

Cobalt: The Workout

Intro & Explanation of Concept		Recommend approx 7 mins
Demonstrate & Explain Moves Giving Adaptations & Progressions		
Warm Up		
Cobalt Workout	3 x Sets of Exercises 15 x Exercise Sets 25 Sec Intervals (unless stated) Demo Where Necessary *	20 minutes exactly
Set 1	Skater Hold * Hit It (Right) * Press Up to Shoulder * Hit It (Left) * Side Blocks * 50 Seconds Sprints * Stabilise It (Right) * Quarter Turn Sprints * Stabilise it (Left) * Agility Jumps * T Coordinator (Right) Go GameFit * T Coordinator (Left) * Quad Bursts * Burpee Sprints *	
Set 2	T Coordinator (Right) * Quad Bursts * T Coordinator (Left) * Burpee Sprints * Stabilise It (Right) * Agility Jumps * Stabilise It (Left) * Skater Hold * 50 Seconds Hit It (Right) * Quarter Turn Sprints * Hit It (Left) * Side Blocks * Go GameFit * Press Up to Shoulder * Sprints *	

<p>Set 3</p>	<p>Stabilise It (Right) * Go GameFit * Stabilise It (Left) * Agility Jumps * Hit it (Right) * Side Blocks * Hit It (Left) Quad Bursts * T Coordinator (Right) * Sprints * T Coordinator (Left) * Press Up to Shoulder * Side Blocks * Skater Hold * Quarter Turn Sprints * 50 Seconds</p>	
<p>Cool Down</p>	<p>All major muscle groups</p>	<p>Recommend approx 3 mins</p>

