BTEC Session Plan

Participant:

Date: 02-11-10	Time: 7:00am	Venue: The gym Church street	
		Nottingham	
Equipment required: Gloves Straps Trainers		Group:	
		Number in Session:	
Goals/objecti ves/aims: To increase upper and lower back muscles		Club:	

Safety		
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Content:	 	Coaching points:
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reps – 15kg		

1 set of 12		
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r than your arms . 6. Repeat this exercise doing 1 set of 15 reps – 10kg 1 set of 15 reps – 15kg 1 set of 15 reps – 20kg		
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	incline on 0.0		
Injuries/accid		Evaluation/actio	
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		Targets for next	
		week: Increase	
		the weight in order to achieve	
		more progression	
		and expand on	
		increasing your	
		muscle strength.	
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