

Diaphysis: 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
Diaphysis Workout	6 sets of exercises. 3 exercises per set. 25 second intervals.	20 minutes exactly
Set 1	Squat Jumps Climber Press-Up High Knees	Repeat x 3
Set 2	Plank Sprints Squat Thrusts	Repeat x 2
Set 3	Power-Up 7 Pulse Press-Up Half Turn Squat Jumps	Repeat x 3
Set 4	Squat Jumps Climber Press-Up High Knees	Repeat x 3
Set 5	Plank Sprints Squat Thrusts	Repeat x 2
Set 6	Power-Up 7 Pulse Press-Up Half Turn Squat Jumps	Repeat x 3
Cool Down	All major muscle groups	Recommend approx 3 mins