

Albite: The Workout

Intro & Explanation of Concept	Dynamic Moves for Major Muscle Groups	Recommend approx 7 mins
Demonstrate & Explain Moves Giving Adaptations & Progressions		
Warm Up		
Albite Workout	1 x Set of Exercises 16 x Exercise Set 25 Sec Intervals (unless stated) Demo Where Necessary *	20 minutes exactly
Set 1	High Knees * Karaoke Lunges * Lateral Squat Thrusts * Turbo *	Repeat x 4
Set 2	Squat Stabiliser (Right) * Skip It * Squat Stabiliser (Left) * Fire Ups *	Repeat x 4
Set 3	L Shuffle * Revolvers * Burpee Swings * 2, 4, 6 *	Repeat x 4
Cool Down	All major muscle groups	Recommend approx 3 mins