

Catalyst: The Workout

Intro & Explanation of Concept		Approximately 7 Minutes
Demonstrate & Explain Moves Giving Adaptations & Progressions		
Warm Up	Dynamic Moves for Major Muscle Groups	
Catalyst Workout	7 x Sets of Exercises Varied Exercise Sets 25 Sec Intervals (unless stated) Demo where necessary *	20 Minutes Exactly
Set 1	High Knees *	
Set 2	Lateral Sky Jumps * Pike Taps * Shuffle Kicks * Sit Up Push Out *	Repeat x 4
Set 3	High Knees	
Set 4	Squat Burns * Plank Combo * Heel Hams * Hip Rolls *	Repeat x 4
Set 5	High Knees	
Set 6	Courtesy (Right) * Squat Thrust Press Up * Courtesy (Left) Go Agility *	Repeat x 3
Set 7	High Knees	
Cool Down	All major muscle groups	Recommend approx 3 mins