

Attachment 6 – Group exercise movement variations

Use the following table as a continuing work-in-progress throughout your course and beyond. The first column has a list of exercises already written for you. Feel free to add and modify as needed for your classes. The second column is blank for low-impact variations. The third column is blank for high-impact variations. The last column is blank for movement variations. This table can be used to collect movements that you would like to use in your own classes and also a reference when you start to build and create your own classes.

Exercise	Lower impact	Higher impact or intensity	Variation/s
March			
Squats			
Step touch			
Touch step			
Lift step			
Double step touch			
Lunge			
Push-ups			
Dips			
Chest Press			
Lat pull-down			
Bicep curls			
Upright row			