

## Attachment 7 – Cueing

Use the following template as a continuing work-in-progress throughout your course and beyond. The first column has the same exercises listed as in the Personalised Resource 1 – Movement Variation Template. Feel free to add and modify as needed for your classes. The second column is blank for you to write as many verbal cues for each exercise that you can think of. The last column is blank for you to write as many visual cues for each exercise that you can think of.

| Exercise                       | Verbal Cues | Visual Cues |
|--------------------------------|-------------|-------------|
| <b>March fwd. and backward</b> |             |             |
| <b>Squats</b>                  |             |             |
| <b>Step touch</b>              |             |             |
| <b>Touch step</b>              |             |             |
| <b>Lift step</b>               |             |             |
| <b>Double step touch</b>       |             |             |
| <b>Lunge</b>                   |             |             |
| <b>Push-ups</b>                |             |             |
| <b>Dips</b>                    |             |             |
| <b>Chest press</b>             |             |             |
| <b>Lat pull-down</b>           |             |             |
| <b>Bicep curls</b>             |             |             |
| <b>Upright row</b>             |             |             |