







Basic Training Peer Checklist

Your partner will watch you perform the **basic routine**. If each cue is performed per routine, your partner will check **YES**; if not, check **NO**. Add each **YES** and total them to the right. Earn 3 YES's to qualify for SFI Certification. Use the rating scale to evaluate your Group Fitness performance. Answer the questions at the bottom of the page.

	Peer Observer	Basic Routine	Cues	Perform Cues Correctly?		Total "Yes"
				Yes	No	
YOGA		"Fun" Salutation	1. Breathe deep 2. Stay balanced 3. Stretch=inhale; Fold=exhale			
AEROBICS		Freestyle Aerobics	1. Breathe 2. Keep the Beat 3. Listen & Watch			
C-KICK		Kick it!	1. Body-Control / Self Control 2. Stay Balanced 3. Listen & Watch			
H.I.I.T.		H.I.I.T. Sprint Training	1. Breathe 2. Focus on Form 3. Listen & Watch			

Group Fitness Rating Scale

_____ # of YES's	<input type="checkbox"/> 0 – 1 Novice	<input type="checkbox"/> 2 Apprentice	<input type="checkbox"/> 3 Master
What is your rating for each type of Group Fitness?		How will you improve your Group Fitness performance?	