

PH: The Workout

Intro & Explanation of Concept		Approximately 7 Minutes
Demonstrate & Explain Moves Giving Adaptations & Progressions		
Warm Up	Dynamic Moves for Major Muscle Groups	
PH Workout	4 x Sets of Exercises 4 x Exercises Per Set 25 Sec Intervals (unless stated) Demo where necessary *	20 Minutes Exactly
Set 1	Turbo * Swings * Double Knees * Leg Power *	Repeat x 3
Set 2	Squat Pulse * Skate & Drop * Plank Pull In * Punch It *	Repeat x 3
Set 3	Heel Hams * Lean Back Pulse * 7 Pulse Squat Jump * Sit Up Push Out *	Repeat x 3
Set 4	High Ho * Kick Drops * Commando Plank * Double Decker *	Repeat x 3
Cool Down	All major muscle groups	Recommend approx 3 mins