</li> </ul>	<ul style="list-style-type: none"> <li>▪</li> </ul>	<ul style="list-style-type: none"> <li>▪ FW</li> </ul>
▪ Push Press	<ul style="list-style-type: none"> <li>▪ As above</li> </ul>	<ul style="list-style-type: none"> <li>▪ Standing</li> </ul>	<ul style="list-style-type: none"> <li>▪</li> </ul>	<ul style="list-style-type: none"> <li>▪ BB</li> </ul>
▪ Clean & Jerk		<ul style="list-style-type: none"> <li>▪ Standing</li> </ul>	<ul style="list-style-type: none"> <li>▪</li> </ul>	<ul style="list-style-type: none"> <li>▪ BB</li> </ul>

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**SECTION 2**

**PLYOMETRIC EXERCISES**

**SPECIAL NOTES**

(1) ‘Plyometrics’ is a term used to describe “exercises characterized by powerful muscular contractions in response to rapid dynamic loading or stretching of the involved muscles” (Radcliffe JC, Farantinos RC, *Plyometrics: Explosive Power Training* 2<sup>nd</sup> Edition; Champaign Illinois; Human Kinetics Publishers; 1985: 3).

<b>Exercise Name</b>	<b>Major Muscles Targeted (Entry Level Knowledge)</b>	<b>Body Position</b>	<b>Variations Suggested for Assessment Purposes</b>	<b>Equipment Options</b>
<ul style="list-style-type: none"> <li>▪ Bounding (Single or Multiple)</li> </ul>	<ul style="list-style-type: none"> <li>▪</li> </ul>	<ul style="list-style-type: none"> <li>▪ Standing.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Single Leg</li> <li>▪ Double Leg</li> </ul>	Lower body plyometric exercises may be carried out on a flat surface, a sloping surface, a stepped surface or using boxes and benches for take off and/or landing and hurdles, cones, boxes or benches as physical obstacles to be cleared.
<ul style="list-style-type: none"> <li>▪ Hopping (Single or Multiple)</li> </ul>	<ul style="list-style-type: none"> <li>▪ Gastrocnemius (Plantar Flexors).</li> <li>▪ Soleus (Plantar Flexors).</li> </ul>	<ul style="list-style-type: none"> <li>▪ Standing</li> </ul>	<ul style="list-style-type: none"> <li>▪</li> </ul>	
<ul style="list-style-type: none"> <li>▪ Jumping (Single or Multiple)</li> </ul>	<ul style="list-style-type: none"> <li>▪ Gastrocnemius (Plantar Flexors)</li> <li>▪ Soleus (Plantar Flexors).</li> <li>▪ Quadricep Group</li> <li>▪ Gluteal Group</li> <li>▪ Hip Flexors.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Standing.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Double foot take-off and land.</li> <li>▪ Double foot take-off to single foot landing.</li> <li>▪ Split stance take-off and landing.</li> <li>▪ Forward, Lateral</li> </ul>	

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<b>TRUNK/MIDSECTION PLYOMETRICS</b>				
<b>Exercise Name</b>	<b>Major Muscles Targeted (Entry Level Knowledge)</b>	<b>Body Position</b>	<b>Variations Suggested for Assessment Purposes</b>	<b>Equipment Options</b>
<ul style="list-style-type: none"> <li>▪ Trunk Swing</li> </ul>	<ul style="list-style-type: none"> <li>▪ Oblique abdominal group</li> <li>▪ Rectus Abdominus</li> <li>▪ Lower fibres of latissimus dorsi</li> <li>▪ Serratus Anterior</li> </ul>	<ul style="list-style-type: none"> <li>▪ Standing.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Swing n vertical plane.</li> </ul>	<ul style="list-style-type: none"> <li>• DB</li> <li>• MB</li> </ul>
<ul style="list-style-type: none"> <li>▪ Trunk Twists</li> </ul>	<ul style="list-style-type: none"> <li>▪ As above</li> </ul>	<ul style="list-style-type: none"> <li>▪ Standing.</li> <li>▪ Supine Lying. (Russian Twist)</li> </ul>		<ul style="list-style-type: none"> <li>• DB</li> <li>• MB</li> <li>• BB</li> <li>• Back Extension Bench</li> </ul>
<ul style="list-style-type: none"> <li>▪ Passing</li> </ul>		<ul style="list-style-type: none"> <li>• Standing</li> <li>• Kneeling</li> </ul>	<ul style="list-style-type: none"> <li>• Chest Pass</li> <li>• Rugby Pass</li> <li>• Overhead Pass Forwards</li> <li>• Overhead Pass Backwards</li> </ul>	<ul style="list-style-type: none"> <li>• MB</li> </ul>
<ul style="list-style-type: none"> <li>▪ Thrusting</li> </ul>		<ul style="list-style-type: none"> <li>• Standing</li> </ul>		<ul style="list-style-type: none"> <li>• MB</li> <li>• Heavy Bag</li> </ul>
<ul style="list-style-type: none"> <li>▪ Push Ups with Propulsion</li> </ul>		<ul style="list-style-type: none"> <li>• Prong Lying</li> </ul>	<ul style="list-style-type: none"> <li>• Incline/Decline</li> </ul>	<ul style="list-style-type: none"> <li>• Benches</li> <li>• Steps</li> </ul>

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- (1) There may be some overlap involved in plyometrics terminology and alternative terms may be used. The following may assist with clarification:

***Bounding:*** there are two main forms of bounding. Firstly there is alternate leg bounding which is an exaggerated running action aiming for maximum elevation and distance on each “step”. Double foot bounding is a series of jumps also aiming for maximum elevation and distance on each bound; another way of picturing this is a series of standing broad or long jumps. The term linear jumping also seems to be synonymous with bounding. A single maximum effort bound may be termed a leap or a single standing broad jump.

***Hopping and Jumping:***

As used in plyometrics without qualification are characterized by a focus on attaining maximum vertical displacement with horizontal displacement being secondary.

- (2) To prevent injury through either impact or instability, the compliance of surfaces used for plyometric training should be at least that of a sprung wooden floor and no more than that of grass turf in good condition as regards smoothness and soil hydration.

### End of Exercise Schedule B