

Electrolyte: The Workout

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| 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 |
| Electrolyte Workout | 10 sets of exercises. 2 & 3 exercise sets. 25 second intervals. | 20 minutes exactly |
| Set 1 & 6 | Butt Kicks High Knees | Repeat x 2 |
| Set 2 & 7 | Leg Drops Mountain Swings | Repeat x 2 |
| Set 3 & 8 | Double Decker Lateral Sprints | Repeat x 3 |
| Set 4 & 9 | Plank Combo Lean Backs | Repeat x 2 |
| Set 5 & 10 | Squat Rebound 10/10 Sprint | Repeat x 3 |
| Cool Down | All major muscle groups | Recommend approx 3 mins |