

Isokinetic: The Workout

Intro & Explanation of Concept		Recommend approx 2 mins
Demonstrate & Explain Moves Giving Adaptations & Progressions		Recommend approx 2 mins
Warm Up	Dynamic Moves for Major Muscle Groups	Recommend approx 3 mins
Isokinetic Workout	6 sets of exercises 30 second intervals	20 minutes exactly
Set 1	Lunge pulse right Squat jump Lunge pulse left Mountain swings	Repeat x 2
Set 2	High knees Climber press-up Squat rebound	Repeat x 2
Set 3	Lateral Sprints Electric chair	Repeat x 2
Set 4	Electric chair Lateral Sprints	Repeat x 2
Set 5	Squat rebound Climber press-up High knees	Repeat x 2
Set 6	Lunge pulse left Mountain swings Lunge pulse Right Squat jump	Repeat x 2
	Eliminator (2 Minutes)	Select 2 exercises from workout & perform each exercise until failure, swapping every 30 seconds.
Cool Down	All major muscle groups	Recommend approx 3 mins