

Conical: The Workout

Intro & Explanation of Concept		Approximately 7 Minutes
Demonstrate & Explain Moves Giving Adaptations & Progressions		
Warm Up	Dynamic Moves for Major Muscle Groups	
Conical Workout	1 x Set of Exercises 12 x Exercise Set 25 Sec Intervals (unless stated) Demo where necessary *	20 Minutes Exactly
Set 1	Go Agility * Air Jack Pulse * Bridge Heel Touch * C7 * Cycle Sit Up * Drop Squats * Fire Arms * Heels * Narrow & Wide * Judo Kick * High Knees * Back Lunges *	Repeat x 4
Cool Down	All major muscle groups	Recommend approx 3 mins