

EMD UK SCOPE OF PRACTICE

Core Group Exercise Instructor Pure Gym GX Pump Instructor

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SCOPE OF PRACTICE: Pure Gym GX Pump Instructor

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ABOUT THIS SCOPE OF PRACTICE

This document is an EMD UK Scope of Practice overview for professional recognition membership of the National Governing Body for Pure Gym GX Pump Instructor. Determining what is and is not part of your scope of practice will be for you to decide using your professional judgement. When deciding whether a particular activity falls within your scope of practice, or when moving into a new scope of practice, you will need to consider whether the training and support you have received adequately equips you to perform the activity safely and effectively. This document defines the scope of practice, training, and skills of Pure Gym GX Pump Instructor and the general scope of practice to teach this activity safely and effectively.

You may find it helpful to speak to the professional recognition membership team who may be able to offer further advice in this area.



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1. Overview

SCOPE OF PRACTICE: Pure Gym GX Pump Instructor

Scope of practice refers to those activities that a person licensed to practice is permitted to perform. An individual must decide their scope of practice. Your scope of practice is the limit of your knowledge, skills and experience and you must ensure that you work within your scope of practice. Your scope of practice is likely to change over time as your knowledge, skills and experience develop. The health and safety of participants is threatened when professionals are permitted to perform services that are beyond the boundaries of what they have been trained to do.

This scope of practice overview sets clear expectations of our members' knowledge, skills, and abilities as a Pure Gym GX Pump Instructor.

As you progress in your career, you may enter more specialist roles where you are no longer meeting all the standards of proficiency. Your scope of practice will develop with you, or you may become narrower in scope.

The Pure Gym GX Pump Instructor sits in the scope of practice of the Core Group Exercise Instructor Professional standards as part of the exercise and fitness profession.

Prerequisites and Recognition

The agreed industry prerequisite to become a Pure Gym GX Pump Instructor is to have achieved a full level 2 awarding organisation accredited level 2 fitness/gym instructor qualification and/or a level 3 PT, equivalent or higher.

To gain professional recognition for scope of practice as a Pure Gym GX Pump Instructor you must hold a certificate of competency by Pure Gym to show you have successfully completed the training and assessment to become a Pure Gym GX Pump Instructor and to have achieved a full level 2 awarding organisation endorsed level 2 fitness instructor and/or a level 3 PT, equivalent or higher. Individuals who achieve this will be deemed to meet the requirements for professional recognition membership within the scope of practice of a Pure Gym GX Pump Instructor

Retention of Recognition

To retain professional recognition for scope of practice you must meet the requirements set by EMD UK of 10 hours of 'Professional Development' per year. This must include ongoing virtual upskilling on via Pure Gyms Connect Platform and continue development with Pure Gym GX Pump Instructor training and that you remain in employment with Pure Gym and hold valid First Aid and Safeguarding Certifications.



Agreed scope of practice educational products logo

Educational products that meet the requirements of EMD UK's scope of practice may display this official EMD UK scope of practice logo.

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2. Scope of a Pure Gym GX Pump Instructor

PureGym GX Pump Instructors are fitness professionals who teach, lead, and motivate groups of individuals through intentionally designed, pre-planned Group Resistance classes. They are responsible for engaging, facilitating, supporting, educating, and instructing safe and effective barbell-based workouts.

Pure Gym GX Pump Instructors will provide Pump classes that:

- **Motivate clients** to engage with exercise and physical activity to promote a positive experience, utilising the "Pump" format to improve strength endurance and body composition.
- **Conduct Proactive Screening:** Verbally screen clients before exercise and identify when individuals should be referred to other exercise or health professionals, ensuring no clients exercise at Risk.
- **Champion Inclusivity:** Ensure the studio is welcoming to all fitness levels and body types by:
 - **Guided Weight Selection:** Proactively assisting participants with appropriate plate and bar selection based on their experience level, emphasizing that "correct load" is subjective and varies between muscle groups.
 - **Prioritising Technique overload:** Normalising "technique-first" training by promoting the use of lighter weights, or even bodyweight-only alternatives, for complex movements to ensure participants maintain biomechanical integrity regardless of their strength level.
 - **Inclusive Demonstrations:** Consistently offering modifications or reduced-range-of-motion options (e.g., a shallow squat or a chest press from the floor instead of a bench) to accommodate participants with joint limitations or different levels of mobility.
 - **Differentiated Cueing:** Using a mix of anatomical cues for technical safety and motivational cues for effort, ensuring that those new to resistance training feel successful, whilst the more experienced feel challenged.
- **Provide safe and effective Group Resistance classes** by
 - Strictly monitoring lifting technique—specifically maintaining a neutral spine and safe joint alignment under load—while providing ongoing supervision and session review.
 - Using a microphone and managing audio levels to be motivating, yet safe for all participants.
 - Provide Ongoing supervision, monitoring and modifications for all abilities.
- **Maintain health and safety standards within the studio environment**, taking specific responsibility for the safe setup of the studio by performing dynamic risk assessments – including checking floor surfaces, equipment (ensuring collars/clips are used on barbells, benches are stable, and floor space is clear of trip hazards) and air ventilation before and during the class.

