

Igneous Workout

Intro & Explanation of Concept	Dynamic Moves for Major Muscle Groups	Recommend approx 7 mins
Demonstrate & Explain Moves Giving Adaptations & Progressions		
Warm Up		
Igneous Workout	2 x Set of Exercises 8 x Exercises Per Set 25 Sec Intervals (unless stated) Demo Where Necessary *	20 minutes exactly
Set 1	Corner Shuffle * Quad Burns (Right) * Karaoke Lunges * Quad Burns (Left) Lunge Balance (Right) * Reverse Touchdowns * Lunge Balance (Left) Over and Sprint *	Repeat x 3
Set 2	Electric Chair * Hot Squats * Core Squat * Z Hop (Right) * Squat Kicks * Z Hop (Left) Side Blocks * Zip It *	Repeat x 3
Cool Down	All major muscle groups	Recommend approx 3 mins