

## Ions: 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>Corium Workout</b>	4 x Sets of Exercises 4 x Exercises Per Set 25 Sec Intervals (unless stated) Demo where necessary *	<b>20 Minutes Exactly</b>
<b>Set 1</b>	Skip Combo * Russian Sprints * Side Lunges * Mountain Climbers *	<b>Repeat x 3</b>
<b>Set 2</b>	Scissor Drops * Arm Rotation Plank * Quarter Turn Sprints * Squat Throw *	<b>Repeat x 3</b>
<b>Set 3</b>	Air Jack Pulse * Bent Knee V Sit * Lateral Pulse * Burpee Press *	<b>Repeat x 3</b>
<b>Set 4</b>	Renegade Row * Karate Kick (Right) * Rebound Turns * Karate Kick (Left)	<b>Repeat x 3</b>
<b>Cool Down</b>	All major muscle groups	Recommend approx 3 mins