

Suture: The Workout

Intro & Explanation of Concept		Approximately 7 Minutes
Demonstrate & Explain Moves Giving Adaptations & Progressions		
Warm Up	Dynamic Moves for Major Muscle Groups	
Suture Workout	2 x Set of Exercises 8 x Exercises Per Sets 25 Sec Intervals (unless stated) Demo where necessary *	20 Minutes Exactly
Set 1	<div>1. Rebound Turns *</div> <div>2. Kick Drops *</div> <div>3. Body Saw *</div> <div>4. Air Jack Pulse *</div> <div>5. Judo Kick (Right) *</div> <div>6. Sprints *</div> <div>7. Judo Kick (Left)</div> <div>8. Heel Sprints *</div>	Repeat x 3
Set 2	<div>1. Burpee Burst *</div> <div>2. Lunge Pulse (Right) *</div> <div>3. Squat Jumps *</div> <div>4. Lunge Pulse (Left)</div> <div>5. Lateral Squat Jumps *</div> <div>6. Alternate Press up *</div> <div>7. Scissor Drops *</div> <div>8. Squat Pulse *</div>	Repeat x 3
Cool Down	All major muscle groups	Recommend approx 3 mins