

Helix: The Workout

Intro & Explanation of Concept		Approximately 7 Minutes
Demonstrate & Explain Moves Giving Adaptations & Progressions		
Warm Up	Dynamic Moves for Major Muscle Groups	
Helix Workout	2 x Sets of Exercises 8 x Exercises Per Set 25 Sec Intervals (unless stated). Demo where necessary *	20 Minutes Exactly
Set 1	Butt Kicks * Crab & Go * Double Knees * Lateral Pulse * Alternate Press Up * 10/10 Sprint * Jump Downs * Mountain Climbers *	Repeat x 3
Set 2	High Runs * Bent Knee V Sit * Squat Kicks * Combo Plyo * Climber Press Up * Shuffle Jack * Bridge Heel Touch * Pulse Squat Jump *	Repeat x 3
Cool Down	All major muscle groups	Recommend approx 3 mins