

Glycogen: 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
Glycogen Workout	6 sets of exercises. 20 second intervals. T-Plank is 40 seconds. 2, 3 or 4 exercises per set.	20 minutes exactly
Set 1	Burpees Back Lunge 10/10 Sprint T-Plank (40 seconds)	Repeat x 3 20 Second Intervals (unless stated)
Set 2	Squat Kicks Squat Pulse Squat Cross	Repeat x 3 20 Second Intervals
Set 3	Plyometric Lunge Press-Up	Repeat x 3 20 Second Intervals
Set 4	Squat Kicks Squat Pulse Squat Cross	Repeat x 3 20 Second Intervals
Set 5	Plyometric Lunge Press-Up	Repeat x 3 20 Second Intervals
Set 6	Burpees Back Lunge 10/10 Sprint T-Plank (40 seconds)	Repeat x 3 20 Second Intervals (unless stated)
Cool down	All major muscle groups	Recommend approx 3 mins