

Corium: The Workout

Intro & Explanation of Concept		Approximately 7 Minutes
Demonstrate & Explain Moves Giving Adaptations & Progressions		
Warm Up	Dynamic Moves for Major Muscle Groups	
Corium Workout	1 x Sets of Exercises 16 x Exercise Set 25 Sec Intervals (unless stated) Demo where necessary *	20 Minutes Exactly
Set 1	<ol style="list-style-type: none"> 1. Body Saw 2. Move It 3. Lateral Squat Jumps 4. 3 Pulse Press Up 5. Repeater Squats 6. Ab Heel Pull 7. Air Jacks 8. Advanced Side Plank Right 9. Burpees 10. Advanced Side Plank Left 11. Rope Twists 12. Lunge Mix Right 13. Walk & Jump 14. Lunge Mix Left 15. Solid Squats 16. Up Down Run 	1st Rep: Exercises 1 to 16 2nd Rep: Exercises 16 to 1 3rd Rep: Exercises 1 to 16
Cool Down	All major muscle groups	Recommend approx 3 mins