

Magnetite Workout

Intro & Explanation of Concept		Recommend approx 7 mins
Demonstrate & Explain Moves Giving Adaptations & Progressions		
Warm Up		
Magnetite Workout	3 x Sets of Exercises Varied Exercise Sets 25 Sec Intervals (unless stated) Demo Where Necessary *	20 minutes exactly
Challenge 1	Travel Z *	50 seconds
Set 1	Fast Feet * Core Squat *	Repeat x 2
Set 2	Rebound Rotation * Balance Swing (Right) * PS2 * Balance Swing (Left) Pulse & Go * Sprints *	Repeat x 3
Set 3	Fusion * 123 Knee Up * Half Pistol (Right) * Hot Squats * Half Pistol (Left) Reverse Touchdowns *	Repeat x 3
Set 4	Fast Feet * Core Squat *	Repeat x 2
Challenge 2	Travel Z *	50 seconds
Cool Down	All major muscle groups	Recommend approx 3 mins