

## Exocrine: The Workout

<b>Intro &amp; Explanation of Concept</b>		<b>Approximately 7 Minutes</b>
<b>Demonstrate &amp; Explain Moves Giving Adaptations &amp; Progressions</b>		
<b>Warm Up</b>	Dynamic Moves for Major Muscle Groups	
<b>Exocrine Workout</b>	10 x Set of Exercises Varied No. of Exercises Per Set 25 Sec Intervals (unless stated) Demo where necessary *	<b>20 Minutes Exactly</b>
<b>Set 1</b>	7 Pulse Squat Jump *	
<b>Set 2</b>	Knee Lunge Jump (Right) * Plank Arm Lifts * Knee Lunge Jump (Left)	<b>Repeat x 2</b>
<b>Set 3</b>	7 Pulse Squat Jump	
<b>Set 4</b>	Cycle Sit Ups * Shuffle Jack * High Knees *	<b>Repeat x 3</b>
<b>Set 5</b>	7 Pulse Squat Jump	
<b>Set 6</b>	Electric Chair * Burpee Sprint * Turbo *	<b>Repeat x 3</b>
<b>Set 7</b>	7 Pulse Squat Jump	
<b>Set 8</b>	Lean Back Switch Double Decker	<b>Repeat x 3</b>
<b>Set 9</b>	7 Pulse Squat Jump	

<p><b>Set 10</b></p>	<p>Knee Lunge Jump (Right)  Plank Arm Lift  Knee Lunge Jump (Left)  Cycle Sit Up  Shuffle Jack  High Knees  7 Pulse Squat Jump  Electric Chair  Burpee Sprint  Turbo  Lean Back Switch  Double Decker  7 Pulse Squat Jump</p>	
<p><b>Cool Down</b></p>	<p>All major muscle groups</p>	<p>Recommend approx 3 mins</p>

