

## Low Impact Fatburn Workout 1

<b>Intro &amp; Explanation of Concept</b>		<b>Approximately 7 Minutes</b>
<b>Demonstrate &amp; Explain Moves Giving Adaptations &amp; Progressions</b>		
<b>Warm Up</b>	Dynamic Moves for Major Muscle Groups	
<b>Low Impact Fatburn Workout 1</b>	3 x Sets of Exercises Varied Exercises Per Set 1 x Challenge 25 Sec Intervals (unless stated). Demo where necessary *	<b>20 Minutes Exactly</b>
<b>Set 1</b>	Squat Kicks * Back Lunges * Power Ups * Hip Rolls * Squat Pulse, Lunge Pulse *	<b>Repeat x 3</b>
<b>Set 2</b>	Knee Lunge (Right) * Electric Heels * Knee Lunge (Left) * Lean Back Side to Side * PS2 * 123 Hold *	<b>Repeat x 3</b>
<b>Set 3</b>	Wide Squat Pushbacks * Jack Press Up * Electric Heels * Kick Drops *	<b>Repeat x 3</b>
<b>Challenge</b>	<ul style="list-style-type: none"> <li>- Split into 2 teams</li> <li>- Select 2 exercises from above</li> <li>- Give one exercise to each team</li> <li>- Swap over every 25 seconds</li> </ul>	<b>Swap x 2</b>
<b>Cool Down</b>	All major muscle groups	Recommend approx 3 mins