

Adapting Resistance Exercises

Complete the following tables to providing adaptations for a range of resistance exercises.

Movement/Exercise: e.g., Foundational Movement - Squat

Level	Activity Name	Coaching Points
Beginner	<i>Half squat - BW (reps)</i>	<i>Feet shoulder width apart Sit back until you achieve half squat Weight through the heels Head neutral Back straight throughout Knees in line with feet Push ground to straighten legs Keep movement fluid and in control</i>
Intermediate		
Advanced		

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