

Gypsum: The Workout

Intro & Explanation of Concept	Dynamic Moves for Major Muscle Groups	Recommend approx 7 mins
Demonstrate & Explain Moves Giving Adaptations & Progressions		
Warm Up		
Gypsum Workout	1 x Set of Exercises 16 x Exercise Set 25 Sec Intervals (unless stated) Demo Where Necessary *	20 minutes exactly
Set 1	<p>Squat Jumps *</p> <p>4 Way Lunge (Right) *</p> <p>Square Hop *</p> <p>4 Way Lunge (Left) *</p> <p>Burpee Kicks *</p> <p>Heel Hits *</p> <p>Low Rotations *</p> <p>Single Deadlift (Right) *</p> <p>Plyometric Lunges *</p> <p>Single Deadlift (Left)</p> <p>Rebound Rotation *</p> <p>Side Lunges</p> <p>Balance Chop (Right) *</p> <p>Jack Rebound *</p> <p>Balance Chop (Left)</p> <p>High Challenge *</p>	Repeat x 3
Cool Down	All major muscle groups	Recommend approx 3 mins