

Anabolic: The Workout

Intro & Explanation of Concept		Approximately 7 Minutes
Demonstrate & Explain Moves Giving Adaptations & Progressions		
Warm Up	Dynamic Moves for Major Muscle Groups	
Anabolic Workout	2 x Sets of Exercises 11 x Exercises Per Set 2 x Challenges Varied Exercise Sets 25 Sec Intervals (unless stated) Demo where necessary *	20 Minutes Exactly
Challenge 1	Plank *	50 seconds
Set 1	Solid Squats * Leg Drops * Jack Press Up* Plyo Lunges * Squat Throw * Burpees * Oblique Plank (Right) * Woodchop (Right) * Oblique Plank (Left) Woodchop (Left) Shuffle Sprint *	Repeat x 2
Challenge 2	Wide Squat Pushback *	50 seconds
Set 2	(Repeat Set 1)	Repeat x 2
Cool Down	All major muscle groups	Recommend approx 3 mins