

Phagocyte: The Workout

Intro & Explanation of Concept		Approximately 7 Minutes
Demonstrate & Explain Moves Giving Adaptations & Progressions		
Warm Up	Dynamic Moves for Major Muscle Groups	
Phagocyte Workout	3 x Sets of Exercises Varied Exercises Per Set 25 Sec Intervals (unless stated) Demo where necessary *	20 Minutes Exactly
Set 1	Clock Jumps * Squats * Shuffle Sprint * In Out Heels * Electric Chair * Hopscotch *	Repeat x 3
Set 2	7 Pulse Press Up * 90 Degree Sit Up * Glute Hold * Toe To Hip Sit Up *	Repeat x 3
Set 4	Burpee Sprint * 123 Kick * S&T * Lateral Sky Jumps * Back Lunges * Mountain Swings *	Repeat x 3
Cool Down	All major muscle groups	Recommend approx 3 mins