

Choroid: The Workout

Intro & Explanation of Concept		Approximately 7 Minutes
Demonstrate & Explain Moves Giving Adaptations & Progressions		
Warm Up	Dynamic Moves for Major Muscle Groups	
Choroid Workout	6 x Sets of Exercises Varied Exercise Sets 25 Sec Intervals (unless stated). Demo where necessary *	20 Minutes Exactly
Set 1	Shuffle Jack * Mountain Swings * Burpee Press * C7 * Side Lunges * Russian Sprints * Air Jacks * Crossovers * 123 Kick * Hopscotch * Lateral Squat Jumps * Quarter Turn Sprints *	Repeat x 2
Set 2	Shuffle Jack Mountain Swings Burpee Press	
Set 3	C7 Side Lunges Russian Sprints	
Set 4	Air Jacks Crossovers 123 Kick	
Set 5	Hopscotch Lateral Squat Jump Quarter Turn Sprint	
Set 6	(Repeat Set 1)	
Cool Down	All major muscle groups	Recommend approx 3 mins