

# FITNESS TESTING



## TOP EXERCISES INTRODUCTION

CD Five





## **INTRODUCTION – TOP EXERCISES**

Welcome to the Australian College of Sport and Fitness' CD of Top exercises. ACSF has compiled documents which contain a list of their favourite exercises and stretches. The exercises are categorised in the below documents.

These documents are aimed at increasing the exercise repertoire of a Fitness Professional, and thus creating more interesting fitness programs for their clients.

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### **What's included?**

- Top Core Exercises
- Top Lower Body Exercises
- Top Upper Body Exercises
- Top Stretches

The Australian College of Sport and Fitness has produced this CD and all contents within for students and qualified Fitness Professionals to use with their clients. The student or fitness professional must understand the information and components within this CD prior to use. ACSF cannot take responsibility for the actions of the student or Fitness Professional.

This CD should only be used by enrolled students or fully qualified and insured fitness professionals. ACSF students using the material on this CD must use it in conjunction with all other course training and learning material provided by ACSF and ensure safety and correct usage at all times.

ACSF cannot take any responsibility of the action taken by the student or fitness professional and the use of the information on this CD.