

Mesoderm: The Workout

Intro & Explanation of Concept		Approximately 7 Minutes
Demonstrate & Explain Moves Giving Adaptations & Progressions		
Warm Up	Dynamic Moves for Major Muscle Groups	
Mesoderm Workout	1 x Sets of Exercises 3 x Challenges 2 x Sets of Exercises 25 Sec Intervals (unless stated) Demo where necessary *	20 Minutes Exactly
Challenge 1	Lean Back Switch *	50 Seconds
Set 1	Squats * Plyo Lunges * Woodchop (Right) * Skip Combo * Woodchop (Left) Snowboard Rotations * Cross Press Up *	Repeat x 3
Challenge 2	Jacks *	50 Seconds
Set 2	Knee Lunge Jumps (Right) * Cross Sit * Knee Lunge Jumps (Left) Squat Burns * Courtesy (Right) * Side Lunges * Courtesy (Left)	Repeat x 3
Challenge 3	Squat Kick *	50 Seconds
Cool Down	All major muscle groups	Recommend approx 3 mins