**MSE Duration**

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| **Music selection** | **Notes** |
|  |  |
| **Scripting for MSE** |
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| Music counts / reps / sets | Exercise | Teaching / coaching points **Please also clearly show where you will use silence and motivation techniques** | Progressions (H) – regressions (E) – any other modification or adaptions (optional) |
| You will plan – as a minimum – Ab curls, Press ups and Dorsal raises. You can add further exercises if you wish. |
|  | ABDOMINAL CURLS |  |  |
|  |  |  |  |
|  | PRESS UPS |  |  |
|  |  |  |  |
|  | DORSAL RAISES |  |  |
|  |  |  |  |