

Ramus: The Workout

Intro & Explanation of Concept		Approximately 7 Minutes
Demonstrate & Explain Moves Giving Adaptations & Progressions		
Warm Up	Dynamic Moves for Major Muscle Groups	
Ramus Workout	6 x Sets of Exercises Varied Exercises Per Set 25 Sec Intervals (unless stated). Demo where necessary *	20 Minutes Exactly
Set 1	Squat Pulse * (12.5 seconds) Squat Jump * Squat Pulse (12.5 seconds) Squat Jump	Repeat x 2
Set 2	Up Down Runs * In Out Heels * Lateral Sprints *	Repeat x 3
Set 3	Pulse Press Up * (12.5 seconds) Extended Plank * Pulse Press Up (12.5 seconds) Extended Plank	Repeat x 2
Set 4	Waist Worker * V Sit Single * Pop Squats *	Repeat x 3
Set 5	Lunge Pulse * (12.5 seconds) Plyo Lunge * Lunge Pulse (12.5 seconds) Plyo Lunge	Repeat x 3
Set 6	Scissor Drop * Squat * Pulse and Go *	Repeat x 3
Cool Down	All major muscle groups	Recommend approx 3 mins