**Presentation Exercise Prescription Overview**

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| Training Method | Frequency | Intensity | Time (Duration) | Progression | Important Considerations |
| Cardiorespiratory |  |  |  |  |  |
| Resistance |  |  |  |  |  |
| Range of Motion |  |  |  |  |  |

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| **Warm up – component duration** |
| Overview of content, including mobility, pulse raising (CV machine as needed) and component length | Equipment and duration | Level/ speed | RPE/HR/Talk Test/Observation | Adaptations or alternatives |
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| **Main Component – Component Duration** |  |
| Exercise | Equipment and duration of activity | Level/ speed | Intensity | Adaptations or alternatives | Adaptations or alternatives to suit the client | Reasoning for inclusion |
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| Body weight exercise (including any functional/motor skills exercises appropriate for the client) | Sets/reps/rest or duration of activity |  |
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| **Cool down/flexibility – component duration** |
| CV activity  | Time and intensity range | Reasoning for inclusion |
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| Post-workout stretches.**indicate which stretches are maintenance (M) and which are developmental (D):** |  |  |
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