

Maxilla: 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
Maxilla Workout	4 sets of exercises. 3 exercises per set. 37 sec intervals unless stated.	20 minutes exactly
Set 1	10 / 10 Sprint (25 secs) Lateral Squat Jumps Lean Back Side to Side	Repeat x 3 37 Seconds Unless Stated
Set 2	One Squat One Jump (25 secs) Left Knee Lunge Jump* Right Knee Lunge Jump*	Repeat x 3 37 Seconds Unless Stated
Set 3	10 / 10 Sprint (25 secs) Lateral Squat Jumps Lean Back Side to Side	Repeat x 3 37 Seconds Unless Stated
Set 4	One Squat One Jump (25 secs) Left Knee Lunge Jump* Right Knee Lunge Jump*	Repeat x 3 37 Seconds Unless Stated
Cool down	All major muscle groups	Recommend approx 3 mins

***Knee Lunge Jumps** – This is an extremely leg intensive exercise! Instructors should advise clients to move from a lunge to standing knee lift. Incorporate the jump for clients who want to accept the challenge! Good luck!