

Stabilisation and Balance 1: The Workout

Intro & Explanation of Concept	Dynamic Moves for Major Muscle Groups	Recommend approx 7 mins
Demonstrate & Explain Moves Giving Adaptations & Progressions		
Warm Up		
Stabilisation and Balance 1 Workout	3 x Sets of Exercises 16 x Exercise Sets 25 Sec Intervals (unless stated) Demo Where Necessary *	20 minutes exactly
Set 1	<ol style="list-style-type: none"> 1. Zip It * 2. Stabilise It (Right) * 3. 3 Pulse Press Up * 4. Stabilise It (Left) * 5. Speed Lunge (Right) * 6. Plank Arm * 7. Speed Lunge (Left) * 8. Bear Crawl Press * 9. Single Leg Touchdown (Right) * 10. Crab Press * 11. Single Leg Touchdown (Left) * 12. Lunge Balance (Right) * 13. Press Up * 14. Lunge Balance (Left) * 15. Up Down Runs * 16. Diversions * 	
Set 2	Exercises 16 to 1	
Set 3	Exercises 1 to 16	
Cool Down	All major muscle groups	Recommend approx 3 mins