

Augelite Workout

Intro & Explanation of Concept	Dynamic Moves for Major Muscle Groups	Recommend approx 7 mins
Demonstrate & Explain Moves Giving Adaptations & Progressions		
Warm Up		
Augelite Workout	3 x Sets of Exercises Varied Exercise Sets 25 Sec Intervals (unless stated) Demo Where Necessary *	20 minutes exactly
Set 1	Half Turn Burpees * Quad Burns (Right) * Scissor Drops * Quad Burns (Left) Drop Squats * Single Leg Balance (Right) * Heel Hits * Single Leg Balance (Left) Corner Shuffle *	Repeat x 3
Set 2	Lunge It (Right) * Crunch It * Lunge It (Left) Over and Sprint * 3 Pulse Press Up *	Repeat x 3
Set 3	Jacks * 2, 4, 6 *	Repeat x 3
Cool Down	All major muscle groups	Recommend approx 3 mins