


Party: The Workout

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|  Merry Christmas & Happy New Year from the Fatburn Extreme Team! | <u>The Party Workout!</u> Split your room in half. Give the two teams a Christmas name! We have given you ideas... → The team challenge! Ask them to bring hats or dress up! | Santas vs Elves Fruitcakes vs Mince Pies |
| 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 |
| Party Workout | 6 sets of exercises. 3 exercise sets. Core Challenges. 25 / 50 second intervals. | 20 minutes exactly TM |
| Set 1 & 4 | Crossovers PS2 Plyometric Lunge | Repeat x 2 25 Seconds Per Exercise |
| Core Challenge | Sit-Up Push Out | 50 Second Exercise |
| Set 2 & 5 | Lateral Squat Jumps Renegade Press-Up Jacks | Repeat x 2 25 Seconds Per Exercise |
| Core Challenge | Plank Arm Lift | 50 Second Exercise |
| Set 3 & 6 | Up Down Runs Squat Pulse Burpee Sprint | Repeat x 2 25 Seconds Per Exercise |
| Core Challenge | Cycle Sit-Up | 50 Second Exercise |
| Cool Down | All major muscle groups | Recommend approx 3 mins |