

Retina: The Workout

Intro & Explanation of Concept		Approximately 7 Minutes
Demonstrate & Explain Moves Giving Adaptations & Progressions		
Warm Up	Dynamic Moves for Major Muscle Groups	
Retina Workout	x5 Sets of Exercises / x4 Challenges Varied no. of Exercises Per Set 25 Sec Intervals (unless stated) Demo where necessary *	20 Minutes Exactly
Set 1	Burpee Sprint *	25 Seconds
Set 2	Butt Kicks * Jack Press Up *	Repeat x 3
Challenge 1	Burpee Sprint	50 Seconds
Set 3	Squat Burns * Cycle Sit Ups * Kick Drops *	Repeat x 3
Challenge 2	Burpee Sprint	50 Seconds
Set 4	Squat Thrust Press Up * Jump Downs * Leg Blasts * Plank Pull In *	Repeat x 3
Challenge 3	Burpee Sprint	50 Seconds
Set 5	Courtesy (Right) * Hopscotch * Courtesy (Left) Heel Sprints *	Repeat x 3
Challenge 4	Burpee Sprint	50 Seconds
Cool Down	All major muscle groups	Recommend approx 3 mins