

## Haploid: The Workout

Intro & Explanation of Concept		Approximately 7 Minutes
Demonstrate & Explain Moves Giving Adaptations & Progressions		
Warm Up	Dynamic Moves for Major Muscle Groups	
Haploid Workout	9 x Sets of Exercises Varied Exercise Sets 25 Sec Intervals (unless stated) Demo where necessary *	20 Minutes Exactly
Set 1	Jacks * 123 Kick *	Repeat x 2
Set 2	Jack Press up * Lean Back Pulse *	Repeat x 2
Set 3	Turbo * Electric Heels *	Repeat x 2
Set 4	Cycle Sit Up * Cross Press Up *	Repeat x 2
Set 5	Knee Lunge Jump (Right) * Knee Lunge Jump (Left)	Repeat x 2
Set 6	Plank Pull In * Lean Back Switch *	Repeat x 2
Set 7	Wide Narrow Jumps * Squat Kicks *	Repeat x 2
Set 8	Commando Plank * High Ho *	Repeat x 2
Set 9	All 16 moves	
Cool Down	All major muscle groups	Recommend approx 3 mins