

Hilum: The Workout

Intro & Explanation of Concept		Approximately 7 Minutes
Demonstrate & Explain Moves Giving Adaptations & Progressions		
Warm Up	Dynamic Moves for Major Muscle Groups	
Hilum Workout	5 x Set of Exercises 3 x Exercises Per Set 25 Sec Intervals (unless stated) Demo where necessary *	20 Minutes Exactly
Set 1	Go Agility * Waist Worker * Jack Plank *	Repeat x 2
Set 2	Squat Rebound * Cross Press Up * Lateral Sky Jumps *	Repeat x 2
Set 3	Glute Hold * Clock Jumps * Bunny Hops *	Repeat x 2
Set 4	90 Degree Sit Up * Power Squats * Shuffle Sprint *	Repeat x 2
Set 5	Repeat Sets 1 to 4!	
Cool Down	All major muscle groups	Recommend approx 3 mins