

Styloid: The Workout

Intro & Explanation of Concept		Approximately 7 Minutes
Demonstrate & Explain Moves Giving Adaptations & Progressions		
Warm Up	Dynamic Moves for Major Muscle Groups	
Styloid Workout	2 x Sets of Exercises 8 x Exercises Per Set 25 Sec Intervals (unless stated). Demo where necessary *	20 Minutes Exactly
Set 1	<ol style="list-style-type: none"> 1. Power Ups * 2. Plank Punches * 3. Toe to Hip Sit Up * 4. Go Agility * 5. Woodchop (Right) * 6. High Knees * 7. Wood Chop (Left) * 8. Quarter Turn Sprints * 	1st Repeat – Exercises 1 to 8 2nd Repeat – Exercises 8 to 1 3rd Repeat – Exercises 1 to 8
Set 2	<ol style="list-style-type: none"> 9. Solid Squats * 10. Reverse Plank (Right) 11. Power Squats * 12. Reverse Plank (Left) * 13. Wide Squat Pushbacks * 14. Skate & Drop * 15. Squat Rebound * 16. Wide Squat Pushbacks * 	1st Repeat – Exercises 9 to 16 2nd Repeat – Exercises 16 to 9 3rd Repeat – Exercises 9 to 16
Cool Down	All major muscle groups	Recommend approx 3 mins