

EMD UK SCOPE OF PRACTICE

Core Group Exercise Instructor

Pure Gym GX Strike Instructor

FIRST EDITION:	20 th January 2026
REVIEW DATE:	20 th January 2028

SCOPE OF PRACTICE: Pure Gym GX Strike 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 Group exercise. 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 a Pure Gym GX Strike 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.



SYSTEM PARTNER

Published by:

EMDP Ltd T/A EMD UK

National Governing Body for Group Exercise

Publication date: 20th January 2026

First edition: V1

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Version: 2.0

Review date: 20th January 2028



1. Overview

SCOPE OF PRACTICE: Pure Gym GX Strike 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 Strike 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 and may become narrower in scope.

The Pure Gym GX Strike Instructor sits in the scope of practice of the Core Group exercise instructor as part of the exercise and fitness profession.

Prerequisites and Recognition

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

To gain professional recognition as a Pure Gym Strike Instructor you must hold a certificate of competency by Pure Gym to show you have successfully completed the AGM, GM and CM, Pure Gym GX Instructor training and the Pure Gym Strike Instructor Training and assessment to become a Pure Gym Strike 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.

Retention of Recognition

To retain professional recognition for this scope of practice, you must meet the EMD UK requirement of completing 10 hours of Professional Development annually. This includes ongoing virtual upskilling via the Pure Gym Connect Platform and continued development in Strike instructor training. Furthermore, you must remain in active employment with Pure Gym and hold valid First Aid and Safeguarding certifications.



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

2. Scope of a Pure Gym GX Strike Instructor

PureGym GX Strike Instructors are fitness professionals who teach, lead, and motivate groups of individuals through intentionally designed, pre-planned "Strike" classes. They are responsible for engaging, facilitating, supporting, educating, and instructing safe and effective cardio-combat workouts.

PureGym GX Strike Instructors will provide Strike classes that:

- **Motivate clients** to engage with exercise and physical activity to promote a positive experience, using the "Strike" format to improve overall fitness and reduce stress, using prescribed playlists to ensure movement and choreography are synchronised.
- **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:** Create an empowering and accessible environment for participants of all coordination and fitness levels by:
 - Impact Tiering: Consistently demonstrating low-impact alternatives for all plyometric or "peak" movements (e.g., substituting power jumps with a rapid squat-to-calf-raise or replacing high kicks with knee strikes) to accommodate different joint health and cardiovascular needs.
 - Complexity Layering: Introducing "base" footwork and punch patterns before adding advanced directional changes or speed layers, ensuring participants can find a "success zone" that matches their current coordination level.
 - Rotational Safety: Offering modifications for pivoting movements to protect the knees and lower back, normalising smaller ranges of motion for those with limited mobility or pre-existing sensitivities.
 - Multi-Sensory Cueing: Utilising clear visual hand signals and rhythmic "call and response" verbal cues to bridge the gap for participants with different processing styles, ensuring no one feels left behind during fast-paced combinations.
- **Provide safe and effective Group Strike classes** by
 - Using a microphone and managing audio levels to be motivating yet safe for all participants.
 - Monitoring technique—specifically preventing joint hyperextension (locking out elbows or knees during air-strikes)—while providing ongoing supervision and session review.
 - That adhere to safe cardio-combat principles—specifically safe posture, core engagement, and controlled retraction of punches and kicks—while managing the variables of a high-intensity interval session.

- **Maintain health and safety standards within the studio environment**, taking specific responsibility for the floor hygiene (sweat/trip hazards), air conditioning and the safe spacing of participants to ensure the safe execution of kicks and agility drills.
- **Support the client to progress by providing adaptations to meet their individual needs**, including proactively assisting with stance and guard setup to ensure biomechanical efficiency and stability.
- **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 Strike class 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 Group Strike classes to include the principles and variables of working with bodyweight and agility mechanics suitable for a cardio-focused environment. This includes, but is not limited to:

- Core Strikes: Jab, Cross, Hook, Uppercut (emphasising controlled retraction and non-contact "shadow" technique).
- Lower Body: Front Kick, Roundhouse Kick, Side Kick, Knee Raises (emphasising balance and control over height/impact).
- Defensive Manoeuvres: Slips, Ducks, and Weaves (focusing on mobility and core usage).
- Footwork: Stance switching, shuffles, scissors, and agility drills.
- Conditioning: Bodyweight progressions (e.g., Squats, Lunges, Sprawls) integrated into combinations.
- Building Combinations: Linking upper and lower body movements for coordination and aerobic effect.
- Strike-based Drills: Speed, Power (controlled), and Stamina intervals.

(Note: Focus pads, strike shields, hand wrapping, and contact sparring are excluded from this scope to align with the non-contact, cardio-functional format).

PureGym GX Strike Instructors are authorised to teach in-person classes **exclusively within the PureGym environment**. This certification is an internal competency and does not confer professional recognition or insurability for teaching externally. Instructors wishing to teach combat or martial arts-based fitness outside of PureGym are strongly advised to complete a formal qualification to ensure they meet industry standards for insurance.

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 a Group of healthy clients with unique needs, in different types of environments, aged between 18 and 65 or above 65 without any long-term conditions.
- Teaching group exercise to adults with a long-term health condition of any age including above the age of 65 may, require further skills and training. If adapting exercise programmes/classes/sessions requires the teacher to apply specialist adaptations related to a long-term condition, then further training relevant to the required specialist professionals' standards will be required.
- Working outside the scope of practice age and target group range may require further skills and training if adaptations to work with clients falls outside what would be considered normal fitness related adaptations, modifications, or progressions.

HAVE DEMONSTRATED:

- Competence of working with a Group of clients, in a single environment relevant to Pure Gym GX Strike Class

Additional specialist training to meet further scopes of practice for varied populations, environment or technical ability can be added to this scope of practice to widen the scope of the role and enable an individual to show their expertise in additional populations, in different environments and with technical specialisms.

Examples of specialisms that may be added:

- Working with clients with long term-controlled conditions.
- Working with ante and post-natal clients.
- Working with older adults.
- Working with Special populations.