

Sclera: The Workout

Intro & Explanation of Concept		Approximately 7 Minutes
Demonstrate & Explain Moves Giving Adaptations & Progressions		
Warm Up	Dynamic Moves for Major Muscle Groups	
Sclera Workout	3 x Sets of Exercises 4 x Exercises Per Set 25 Sec Intervals (unless stated). Demo where necessary *	20 Minutes Exactly
Set 1	Single Waist Worker (Left) * Half Turn Squat Jump * Single Waist Worker (Right) * Squat Cross *	Repeat x 4
Set 2	T Press Up * Wide Narrow Jumps * Leg Raises * S&S *	Repeat x 4
Set 3	Side Plank (Right) * Skip Combo * Side Plank (Left) * Burpees *	Repeat x 4
Cool Down	All major muscle groups	Recommend approx 3 mins