

Sodalite Workout

Intro & Explanation of Concept	Dynamic Moves for Major Muscle Groups	Recommend approx 7 mins
Demonstrate & Explain Moves Giving Adaptations & Progressions		
Warm Up		
Sodalite Workout	1 x Sets of Exercises 15 x Exercise Set 25 Sec Intervals (unless stated) Demo Where Necessary *	20 minutes exactly
Set 1	L Shuffle * Square Hop * 7 Pulse Press Up * Burpee Sprints * Single Leg Touchdown (Right) * Squat Rebounds * Single Leg Touchdown (Left) Combo Squats * Agility Hold * Hit It (Right) * Press Up To Shoulder * Hit It (Left) Revolvers * Side Lunge * High Five (50 seconds) *	Repeat x 3
Cool Down	All major muscle groups	Recommend approx 3 mins