

Base: The Workout

Intro & Explanation of Concept		Approximately 7 Minutes
Demonstrate & Explain Moves Giving Adaptations & Progressions		
Warm Up	Dynamic Moves for Major Muscle Groups	
Base Workout	7 x Set of Exercises 2 x Exercises Per Set 25 Sec Intervals (unless stated) Demo where necessary *	20 Minutes Exactly
Set 1	Squat Throw * Skip Combo *	Repeat x 2
Set 2	3 Pulse Press Up * Lateral Squat Jumps *	Repeat x 2
Set 3	Plank Combo * High Runs *	Repeat x 2
Set 4	Lean Back Side to Side * Snowboard Rotations *	Repeat x 2
Set 5	Wide Squat Pushbacks * 10/10 Sprints *	Repeat x 2
Set 6	Plyo Lunges * 123 Hold *	Repeat x 2
Set 7	Repeat Sets 1 to 7!	
Cool Down	All major muscle groups	Recommend approx 3 mins