

Naris: The Workout

Intro & Explanation of Concept		Approximately 7 Minutes
Demonstrate & Explain Moves Giving Adaptations & Progressions		
Warm Up	Dynamic Moves for Major Muscle Groups	
Naris Workout	4 x Sets of Exercises 5 & 2 Exercises Per Set 25 Sec Intervals (unless stated). Demo where necessary *	20 Minutes Exactly
Set 1	Wide Narrow Jumps Arm Rotation Plank Fire Arms Squat Rebound Leg Blasts	Repeat x 4
Set 2	3 Pulse Press Up Fusion	Repeat x 2
Set 3	Squat Thrust Mix Quarter Turn Sprints Walk & Jump Squat Jumps S&S	Repeat x 4
Set 4	Walk Out Press Rope Twists	Repeat x 2
Cool Down	All major muscle groups	Recommend approx 3 mins