

## Travertine Workout

<b>Intro &amp; Explanation of Concept</b>	Dynamic Moves for Major Muscle Groups	<b>Recommend approx 7 mins</b>
<b>Demonstrate &amp; Explain Moves Giving Adaptations &amp; Progressions</b>		
<b>Warm Up</b>		
<b>Travertine Workout</b>	3 x Sets of Exercises Varied Exercise Sets 25 Sec Intervals (unless stated) Demo Where Necessary *	<b>20 minutes exactly</b>
<b>Set 1</b>	V Touchdowns * Plyo Twists * Up Down Runs * Bear Crawl Press * Team Sprint *	<b>Repeat x 3</b>
<b>Set 2</b>	Agility Sprints * 7 Pulse Squat Jumps * Single Deadlift (Right) * Tennis Drop * Single Deadlift (Left) * Team Sprint	<b>Repeat x 3</b>
<b>Set 3</b>	123 Knee Up * Cross Balance (Right) * Burn Outs * Cross Balance (Left) * Team Sprint	<b>Repeat x 3</b>
<b>Cool Down</b>	<b>All major muscle groups</b>	<b>Recommend approx 3 mins</b>