- **Support the client to progress by providing adaptations to meet individual needs**, including proactively assisting with safe lifting posture and range of motion to ensure biomechanical efficiency.
- **Teach Pump Classes that adhere to safe resistance training principles**—specifically the management of tempo, time under tension, and smooth transition between exercises—while managing the variables of a high-repetition endurance session.
- **Maintain a presence in the studio** immediately before and after the session to answer technical inquiries, address participant concerns, and actively solicit feedback to ensure the Pure Gym GX Pump experience continues to meet member expectations.
- **EAP:** The instructor is responsible for initiating the operator's Emergency Action Plan (EAP) and maintaining a safe exit route throughout the session.

Instructors are to teach Pure Gym GX Pump classes to include the principles and variables of working with barbells, weight plates, and benches suitable for a group resistance environment. This includes, but is not limited to:

- Compound Lifts: Squats, Deadlifts, Lunges, Chest Presses, and Bent-over Rows (emphasising spinal alignment and core bracing).
- Dynamic Lifts: Clean & Press (with strict focus on mechanics and appropriate load).
- Isolation Exercises: Bicep Curls, Triceps Extensions/Presses, Lateral Raises, and Overhead Presses.
- Floor & Bench Work: Triceps Dips, Push-ups, and abdominal conditioning.
- Equipment Management: Safe handling of barbells, secure attachment of weight plates using collars/clips, and safe adjustment of steps/benches.
- Training Variables: Coaching movement to the beat of the music (Tempo), controlling the eccentric and concentric phases of the lift, and managing high-repetition fatigue.

*(Note: Maximum strength lifting (1-5 rep max) and Olympic lifting variations requiring dropping weights are **excluded** from this scope to align with the high-repetition, endurance-based nature of the class).*

Pure Gym GX Pump Instructors are authorised to teach in-person classes **exclusively within the Pure Gym environment**. This certification is an internal competency and does not confer professional recognition or insurability for teaching externally. Instructors wishing to teach Group Exercise outside of Pure Gym are strongly advised to complete a formal Level 2 Group Training (ETM) qualification or Level 2 Bridge to ensure they meet industry standards for insurance and portability.

3. EMD UK membership eligibility

Instructors who meet the requirement within this scope of practice will meet the requirements to be a professionally recognised member of the National Governing Body for Group Exercise to work within the identified scope of practice.

They will:

UNDERSTAND:

- How to work with **apparently healthy adults**. (18+) For the purposes of this scope, "apparently healthy" is defined as individuals who have:
 - Passed a proactive verbal or written pre-exercise screening (e.g., PAR-Q or Pure Gym internal screening).
 - No known clinical conditions or physical impairments that would prevent them from exercising safely in a group setting.
- Working with adults above the age of 65 **is** within scope only if they remain "apparently healthy" (as defined above) and do not require specialist adaptations for long-term conditions.
- **Clinical Limitations:** Teaching group exercise to adults with a long-term health condition (at any age) falls outside this core scope of practice. If a participant's needs require specialist adaptations related to a clinical condition, the instructor must hold the relevant Level 3 or Level 4 specialist qualification (e.g., Exercise Referral).
- **Scope Boundaries:** Working outside the "apparently healthy" definition or the 18–65 age range may require further specialist skills and training if adaptations fall outside of standard fitness progressions and regressions.

HAVE DEMONSTRATED:

- Competence of working with a Group of clients, in an environment relevant to Pure Gyms GX class.

Examples of specialisms that may be added:

- Working with clients with long term-controlled conditions.
- Working with ante and post-natal clients.