

Marrow: The Workout

Intro & Explanation of Concept		Approximately 7 Minutes
Demonstrate & Explain Moves Giving Adaptations & Progressions		
Warm Up	Dynamic Moves for Major Muscle Groups	
Marrow Workout	1 x Set of Exercises 16 x Exercise Set 25 Sec Intervals (unless stated). Demo where necessary *	20 Minutes Exactly
Set 1	Clock Jumps * Core Press * Bunny Hops * Lateral Sky Jumps Advanced Side Plank (Left) * Squat Burns * Advanced Side Plank (Right) * Snowboard Rotations * High Ho * Electric Chair * Butt Drops * 90 Degree Sit Up * Double Decker * Swings * Punch It * Turbo *	Repeat x 3
Cool Down	All major muscle groups	Recommend approx 3 mins