

## Exercise and Fitness

Music .....  
 Component .....  
 Discipline:

Duration .....

Exercise Description	Set & Reps	Objectives	Muscle Groups	Teaching Points/Instructions	Progressions & Adaptations
Shoulder shrugs	6	Draw shoulders down	Trapezius, Rhomboids, shoulder cap	Lay on your back in set up position (feet flat on the floor, knees bent, arms by your sides) “Shrug” your shoulders up towards your ears, then slide your hands away along the mat reaching for your feet.	
Chest lift	6	Open chest, strengthen lower traps	Trapezius, Rhomboids, shoulder cap Pectorals	Lay on your front with your feet straight out behind you. Have your arms by your side’s palms up. Lift your head shoulders and arms off the floor, but keep your self low and maintain contact with the floor via your sternum. Breathe out to lift up and in to lower.	

Candidate Signature.. **Andy McNeil**