

Abs & Glutes Extreme 1: The Workout

Intro & Explanation of Concept		Approximately 7 Minutes
Demonstrate & Explain Moves Giving Adaptations & Progressions		
Warm Up	Dynamic Moves for Major Muscle Groups	
Abs & Glutes Extreme 1 Workout	5 x Sets of Exercises Varied Exercise Sets 25 Sec Intervals (unless stated). Demo where necessary *	20 Minutes Exactly
Challenge 1	Plank *	50 Seconds
Set 1	Lunge Pulse (Right) * Glute Bridge * Lunge Pulse (Left) * Drop Downs *	Repeat x 3
Challenge 2	Plank	50 Seconds
Set 2	Lean Back Switch * Courtesy (Right) * Floor Pulse Squat * Courtesy (Left) *	Repeat x 3
Challenge 3	Plank	50 Seconds
Set 3	90 Degree Sit Up * Electric Chair * Squat Pulse * Leg Blasts *	Repeat x 3
Challenge 4	Plank	50 Seconds
Challenge 5	<ul style="list-style-type: none">Split class into 2 groupsAssign each group an exercise from aboveSwap every 25 seconds	
Cool Down	All major muscle groups	Recommend approx 3 mins