

Genes: The Workout

Intro & Explanation of Concept		Approximately 7 Minutes
Demonstrate & Explain Moves Giving Adaptations & Progressions		
Warm Up	Dynamic Moves for Major Muscle Groups	
Genes Workout	2 x Sets of Exercises 8 x Exercises Per Set 25 Sec Intervals (unless stated) Demo where necessary *	20 Minutes Exactly
Set 1	Butt Kicks PS2 Cycle Sit Ups Judo Kick (Right) Alternate Press Up Judo Kick (Left) Jump Downs Narrow & Wide	Repeat x 3
Set 2	Single Waist Worker (Right) Leg Blasts Single Waist Worker (Left) Glute Bridge Lunge Pulse (Right) Combo Plyo Lunge Pulse (Left) Heel Sprints	Repeat x 3
Cool Down	All major muscle groups	Recommend approx 3 mins