

Cochlea: The Workout

Intro & Explanation of Concept		Approximately 7 Minutes
Demonstrate & Explain Moves Giving Adaptations & Progressions		
Warm Up	Dynamic Moves for Major Muscle Groups	
Cochlea Workout	3 x Set of Exercises Varied No. of Exercises Per Set 25 Sec Intervals (unless stated) Demo where necessary *	20 Minutes Exactly
Set 1	Crossovers * Ab Attack * Punch It * Advanced Side Plank (Right) * Quarter Turn Sprints * Advanced Side Plank (Left)	Repeat x 3
Set 2	Lateral Pulse * Bridge Heel Touch * Squat Kicks * Mountain Climbers *	Repeat x 3
Set 3	One Squat One Jump * Russian Sprints * PS2 * Rope Twists * S & S * Up Down Runs *	Repeat x 3
Cool Down	All major muscle groups	Recommend approx 3 mins