

## Diffusion: The Workout

<b>Intro &amp; Explanation of Concept</b>		Recommend approx 2 mins
<b>Demonstrate &amp; Explain Moves Giving Adaptations &amp; Progressions</b>		Recommend approx 2 mins
<b>Warm Up</b>	Dynamic Moves for Major Muscle Groups	Recommend approx 3 mins
<b>Diffusion Workout</b>	4 sets of exercises. 12 exercises per set. 25 second intervals.	<b>20 minutes exactly</b>
<b>Set 1</b>	Burpees Side Plank Left Power Up Side Plank Right Double Knees Press-Up to Shoulder Wide Narrow Jumps Lean Backs High Knees Renegade Row Side Lunge Swings	<b>Side Planks</b> – Body is side on to floor, on elbow or hand. Feet stacked or split legged.
<b>Set 2</b>	Renegade Row Power Up Lean Backs Double Knees Press-Up to Shoulder Burpees Side Plank Left Side Lunge Side Plank Right High Knees Swings Wide Narrow Jumps	<b>Side Planks</b> – Body is side on to floor, on elbow or hand. Feet stacked or split legged.
<b>Set 3</b>	As Per Set 1	
<b>Set 4</b>	As Per Set 2	
<b>Cool Down</b>	<b>All major muscle groups</b>	Recommend approx 3 mins