

Fluorite Workout

Intro & Explanation of Concept	Dynamic Moves for Major Muscle Groups	Recommend approx 7 mins
Demonstrate & Explain Moves Giving Adaptations & Progressions		
Warm Up		
Fluorite Workout	4 x Sets of Exercises 4 x Exercises Per Set 25 Sec Intervals (unless stated) Demo Where Necessary *	20 minutes exactly
Set 1	Go GameFit * Lateral Pull * Agility Jumps * Fire Ups *	Repeat x 3
Set 2	Press and Go * Speed Lunge (Right) * Core X * Speed Lunge (Left) *	Repeat x 3
Set 3	Tennis Drop * Single Leg Hop (Right) * Shadow Sprints * Single Leg Hop (Left) *	Repeat x 1
Set 4	Burpee Runs * Balance Chop (Right) * Side Blocks * Balance Chop (Left) *	Repeat x
Cool Down	All major muscle groups	Recommend approx 3 mins