

## Lunar: The Workout

<b>Intro &amp; Explanation of Concept</b>		<b>Approximately 7 Minutes</b>
<b>Demonstrate &amp; Explain Moves Giving Adaptations &amp; Progressions</b>		
<b>Warm Up</b>	Dynamic Moves for Major Muscle Groups	
<b>Lunar Workout</b>	1 x Sets of Exercises 2 x Exercises Set 25 Sec Intervals (unless stated) Demo where necessary *	<b>20 Minutes Exactly</b>
<b>Set 1</b>	<ol style="list-style-type: none"> <li>1. Butt Drops</li> <li>2. Electric Heels</li> <li>3. Burpee Burst</li> <li>4. Jack Plank</li> <li>5. Squat Cross</li> <li>6. Squat Pulse, Lunge Pulse</li> <li>7. Scissor Drops</li> <li>8. Walk Out Press</li> <li>9. Quarter Turn Sprint</li> <li>10. Wide Squat Pushbacks</li> <li>11. Lunge Knee Jumps (Right)</li> <li>12. Squat Jumps</li> <li>13. Lunge Knee Jumps (Left)</li> <li>14. Pulse &amp; Go</li> <li>15. Pike Taps</li> <li>16. High Runs</li> </ol>	<b>Repeat x 3</b>
<b>Cool Down</b>	All major muscle groups	Recommend approx 3 mins