

Neo: The Workout

Intro & Explanation of Concept		Approximately 7 Minutes
Demonstrate & Explain Moves Giving Adaptations & Progressions		
Warm Up	Dynamic Moves for Major Muscle Groups	
Neo 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	Squat Rebound * Plank * Pop Squat * Renegade Row * Squat Pulse * Side Plank (Right) * Up Down Run * Side Plank (Left) Sprint * Swings * Double Decker *	Repeat x 2
Set 2	Squat Rebound Plank Pop Squat Renegade Row Squat Pulse Side Plank (Right) Up Down Run Side Plank (Left) Sprint Swings Double Decker	Exercises on BOLD are 37.5 seconds!
Set 3	Squat Rebound Plank Pop Squat Renegade Row Squat Pulse Side Plank (Right) Up Down Run Side Plank (Left) Sprints Swings Double Decker	Exercises on BOLD are 37.5 seconds!
Cool Down	All major muscle groups	Recommend approx 3 mins