

Nephron: The Workout

Intro & Explanation of Concept		Approximately 7 Minutes
Demonstrate & Explain Moves Giving Adaptations & Progressions		
Warm Up	Dynamic Moves for Major Muscle Groups	
Nephron Workout	3 x Sets of Exercises Varied Exercise Sets 3 x Challenges 25 Sec Intervals (unless stated) Demo where necessary *	20 Minutes Exactly
Set 1	Drop Squats Climber Press Up One Squat One Jump Ab Attack	Repeat x 3
Challenge 1	10/10 Sprint	50 Seconds
Set 2	Skate & Drop Tricep Press Lateral Sprints C7	Repeat x 3
Challenge 2	Lean Back Pulse	50 Seconds
Set 3	Squat Cross Wide Squat Pushback Shuffle Sprint Crab & Go Snowboard Rotations Plank Knee Pike	Repeat x 3
Challenge 3	S & S	50 Seconds
Cool Down	All major muscle groups	Recommend approx 3 mins